

## **On Addiction and Recovery - Briefly!**

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We have a somewhat unconventional view on all behaviours, desires, compulsions, obsessions and addictions. We believe it is possible to permanently transcend an addiction to the extent that one can take or leave a substance, that one can have a few drinks and then stop, without any need for self control, because simply one knows what one's body wants, and the body is no longer addicted.

We believe that addictions emerge in people, having been spread like viruses. Originally an addiction has intruded from the outside, from another person. Patterns of growing addiction and lessening addiction can happen through generations over hundreds of years. People are part of much larger patterns and cycles than they often realise.

I used to binge-drink and smoke with it, and become violently nasty after a lot of alcohol. Nowadays I can drink from 1 to 6 pints and stop at any time, and I can even choose to drink to significant excess without any bad behaviour - it has all gone, and I am free. I can be drunk on water and stone-cold sober on 6 pints of beer. When I'm with addicted people I feel their addictions, and if I did not know it was radiating from them I could probably re-identify with those feelings and addict again. But I do not do that, because I know these feelings come from those around me, because I only feel them in the presence of people who are themselves addicted.

The mind can achieve whatever any drug does. In fact, the drug is merely a trigger for the mind to act on it. The hypnosis of the beliefs and feelings around a drug is already in the environment before a person has their first experience of it. Once the mind structures are undone, the body shock of detoxification can be sorted out.

We know that every behaviour is a signal from the past that is actually presenting itself as the gateway to personal healing. So, we work WITH the symptoms, and just by asking simple questions we help people both to come to right understanding of their life and also to undo the structures that hold the behaviours and symptoms in place.

Because the world is so full of people unintentionally projecting on each other all the time, we do the work in secluded retreats over 7 days, sometimes longer. During this time each person is asked to not comment on the other delegates or their work, just to concentrate on their own stuff.

The facilitators are people who have been through the mill of life, overcoming major problems and perceived dysfunctions themselves. We are normal people, who now laugh a lot and enjoy life.

So, you are not responsible for your behaviour; your behaviour is the result of the structures your mind has built in order to survive, and is due to the projections from others in the past and also now. By recovering the emotional energy stuck in the past, the intrusions of addictions are released and undone. This does not mean revisiting traumas, far from it; it just means reconnecting and recovering the aspects of self that are not "here and now".

## **An Explanation By Josie Saunders**

At various times in our past, things happen to us that we don't understand. Because we don't understand them, we don't know how to really deal with them, so we do the best we can and create a coping mechanism that helps us through.

The problem with coping mechanisms is that they are designed and constructed to deal with a specific subject, and don't usually take the whole system into account. So, for a time they work to hide the symptoms, but after a while they begin to cause problems of their own, and we have to create a new coping mechanism to deal with that. Eventually, we create layer after layer of these 'temporary fixes', so that there is no sign of the original thing that started the whole chain.

What the Holigral Method does is to allow the client to navigate through all these layers, clearing out the unnecessary habits and behaviours that all of this confusion has generated. By doing this, problem behaviours such as addictions lose their entire reason for being, and they can vanish so thoroughly that it is as if they have never been there at all.

Instead of the client having a lifelong battle against the symptoms recurring, they are cleared of it and can choose exactly how they want to interact with the (substance of addiction) in future, rather than it controlling them.

## **A Further Explanation by Steven Saunders**

Underneath the normal sense of reality of everyday experience, humans communicate through emotional fields, and thought forms that transmit like viruses between people, and which flow through group of people in a way that I call a cultural field.

What I have found is that people prone to addicting are, for some reason, normally very sensitive to these fields and very easily influenced by them, and that there is not enough of a boundary or a sense of which emotion is theirs and which emotion comes from the field around.

As a result, a person addicting can go into a cleaning-up environment and recover, but when they go back into their old culture they can have difficulty with the emotional fields. However, by using the Holigral Method, they are undoing the internal attractors to the addicting, building a rock-solid self, and learning to recognise how emotions project from people and in fields. They can then learn to dis-identify with emotional currents, and remain unaffected by their environment.

Once the mind structures are released, the body releases the toxins stored in the lymphatic system naturally - this is quite an experience, and sauna/washing/drinking water is most helpful once the releasing starts. Until this time, the body will still desire a substance.

The needs of the addicting can be permanently transcended, even allowing occasional enjoyment of the formerly problematic behaviour. I realise this is heresy in a 12-step world, and I acknowledge the power and the benefits of that approach. The Holigral Method is something that, for some recovering addicting people, is another step towards a greater freedom; and it is not for everyone.

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