

How We Create Our Own Addictions

by Ed Ireton

The dictionary defines "addiction" as: *To devote or surrender (oneself) to something habitually or exclusively.*

Actually, an addiction is more than just surrendering yourself. It is a physical and psychological need to satisfy a desire or craving for something.

When we think of *addiction* in today's society, our minds naturally focus on drug addiction, but there are other powerful addictions that can be both helpful and dangerous.

Modern biochemists have determined that there are receptors on the cell membranes. Actually, the individual cells create these receptors as the opportunity arises; the receptors float to the surface of the cell and await their mating molecule. The molecules of an addicting substance has a unique shape which will snap into the like-shaped receptor, much like a key into a lock.

When the molecule snaps into the receptor, something is completed. That something may be as simple as the warm feeling you get when your lover enters the room or as devastating as the monkey on the heroin addict's back.

Deepak Chopra has shown that our every thought creates a unique molecule which telegraphs that thought to every part of our body. A happy thought creates a happy heart, a happy pancreas, a happy liver, etc. After exposure to these happy molecules, the cells create happy thought receptors and we can become addicted to happiness. Conversely, negative thoughts create negative molecules which snap into cell receptors, creating a negative heart, a negative pancreas, and what have you. BUT the cells continue to make receptors for negative thought molecules, making the individual addicted to negative thoughts.

We can use this knowledge to help ourselves create positive addictions that will add to our health and happiness. The best way to create positive addiction is long-distance running, experiencing the "runner's high." The next best way to create positive addictions is meditation. People who meditate regularly achieve a transcendence -- a "high" -- that is comparable to the "runner's high."

I recommend two meditation sessions daily, about twenty to thirty minutes each. Any meditative practice is fine. We will experience a short guided meditation in the workshop.