

# Addiction as a Joy Deficit

by Elizabeth Keller

I have an interesting theory about people who live their lives helplessly and hopelessly in one kind of addiction or another.

I suspect, from a spiritual point of view, that more than anything else, these people do not have enough real JOY in the actual real Life.

Most adults would probably comment that pure, unadulterated JOY is something they remember as a child, or on their wedding day, or other rare and special occasions. They have lost the forever well-spring of JOY that always seemed ready at a moment's notice to burst from a young, well-loved child.

Joy, is, of course, one of the great characteristics of God. And the only addiction that our heart was born for was the addiction to GOD-JOY.

How do we lose this connection? How do we become drained of the GOD-JOY to the point where we start to “look for love in all the wrong places”?

And make no doubt about it, we ALL have our GOD-JOY substandard substitutes that we settle for as the best we can now experience. Some addictions are very much more serious than others, ie.... Chocolate versus TV, versus Anger, versus marijuana, versus heroin, versus serial killing, versus Hitler power hungry tyrannical cravings....etc....

Nevertheless, all addictions are idol substitutes for the Real Deal.

In the use of the Golden Key, the confrontation and elimination of anything that your ego is using to fool you into a God-substitute is critical. You will know when an addiction has taken over your life when you can't "go without it"; when the addiction lives you; when whatever the substitute for authentic God-given Joy leaves you dissatisfied, hurt, damaged, deprived, miserable....or leaves others in a similar state.

You will know that your JOY is God-given when it produces only GOODNESS in your life. True JOY is Love-based and only LIFE-enhancing.. True JOY comes from the habit of choosing true JOY.

To do that, it is very important that you recognize it, cultivate it, share it, and, most especially, give it to others, since it is the most contagious addiction known to us

No matter how “spiritual”, “righteous”, “upright”, etc...a person may be, there is always lurking somewhere an inner lack that has spawned from our insatiable egos/mini-me/I-ness.

How do we fight back?

I do encourage you to remember to use the Golden Key whenever you are miserable for any reason. The Red Flag Question is always:

“What the hell have I been thinking?” (Section III, Words to the Wise.) And often, it is too late to stop an addiction already firmly established, without having a lot of outside support.

Here are a few ideas on how to get out of the quagmire of any kind of addiction and back into your rightful heritage of Overflowing Divine Joy.

