

## **The inevitable addict: How addiction is nature's inevitable release response to the current society.**

Addiction is fundamentally a bypassing of the senses of the body. It is a compulsion that somehow enables a person to overcome pain and discomfort in order to find some form of secondary psychological or short-term physiological release from a state of tension. There are so many types of addiction but basically they form around the basic functions of the human, namely, food, sex and movement. From these natural expressions can come a whole host of addictive behaviours. Somehow with eating disorders, whether the binge process or what we might call comfort-eating in its milder form and also the purging of the body, both can be associated with a form of "comfort" or security. The binge acts like a release, in that there is an eating of "anything I want" and the purge is about the release from "being bad"...so the purge makes a person drop out of the tension of judgment. Hence there is a double dose of relief-creation this for a person, a double effect of comfort from being free, and then another release forms the guilt of breaking the bond. The purge returns the person back to their secure position of "being good". This is a food disorder. Akin to these disorders are the intake of drugs such as alcohol and other substances which again create tension-release type expressions in whatever form. Even drugs like Ecstasy that are often used in order to just keep dancing, are in fact more about the release one feels whilst in that state and not just to keep going. Smoking is also associated with release, as a person inhales more deeply when smoking and therefore very often releases tension in a similar way to meditation!

In movement-related disorders we can talk about a person doing a lot of exercise and becoming addicted to the release of adrenaline in extreme sports or to the "endorphin" release. It's all the same, and is not to do with health of the body but to do with release. It can be associated with "self-harm" in other ways like cutting of the skin and the like, which in a similar way to purging release the body of aggression or other any emotional tension. Workaholism is another one of these patterns of warped movement, trying to do things better and quicker and in an increasingly obsessive manner, creating obsessive-compulsive patterns and the like, all these are about keeping the movement of a person going - perpetual movement and hyper-vigilance.

Sex is a part of movement but this very obvious release, which perhaps seems the least "harmful" physically to the body, can be taken to extremes and again becomes deeply harmful where the sexual energy is aggressively exhausted time and again making for a very depleted energy and a withering of bodily functions.

So the key word in all these situations and the billion more I have not spoken about is "**release**"...no matter what the reason for the release there is always a need to somehow feel a kind of reprieve or a feeling of relaxation in the body, be that from purging and feeling "better", meaning "not full", or from eating large amounts of ice-cream, or from alcoholic relaxation of the liver's tension as the alcohol hits the bloodstream, or from sexual orgasm. These are often considered as "sins" in some religious circles or as "problems of society" in other circles, but it is very rare to actually see them for what they are: *absolutely required and absolutely inevitable*.

We are met with total judgment on every level when it comes to addiction. There are "plans" or "steps" to help you out of it and methods of "accepting your problem" etc.

This is commonplace. Not only that but violence and hyper-sexual behaviour which can sometimes externalize in society are seen as absolutely intolerable and often result in jail-time. All of this is judgment. It doesn't matter what the so-called "crime" is, the sheer fact that there is judgment about one thing being "right" and the other thing "wrong" creates a duality in society that forms its own dis-ease. The dis-ease of society *is* addiction, they go together and it is only when one disappears that the other one will.

In modern medicine there is a focus on firstly diagnosing the "illness" and then explaining how to treat it, but when it comes to addictions there seems a hard face of "blame" that is associated with them, the "it's your choice" attitude... "give up the smoking or you'll die"... "you'd better conquer this eating disorder or you'll die". It always sounds like a threat, something that is seen to be the "fault" of the perpetrator ...the patient!

However, the problem is not of the patient. The patient, like any other member of society, is under a massive amount of pressure to conform and has been set into those conforming patterns due to the nature of their unique experience. However in all cases those unique experiences within modern society will always constrain some expression of a person and that will form some kind of addictive illness. The subtlety or severity is not the point, addiction is everyone's problem and no-one is to blame.

Who can be held responsible for a line of abusers? Who can be held responsible for a line of eating-disorders, a lineage that goes back thousands of years of suppression of the female expression...who is to be held accountable? It's impossible. The responses of the patient are trained, ingrained, they are contained within the very physicality of the body, it is no wonder that the compulsions to do whatever they are doing are so strong.

In a recent article I wrote called "Sexual Captivity" I quoted some primatologists studying apes in the Congo. The key for me in their work was that they pointed out that apes in captivity have amplification of behaviours that would otherwise not be seen in the wild. So this means hyper-sexualisation, more aggression, more focus on food and so on. In the wild these would be much calmer but in the captivity of the human-made environment the stress factors crept up and as a result there was more requirement for processes that relieve tension - that *release*.

The human is no different. The only scary difference is that we *think* we are! We believe we are "civilized" and somehow "better" than the animal kingdom and so we are not going to behave like our cousins...but how wrong we are. The human has warped instinctive eating and replaced it with dieting and eating disorders, we have turned natural movement into exercise and body-destructive activities, and we have gone from a state of natural innocence and playful sexuality to fetishism and hyper-sexualized states that lead to infertility. We are not the keeper of the animal kingdom, we are the ones who are falling off the edge of the world and we have little time left. All non-human life looks on the human with a sense of fear, as we might fear a lion that breaks out of the zoo, when bound up with a madness of rage and aggression that knows no bounds.

So then the alternative approach is that addiction is seen as both inevitable and required. It is inevitable because there is a whole host of a back-log of tension applied generation to generation that forms these tensions and so it is inevitable, and it is necessary because it occurs as a way to relieve the tension, that is all. Without the tension there is no requirement for the release.

This isn't fatalistic but simply pointing out what is. The next question is "can we change it?" Through first taking away the foundational premise of addiction by pointing out that there is no judgment, we begin to break down the very foundations of its ideology. Addiction is based on the "being good" and "being bad" situation, both of which can create tension and release. Being bad can be a release and so can being good again. But without a good or a bad there is no requirement for the release process. This is not a psychological game, merely pointing out the reality of something. There is nothing intrinsically "bad" about alcohol, smoking, sex, self-harming, it is just the effect of releasing tension. That's all it is, energy release....so then if a person cannot be "good" or "bad" because they have done something, how on earth can they get to a point where they need to release tension?

Tension is created from dualism. It is formed from this because it is the nature of dualism to always resolve itself somehow. If something becomes too extreme in one way, there is too much control, then this will lead to release in the other way. The feeling of being "good", which often means "being controlled", is another want which will cause a relief that you're "back to how it was before", a kind of security...this is often the pattern with many addictions. But without dualism there is nothing for the addiction to form from, there is no tension that can mount up, for a person no longer see their life in these terms.

Instead of focusing on the addiction itself, or in fact on the mechanism of addiction, the whole basis of treatment of addiction need to be about breaking down the underpinning ideology, that in reality the world is not made of "good" and "bad" things and "good" and "bad" "ways", that in fact there is no such thing. One cannot find anything in nature that has innate "good" or "bad" in it, even from the scientists' narrow perspective there cannot be good or bad. Yes, this is the abandonment of heaven and hell, but it is also the abandonment of science which has the ideology that there can be good-science and bad-science and thereby it turns into a religion; i.e. Richard Dawkins et al.

The only time superstition ends is when a person realizes they are not living in a prison but that they have only been taught and trained to be living in that prison and have imagined the walls. The "way out" is through the present senses that are constantly present. The eyes do not discriminate and see "right" or "wrong", they just see everything, the ears do not discriminate sound, the nose doesn't discriminate smell it breathes everything and neither does the touch discriminate. But let's be accurate...there is a *preference* for each individual as to what sound or taste they like and what they do not, but this is not "good" or "bad", this is individualistic sense and feel, it has no grand majority, it is very personal and very unique as is the nature of every person. Even if there is group consensus and they all decide they like this kind of wine over that, this is just a general opinion, it doesn't mean that it's right for everyone, and even within this each taste will be slightly different. No majority opinion is required and none should need to be taken as being the "rule of thumb".

Often an addict's (which is all of us) difficulties lie in a past behaviour pattern which is stuck, a doing of something that causes them to gain a feeling that they require. However, for everyone beneath this conditioning is an innate sensitivity and something that is impossible for any kind of conditioning to adhere to, this inherent wisdom is of the body not of the head and as such it cannot be found externally. The innate sense of the body knows what is "righteous" for it at a particular moment in time and this is not "right" and "wrong" this is "righteous-action", it is simply *natural response*, this has a preference to it but has no sense of "right" or "wrong".

The addict who knows he/she has this mechanism within them is in many ways far more aware than most that there is something not quite right. Most addictions that are useful to society, such as workaholism, are positively encouraged and praised and not regarded as a dis-ease state. In any case the self-identified addict is close to breaking right out of the pattern of contractive dualism, as often they reach a situation of self-destruction which takes them to a point where they cannot go on unless there is a change. Sometimes the system becomes so exhausted that the old dualism is seen for what it was, just a game that was input into early childhood by parents who had the same or similar addictions and unknowingly, blamelessly passed them on. When there is recognition of this then gradually a person drops the "good" and "bad" out of their life. In some way they do become "anarchic" in the eyes of society as they stop following the rules or being dominated by them, but live within society without belief in its rules. Society is seen for the game it is, no more no less, just a play of energy that is in a contracted state of dis-ease. The addict realizes they don't have to keep playing the "good-bad" game and they give it up, then there is relief.

Inevitably there will be people who read this and say... *"you can't have a society without "good" and "bad", it will create total chaos, people will go out and murder each other!"* I would agree with the fact that it will be total chaos but isn't it already? It's just we are pretending we are in control. Also why would people go out and kill each other? When there is a situation of non-dualism then quite opposite occurs. Actually all the tension drains out leaving simply a natural rhythm of life which is expressed so perfectly by those apes in their rainforests, a sensitivity and connection to life that is a far cry from the pitiful life of human beings. We are far the poorer, far the more dis-eased and damaged cousins than the "high-life" of those jungle kin.

Do we really believe that we can pull away the dummy of addiction and there will then be peace? The dummy is being used for a reason and often that reason is very simple and obvious. When there is separation from person to person in the madness of the "nuclear" age there is loneliness and all kinds of tensions spring up from this. When what we eat is not free, foraged and grown but is chemically "enhanced", packeted and frozen and placed on shelves, the human animal has no way of being able to choose or sense the appropriateness of these things. We become addicted to foods. not for what they are taste-wise but for what they provide as an emotional buffer, the same with smoking, drinking and sex, they are all ways of dealing with the struggle and sense of separateness we have with the whole of life. We can't give up smoking without it turning into a food-bingeing habit or let go of alcohol or drugs and not have something else with which to balance the condition... not unless there is a realization that fundamentally we don't actually want the thing we're addicted to and are then able to sense what it is we want to go towards.

When there is an addiction to anything it is always a replacement for something else, when that is identified and clarified then there can be a strong or gradual movement towards connecting with what it is that one “really” wants. And this is very, very simple, it is always somehow closer to the tribe, it is always about community, connection, sharing of food and of lives and fundamentally at the base of it all a non-judgmental/non-dual expression. Even though we may never see a world like that in our lifetimes, the very movement towards this is the beginning of the end of addiction and so of society as we know it.

Addiction isn't personal, it is global, and as with all dis-ease it isn't your problem but everyone's problem...this is not recognized in society today but that doesn't mean it's not true. Treatment of addiction primarily drops out the guilt. It starts with helping a person realize that they are just exhibiting behaviours which are absolutely natural but have been warped further by society's pressure and that we need to identify what it is that a person truly at an instinctual level needs, without judgment, and move them closer to this. As they get closer to this the addiction will lessen, which is initially frightening, but then it gets to a point where the crutch is no longer needed and a person is freer from constraints. This is exactly the same as those whom society deems “not fit” and who are put away because we don't want to see the face of our own judgments and the desperation and contraction that lives in people we call “bad” or “evil” or “prisoners”.

They say an addict is always an addict and that is true... for EVERYONE! Everyone in society has unnatural tension and so finds ways of releasing it. Everyone is an addict and it only expresses itself as such when you take away the thing a person is addicted to and see what occurs. Often we don't know what we are addicted to or adhered to until it goes or shifts. A person can be addicted to or obsessed with another person but this is a displacement for something, something that they need is being warped and turned into a fantasy. Usually in monogamous relationship one person is focused on as being the friend, the lover and the family in one, so there is an addiction process. However when this person dies or the relationship breaks down there has to be a shift and usually the addict will turn to some kind of drug, such as alcohol or something to help them deal with it all. But what was actually required is a spreading out of energy into different groups, for a person to be connected to many people who can support and connect to them in many different ways. This ends the addiction with specific people who are “owned” and also helps a person see a broader perspective, this again moves closer to the tribal expression. The closer the human moves towards the human-animal of the direct senses, the easier it becomes.

For most people in the addiction process, a move towards the simplicity of the senses means finding a way towards other people and to make connection, this is usually the key. Fundamentally the biggest problem of current society is separation from each other and from nature. A person is utterly natural in expressing addictive behaviour when there is no community or tribal network, why would it be otherwise? Depression is similar; if a person isn't depressed within modern society they really aren't very sensitive at all! Instead of the blame-game, we have to open our eyes to what is happening to us and realize and all of our addictive behaviours are utterly inevitable and are resolved only by opening the door of captivity within which we have been held.

Treatment of dis-ease is only about one thing and that is passing on the message of the end of dualism. This is the foundation of relief even at the intellectual level or at whatever level, when judgment ends and the process of discrimination moves to a sensory-only process of sense-response that is not to do with “me”, then all tension leaves the human and they naturally drop out of their own captivity.

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