

~Healing Addictions~

There is deep wisdom within addictions of any sort and how to heal within wholeness, balance, integration if we but choose to embrace such. Within my own path on addictions within my family, my twinsoul and such that I share here at this link <https://www.facebook.com/photo.php?fbid=10211956773212704&set=a.2234042248579.2114692.1173609351&type=3> I have a deep compassion and understanding of addictions and how to heal them. Deep assistance can be achieved when we choose the path of healing from addictions. I also have a playlist on youtube dealing with how to heal addictions as well here <https://www.youtube.com/playlist?list=PLqUY2z21szNw-DgetHzOLLbrjXa713ygZ>

Part of that healing process comes from Inner Soul Child Healing so please see my website <http://www.diamondlady.net> under the Soul Channels section for more wisdom upon that and under the Services page if you fancy booking in a Inner Soul Child Healing or other session with me.

One thing that is very helpful within healing addictions physically (along with soulfully, e~otionally) is to add amino acids into your way of eating. Adding more amino acids in the body, as well as, fasting, intermittent fasting, and alkalinity balance of the body helps tremendously to shift addictions of all forms as it helps to reset the body into our natural way of being within homeostasis.

Below here is an excerpt from my second book published back in 2006 *Stepping Into Spiritual Oneness* (which is still found on Amazon through my earthly name) of the wisdom from Source (Spirit, the Master Artist) upon addictions and some of my experience with such.

“Within your questions about what For some souls, addictions are viewed strictly from the physical body. Spirit imparts that sharing in and of Absolute Love in this manner comes from a physical body addiction within The Ego Self of the Soul perceiving itself as separate. In The Ego Self of the Soul perceiving itself as separate, we are constantly “searching for” something to give us that momentary high of being in Spiritual Oneness and we are in belief or axiom with that we can obtain this “only” through this addiction, through that momentary “orgasm” or perception of physical sensation of pleasure from the given thing we are addicted to, whatever this may be alcohol, sex, drugs, shopping, food and so on. Spirit says that within the physical body, the physical sensations of pleasure and of any of the physical senses is assimilated within the physical body brain and then are experienced in the region that corresponds to our perception of where on the physical body it is meant to be experienced. Spirit shares that this is why we are able to experience physical body arousal through pictures, or words, or through thoughtenergies (such as the thought of another soul we Absolutely Love) free from any physical bodily contact with another Spiritual Soul BEing in physical human form.

Thus, when we are “searching for” this momentary Spiritual Oneness solely through the physical act of what we call here on this earth dimension as an addiction, we experience the illusionary e~motions of being deprived of it causing irritability, as if we are “missing something vital” such as our morning coffee or soft drink when we are free from “getting it” or getting this addiction as we say here on this earth dimension. Spirit shares that there have been moments like this for you in this life experience and that this was why you chose to be within these addictions because you believed somehow you were disconnected from the Universal Source of All That Is that you are and emanate from and that you believed within The Ego Self of the Soul’s concept that you somehow “needed” this addiction “in order to” feel and BE connected to the Universal Source of All That Is that you are and emanate from, which is why they wish to share this wisdom with you so that it may assist you to shift how you view of this addiction and of all addictions.

It is funny as Spirit has asked me to share what my mother says about sex which is also true about any addictions....my mother has a saying on this earth dimension about this perceived deprivation of sex and some of us within The Ego Self of the Soul can relate to this saying of ~ “Sex is a misdemeanor, the more you miss it, the meaner you get!” It is then that we seek to have an Ego Fit experiencing anger, frustration, silence in “playing the poor me victim”, or constantly complaining and so on about how we are so “addiction deprived” or “not getting any” of this addiction. We “search for” and have Ego Fits over “not having it” out of an Ego Self of the Soul of fear that we are somehow “losing out” on something wonderful and exciting such as the sensation of whatever illusionary meaning it is that this addiction brings forth to us, focusing purely on ‘only’ the physical aspects of this addiction. We reside within this Ego Fit saying or experiencing the thoughtenergy of “The only reason I have problems in my LIFE is because I don’t get enough of ~~~ (and you fill in the blank with whatever the addiction is). If only I were to get or have more of ~~~~, then all of my problems would be solved”. Thus, in essence, within The Ego Self of the Soul of choosing to reside within the “only’s” the physical essence rather than the physical and spiritual two BEing as One, we become “addicted to” our addiction, the desiring to have our addiction, and the illusions of The Ego Self of the Soul’s control and of sensations of the physical body as if we are ‘only’ a physical body. This then is the conditioned habitual energetic cyclical pattern programming that we unconsciously choose to run within the physical body and within The Ego Self of e~motions of a perpetual energetic pattern of “missing something” in our LIFE and it is The Ego Self of the Soul’s fear that keeps you from choosing to shift the axioms of who we believe we are to view this addiction from the Multi~Dimensionality of Spiritual Oneness.

My former and I when we were married took turns BEing in this resonance of being purely in the physicalness of sex over the many earth dimensional years of our relationship. There were moments for quite a few earth dimensional years in which all I was concerned with was in what we call here as physically “getting off”. I was addicted to the momentary “high” of Spiritual Oneness from a physical orgasm, and was

constantly "seeking" more of it, in an attempt to somehow fill the soul and The Ego Self of the Soul's axiom that I was somehow "missing" something in my LIFE, that I was unfulfilled, that I was somehow 'only' a body, disconnected from Absolute Love and from the Universal Source of All That Is, and that the 'only' way for me to experience Spiritual Oneness connection was through a momentarily sensation of physical arousal. The thing of it is, is that after that "moment" gave the appearance at least physically of being "gone", I was left again with the e~motions of experiencing the "something missing, unfulfilled, and disconnection", thereby beginning the energetic pattern cycle all over again.

It was when I received these channeled messages from Spirit that I am now sharing with you about addictions and as to why you, me, and we all choose to at moments live in a illusion of an addiction, that I came to the inner wisdom of the illusions I was choosing to be in; of the habitual energetic patterns and axioms creating these illusions, and of choosing to BE in Spiritual Oneness continuously free from "needing" to be engaged in a physical sensation of an addiction to be within The Ego Self of the Soul of "in order to" get what it is that I was seeking. I was free from having to "seek" anything, as I came to the inner wisdom that what I was seeking in that of Spiritual Oneness is already and always, In All Ways, within me. That I was free from "needing" to get that momentary high any longer through physical means. That if I chose sex or food or alcohol occasionally and so on for the fun of it within playing the game of LIFE, that I could choose to, but that I was free from any Ego Self of the Soul's axioms of "missing something" or that I so "needed" it or being unfulfilled or disconnected if I chose to be free from the physicalness of this perceived addiction, as my connection to, with, and of Spiritual Oneness is already and always with me and within me. And so too is why Spirit wished to share this wisdom with you now so that you too can shift and transform being free from the illusions of addictions.

Someone once ask a monk how he could live his life and be free from desiring or desiring sex. The monk answered "In Spiritual Oneness, every moment is orgasmic" and this is too the Soul Remembering I have come to R.E.S.T. (Remember, Embrace, and Soulfully Treasure) within, as when we are within a continuous state of Spiritual Oneness Multi~Dimensionality, the physical sensations of SEX (Simultaneously EXperiencing Absolute Love and Spiritual Oneness) are wonderful and blissful if we so choose them and we can also experience Spiritual Oneness within our soul, with the Universal Source of All That Is, with another soul, and in infinitely other expressions free from it being "only" through the physical contact in the way of the physical sensations of addictions. Thus, this is an invitation to you in this moment dearest Mike to BE orgasmic with all of life in every moment just as the monk chooses to be. This wisdom here about addictions is how you can if you choose to live and BE as you wrote substance free." ~Lady Nenari, Princess of the Sea 2017