

TO BE FREE



Escape from Addiction

TO BE FREE

In this Little Book
We Invite You to Consider
Another Possibility
For Your Life

Conformity has been the controlling
mechanism for every religion and
social order on our planet, even when
it has meant loss of individual freedom.
Within this social matrix freedom of will has
further been weakened by addiction,
especially to drugs and alcohol.

What does it mean to be free?
Do we really have freedom of choice?
What is real freedom?

For all struggling to be free
Please read this book from beginning to end



TO BE FREE

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Acknowledgements:
All those quoted in this book.



We want to be free.

Free from tyranny, free from exploitation.

Free from addictions, free from oppression.

Most people want a world in which freedom
and equality is the birthright of all.

No one wants to live under the rule of any system,
religion or addiction that restricts the freedom
of individual thought or belief.

The good news is: you were free from the moment you were born.

No religion, political construct or addiction should dictate how
you live or what you should think or do.

All you need to be free is already within you.

And it doesn't matter who you are,
how many mistakes you've made, or how rich or poor you are.

What matters most is that we understand what freedom is.

Let's start by looking at what it means **not** to be free.

Anything that oppresses our freedom of thought or freedom of choice is a form of tyranny. There are many forms of tyranny in this world but we mostly only think of the ones which affect others.

We often ignore those things which affect our own individual freedom.

Anyone who is addicted to anything is not really free



In this book we are going to focus on how addiction to alcohol restricts our own personal freedom and how we can become free once again.

In our society drinking alcohol is the accepted social norm, but when drinking becomes an addiction it turns into a prison.

Addiction is when you need to drink every day.

In the film 'Matrix' the hero Neo, happily subscribed to a daily illusion of reality until he came to realise it was a construct designed to control the mind and perceptions. Drugs and alcohol may give the illusion of freedom but in reality they ultimately imprison us and take away our freedom.

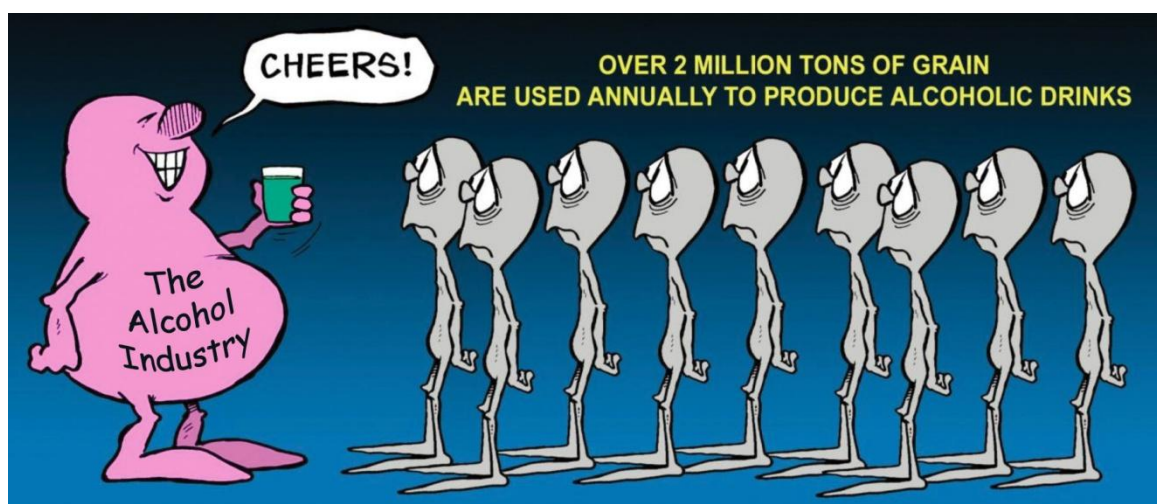
Although 'Matrix' was fiction it reflected the same fears that were raised in George Orwell's book *1984*, a story about a totalitarian state in which even freedom of thought was restricted as a means of control.

Both political oppression and addiction restrict our freedom of thought and action. Or we may think of religious tyranny such as seen recently in the atrocities inflicted on the world by IS. Equally we may think of the global tyranny of greedy giant corporations that exploit poorer nations, exterminate species and pollute and degrade the natural world.

Underpinning all such business activities are powerful financial systems rigged to benefit a tiny minority to the detriment of the vast majority.

Most do not realise the alcohol industry is part of this matrix of exploitation.

Globally the alcohol industry takes up millions of acres growing fodder for alcoholic drinks that could be better used for growing food. *This is not driven by individual drinkers but by the dubious ethics of the industry.*



Harvard University expert on nutrition, Prof Jean Mayer, pointed out that 40 – 50 million people could be fed each year on the grain that goes into the beer and cocktails drunk annually by Americans.

We are so used to the way things are we mostly do not even question it.

This is because the ruling matrix today is materialism

Materialism is the belief that nothing exists except matter and its forms, and that material assets are more important than spiritual values. This view is largely derived from a belief in chance evolution and consequently wrong priorities led from the top. Survival of the fittest has become *survival of the most wealthy and powerful*. This has resulted in exploitation, pollution and destruction of the natural world. The matrix of materialism allows industries of exploitation and addiction to flourish.

In this book we are going to take a different approach to the alcohol problem and also consider an alternative to materialism.

All across the world hundreds of thousands believe God can help people overcome addiction. This is testified to by changed lives and is a basic factor in successful recovery programs such as Alcoholics Anonymous.

But what is the truth of this? Is it likely or even possible that there is a Creator and that God exists in reality? And if so - can God help us?

Before we put our trust or faith in anything or anyone we need to have good reason to do that. Ironically today most people just accept the materialist view of reality without question, even though it has led to so many massive global problems, not least the physical and social problem of addiction.

There are only two possibilities for Life: Chance or Purpose

Today's materialistic values reflect the belief in chance evolution by which humans are viewed as no more than a collection of bio-chemical reactions. This reductionist philosophy inspired the pseudo-science of eugenics and provided the bogus criteria for Hitler's extermination of the Jews.

That life is merely the result of an accident is even blindly accepted by some liberal religious groups, unaware of the delusion they contribute to.

The fact is: chance evolution, just like the idea of a flat Earth, is unproven scientifically - it is merely *assumed* to be correct.

As a cartoonist I know that nothing will magically appear on a blank piece of paper unless I draw something on it. Both artistically and scientifically one truth is self-evident: you can never get Some-Thing out of No-Thing!

What we each believe about the origin of life is important.

It gives the base value to who we are: what we think and how we act.

The illogical idea that life happened by chance is at the root of the dismal idea of materialism. Small wonder so many today feel worthless and turn to various forms of escapism and addiction to cope with this view of life.

It doesn't have to be this way. We all have intrinsic value.

DNA: Deoxyribonucleic acid is a molecule composed of two strands which coil around each other in the form of a double helix. This carries the genetic instructions for the development, functioning and reproduction of life.

It is the blueprint for all life - it is what makes you, you.

Many evolutionary biologists have referred to DNA as "*The instruction book for life*". It is a very complex book – but could a book create itself?

Would an explosion in a print factory result in a perfectly bound and printed copy of Encyclopaedia Britannica? *Of course not!*

Is there any conclusive proof at all that life arose by chance accident?

No, there isn't.

Is there any conclusive evidence that all the millions of diverse species here on Earth evolved due to some chance event? Did Darwin prove that?

No, he didn't! Darwin's theory still cannot be scientifically verified.

Dr T. N. Tahmisian, physiologist for the Atomic Energy Commission wrote: "*Scientists who go about teaching that evolution is a fact of life are great con-men, and the story they are telling may be the greatest hoax ever.*"

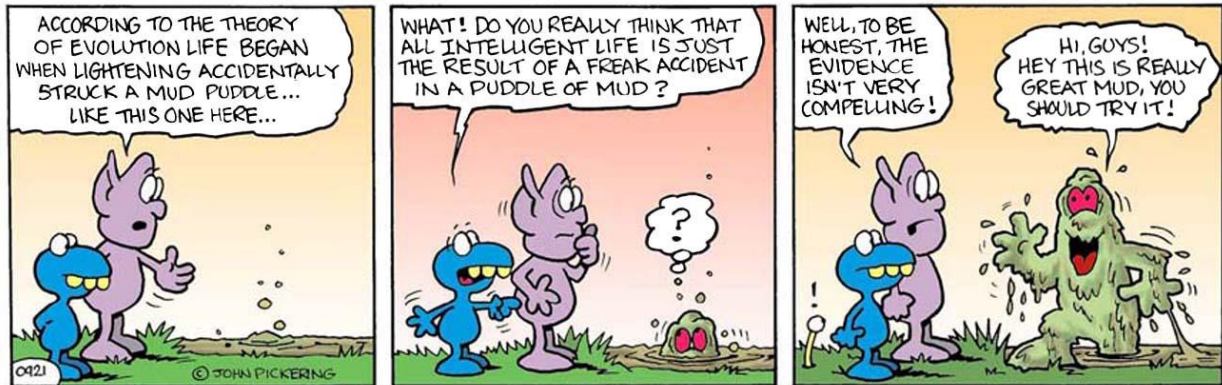
Dr Paul Davies, of the Australian Centre for Astrobiology, at Macquarie University in Sydney, wrote: "*Nobody knows how a mixture of lifeless chemicals spontaneously organized themselves into the first living cell.*"

(*New Scientist* 179 (2403); 32, 12 July 2003)

So - how did the Lifeless suddenly and magically become Alive?

Logically it is highly unlikely that Life began by chance.

According to astronomer Sir Fred Hoyle, the odds against life happening by chance would be similar to 2,000 blindfolded persons all independently solving their Rubik Cubes at exactly the same time. *It isn't going to happen.* For the sake of our own sense of reality we need to think about this.



What if there is another reality beyond both addiction and materialism?

Behind any book, invention or work of art, there is always a creator.

No matter how far back in time we go, we always come up against one basic cosmic truth: there has to be a First Cause. And as you can't get *Some-Thing* out of *No-thing* logically there must have been an eternal *Some-thing* in the first place to begin creation. Some call this *The Source* – some call it *God*.

If God exists it changes everything

This means Life is no accident and whatever problems we each face as individuals, we are not alone - we are all part of a Greater Reality.

This does not mean we have to join any particular religion. Our relationship with God is not about religion; it is about our own experience of the Divine.

So why do things go wrong? According to the creation story humans were created with the power of choice: for both good and bad. Without choice there would be no free will – we would be merely lifeless machines.

ALL INDICATIONS ARE THAT LIFE IS DESIGNED TO THRIVE

Freedom of choice: choosing the right priorities is basic to life thriving.

This means your life, and mine - the life of every creature on this planet.

According to Genesis we all share One Spirit of Life given by God.

This means we all have intrinsic value - even when we don't feel it.

If God's Spirit animates all life then something of God is right here in the midst of us. God is often referred to as light - perhaps because light is One and yet at the very same time - Light is everywhere.

We see the physics of this reality in the mundane act of lighting a candle.

We may light a million, billion different candles, but even though all the individual flames are many, all Light is inherently One!

Priorities and Choices

Our daily choices and actions affect those around us.

Some choices we make help us to be free: to thrive and shine; but some things we choose make us prisoners and cause us to wither and die.

The choices we make today determine our tomorrow.

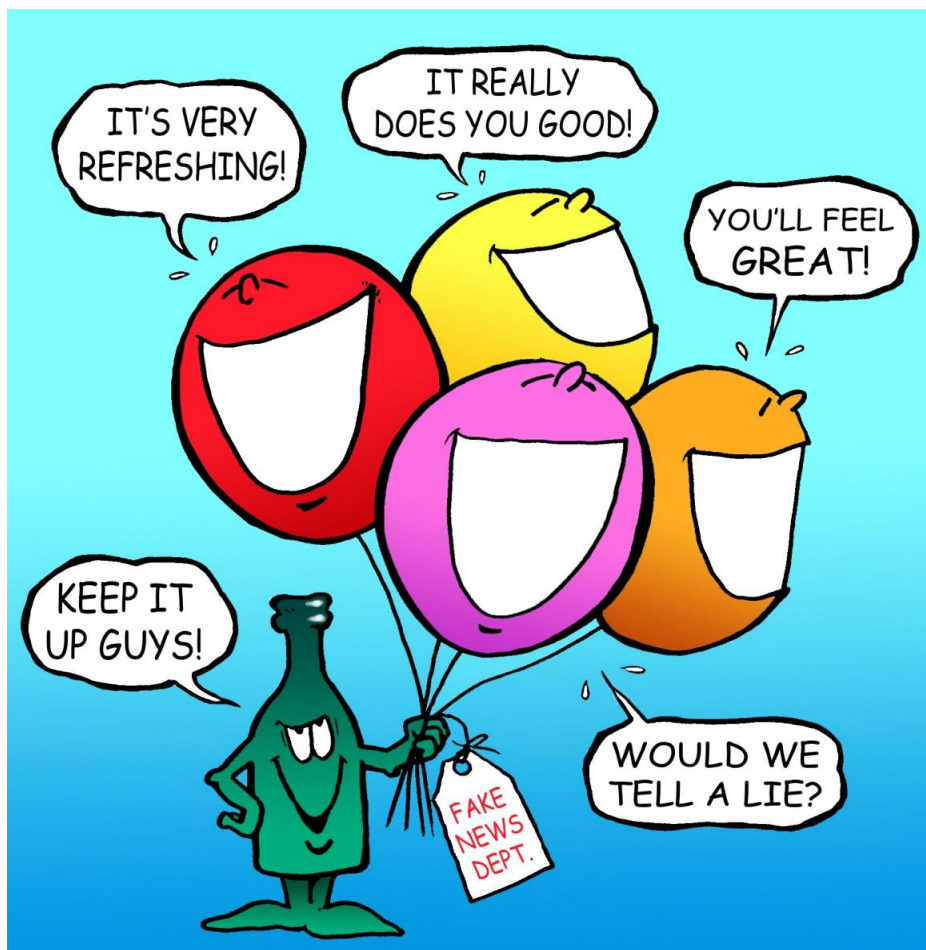
This is never truer than in addiction to alcohol. For here we can clearly see how wrong choices can take away personal freedom and damage lives.

In our profit driven world drinking alcohol is actively encouraged by those with a vested commercial interest in profiting from human vulnerability.

This situation is driven by business priorities and choices.

The marketing of alcohol, just like the illicit drugs trade, is all about profit. The only difference is - alcohol is more socially acceptable. As a legitimate industry it employs thousands of people who earn their living from it.

Even so, all the glamorous advertising of alcohol is deceptive: it ignores the massive social and physical problems caused by addiction to their products.



***Of course they would – and do so consistently
to ensure their future market potential***

The Social Truth about Addiction to Alcohol

Nearly one third of the population of the UK are heavy drinkers: is alcohol dependent, have family or friends who are alcoholics, or are the victims of alcohol related abuse.

Current statistics (most of which you can check out online) from Government: NHS, the Police, The Institute for Alcohol Studies, Change UK, National Institute for Health and Care Excellence and other agencies, indicate that we face an increasing and drastic social problem damaging lives and families.

Currently over 66% of NHS resources are spent on coping with alcoholism and alcohol related diseases. In the last 10 years hospital admissions due to alcoholic liver disease in England have increased by 43%.

At weekends in most cities A&E departments are overwhelmed by dealing with the consequences of drunkenness. Policing alcohol related crimes: car accidents and domestic violence, costs in excess of 40 million a year.

Drunkenness plays a part in at least 30% of known cases of child abuse. It is the major factor in 60% of domestic violence, especially against women.

Alcoholism and alcohol misuse has put a huge strain on Mental Health services. The devastating consequences of alcohol abuse are: domestic violence, broken homes, unwanted pregnancies, neglected children, suicides, debt, crime - and homelessness.

According to the *National Social Marketing Centre* the annual cost of alcohol related problems to services and industry in England and Wales is around £55 billion. The estimated costs to individual households stand at about £10 billion. In Northern Ireland the annual cost of alcohol misuse is over £600 million, and in Scotland the cost is about £7 billion.

The human cost of alcohol abuse is in ruined lives, wasted potential and needless deaths. Addiction to alcohol leaves in its wake social and emotional debris that can affect families for decades.

How did it get to this? Again it all comes down to priorities and choices.

As individuals with free will we can choose not to participate in destructive activities - we can choose to break free – all things being equal.

Unfortunately for anyone addicted to alcohol, all things are not equal because freedom of choice has been compromised.

So why do we as a society continue to ignore a problem that so obviously limits freedom of choice and has such a damaging social effect?

The truth is: huge amounts of money are made out of human frailties and just like tobacco and gambling - the alcohol industry is no exception.

All the millions spent on advertising alcohol churn out but one message:

'You need to drink alcohol to have a good time'. But do we really?

The Physical Truth about Alcohol

Most think alcohol is a stimulant – but in fact it is a narcotic

When taken to excess it numbs the brain and central nervous system and has a similar effect as morphine or chloroform.

Physiologically alcohol is treated by the body as a poison

The body soon tries to eliminate it. Up to 10% is excreted in the breath, urine, saliva or sweat. The rest is taken into the liver, which was not designed to cope with huge quantities of poison and struggles to process it.

This is why a high proportion of alcoholics die of chronic liver failure.

The body cannot survive without the liver functioning.

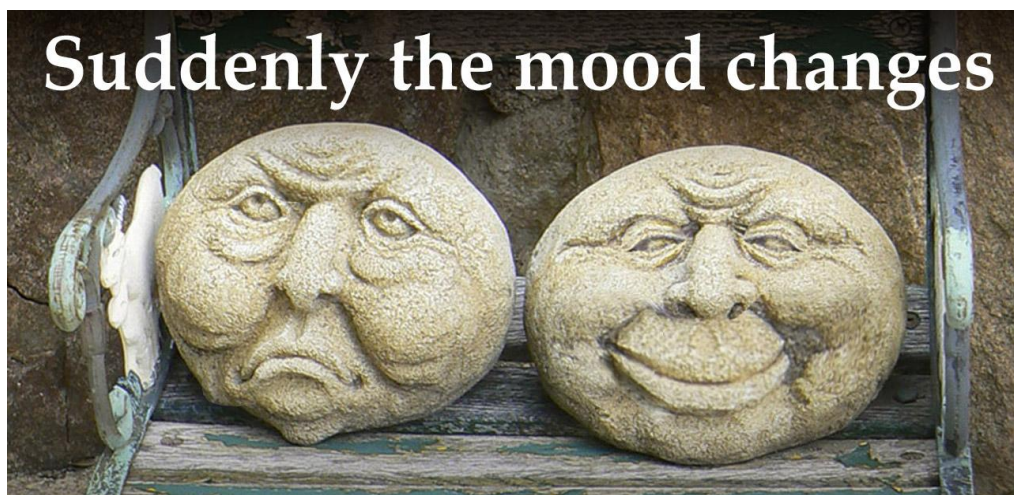
Alcohol also weakens the heart, slows blood flow and results in cell damage.

The most noticeable effect of alcohol is on the brain

It destroys brain cells, impairs judgment and self control and slows down reaction time. Minds blurred by excessive alcohol are useless in a real crisis.

Alcohol addiction not only affects the drinker, it has a detrimental and damaging effect on work: relationships, family and friends.

Most who live with chronic alcoholics will tell the same story: unreliability, mood swings; and a hundred and one excuses for their behaviour.



Any addiction is a bit like the *Gollum* character in the film, ‘*Lord of the Rings*’: in the end nothing matters except ‘*the precious*’ – whether that be drugs, gambling or alcohol - the addiction is always the priority.

Alcohol addiction can lead to debt, crime, violence, domestic abuse, death.

Those who have friends or family who are controlled by addiction have both the struggle and the pain of watching a life in destruction.

The truth is: alcohol causes actual physical harm to the human body.

Those addicted to alcohol – like any other social group - are a varied mixture of characteristics. Many are kind, sensitive, intelligent people who would not normally hurt a fly, and yet their addiction not only hurts themselves, it can devastate the lives of those who love and care about them.

Why would anyone choose such a negative, self-destructive path?

There is no single answer to this.

In many cases people turn to alcohol as the most readily available means of dealing with trauma: disappointment, grief, hopelessness; unemployment, loss, the breakup of relationships, or the results of wrong choices.

Some of those who have had to cope with the horrifying consequences of war may be induced to turn to alcohol if they have had little or no help: no proper counselling or understanding when back in civilian life.

The reality all alcoholics face is that the very thing which seemed to be the solution to their problems eventually becomes a worse kind of problem.

Unfortunately by the time many realise this, freedom of choice has been eroded by addiction. They feel impelled to continue drinking, even though this very act may eventually destroy their life.

This is why it is so important to quit being alcohol dependent.

But sometimes it is difficult to recognise a prison for what it truly is.



Anyone addicted to anything – especially drugs or alcohol need to first recognise they have a problem before they can begin to be free of it.

Recognising the Problem

To find a solution to anything we have to know what the problem really is.

The first step towards freedom is to recognise our lack of it.

Once we recognise what imprisons us – no matter how familiar or nice that prison may seem, we can then set about breaking out to become free.

Essential to the progress of any individual life is the power of choice.

Once we have realised that alcohol is *the* problem, for many the next step is we choose to admit our problem to our family and friends.

There is no shame in doing this – though often it takes real courage to be truthful, especially to family and friends.

Jesus once said – ***“The truth shall set you free.”***

This is no mystical religious metaphor – it is a basic truth of being human. Though we may ignore it we each instinctively know inside of us what is true about ourselves. To consistently deny that puts us at dis-ease within – it can affect us physically and psychologically - and can lead to illness.

It may also lead to feelings of guilt and inadequacy. For someone addicted to alcohol the instinct is to reach for another drink to stop feeling that way.

But once you have realised that it is addiction to alcohol that is your real enemy you can choose to reach out for freedom instead.

It now becomes a battle with a recognisable enemy that *can* be beaten.

Soldiers, for instance, need reliable and accurate intelligence to win a battle; it is the same with addiction. You need the right intel to win the battle.

Even though the real cost and nature of alcohol has been revealed in the previous pages - *the hard reality is – it is still not an easy battle.*

Addiction to drugs or alcohol may make us feel powerless to beat it... but this is a lie – a delusion. For even though addiction may weaken our will to choose - our power of choice is never gone completely.

Think of the Hobbit Frodo in the film, ‘*Lord of The Rings*’. Progressively Frodo was being overwhelmed by the evil power of the Ring he carried. He had to keep resisting the temptation to use it. Sometimes he failed. But in spite of his weakness and mistakes love won out in the end: the evil power was vanquished. What had seemed unconquerable was conquered. Frodo was never really alone for he was part of a greater destiny.

It is the same for each of us – in spite of the whispering lies of materialism we are part of a greater spiritual reality. We are not alone in our battles.

Recognising this is a key step towards real freedom.

TOWARDS FREEDOM ONE STEP AT A TIME

That victory over alcohol is possible is testified to by the thousands freed from addiction by the 12 Steps Program of Alcoholics Anonymous.

At the heart of this program for personal recovery is the Twelve Steps of the founders of AA. It is a good recovery guide for anyone addicted to anything:

- 1** We admitted we were powerless over alcohol - that our lives had become unmanageable.
- 2** Came to believe that a Power greater than ourselves could restore us to sanity.
- 3** Made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4** Made a searching and fearless moral inventory of ourselves.
- 5** Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- 6** Were entirely ready to have God remove all these defects of character.
- 7** Humbly asked Him to remove our shortcomings.
- 8** Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10** Continued to take personal inventory and when we were wrong promptly admitted it.
- 11** Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12** Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

The Battle with Addiction Can be Won

The 12 Steps of AA has helped many to make the right choices one step at a time, and to orientate their consciousness towards a greater spiritual reality.

We may feel weighed down by our problems and the artificial life created by the demands of human society, but God is not limited by such things.

The materialist delusion of life without a spiritual dimension is an insidious idea, which like alcohol, has seeped into many minds to warp their view of reality. But even simply recognising the possibility of God begins to dilute this illusion and can empower us to see the greater spiritual reality we are all part of – if we choose to connect with it.

Looking Beyond the Construct

If God is real then, Life – your life and mine, has purpose and meaning. We are part of an amazing family: the kinship of all created beings, all sharing One Spirit of Life. This is something far greater than all the wrong priorities and mistakes of human societies.

There is a much, much bigger picture to see and connect with.



In one sense our human world is a bit like ants in a garden. All busy with their ant world the ants do not even know they are in a garden made by beings that are part of a world, immense beyond their ant imagination.

Fortunately we are more than ants. We are capable of seeing the indications of a wider creation in which we are each a small but significant part.

That wider cosmic reality has been known for thousands of years and it was first put into words in the Book of Genesis:

"In the beginning God created the heavens and the earth."

To begin creation God spoke: *"Let there be light,' and there was light."*

This is restated in the Gospel of John: *"In the beginning was the Word..."*

The vibration of that first 'Word' brought everything into existence.

We now know scientifically that the two key events crucial to all phenomena everywhere are: Vibration (God spoke) and Frequency (Light).

The Book of Genesis written thousands of years ago pinpoints exactly the two key forces underpinning Existence. This is far beyond any coincidence.

There are no Chance Coincidences

You have not picked up this book purely by chance.

Though we may not be aware of it, all our lives are lived within the greater reality of a connected universe of Oneness and Diversity - and even though we may not see it physically - we are all part of it.

We can glimpse a tiny bit of the Oneness and Diversity of creation when white light is split through a prism to give a spectrum of rainbow colours. The diversity of life at every level is like a myriad diamonds in the sun which all reflect the same light - and we are all part of that Oneness.



Just as all light is One, so as individuals we each share One Spirit of Life.

Into each life come unique spiritual experiences and synchronicities which engage with us personally. Such experiences point us to a greater reality beyond our personal life and its problems. We get fleeting glimpses of this in nature - for life continues everywhere in spite of our own problems.

Whatever weaknesses, failings or worries we may have – fact is: we are part of the larger family of One Creation connected by One Spirit of Life.

We are far more than the sum of our physical and psychological parts.

Unfortunately in our materialistic society the lack of a realistic spiritual direction and the inequalities many suffer do not encourage a sense of personal worth. Many feel a sense of worthlessness or powerlessness in the face of inadequacies, indifference and seemingly insoluble problems.

Like Neo in the film ‘Matrix’ – we seem to be living in a construct of reality and the Greater Reality - the one that really matters, is often left out of the picture entirely. Consequently many feel the world is set against them and sense emptiness within. This is what some have called the God-shaped hole.

Without a living connection to our Creator we may try and fill it with other stuff: things, ego, power, financial success, sex or addictions to this or that. All this is futile and inevitably leads to a dead end.

All addictions are ultimately destructive and are products of a fragmented world view which by degrees tries to disconnect us from Life itself.

It is a bit like mobile phones. Digital technology reflects our human need for connection and yet that very same technology can also isolate us from each other and distance us from the healing power of human contact.

Although we all live on the same globe there is a multiplicity of worlds.
This is due to all the inequalities in the human construct of reality.

The world of rich celebrities and football stars is a universe away from the poor single mother struggling to survive on benefits.

The closed-minded world of religious fundamentalists oppresses the individual spirit and chains up freedom of thought.

Hatred, fear and bitterness create worlds that suck people into a black hole of despair which shuts out the light of love.

The world of global industrialisation exploits the natural world: exterminates species and degrades our planet's life-support systems.

Our view of what constitutes reality is moulded by the society we are born into and is influenced by the ruling view of our times.

The ruling view of materialism excludes God and ignores all the spiritual, mystical and paranormal experiences of millions of ordinary people.

Such things affect us personally. They help us to see beyond the transient constructs that divide us from ourselves and from each other.

Addiction also disconnects us from everything that really matters.

Making Right Connections

In the Bible the rainbow is a sign of hope. Whenever you see a rainbow it is there because of three basic elements: Light, Water and Air.

This trinity of life is crucial for our existence. Water makes up roughly 70% of the surface area of our planet; our bodies are about 60% water.

But basic to the existence of all elements everywhere is frequency.

Experiments have shown that sound at the right frequency can transform running water into spirals, intermittent patterns and even reverse the flow of water. Such is the power of the right frequency.

The work of Japanese scientist Dr Masaru Emoto consistently demonstrated how thought could affect water. When exposed to loving thoughts polluted, fragmented, water molecules have transformed into wholesome patterns.

Whereas water molecules exposed to fearful and discordant intentions resulted in disfigured formations.

If thought can do that to water just imagine what thought and intent can do to us as individuals, who are 60% water. To change positively we must first have the right intention to connect with a life changing frequency.

Dr Emoto's work demonstrated that consciousness is not merely locked inside the human cranium. Like the Spirit of Life, it seems to be everywhere!

This is just what we would expect in a created Universe: consistent patterns and intrinsic connections across the whole diversity of Existence.

This is reflected in the familiar rainbow in which the trinity of life: Light, Water and Air reflect the quintessential Oneness of Existence in a spectrum of colours. And this happens consistently billions of times.



If random chance was the sole basis of existence, phenomenon such as this rainbow would have no consistency. Thankfully Life is not a chaotic chain of random accidents. *Life has meaning – Your life has meaning.*

Native Americans have a saying:

“Hey oh witchi tai tai oh witchi tai oh” – ‘Everything is (in) Everything’.

The fact is - in the biosphere of planet Earth everything is connected.

What affects one affects all.

This is just as true in our individual lives as it is at the planetary scale.

None of us live unto ourselves alone.

Jesus put this connection into perspective when he was once asked which the greatest commandment was. He answered,

“Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself.”

We each have the freedom of choice to choose love.

When we choose the frequency of Love, we connect to the essence of who we really are - for God’s universal principle of Love and Light connects all life.

When we really see that, our consciousness becomes re-orientated.

We become part of something wonderful: wider and greater than all our questions and failings - greater than any addiction.

By becoming open to God we become empowered by the Spirit of Life.

This connection to the greater reality of God is the basis of the 12 Steps of Alcoholics Anonymous. It has helped to change lives.

The reality of God – though spoken of in religion, goes far beyond every religion. It could be said that religion is like someone pointing to a certain star constellation - very useful - but not the constellation itself.

The God who created the stars, just like light, is right here wherever we are. We don't need to be in a church or temple. We don't have to follow any one religion. Humans are made to be unique individuals; everyone is different. God's Spirit of Love is there for everyone. Right here – right now.

Jesus said, *"The reign of God is within you."*

Luke 17:21 (Young's Literal Translation)

This 'reign' of God Jesus spoke of refers to the true meaning of the amazing reality of individual consciousness: the reign or rule of God's Love within us.

Love, like Light, is dynamic, radiant, and constantly giving of itself. Love and Light are the spiritual glue that holds the miracle of Life together. As far as we are concerned this *reign of God* within us is externalised into the world as Love: for our Creator, for ourselves and for each other. As we reach out to God, the Love of God reaches towards us.

It doesn't matter where we are - no one is ever completely lost.

But sometimes we have to come to the end of everything *we* can do before we can see the importance of making that all important God Connection.

Some things cannot be known by reason alone. Sometimes we need to simply trust that God is there. This is what faith is all about – Trust.

We all have the software to connect to God - if we want to open it up.

As Jesus told us, Love is the right frequency to open that connection.

Recognition of God's love helps us to love ourselves and our fellow human beings, who just like us, are all part of One Spirit of Life.

One God, One Creation, One Spirit of Life.

Making this connection can be life changing.

Look beyond the depressing delusion of materialism.

Love, Hope and Freedom exist as Universal Realities.

We are each part of the incredible wonder of being.

We are part of something greater than all our problems.

The simple realisation of the reality of God, gives hope for life.

It gives us the challenge and the opportunity to be part of the solution to wrong actions and addictions, rather than just being part of the problem.

We can be an active part of the miracle of Life!

The Power of Love

In the Bible, God is likened to both Light and Love

This is perhaps because both Light and Love are dynamic and unselfish? Light gives all its brightness away and makes the darkness lighter.

This is not a matter of religion but of the orientation of our essence towards something greater than us. Sometimes love may seem to go against reason but the fact is – real Love persists when all else fails.

The testimonies of those whose lives were transformed demonstrate this.

Whenever we chose love and compassion as opposed to hate or indifference we are drawing nearer to the true essence of Life.

Love is vitally important, especially when we face those dark times of uncertainty. Physical darkness is neither good nor bad, it is merely a phenomenon of frequency, but the truth is - we always see better in the dark if we carry a light. *What light do you carry?*

Love is the light of the Spirit. Without it, we can be lost in the dark.

With it we can guide our way home. Light and Love are the gifts of God.

Once free from addiction we can be bearers of that Light and bring it to others through understanding, compassion and hope.

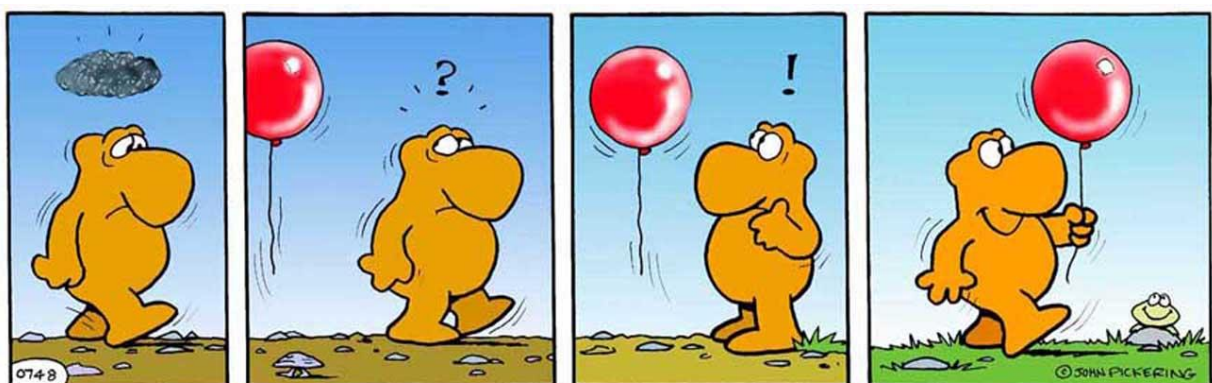
Your life, even all the bad experiences – can make a real difference in this world, when transformed by the living radiance of God's Love.

Through that Love we can become true participants in life instead of being powerless bystanders, puppets of addiction or of another's priorities.

Love gives us the power to say YES to all that is good and positive and NO to all that is bad and negative in life. It can be life changing!

Just as light is both around us and within us so too is the love of God.

Accepting the reality of God's love empowers us to externalise love into the world. By simple acts of kindness, love grows within us. Often it does not take much more than a kind word or action to make someone feel better.



It does not seem so long ago that we were children.

Every new life is precious.

Every child born has the right to be.

A world of adventure and potential awaits each one.

But all addictions damage or destroy life.



Yet even in the midst of disaster and tragedy;

In spite of all our mistakes and failures,

God is there for us.

All we have to do is to wake up
and take the hand that is always there
to help and comfort and guide us.

The Choice is Ours

The choices we make each day can change things for better or worse. Without choice there can be no individual conscious action: no creativity, no love; no freedom. The gift of free will is basic to being human. Anything which takes that away damages our humanity and is our enemy. But whatever mistakes we have made - we are much more than the sum of our parts. When we choose to recognise that there is a Creator our thinking becomes orientated to something greater than all our problems.

We can choose today to be free from whatever imprisons or enslaves us.

Recognising that we are imprisoned is the first step to being free.

For then the Spirit of Life can work in us to transform today and begin to build a better future for tomorrow.

We determine our tomorrow by our choices and actions today.

The whole message of this book is: **Today Choose Freedom.**

Don't be part of the Problem – be part of the Solution.

No one can bring to this world the unique experience of your own life; no one can help to free others in the way you can. You can make a difference.

What you may have thought impossible *can* happen.

A miracle can happen – the Spirit of God is right here – right now.

Wherever you are today just say these words with me as I write them now in my time - for we are all connected by the timeless Spirit of God....

We are not alone.

Your Love surrounds us.

You are the reason we live.

We admit that we are powerless without You,

We give our life to You:

Every success and failure, all that we cannot overcome,

We give to You our God and our Creator.

For today we choose to be Free.

The past is gone – move forward into the future. Everyday choose to be free.

BE FREE



A Whole New World
of New Possibilities Awaits
the Soul that is Free

*A good thing to do when starting out on an
addiction-free life is to share your decision with someone else*

For all those on the journey from addiction to freedom there are many groups that can help along the way – here are a few of them.

Help for armed forces veterans

PTSD Resolution: www.ptsdresolution.org

Counselling for former armed forces reservists & families

For free, immediate, local help phone: [0300 302 0551](tel:03003020551)

Help for those suffering alcohol addiction

Alcoholics Anonymous (AA) A free self-help group.

Helpline is open 24/7 on: [0800 9177 650](tel:08009177650). If you would prefer, you can also email them at: help@aamail.org or live chat via their website at:

www.alcoholics-anonymous.org.uk.

Drinkline: The national alcohol helpline.

Worried about your own or someone else's drinking?

Call this free helpline in complete confidence: [0300 123 1110](tel:03001231110)

(Weekdays 9am to 8pm and weekends 11am to 4pm).

Al-Anon

Offers support and understanding to the families and friends of dependent drinkers. You can call their confidential helpline on: [020 7403 0888](tel:02074030888)

(Open 10am-10pm). Lots of resources for families and friends

Alateen - part of Al-Anon - can be attended by 12- to 17-year-olds who are affected by an adults drinking, usually a parent. Helpline: [0800 0086 811](tel:08000086811)

Drinkaware - Alcohol support services: www.drinkaware.co.uk

The National Association for Children of Alcoholics (Nacoa)

A free, confidential telephone and email helpline for children of alcohol dependent parents and others concerned about their welfare.

Call: [0800 358 3456](tel:08003583456) or email: helpline@nacoa.org.uk

Addaction - UK-wide treatment agency helping individuals and families manage the effects of drug and alcohol misuse. Tel: [020 7251 5860](tel:02072515860)

www.addaction.org.uk

Recovery - alcohol-abuse helpline at their website: www.recovery.org.uk

Hope UK – www.hopeuk.org

Helping equip young people to make drug and alcohol-free choices

Tel: [020 7928 0848](tel:02079280848) or email: enquiries@hopeuk.org

Note to the reader

*John, the author of this book
has lost family and friends to alcoholism
but has seen others recover to transform
their lives and the lives of others
suffering from alcohol dependence.*

*John has worked with
agencies and groups in the UK
dedicated to educating about the dangers
of alcohol and helping to reduce
the devastating problem of addiction.*

This book does not promote any one religion as the answer.
We all share One Spirit of Life.
Our relationship with our God is individual to each person.
The Love of God is externalised into the world through:
Compassion, Understanding and Respect for all Life

ARTEN PUBLISHING



John is a member of the Unitarian Society for Physical Studies.

For People Everywhere
www.unitarian.org.uk