

## Yoga Helps Free You from Addictions

By Montse Gomez

A few months ago, Mukta Kaur Khalsa, doctor in Counseling and Psychology and director of SuperHealth, the addictions healing program that was founded by Yogi Bhajan, visited Spain for the first time. She was here to conduct several trainings and to speak at the Kundalini Yoga National Congress. We spoke to her about how to use kriyas, meditation, and diet to overcome addictive behavior.

### What is an addiction? Why do we fall prey to them?

Addiction is the use of any stimulant which we cannot give up on our own. Each person has to return to his complete self—his love and self worth—to be able to heal himself. We fill our inner emptiness by using drugs, alcohol, food, unhealthy relationships, sex, and computers. This emptiness is created when parents do not teach their children virtues and values. Therefore, the child cannot completely develop his character, missing the social and communicative skills needed to have a complete and meaningful life as a fulfilled human being. Consequently, the child does not have a strong sense of self-esteem and lacks the clarity for his purpose in life.... he is lost.

### Are all addictions are the same?

The root of addictions is the compulsion for filling an inner emptiness. There are different ways to compensate for that empty space: stimulants, anti-depressants, a feeling of false identity, and wearing a mask to cover the pain of living life.

### What is the key to overcoming addictions?

The key is to substitute self-destructive habits for positive habits, to accelerate self healing, and to increase spiritual awareness.

Let's talk about your program, SuperHealth. How can yoga and meditation help overcome addictions?

SuperHealth is a consolidated state of physical, mental, and spiritual healing. It is based on the teachings of Kundalini Yoga, known as the yoga of awareness.

By its practice, one can rebuild and strengthen the nervous system which has been weakened by the use of drugs or other addictions. Kundalini Yoga restores strength, changes the chemistry of the blood, stimulates the glandular system, and promotes relaxation and mental clarity. Moreover, it helps to develop personal discipline to practice the kriyas and meditations on a regular basis.

**What is the relationship between stress and addictions?**

The brain has the ability to absorb an amazing amount of information. However, when it exceeds its capacity it becomes overloaded or saturated. This can cause depression, fatigue, insomnia, panic attacks, and a disoriented state of mind. We then use external substances as anesthesia to alleviate this painful situation. A vulnerability or susceptibility in character develops leaving one to formulate a habit that then can lead to addictive behavior.

**Does the danger of falling back into addictions always exist?**

No, it does not. Every person has a past, and we all can learn from life's difficult situations. This is how we discover wisdom and develop an attitude of grace. When we develop and maintain a discipline, we live in a higher state of awareness about ourselves and our environment. Then, we can recognize our past without returning to it, and attain happiness, which is our birthright.