

ARE YOU ADDICTED TO SUFFERING? Written by Sylvia Marina

Do you carry scripts that hold you prisoner to ineffectual behaviours? Are you addicted to suffering? You may not realize that it's an addiction. You might think that a lot of problems keep being dumped upon you.

This week I recalled a client who was confined to a wheelchair even though she had no medical reason why she could not walk. After five weekly sessions (using a combination of professional kinesiology and emotional freedom techniques), the lady was walking freely with the aid of a walking stick. She cancelled her next appointment, and the following week came back in her wheel chair. In tears she thanked me for the wonderful work. In her words in her heart she knew she could walk BUT when she was in the wheelchair she had constant attention from her family. When she began to be independent she lost the intimate attention of her adult family.

Addicted to suffering she chose a life of total dependence.
Story (page 39) in my book 'In Love With Life'. Available from our office.

Why is it that some people don't fully heal? For many it is because they are addicted to suffering.

It is important to distinguish between pain and suffering.

You may have illness and relationship challenges, you may have physical pain and then, there is suffering. Pain signalizes an injury or an imbalance in our system. Suffering is created by attitudes of the mind. Suffering is a fixation on the pain, an attitude of ignorance or an attempt to find an identity. An addiction to suffering prevents healing from taking place.

Are you addicted to suffering? Some people are! You may not realize that it's an addiction. You might think that a lot of problems have been dumped upon you; do you think or speak words like, 'Why do these things happen to me?' or 'How long must I endure this?' or 'Why me?' or 'When will they go away?'

Do you sit back and wait for invitations or for something to happen?
Do you get offended easily? Do you think people don't like you? Do you feel unworthy?

Have you ever thought that maybe your thoughts have compounded your problems ten or twenty times? What if you could alleviate your pain, transform your suffering?

Is it time to transform your mind? At any moment you can choose to feel good. The mind has tremendous power. If you can make a decision to watch your thoughts as an impartial observer and transform them in the moment, you can move your life into a new era in your life.

The belief that enlightenment comes through suffering has been around for centuries. Buddha and many others have tried it, and discovered that it did not work. Focusing attention on fear or experiencing more fear just gives the fear more energy and makes it more real. It is the building up of our health, not the tearing it down or destroying it that makes it possible for us to move into enlightenment which is self-actualization. Some people seem to believe that if we do not understand something that it must be extremely difficult. That is not the case.

My client in the wheelchair, she had power and she had choices – she was not willing to give up her addiction to suffering and the inner pleasure of being a manipulator. Her daughters began to resent her manipulative ways and her devoted husband became less tolerant. The attention she craved eventually isolated her and she became a prisoner of her addiction.

You have power and you have choices! You have the power to shift your thinking from darkness into light or in other words from darkness into enlightenment which is self-actualisation.

Self-actualization is a result of releasing enough stress or in other words, chipping away the part that is not you or your true nature, so that you are able to become aware of who you really are, and your connection with everything in existence and beyond. The self-actualized person still functions in the world much the same as before, but with a totally different understanding of how life works, and a realization that you are living in harmony with nature and with its full support.

We provide self mastery personal growth and development programs, empowering people to accelerate their evolutionary process, gently and naturally. We invite you to join us at our next self Mastery program . For more information, click on the following link and it will take you directly to the Self Mastery program on our website:
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