



The Spirit of Alcohol and Addiction

by Dr. Eduardo Duran

*Any merit generated from these words is dedicated to the liberation from suffering of all beings in
all the realms.*

“Ask the beasts and they will teach you, and the birds of the air, and they will tell you; or speak to the earth and it will teach you, and the fish of the sea will explain to you.”

~ Job 12: 7-9

“Heaven moves constantly. Thus the superior person strengthens himself without pause.”

~ I'Ching.

Preface

Over the many years that I have been working in recovery settings it has become apparent to me that there is a need for different approaches for some people. This booklet is not for those who have mastered recovery from addictions unless it's for an interesting read or to enhance the process that you are already in. All approaches have usefulness and it depends on the person as to what approach may work for them. The intention of this booklet is to offer an approach that borders on what some may consider weird and because it's a little weird it may actually catch your attention.

Many of the ideas presented in this book are from Native American and other Tribal traditions. Many tribal people have maintained specific ways of dealing with spiritual phenomena and these are rooted in natural law. All energies and spirits including the spirit of alcohol are bound by the rules of natural law and by becoming aware of natural law we will be able to better relate to these energies.

In addition to these thoughts I need to mention some of the insights from the Jung letter to Bill W. Jung does not mince words in describing the relationship to alcohol: "His craving for alcohol was the equivalent on a low level of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God." In another passage in the same letter Jung continues: "I am convinced that the evil principle prevailing in this world, lends the unrecognized spiritual need into perdition, if it is not counteracted either by a real religious insight or by an action from above and isolated in society cannot resist the power of evil, which is called very aptly the Devil."1

Not only are these ideas rooted in Native traditional teachings, they also have roots in Christian teachings. For example, the story of when Jesus approached the possessed person by the Sea of Galilee and healed the man's soul depicts this idea. This story is a great example of how even Jesus knew and followed natural law. He identified himself and the demon and then proceeded to offer something in return for the spirits after they left the man. This is classic observance of natural law, where there is a give and take relationship with all things and beings. Since Jesus was a tribal person in his human form and thus was very aware of natural law it makes intuitive sense that he would understand and follow the natural order of things.

Some of the work I have done in treatment of addictions has been in hospital settings, residential treatment programs and outpatient treatment. Over the span of time I have realized that some folks just don't seem to get better and many die or lose much to sickness and other disasters that happen while in the throws of addiction.

It was during these times of working with folks who did not get better that I decided to try some of the interventions given to me by my root teacher that were not part of my Western clinical training. I have used these approaches with all walks of people in our society and most of them are appreciative to this approach. During the time I have used the approaches that I discuss in this booklet many times the clients have asked me, 'why hasn't anyone told me about this before?' All I can say to them is that perhaps most treatment professionals don't really know this stuff and use what they know and understand and many times end up blaming the patient for not getting better. The fact that these ideas harmonize with the spirit of the person suffering has made it part of my ongoing work and now I'm making it available to you in this form so that you can start this journey towards healing and restoring your soul.

Recently I was invited to an ‘alcothon’ to speak. I thought that this would be a good venue to try out this material and truthfully I was a bit nervous presenting this material to the group because the group was comprised of some old style AA folks who have their own way of dealing with addictions and have been successful at it. There were old timers as well as ‘newbies’ in the audience. The group received it extremely well and folks said afterwards that this makes sense with what they see is going on at a deep spiritual level. One of the participants got up and spoke to the people in the audience and said that these words make sense and finally someone has said what is true in regards to the actual essence of addiction or possession. Some of the folks asked me if I had tapes of my talk which I don’t. The way the material was recieved inspired me to write this booklet and make it available to you.

Many of our relatives, friends, and loved ones have had their lives taken or ruined by the spirit of alcohol and substances. It is real as most people who are suffering know so well. It makes sense that if you are dealing with spiritual problems that you should try spiritual solutions. First, we have to become aware of what the cunning energy of alcohol knows and from that we can begin the process of relating to it in a unique and spiritual manner. It is important that you realize that alcohol spirit energy has awareness and it is this awareness that we are relating to in addiction as well as in recovery.

These words are respectfully dedicated to the ‘spiritus’ as Carl Jung called alcohol in his letter to Bill W. I hope that in acknowledging this energy that it will bring us awareness to its true nature and to what it is trying to teach us about life, natural law and the essence of spirit.

I’m also including a section for veterans who may be dealing, coping, struggling with a different set of ‘demons, energies, spirits’ known as post traumatic stress syndrome. Again, I believe that academia, researchers, and other technicians of psychobabble (in which I have engaged in myself in my previous writings) have missed the point in dealing with this issue from a bio-psychosocial/medical model. In my work over the years I have encountered many brothers and sisters plus their families who have been dealing with war trauma and many of them deal with it through addictions either to street drugs or VA drugs.

In either case they are suffering without much relief in sight. In this booklet I will introduce you to another approach that is in harmony with natural law.

I also want the reader to know that this is not an academic book. It’s written in the way I present this material and hopefully my voice is heard throughout the writing. I did not want this to be just another ‘stinkin’ thinkn’ book about addictions and recovery. There are plenty of those around and some good, some not so good but they all try to help. I’m attempting to give another aspect to the process of living with the energies and spirits of substances that surround us daily either outside or inside our bodies. I hope that as you read through this that your spirit harmonizes with the words and also finds balance with natural laws.

Eduardo Duran, Colfax, Ca.

Awareness

Much has been said and written in regards to Alcoholism and addiction to other substances. It is interesting that in many of the years that have gone by since A.A. started that some of the core principles that Bill W. and Carl Jung were thinking about have not been dealt with in the manner in which was intended. I say this because when you read the letters between him and Carl Jung it is apparent that there is a belief that there is an actual spiritual energy that is in action in what is called addiction. Of course Bill W. addressed this in the steps, but I believe that in our modernistic form of thinking we think that Bill W. was talking in metaphors and not in realities.

One of the main points that I hope to make in this humble booklet is one in which we can go back to thinking about addictions as an actual state of possession and a spiritual quest for union with God by real spiritual forces that go beyond medical disease models. There is nothing wrong in thinking in disease models; they are just one explanation and I think it's always good to see things from a different perspective. This makes more sense especially if you are from a group of people who sees the world from a different cultural understanding.

It is perfectly ok to think in disease or behavioral or other psychological models; they are just one explanation and I think it's always good to try different approaches if the present one isn't working. After all the definition of insanity is 'doing the same thing over and over expecting different results.' Well as I see it this applies to recovery also. If the present way towards wellness is not working for you then try something else my brother or sister. This is even more important if you have been struggling with different ways of dealing with this state of addiction/possession.

My spiritual teacher taught me that alcohol and other substances are all spirit energy. If you don't believe this, next time you go to a restaurant where they serve alcohol see what they call it on the beverage page---spirits.

It is no surprise that they call this beverage 'spirits.' My teacher went on to explain that these spirits in the bottle in and of themselves are not good or bad. For instance the same spirit in the bottle that many have used to destroy their lives becomes the blood of Christ in the celebration of the Catholic Mass. The difference being that in the Mass the intent is to consecrate, when you drink to just drink the intent is unknown or destructive².

The main point is that the intent we place in the act of drinking is what determines whether drinking is a sacred act or an act of sorcery against ourselves and our loved ones. Yes, you heard it right drinking and using is an act of sorcery when done in the context of destroying yourself and your family.

How so you might ask?

Well, medicine is to be used only by people who have been initiated into the type of medicine. If you aren't a priest, medicine man/woman, doctor or shaman then you should not be practicing medicine. If you do so as in drinking or using drugs, the natural law stipulates that you must be the opposite of a

holy person...which means—you guessed it a witch or a sorcerer. When you take the substance in this manner then you are practicing sorcery against yourself, your family and your community. Remember that you are placing intent on the alcohol/medicine that you are drinking. As you approach the drink there is intention in your mind. The intention also has a wish that you place on the drink and this wish connects to the spirit of alcohol. These intentions are serious and generate a contract with the spirit of alcohol (Don't worry this will get even weirder as we go along but remember that the spirit of alcohol is baffling and cunning). A contract is when you have a mutual agreement with someone right? Well, when you drink alcohol, it tells your spirit that it will give you something and it always does as you know.

Every time you drink you will get some kind of buzz or high or whatever. That is the spirit of alcohol fulfilling its part of the bargain. Now it's your turn to pay because you cannot get something for nothing...remember natural law. Spirit wants spirit, so when it comes time to pay your end of the contract, you have to pay in spiritual currency. This usually translates into a life and it's amazing that with all the alcohol related deaths we don't stop and wonder about the spiritual price of abusing medicine/alcohol/spirit. Many people in the world are taken every day due to this spiritual contract with alcohol and we still insist on thinking that this is just a beverage that has no energy of the type I am discussing here. Not only is it apparent that we are helpless individually and as a society when it comes to dealing with this powerful spirit, we have also been unwilling to delve deeply to find out what this relationship is about.

Bill W. knew this when he found the first steps towards healing himself. This gives us a new understanding of step one, two and three. In order to recognize that we are powerless it is important to realize that we are dealing with spiritual forces and not simply bio-medical ones. In these steps we realize alcohol/substance is spirit and because it is spirit it takes possession of our spirit and only a spiritual intervention will restore balance. This requires intent...remember intent? Intent must be present in order to undo the contract with the spirit of alcohol. In order to make space in our spirit for the transformation that needs to occur we need a complete clean up of our spirit which is where steps 4, 5, 6, 7 and 8 are deeply understood.

There's a bit more than what we are used to in this process. Amends must be made also to the spirit of alcohol because remember? It is a spirit and when you abuse someone you must include them into the fearless inventory and make amends to them. We must face the spirit of alcohol and ask forgiveness for our violation of it and also make amends by making some sort of offering. Again, remember natural law. If you take something you must give something in return otherwise alcohol will take spirit which is usually a life.

The spirit will take spirit unless you make amends to the spirit of alcohol. Amends can be made in a prayer offering that is given to alcohol/substance with the intent of bringing harmony and balance to your relationship with these medicines and behaviors called addiction. Offerings in most Native communities consist of making a tobacco offering to the earth with the intent of making amends. Remember intent is the stuff of prayer. It is and was intent that got us into difficulty in the first place. It all starts with a thought and goes from there. It is interesting that tobacco (as in cigarette smoking) has been used extensively in AA meetings for many years and no one has connected the fact that perhaps tobacco has been trying to help you make amends the whole time. Unfortunately the type of tobacco use that is being done is of an addictive nature which in turn activates the spirit of possession which is already in control of the person. It is important that tobacco is medicine and has a spirit that is aware of

what is going on.

Tobacco, according to many tribal traditions has been placed on earth by Creator/Higher Power for one reason. The reason is for prayer. Tobacco has the ability to take your prayer intent directly to Creator and in this way fulfills its purpose. Unfortunately, the spirit of Tobacco has become yet another addiction since most people do not recognize it as a spiritual energy that has a purpose very different than the one given by the tobacco companies.

The only thing missing in the smoking that happens in most recovery meetings has been the intent of prayer. This is because most folks smoke or use tobacco from possession and addiction rather than prayer. It seems that we do a lot of things in our lives from this perspective. Once you make your prayer offering, there will be insights coming to you from the spirit of alcohol/substance.

Insights from alcohol you ask? I mentioned earlier that this would be a bit strange but most spiritual things usually are. Spiritual things have the capacity of being strange and also carry some pain in the process of understanding them. This pain is mostly because of ego, since ego wants to stay in control.

Most spiritual traditions believe that there is spiritual value in suffering that is done for the purpose of spiritual insight and growth. The old saying of 'no pain no gain' is an example of this. The Sufis teach that we should not become bitter at the amount of suffering that has been entrusted to us.

Many people over the years have expressed guilt at the fact that they have wasted so much of their lives because of drinking and drugging. My belief is that this is a waste of life and suffering only if you allow it to be. Again, remember the power of intent. Place your intent on offering the suffering that you have done and give that suffering back to your higher power with the intent that this suffering energy be used for the healing of others. This will make your suffering an offering of healing. Making this type of offering ensures that your suffering becomes prayer for others and not merely a waste of time and your life.

Alcoholism as Religious Practice

Once more I refer you to the Jung letter to Bill W. It is clear in that letter that Jung is telling Bill W. that addiction is a spiritual practice. Most spiritual practices have ceremonial form attached to them and the spiritual practice of addiction is no different.

In order to make the point clear of how alcohol is a ceremony it is important to ask ourselves what or who do we pray to? Over the years I've asked this question to many people and they usually give the obvious answer. For example they claim to be some form of Christian or Traditional spiritual practitioner. Then I ask a simple and obvious follow up question: 'how many times did you attend your church or ceremony?' Most folks mention that they went to pray in their church or ceremony 3 or 4 times. An obvious question then follows: 'how many times did you drink or abuse drugs?' Most people who are addicted give an honest and obvious answer that is usually many times more than the times they went to church, let say over 100 times. It is apparent then that the spiritual practice of someone who is addicted is the practice of alcoholism. There are folks who even leave alcohol offerings to the earth when they start drinking. This act usually symbolizes a ceremony.

In actuality the ceremony of alcoholism is quite elaborate and most people don't know this. Remember that the spirit of alcohol is cunning and tricky. Anyway, there is a church style ceremony that people engage in that when you see how this occurs you will never go by a bar and see it the same way again. This is how the ceremony goes:³

The bar where people go to drink is a structure much like a church. When you go in there is a congregation and people are engaged in all types of activities that are under the influence of the spirit of alcohol. Some are laughing, some are crying, some are angry and so on.

Towards the back wall there is usually a very fine long table that is made out of special wood and is called a bar. This represents the equivalent of an altar in a church.

Behind the altar/bar there is a sorcerer, known as a bartender. This person is there to act as the go between you and the spirit of alcohol. Many people feel they can confess all their sins to the bartender much like they would to a priest in a church.

At this point the individual approaches the altar and leaves an offering on the bar, usually money. In traditional ways we would give the medicine person tobacco or some other traditional form of a token requesting medicine for the illness that we want to deal with.

The language that is used in the 'bar scene' is also special language much like language changes when we go to church or ceremony. Things don't mean the same in this church as they do in our daily lives. For example, if you ask someone at home for a screw driver they will hand you a tool. In the church of the spirit of alcohol if you ask the sorcerer/priest for a screw driver they will proceed to mix you alcohol medicine of a specific type. They pour it into a special container and then they put a lid on it and they shake it high over their heads to the six directions. Then they pour the alcohol spirit medicine in a glass for you.

Then you go ahead and drink the spirit of alcohol medicine and it takes over your spirit. It will give you a change of feeling and therefore, it will want something back as I mentioned before. The spirit of alcohol will want a form of payback spirit in return from you. It could take your life or the life of someone else. No matter what, it will take a part of your life in some form. This could take place as in you going to jail, or getting your car destroyed, family loss and all the war stories that you have heard over the years of drinking and being crazy around the spirit of alcohol.

Another interesting form that the spirit of alcohol makes itself known is when someone is in residential treatment. I have observed that around day 20 or so of treatment many people start having dreams and experiences that indicate that there is a spirit working in opposition with the person in treatment. People have told me that they get the feeling that something or someone is sitting on their chest and they can't wake up or yell or anything. They feel frightened and completely helpless. Talk about realizing step one in a very real way. Some people dream that they are using and when they wake up they feel high or hung over and guilty. Yet, none of them have actually taken the physical form of the spirit of alcohol. This is a time when people realize that they are dealing with a power that is bigger than them and takes them back to the steps. It makes you realize that Bill W knew what he was talking about when the steps were formed and he understood it from the inside out. Again, asking the simplest question could yield some answers...it's not exactly rocket science although the cunning nature of the alcohol spirit can make you think it is.

I have seen instances in treatment programs where people in treatment had some profound experiences with the spirit of alcohol and changed their relationship to how they relate to life itself. The changes that come about go very deep once you start relating versus being possessed and fighting against this energy. Some folks become fearful of the spirit of alcohol even though they have lived with it for years. When it comes time to actually attend to it in a spirit to spirit manner, folks get a bit uneasy. It's

interesting that the whole time they were using they did not have a problem of fear since they were already in the clutches of the spirit. Alcohol tricked them into thinking that all was well as long as they continued to promise their soul to the spirit of alcohol.

Underlying Causes/Dual Diagnosis

I have maintained for some years now that there are driving forces that go along with addiction. Presently, there are few if any recovery programs that are just alcohol or substance based treatment. Most programs now, if they want to get funded must address the dual diagnosis or underlying emotional/psychological causes as well as the addiction.

If someone is completely at peace and all is well, there is little chance that they are going to be abusing substances of any kind. As I said before there are energies/spirits that attract similar energies and spirits. There are many emotional causes that drive people to escape from their reality.

Some of the more common causes are fear and sadness known to most folks as anxiety and depression. Again, these energies known as depression and anxiety or many other diagnoses have similar energy to that of alcohol and other substances.⁴ Natural law again comes into play in that there is an attraction between the spirit of fear, sadness and other energies such as alcohol, anger, violence and so on. These energies mix with one another and pretty soon the unaware person who thinks that they are just having a drink or a small addiction are completely out of control and in the process of ruining their lives.

As you can see, there is a dance that is happening as these different spiritual energies begin to interact with each other in the body and spirit of a human being. The longer the person does this dance, the deeper the process takes them into the contract that they are unconsciously participating in. The spirit of the substance starts a process of taking the life of the possessed/addicted individual while all along the person and those around him/her cannot see what's going on due to the energy causing them a spiritual blindness known as enabling or co-dependency. At this point, another spirit is present with the others and this one is profound unhappiness.

The spiraling process takes on a life of its own and becomes a sort of hurricane that picks up speed and momentum while it destroys whatever is in its way. As it picks up speed and twirls it also attracts other energies and forces that in turn make it spin faster. This is truly getting into the true definition of insanity as most people who have been in an addicted family can attest to.

Life is being lost at this point, either directly or indirectly. The body of the addict is being consumed by the chemical processes of the substance and this in itself becomes another unconscious sacrifice to the spirit of the substance that the person is using in their daily unconscious ceremony as they use and abuse the medicine/substance. Hopelessness is an obvious spirit that is being attracted by the hurricane and this hopelessness can either pave the way for death or pave the way towards a death leading to re-birth.

If the individual is not fortunate enough to have attracted the spirit of healing in their addictive process there is a good chance that they will die in the spiraling hurricane. If by some miracle they have attracted the positive side of the medicine energy then there is a chance that they will have a spiritual death and resurrection much like the one Bill W. had. I have found that even the smallest amount of

awareness of this process can be useful in attracting healing energy as the hurricane spirals. Therefore, it is important to get the word out to those who are in the middle of this type of insane out of control life.

Healing the Wounded Soul

By now you may be thinking that this is quite a quandary and the situation may seem hopeless. It can be I suppose if we were to attract the spirit of giving up which is ready to jump in even for those who work in the field of so called addictions. It is important to let those who are in the middle of the hurricane know that they are in a spiritual process that needs spiritual intervention even if death is going to be the immediate result. It is possible to heal the soul and the body will still die. Actually, this death thing will happen anyway to all of us, so no need to worry too much about trying to stop this from happening. The important thing is that when it is time to cross over that we do this with an intact soul so that our soul can unite with the Source.

There are interventions that can be done even if the possessed/addicted person is not interested in intervention as is the case many times. One of my favorite ones is to just tell the person that the next time they are going to use, to have a conversation with the substance. This is crazy enough to attract their attention, and more importantly this will attract a healing spirit. Right as they appear confused about what you're saying this is the perfect time for a healing energy to sneak into their unconscious and start dealing with the other energies that are already there. This will as some say ruin their fun in their addiction since now there is a different level of awareness that they cannot unlearn. Once you know something you can't un-know it. It will be difficult for the person to use without awareness of what is going on. The awareness may be unconscious but the knower will still know.

It is important to remember that the person in the middle of what appears to be craziness is in the clutches of their soul wanting wholeness and the soul does not really care if the ego is not liking the process. Ego will be sure to scream and come up with all types of excuses to stop the process including using more and stronger medicines to the point of blacking out. Even though ego blacks out the soul remains and continues to learn from what is going on. What is needed most at this time is awareness into the ceremonial process that appears as complete torment. Understanding into the process allows for awareness to know that a larger more important work is happening. This process can be helped by the unconscious itself revealing the bridge towards wholeness in the manifestation of dreams and their meaning.

Dream Intervention

Another intervention is to ask the person if they are dreaming. By simply asking this question, it will make them aware of this aspect of life that we all are a part of. When you ask this question you are allowing the hurricane to attract dream spirits which will bring direct messages to the dreamer in a way that cannot be denied or put aside. Dreams are not co-dependent and they really don't care if they insult the person's ego. I have found over the years that dreams are the most honest information that any of us can get, but first we need to pay attention. A simple way of paying attention is to ask if the person remembers their dreams. It is interesting that Carl Jung who helped Bill W. used dreams as the main focus of his treatment with all his patients regardless of the issue.

When working with folks in the area of dreams I explain to them that dreams really know what is going

on even more so than they do. God or the Higher Power always wants to speak to us and relate. Unfortunately, we have ego getting in the way and ego misunderstands Higher Power's message to us. Well then? God has created a way to go around ego and basically trick ego into feeling like it's in charge but it's not really. Dreams are the way that God tricks ego.

Ego's way of understanding is limited and many times the understanding is a distortion of what is really going on. Ego is in charge of coming up with things like denial and other defenses, excuses and so on that keeps the insanity going. Fortunately there is sleep. Once we are asleep, then ego is asleep and what better time to bring in messages to your spirit? Well, again if the message is straight forward information, once you are awake, guess who is awake also? Ego. 6

Ego will take dream information and distort it if it's straightforward. So what God had to do is develop a language that ego does not understand and this is the language of symbols.

By the way I'm not saying ego is a bad thing. It just needs to be trained to understand spiritual things and once it knows its place then things are a lot easier when it comes to relating with the sacred. Ego is like a puppy that has to be trained to do what is required in a wholesome and healthy way. Once ego is trained it can relate to spirit and have a wholesome relationship with the Sacred.

OK, back to the symbols idea. Dreams usually speak in images and symbols that most of the time, do not make sense to the ego part of your personality. This means that if you want to understand the message of the dream that you will have to put some effort into it. Effort is in the form of documenting the dreams and then searching for an interpretation. This interpretation usually is facilitated by telling the dream to an objective person or persons who will help you figure out the dream.

At this time it would be a good idea if there is someone around that can have some understanding of dreams and what they mean. If there isn't there are some tools that you can use to help yourself or someone else to interpret what the psyche or spirit of the person is trying to convey in the dream. This can be done individually or in a group. I have found that groups are really a powerful source of dream interpretation since there will be more than one interpretation to the dream thus giving it even more meaning to the dreamer and also to the group. Wouldn't it be something if there was a dream AA group?

I will give you a few ideas as to how I approach dreams when in a group situation. Individual situations are similar except there's less people:7

Either you or the dreamer write down the dream word for word as the dreamer speaks. At this point it's a good idea to start writing one theme or idea per line or two lines. For example: if the dreamer says: 'I was going to my old house in the dream. Then there was a person I recognized from the time I was 8 years old and he said something I remember vividly.' You would have at least four themes in this brief dream.

Once the dream is written down theme by theme it is time to go back to each line and amplify or interpret the dream. In groups, there will be many ideas to each dream theme which is good. Even if it's just a couple of people it's a good idea to try to have at least three ideas for each line or theme. The

reason for this is that the ego would like to be co-dependent at this time and come up with a ‘nice’ interpretation that will make the ego feel special. There’s nothing wrong with feeling special, but sometimes the psyche wants to just tell you the god awful truth and the ego prefers not to hear it. Remember that every image means something. Even the smallest detail is trying to reveal some important spiritual truth to the dreamer. Also, it is critical to know that there is no such thing as a bad dream. What may appear to be a bad dream is usually a spiritual message that ego does not want to hear, so it calls it a bad dream or omen or some other defense.

The dreamer needs to know that at times there may be some aspects of the dream that they may not understand right away. It is important to study a sequence of dreams since at times future dreams offer material or even outright interpretation for a present dream. It’s perfectly ok to leave room for mystery in this process.

During the time of healing and recovery there are usually death dreams. The dreamer may be quick to panic as ego usually does when there is an indication that it may have to be put on the sidelines. Death dreams usually mean the death of something in the personality. In these instances it may well mean the death of the addictive lifestyle and the resurrection of a healthier life. It is good to seek at least three meanings as mentioned before.

Once the dream has been gone over, I usually take the paper with all the notes from the process and give this to the dreamer. They may want to offer a ceremonial offering to the dream for the gift that the dream brought them. It is important to remain aware to the etiquette idea discussed earlier. It is proper manners to say thank you when a gift is received and this applies to the gift from the dreamtime. The dreamer may want to burn the paper and put some sage or cedar on it as an offering to the Creative forces that brought the dream.

Warrior Soul Wounding

In most ancient and modern tribal cultures there are methods in which warriors/veterans are re-admitted into the society after having to go and commit acts that go against natural law. It is not natural to go far away from home with the sole purpose of causing destruction and taking human life.

I’m not saying that it is not necessary to defend one’s home in case of attack. The warrior is acting with honor in following the dictates of their society although at times the society is acting in a manner that is not honorable. This lack of honor towards life from the collective society is yet another level of guilt and soul wounding that is imposed on the warrior.

The warrior/veteran does his/her duty in the best way we know how. Our souls have a different understanding of the purpose of the war and when this purpose does not honor natural law, our soul turns on us and gives us symptoms so that we will pay attention and try to restore the balance in our soul. Most warriors are aware of what these symptoms entail—depression, anxiety, PTSD, addictions, family violence, marital problems and so on.

It is important to break down the actions and their effects and see what actually happens at the soul level when a warrior has to commit acts that go against the soul or psyche. Life is sacred. All cultures, religions and ideologies subscribe to some sort of idea regarding the sacredness of life. The warrior takes their life and places it against another life or lives in the path of doing their duty to defend the country.

At the point of contact between the warrior taking a life and the person whose life is being taken there is a spiritual understanding and contract that occurs. An energy or spirit of violence comes into play between the two people involved in the situation. The spirits of these two people recognize each other and agree that one will depart because of the actions of the one that will take the life.

Again, as I mentioned before there is an identification and agreement that these two enter into. This relationship was and is well known in tribal traditions, and there are ceremonies to bring balance to this in some of these societies.

Presently, we do not do any ceremonies before or after going to war except in some very small instances where the veteran is part of a tribal tradition that understands natural law and the balancing that needs to occur through ceremony. Therefore, the veteran is left to fend for themselves in a system that has no understanding of the spiritual aspect of what occurs in war. Just like the issues we discussed in the spirit of alcohol section it is important to remember that war has a spirit. It is this spirit that needs to be balanced and restored in ceremony. War is a ceremony and it will take another ceremony to restore the balance.

In order to give you insight into how serious the spiritual aspect is you should consider that some tribes believe that the actual identity of the person is at stake.

For example, if you are part of such tribe and you are part of taking human life you stop existing as a member of that tribe. When we realize that most tribal names actually translate into 'human being' then the warrior taking a life ceases to be a human being. This is a far cry from saying that you have PTSD, which is a nice clean clinical term that means very little to the soul of the warrior/veteran.

Once the warrior ceases to be a human being there has to be a way to restore them back to being human otherwise they will wander soulless and tortured. In most instances the VA docs and therapy types and the warrior resorts to other spirits in order to restore spirit (by this I mean spirit of psychotropic drugs).⁸ Except, as you recall you cannot restore spirit unless you do the proper ceremony just like I discussed in the alcohol section.

Sorry to tell you that sitting in a VA office getting a prescription for psychotropics is not the right ceremony for restoring your soul. Again, I emphasize that it's good to take these medicines when needed, but taking them without doing the required spiritual healing will not heal your soul. It may bring some relief but as you know you will need more medicine or spirit of medicine on an ongoing basis.

Recall that the spirit of alcohol is cunning and will make you believe that the hole in your spirit can be mended by putting the spirit of alcohol or drug into your spirit. In actuality this will give you more suffering because now you are becoming addicted or possessed to yet another spirit form.

How so? is a reasonable question regarding this relationship between the energy of violence, death and human beings participating in this dance called war. When we look at some ancient traditions⁹ that understand what happens at the time of death it makes sense to think that the spirit that leaves the dying

person's body may be a bit confused if the person is killed suddenly as is frequently the case in modern warfare.

The disembodied spirit may not know it has died and serious confusion may result. In this confusion the departing spirit may attach itself to the closest person or to the one that has been the cause of its departure. This phenomenon can be clearly understood if one is to ask most veterans what they are dreaming. Many report that they dream of the people that they have killed. In addition, the veteran also carries images of their friends who get killed since the spirits of the dead attach themselves to the closest person to them in order to try to make sense of the death process. The images of the dead are a deep part of their dream life, and they cause a tremendous amount of suffering through symptoms. Most of the symptoms are clinically known as anxiety, depression, suicidal ideation, severe thought disorders and PTSD.

As the dreams clearly indicate, there is a huge elephant in the middle of the therapists couch and no one pays attention to it. The images are not subtle as most of you know, yet for some reason these are attended to by giving you cognitive behavioral therapy and drugs. It's like taking your toothache to the transmission mechanic and makes as much sense. Again I will say, if this approach is working for you then don't mind what I'm saying here. I'm only speaking to those who have not gotten relief using these regularly prescribed methods.

How do we do this? Is there a way out? Are reasonable if not logical questions at this point. The answer is yes. In order to restore balance we need to resort to natural law. Recall that natural law has nothing to do with who's in charge, or what the government thinks or any other theory one may want to entertain. Natural law says that if you let go of this booklet from your hand it will fall and this is not personal or theoretical—it's just the way things are.

OK then. We have created an imbalance by causing suffering to someone else or to a group of people. This has to be acknowledged as in taking a fearless moral inventory of yourself. I have heard many vets talk about their deeds and acknowledge that these were not good or wholesome actions. The awareness that there may be a spiritual implication is also part of the initial stage of restoring your spirit.

Allow your spirit to become aware of what has occurred. Think and try to feel the suffering that happened at the point that the action took place. What did that person feel, think, want, at the time in their life where their life ended. Allow your awareness to be aware of the suffering that the family went through. At this point you should also be paying attention to your dreams because they will be an excellent guide as to the specific issues you need to deal with. The methods of interpretation that I have suggested in the addictions section are the ones that you should use in this area also.

Also, it is highly recommended that you do this with a therapist (the word therapist actually means healer in Greek) sponsor, minister, priest, medicine man/woman. You will need a spiritual guide since you are entering spiritual 'Indian country' as they say in most battle situations. This is not to say you can't do this alone. It is highly recommended that you have a point person who may know the turf so that you don't get stranded and create even more problems for yourself.

Once you are aware of where your soul has been wounded or possessed you can begin the process of

making a bargain for your soul much in the way that Christ bargained for the possessed man's soul in his travels as a human being. Ask the persons in question what they may want? Most of them want reconciliation since they may be also stuck in 'the spiritual dmz' due to this confused relationship you two have gotten into.

Ask forgiveness of them. Give them a spirit offering of some kind that makes sense to you. This could be tobacco or food offered in a ceremonial fashion to the souls of the dead. Many cultures have special days during the year where this is done. In this country many religious types celebrate 'all souls day' the day after Halloween. Our Mexican relatives have elaborate ceremonies around this and if you don't have ceremony in your life you may look up one of these events in which you can make amends.

Again, we are following the Bill. W. and Carl Jung prescription given decades ago. Natural law requires that something be given in order to restore balance.

Many Vets have offered help on behalf of the communities that they have offended in order to fulfill this. I know some Vets who have gone back to the part of the world in which they committed the violation and have offered peace offerings to the elders of the village. At times this isn't possible and here's where intent can be useful. Offer help to someone with the intention and motivation that this help is on behalf of the suffering you have caused with your actions. This is in keeping with the steps where you actually make real amends to those whom you have hurt.

These actions if done with a sincere heart will help both yourself and those who have been hurt. It will require the courage of a true warrior to go through this process. The fact that you are a warrior leads me to believe that you have this courage. You do not need to keep suffering and keep your loved ones trapped in this unnatural spiritual confused place.

Allow your dreams to let you know if this is proceeding in the way it needs to. If your dreams do not change then you may need to do something different. You may need to go into the dream itself and reconcile there. For that you will definitely need a spiritual guide so I won't say more on that because it could get gnarly and if you have a guide this will be very helpful.¹⁰

The discussion that I have done so far has been helpful to folks that I have worked with during the past three decades of doing this type of work. Most of the folks felt that this way of dealing with their suffering made intuitive sense and were a bit dumbfounded as to why it hadn't been mentioned before. Well, now it has been mentioned and you can use it to heal yourself and your loved ones.

It is a fact that war is designed to cause suffering regardless of rightness and wrongness. Remember each side truly believes that God is on their side and this leaves us with the reality that there are energies operating at different realms than that of where ego likes to find itself. As I see it, it's ego that believes in rightness and wrongness and places God on its side. I doubt that God really wants to take part in the destruction of life and the profound creation of suffering that we encounter when our governmental egos decide that they want something that does not belong to them.

Our participation in war as warriors is honorable regardless of sides. Reality though is that forces

beyond our control are in effect as we realize that the demons began to make themselves known. They usually make themselves conscious once we have the distance from what occurred and are out of the craziness of the war zone. Just because forces may be out of our ego centered control does not mean that we are helpless. We can resort to our spiritual-soul and work from that aspect because what has happened occurred at the soul level. This fact makes our experience sacred and it becomes even more sacred when we become aware and began to deal with our actions at the realm of soul and spirit.

Welcome home my relative.

Beyond Recovery and Towards Wellness

In most recovery systems it is taught that once addicted the person will always be addicted or possessed. This is probably true for some folks who do not want to move beyond being in recovery. There are people who have a complete healing and can start to focus their life on the process of living and fulfilling the contract that they made with God before coming into this life.

Everyone has a purpose and our life's journey is to fulfill that purpose. We can still remember and make offerings to the spirit of alcohol on an ongoing basis. This is to ensure that we maintain a sacred relationship with it and not one in which alcohol is invited to return to take over our lives again. Many people in recovery avoid places where alcohol resides. Some people I've worked with even avoid the alcohol aisle at the grocery store for fear of being around it. This is not a respectful relationship and it is one where fear dominates. Fear is an energy that can open the door for another energy to come in and take over.

Therefore what to do? It is important to walk your walk in a way that is respectful to all spiritual beings and alcohol is no different. Instead of being afraid of it continue to give it offerings and don't be afraid to say hello to it when it comes into your area. It will come whether you want it to or not.

I am not saying that one should be stupid about this. Especially, in the early stages of recovery it is important that you stay with those who can protect you from 'slipping' and going back to where you

came from. There comes a time though when you need to move on and live life without fear. Fear is the root of anxiety and depression and as you recall these can be underlying causes of addiction.

Since drinking and using were part of the daily spiritual liturgy for most folks who were in the life of addiction, it makes sense that we should change our daily liturgy to one in which we offer prayers from an intent and motivation towards health, goodness, love and compassion. It is important to do this every day for your spiritual health just like it is important that you eat and exercise every day for your physical health. There are no shortcuts and discipline will be a must in this type of daily walk.

The following can be used as an outline for your daily practice of wellness:

Get up early and greet the morning sun with a prayer of thanksgiving. Leave an offering to the spirit of alcohol or other drugs. Warriors leave an offering for the well being of your old enemies. Also, leave an offering to the spirit of recovery, wellness and healing.

Meditate for at least 10 minutes then do your morning routine of shower etc.

Breakfast should be healthy and eat in a mindful way. Take your time and be grateful for each bite.

Some time during the day you should do some physical exercise unless your work has plenty of it.

Work should be also an act of gratitude and mindfulness. Regardless of what you do for a living (of course it has to be something that is wholesome and does not hurt anyone. Otherwise you need to find another job) do this mindfully. Try to be attentive to the task and moments as they pass. Sneak in a prayer every now and again if the task permits.

During one of the days in the week you should set up ample time for yourself. This time can be used to see a counselor, sponsor, minister, holy person and such.

Once you spend time doing spiritual counseling work then you should have time just for yourself. Treat yourself with kindness and respect.

With the proper motivation and intent do good things for others. These can be one time activities or get into a project that is going to help others. Dedicate your intent to the purpose that you want to reconcile with in order to restore balance with the natural order.

The time with your loved ones should be part of your day. If you have a family, try to prepare and eat dinner with them. This time can be used to debrief the day. As you debrief though, make sure that you talk about at least 3 positive things that happened that day. It's too easy to focus on what did not go right and this can take up a lot of energy and bring the spirit of sadness into your home.

Read something that is good and do some other form of entertainment before sleep. As you approach sleep, be mindful of dreams and what these may be bringing to your life. Be ready to recall your dreams and commit to trying to understand their message. Leave an offering to the dreams letting the dreamtime know that you are committed to working with the dream world.

I hope that these words in this booklet are useful to you as you travel on the path of life. Sobriety is a part of life and not life itself although without it life would not be very long. Keep perspective and realize that you're human. If you fall short of your goals at times, don't linger in guilt and beat yourself up. This opens the door to yet more feeling of worthlessness and the spiral goes down from there.

Take responsibility, make amends and move on. Remember on making amends that we need to make amends to more than just the people we offend. At times we need to make amends to the energies that may be involved in whatever action we have taken. If our actions are good then we create energy of gratitude and if our actions are not so good we can still create energy of gratitude once we realize that we are on the path.

As the old ones say from time to time: it's all good if you live in a good way. Thanks for your attention and keep me and others in your prayers.

Be well.