

Spirituality and its Effects on Addiction

I was noticing, that a significant number of addiction treatment facilities offer a spirituality component, as an effective tool to recovering addicts.

So, what is spirituality, and how can it help with recovery from addiction?

Spirituality, is being harmoniously connected to the source of life energy. Our breath is life energy. Everything that is alive and has changeable form, has spirit energy in it . God is spirit (John 4:24).

Often times, participating in our addiction disconnects us from the qualities of spirit and impedes our ability to create a purposeful, fulfilling life.


Spirit did not choose our addiction. Our physical desires sought out habits and substances, to relieve and temporarily disconnect us, from our overwhelmed life.

By allowing spirit to be bigger in us, than our self-seeking desires, our spiritual qualities will increase and our addictive qualities will decrease.

Qualities of spirit:	Qualities of addiction:
*Love	*Denial of our problem
*Peace	*Impulsive thoughts
*Joy	*Unpredictable moods
*Patience	*Blaming others for the way our life is
*Kindness	*Inconsiderate of how we impact others
*Faithfulness	*Not following through with promises
*Gentleness	*Self-Critical and unforgiving
*Self-Control	*Compulsive behaviors

Since our breath is life energy, one way to connect to spirit, and fill ourselves with spirit's qualities, is through our breathing. Here is a breathing exercise that I do daily to connect with spirit:

I find a place that is quiet, so I am not interrupted by noise. I Close my eyes and focus on how my body breaths all by itself, without me assisting it in any way (This sends a message to the nervous system to relax). I focus on my breathing a few minutes, or until I feel my shoulders drop and relax. If I have any questions for spirit, I ask them.



Questions like, “Spirit, what are the effects you can have on a mind, that impulsively seeks relief from stress and worry?”

I listen for spirit, as it whispers, “I bring peace and it can calm.” Breathe in spirit, till it’s energy is bigger than your worries.

I ask spirit, “Where can I find help, to stop this self-destructive pattern I find myself in?”

Spirit gently says, “Seek and you will find. Ask and you will receive. For all is available to those who ask and seek.”

I ask spirit, “How can I not give into cravings and unwanted habits?”

Softly, I hear spirit’s response, “Habit’s can be changed. What would you like the new one to be?”

I ask spirit, “Can I heal from addiction without you?”

Spirit, in all it’s wisdom says, “You are in control. How are you doing so far?”

I ask spirit, “Will you still love me, and not leave me, even if I relapse a thousand times?”

I feel chills on my arms as I strain to hear spirit’s reply, ‘Our love for you is unconditional. We are always here with you.’ Love yourself more and your emotions will heal.

We can ask spirit anything we want to know. Spirit offers us connection to higher guidance, and unconditional love. It can also guide us to people who can help with our recovery.

Whether or not you decide to connect to spirit and develop spiritual qualities, It is important that you know, love is there for you, no matter what.