

# **DRUG ADDICTION, FATAL GIFT OF PRESENT CIVILISATION.**

## **"NARCOTIC ANONYMOUS", A WONDERFUL ORGANISATION AND ITS 12 STEPS.**

### **IS THE PRESENT HUMANITY NOT ADDICTED TO THE DRUG OF GODLESSNESS?**

"I thank you, oh god, for giving me strength to pass one more I clean day.' "

Whose prayer is this? What clean day he is talking about?

This is the typical prayer of an addict who was entrapped in drugs for many years. Now, having come out of it, he thanks god for just one more drugless day; because he knows he is walking on a thin tight rope; he can fall any moment, at the slightest flutter.

How he began, what ordeals he passed through, how he exerted and strained himself to come clean, and the last and the most strenuous, how he strives to stay clean day by day - all this is a horror story plot. Millions of young and old are going through this story at one stage or the other. They are the innocent victims, of one of the most disastrous gifts of 20th century city civilisation, the Drugs.

#### **What leads to Addiction?**

It begins for a variety of reasons. Parents constantly nagging at each other, or some mental stress problem in early life, or a deliberate 'who cares' attitude, or cigars and cigarettes "not giving enough kick," or an inherent humanity and goodness unable to bear the utterly selfish hypocritical and hateful behavior of the human fellow beings, or just a show-off, can be the starting point. In the beginning, there was just an aesthetic, almost spiritual kind of indescribable feeling. The craving then grows and accelerates faster and faster like a ball running down a steep hill. And then things go out of control.

#### **Excellent Actors... for Money**

Drugs are in numerous varieties, and of course, cost money. The aim of life then becomes one and only one - to get money to buy drugs. Just one break in the usual routine of taking drugs generates 'withdrawal symptoms', which is the other name of hell. Every atom in the body seems to vibrate and shake violently. He sometimes shouts like a cracked donkey or cries bitterly or goes into a feat or swoon or wanders and runs and falls, totally nerve wrecked. No more of this hell, I must have the dope by any means - that is now the sole object of the day. Stealing and selling one's own family possessions is very common. "You can have no idea at all, what excellent actors we are, when we are out for money to buy drugs", a cleansed addict told me. I have seen, in a U.S. newspaper, a warning from the mother of a drug addict daughter stating to this effect: beware of my daughter, she is going round the district; she will knock your door at odd hours and almost hypnotise you to give her some money, giving most pathetic reasons spoken with seemingly utmost sincerity; don't give; she wants it for drugs'. The Times of India News service carried an article on 12-12-1995, wherein a cleansed man narrates how in his drug days he made fool of his own psychiatrist and even gave a T. V. Serial against drugs to earn money to buy some!

#### **But he can come back!**

Yet there are cases of coming clean and staying so. Institutions, some compassionate and some professional, exist, which have programmes for coming back. The Chemical Addiction and Information Monitoring Treatment Centre at Bangalore is one of them. Starting with rigorously compulsory abstinence, such Institutions take the addicts through various stages of psychological treatment. I was informed of one such Institution in America, which first dissociates the addict from his parents and environment, and then subjects him to various physical strains, to "sweat out" the drug poison from his system, like taking him to a place far away from any town and making him wander alone in a solitary area of hills and trees, with a bread and bottle of water (of course with a televised eye on him.)

One of the foundations of the psychological treatment is based on group therapy. The addict is made to

feel that he is not alone in facing the ordeal: there are others, some worse than him; they meet and discuss. The field effect of such meetings leads each one of them to a determination to be out of it at any cost. There is then one to one 'sponsor' to one addict, when attempts are made to delve deep into the mind and give him such thoughts as would make him stronger and stronger to resist. The sponsor is very often a cleansed addict himself.

There is a "non-profit fellowship or society of men and women for whom drugs had become a major problem." It is called "**Narcotics Anonymous.**" (NA). As it describes itself further: "We are recovering addicts who meet regularly to help each other to stay clean. This is a programme of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using."

A most remarkable feature of NA is a twelve points prescription for the addicts. They call it: "The Twelve steps of Narcotics Anonymous."

### **The Twelve Steps of NA**

Following is the text of the 12 steps:

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We 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 a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

These steps were originally devised and framed by **ALCOHOLIC ANNONYMOUS**, the first ever organisation to bring out the ruined alcoholics from their inferno of alcoholism. For the addict, whether of alcohol or drugs, the steps are to be mentally climbed up one by one. Each climb is steep and becomes steeper as he goes up. He informs his fellow addicts on which step he is, what exertions he put in to arrive there and not to fall down, and what is he doing to reach the next. A spiritual exercise and a yoga indeed! How the mind deceives itself, and how to be aware of its deceit and combat is an experience he passes through at every moment.

But wait! Just read the 12 steps again. When I first read them, I was stunned. Look! Is this a prescription meant only for the drug addicts or for the whole humanity? Does it not sound like the voice of God, and His Divine Messengers? Is it not the same symphony which the Prophets and Saints and Seers sang in a divine chorus and asked all humanity to join it? If a prescription is an indication of the disease, the 12 steps declare that the whole humanity is addicted with the satanic drug of utter godlessness, immersed in an over brimming vessel of hatred, oppression, tyranny, lust, selfishness, acidic ego, and insane passion for the material and physical. Love, selflessness, compassion, inner peace are horrifyingly absent. Do the steps not indicate that the remedy of this devilish addiction is the same as the remedy for the drug addicts? Do they not appear to be the modern-times version of the Sermon on the Mount of Jesus or the Ten Commandments of Moses, or the Eight fold Path of Buddha, all wonderfully paraphrased to suit the Godless present, through which the humans

on the globe are passing and tolling the bells of their own extinction?

### **The Drug-laden Humanity!**

Yes, we the human are powerless over our carnal addiction and have made our lives miserably unmanageable. We are required to believe that there is a grater Power who alone could restore our sanity. These are the first two of the 12 steps. At the third step we humans, should have decided to turn our lives to the care of God. At the fourth, we should have understood the Moral Law which flows from God Divine. At the fifth, we should have sat down before God and confessed our wrongs and sins towards all creation. At the sixth step, we, the humans, should have been ready to receive God and to awaken our Prophet, within us. We should have then entreated Him to give us strength to erase our faults. We should have then endeavoured to amend the wrongs we have done to others. At the tenth step, we, the humans, should have been ever sharp and vigilant lest we go astray again. ("Taroiditey Angrahey mainyush"). We then should have maintained an unbreakable contact with our God and our Prophet, through prayers and meditation and tarikats and self-disciplines, and ask for divine knowledge - ("Taam moi Daastavaam Daenayai Fravaaocha") and strive for the Path of Enlightenment in both the worlds ("Daam Ahoobish Raum Chizdee"). And lastly at the 12th step, with our awakening, we should have brought others on the Divine Path of bliss and Ushtaa, through our love, compassion and devotion. ("Ushtaa Ahamaai yeh Ahmaai Ushtaa Kahamaichit").

An illuminating inspiration of one who has fallen and has risen again by the grace of God, must be behind this practical commandments.

### **Drug Problems or Life Problems?**

One American who has been able to drop his addiction for ever draws the connection between drug and life, in "NA Way Magazine" published monthly from Van Nuys. CA 91409: -

"Today my recovery is not about drugs. I have been clean long enough to know that **the problems I face in life aren't "drug problems"; they are "life problems"**. I know that if I want to continue in recovery, I cant use, or I will surely die. The death may be spiritual or it may be physical, but I will die. So my only logical, as well as spiritual, conclusion is that the recovery is all about LIFE AND LIVING LIFE. That conclusion removes drugs in any form from the equation, enabling me to deal with LIFE ON LIFE'S TERMS." ('NA-Way' April 1993).

What a ringing tone of sincerity! What an understanding! 'If I fall again, it will be death, spiritual if not physical.' It rings a bell of Gatha, Yazshney Haa 45-3. "If you do not act as the Prophet ordains and decrees, your existence will be in ruins." ("Aeyibyo Angha-heyush Avoi Angha-hat Apeymeym").

As for an addict, drug problem is the life problem, the life problem of humanity is the drug problem - the drug of being selfish and faithless and Godless. The commands of Dharma are the only remedy for the humans to rise again to humanity, which are so remarkably summarised in the 12 steps. What world it would be, if the twelve steps are adopted or tried to be adopted a little each at the same time, if not step by step, by the humans who boast to be non-addicts of drugs? What if the earnest endeavor of the drug addict trying to come out, is infused a little in the life of the alleged 'normal' humans? What if the United Nations erase out all their pompous and pretentious charters and just adopt the 12 principles of NA? Are we, the normals, not hypocrites before the burning sincerity of those 'abnormals'? **"When the mind walks a path, the feet will fellow"** is the heading of another article in NA Way Magazine of April 1993. How true and how beautiful! The writer says that during the recovery process, you may become proud and that may lead to a fall again. "I am walking the path of recovery much more softly now," he says, "truly humbled by the experience of relapse." ..... "Paata no tabishiyantat pairi Mazdaoscha Armaitishcha".....

One more weapon of combating addiction, through NA or otherwise, is SERVICE. Programmes are devised and executed to serve the needy and the helpless and those giving help line calls. Selfless service washes your sins, and your Karma, thus speak all the Prophets and Saints and Avatar's.

While offering its service, NA says "There is only one requirement for membership, the desire to stop using. We suggest that you keep on open mid and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. **THE MOST IMPORTANT THING ABOUT THEM**

## IS THAT THEY WORK."

Yes! they work, because they are based upon the religious and moral laws taught to us by all the great messengers of God. Those laws are **"the factual descriptions of the way in which our universe actually works."** This statement appears in "Only One Earth" by Barbara Ward and Rene Dubos, (Penguin 1972-1973), which is a gist of the Report of the United Nations Conference on Human Environment held in June 1972 at Stockholm, where a large committee of scientific and intellectual leaders from fifty eight countries participated and contributed. **The operating principles of the whole universe are the moral and religious laws taught by men of God since ages!** They therefore work on the addicts not only of drugs but also of greed and lust and Godlessness and selfishness. The former strive hard to practise them, the latter forget them and so the humanity marches with military rhythm towards its extinction.

- Candour

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*"Taroiditey Angrahey Mainyush" :*

**(Oh Ahuramazda!) Make me so skillful as to be able to see through and through the conspiracy of Angramin.**

. . . . .

*"Taam moi Dastavaam Daenayai Fravaaochaa" :*

**Reveal to me (oh Ahura!) the divine Knowledge that flows from Daena.**

. . . . .

*"Daam Ahubish Ratum Chizdee" :*

**Show me oh Ahura, a divine Guide who will lead me in this world and the next.**

. . . . .

*"Ushtaa Ahmaai Yeh Ahmaai Ushtaa Kahamaaichit" :*

**Bliss is to those who infuse Bliss into others.**

"For a person thinking of the sense-objects, there grows an attachment for them; from attachment arises desire, from desire anger, from anger delusion, from delusion confusion of memory, from confusion of memory to destruction of intelligence and from destruction of intelligence he perishes."

- Lord KRISHNA in

Bhagwad Gita: II, 62-63.

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