

Remember Who You Really Are

By: Tracy Phernetton

Digging Deeper: The Dis-ease of Addiction



We, as humans, are very good at keeping ourselves from ourselves. The hiding from our own beings is what has propelled addictions of all types to manifest.

When we are born into this physical reality, we are welcomed with already intact belief systems from our parents, teachers, doctors, and even our entertainment and media outlets. Most beliefs are continuations from generations before, which I like to call, 'beliefs by default.' Natural exposure to others' beliefs is not the concern; however, it is when our parents, teachers and caregivers go one step further, and enforce their beliefs on us, failing to encourage us to find our *own* ways. From rules, to scare tactics, we grow up fearful of life, itself, and the correct relationship we are to have with it. This is the beginning of the internal reaction of inadequacy. As we are, we are not 'ok.'

As time goes on, and our mental capacities grow, we begin to notice the contradictions. Beliefs vs. the behaviors of our predecessors. We then become aware of "The Mixed Messages." When we start to question others' beliefs, we begin to release the shackles and 'rock the boat,' as society would view it. We rebel.

Rebellion is often misperceived. Rebellion is at the core of the challenging of old, un-serving beliefs, and self-diluting patterns. It is the cornerstone for evolution. Rebellion is also found at the core of any addiction known to humans. Rebellion can be the stem for two very different outcomes. One path of rebellion may take you first to questioning, then to researching followed by your own decision-making, and eventually to pro-active, positive change. The flip side path of rebellion, and where addiction is conceived, is when we become angry and resentful and implode our frustration at ourselves in destructive ways.

All addictions originate from the same platform. The platform that says, "I am going to do this, because what you say doesn't feel right to me."

The significance is where our energy is focused. When we begin to see hypocrisy around us, what do we do with the original questioning? Do we push towards self-discovery, and seek the truth by our *own* means? Or do we become passive-aggressive and misdirect our energy towards ourselves, in destructive ways?

Seeing myself as "less than," or "unworthy," I adopted my self-inflicted blanket of shame. The shame I carried provoked me into self-destruct mode. My growing conflict led me to seek anything that would take my focus off feeling. By the time I was sixteen, it was no surprise when I took my first drink, and immediately fell in love. The feeling of being totally detached (drunk) from painful feelings and self-doubt became my sedative for my feelings of inadequacy.

The drinking moved from social to fatal very quickly. In truth, I was slowly committing suicide. But the temporary fixes seemed to override any negative consequences. All of my consequences seemed to compliment my original belief about myself. That I was not ok the way I was. So a self-induced death sentence seemed to fit. The terrible effects my actions created were supporting my insane belief; I deserved pain.

Addiction is referred to as a disease. It is linked with diseases like cancer and diabetes. The more accurate representation of addiction, I believe, is **dis-ease**; the **obsessive-compulsive thoughts that are created from a state of self-denial**. I am not at **ease** when I can't stand myself. Alcohol was a great coping mechanism for my dis-ease with self. Therefore, my dis-ease of addiction was my pacifier that kept the pain of my inner world anesthetized, in other words, far away from Self.

In complete desperation, I finally sought relief in 12 step programs. My new foundation encouraged me to search for my *own* answers. Step two, offers a suggestion to claim new territory with a higher power; in my case; God. What was new to me was the liberating urge to pursue my *own* understanding and unique relationship with God.

So I was free to just be me, as / felt was 'ok.' So I set off to seek God and Self with full administrative authority. I dove deep into spirituality, and after two years, I found that the life that savors from the 12 steps wasn't keeping me afloat as it once was. The 1st step suggests admitting I am powerless, and traditions had me continually introducing myself as an "addict." I *am* an addict, I *am*. Suddenly my personal evolution was making it difficult to believe I was still and will always be 'powerless.'

My new relationship with God led me to conceive that I am not separate from God. I was never separate, I just forgot. Guess what? Now I remember. My new found belief was born: *When I am in awareness of my Godhood, I am Power, itself.* I now contain the power of choice. I soon found my new insight on power and self an unpopular concept in the rooms of 12-step programs. I was stereotyped to be another relapse in waiting. But my inner voice had attained higher status. Finally, I believed *me*.

For fifty plus years the twelve steps has served as a spiritual/emotional/physical band aid on humanity. Evolution is inevitable. With the collective mind shifting, comes the individual minds expanding. What served alcoholics in 1939, (The first edition of Alcoholic Anonymous was published.) didn't serve 'drug addicts' in the same way in 1953. (The year Narcotics Anonymous was established.) Looks like its time for some positive rebellion.

Addictions are at the root of all negative experiences permeating humanity. Addictions keep me away from you, and you away from me. The illusion itself, began with the misinterpretation of power. Power, when viewed from our egos, (which are only with us to establish a sense of identity) has us seeing our outward relationships as competition or struggle. Power viewed from the place of spirit, is a force, a predestined claim to our divinity. We, as spiritual beings are *power in place*, of the human event.

I believe that Addiction is not the root, but it is a problem stemming from even a deeper root; the ***Illusion of Separation.***

Let us take our power back in the upcoming now moments. Let us not just believe everything we were told to believe. Change begins with a question. Don't just settle for the surface. Dig, and focus your energy towards positive change. Yes, question everything! Challenge the system by seeing through the surface. Addiction no longer needs to be a powerless trip to nowhere. Addiction can be a choice to sleep through physical life or not. I choose to stay awake. What do you choose?

Tracy Phernetton is founder of All Productions; *Remember Who You Really Are*, which is an organization dedicated to creating heaven on earth from within, and the creator of Remembrance Sessions, the art of giving people back to themselves. Tracy is also author of the forthcoming book, "Letters From Michael; A communication From the Flip Side." Along with studying Hawaiian Philosophy, she teaches classes and is available for individual sessions. For more info, visit her website at www.lettersfrommichael.com or contact her (952) 953-7130/ flipside76@charter.net.

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