



# Addiction

a commentary from  
**Master Yeshua**

This question comes from GS in California.

**What do we do to help heal the epidemic of people all over the world struggling with addictions of all kinds.**

**How can they be set free?**

**And is it their free will, or a soul contract to perhaps evoke more unconditional love in humanity?**

## **Yeshua's response**

I will define addiction as a behavior pattern that is destructive to the self or others.

## **Contracts and Agreements**

Is the cause of an addiction a soul contract?

It could be. Whether that contract is to offer humanity an opportunity for unconditional love I would say that is only one possibility.

There is also the possibility that the soul contract is karmic, that in one incarnation an individual was harshly judgmental of an individual or a group who were addicted. Then, in the between-life state, this soul chose to balance that lack of compassion by experiencing addiction itself in the next incarnation. That is possible.

The point is that addiction could be strictly a "personal" soul decision, or it could be substantially altruistic.

It is possible that the soul chose to experience addiction trusting it would have the strength of communication with its incarnation to break free from the addiction and show the path to others, a path to freedom

from this particular addiction – be that gambling, alcoholism, or anger leading to violence.

It is also possible that this addiction problem is, for instance, one soul having an agreement with another in their soul group – and I would advise you, I have given you a commentary that covers agreements between one soul and another (11-04 Soul Commitments). One soul wishes to experience compassion for someone who is addicted and another in their soul group agrees to offer this opportunity by demonstrating addictive behavior.

I know of no specific cases. I am offering possibilities to show that soul agreements and soul contracts can indeed be at the root of *some* addictive behavior. Emphasize some. Certainly not all. And that contract or agreement may have various scopes, various intentions, one-on-one or service to many.

### **Free Will**

If free will is the ability to make choices, then I would say it is rare to find any behavior – much less addictive behavior – that is other than free will. Be careful when you go down this path, however, that you are not slipping into judgment and calling it discernment. In the between life state, as you review your decisions, you will find that some decisions are a lot easier to explain than others

To look at another person, or even in the mirror at yourself, and separate a decision from its context is extremely difficult to do. So I am wary of simplifying destructive behavior patterns as “free will” without considering context.

In the end, yes, addiction is free will. It is a decision. I would, however, caution you strongly to understand the difference between discernment and judgment, especially if you look at yourself or someone else and go no farther than saying the behavior is a matter of free will. Exploration for the cause of addictive behavior must go deeper than that.

At least start with “free will” and explore the accompanying context until you end up where you started – at free will – but arrive there wiser for having explored the entire context.

Saying someone’s addictive behavior is free will and shrugging the matter aside all too often leads to judgment. But if you start there and explore the full context before you come back to the starting point of free will decision, you will be much, much wiser – much more compassionate and better informed about the relationship of the individual to the group and the society in which they live.

Being wiser and better informed, you can make your own decisions about your soul intentions and your next steps – be they personal or community-wide.

That is my answer to free will as the cause.

### **Breaking Free**

How does one break free? There are many programs that help individuals break free and help those who would assist a loved one break free. In essence there are two ways out:

- One which originates within the individual at some point due to one of those ah-ha moments we call enlightenment, or perhaps simply to desperation.
- The second way, is that which is imposed from the outside in hopes that the individual will see the benefits of an alternate behavior pattern. For instance, a parent taking away the privilege of videogames for a child who is addicted to video games, or society imposing rehabilitation on an individual.

In the second case, when the destructive behavior pattern has been blocked from the *outside*, unless a change is also made within, there is going to be no change – only an addiction that lies dormant for lack of opportunity to express itself, which is not being free of the addiction.

I could say that breaking free is the manifestation of an alternate behavior pattern that, for whatever reason, has become more attractive than the destructive behavior pattern. That is a gross simplification, as anyone who has been to any of these programs would tell you. But then it is a simplification to say addiction is caused by free-will decisions. That is true, but that is a great simplification.

I don't know if this has been any assistance to the reader. I hope so.

Thank you,  
Yeshua

### **GS's response**

I am very grateful. . . .

I like Yeshua's definition of addiction. Simple and to the point. The answers are of immense help.

Not only were my questions addressed and my curiosity satisfied, but the further possibilities outlined have expanded my thoughts on this subject.

It also explained why rehabilitation does not always work, which I had wondered about.

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