



inner causes

Description

Is redemption complete abstinence from all drugs?

BOOK REVIEW: [*In the Realm of the Hungry Ghosts, Close Encounters with Addiction*](#), by Gabor Mate, M.D.: At page 313, Dr. Mate opines that he comes from the assumption that: “redemption can be something other than an addict’s complete abstinence from addictive chemicals, a goal that’s not always realistic.” In other words, if the addict successfully reaches emotional enlightenment, can he still use drugs successfully? Maybe addictive drugs like caffeine can be used successfully by the addict. However, I would say that in the case of alcohol, definitely not. This alcoholic can never drink again, even after my miraculous emotional healing through [EMDR](#) therapy.

Healing comes from thinking about your emotions

Dr. Mate’s theory presented through out his brilliant book is that there can be no successful treatment of the addict without looking at the emotional states, brain functioning and other “**inner causes**” of drug addiction.

His associate Dr. Panksepp states in an interview that, “We need to consider what support addicts would need to overcome the powerful drives imprinted by their painful experiences. **The only way they can escape their addictions is if their pain is alleviated.** Addicts need their emotions to be brought back toward healthy balance. Traumatized individuals need to have a chance to think about their extreme emotional reactions. Free choice only comes from thinking; it doesn’t come from emotions. *It emerges from the capacity to think about your emotions*“.

Free Won’t Comes From Awareness

Likewise, free won't does not come from an emotional state either. My own personal journey of redemption has been greatly enhanced by developing this ability to think rationally about my extreme emotions. Prior to this moment in my life, I was emotionally unaware. Now I have faced my personal demons. I have developed emotional intelligence.

Now I am able to observe myself having thoughts about observing myself. It is possible for me to see myself objectively. I can truly see myself as others see me and it is startling. The reason that I as an alcoholic need God in my life is to that when I finally let God show me what I am like, I will be able to work with it. I need God so that when I finally see what I am really like, I will be able to handle it. I have seen the enemy and it is me. Now I no longer need to feed my hungry ghosts.



Photo credit: [Galen Crout/Unsplash](#)

Stress is a disability

Thanks to professionals like Dr. Mate, I know why I feel the way that I do. I feel the stress. My whole life I have been in a constant state of stress, insecurity and anxiety. One of the major theories Dr. Mate develops is that treatment must take stress into account. "We must cease to impose debilitating stress

on the addicts already burdened existence. *The Journal of the American Medical Association* showed that **a history of childhood abuse increases physiological stress reactivity for a lifetime**. This reactivity is further enhanced when additional trauma is experienced in adulthood. The addict is retraumatized over and over again by ostracism, harassment, poverty and the spread of emotional disease.”

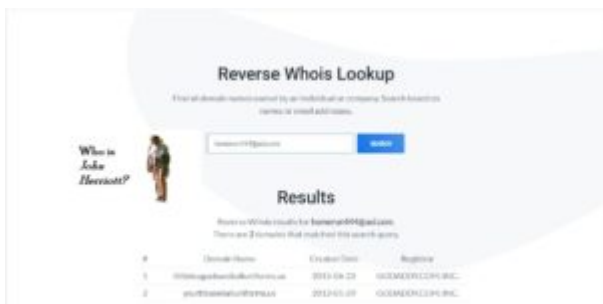
Alternative Communities

Dr. Bruce Perry has stated that, “If we create environments that are safe and predictable and relationally enriched, then all of the other factors involved in substance abuse and dependence will be so much easier to dissolve away. Our challenge is to figure out how to create these environments.” I would offer that those environments are already here in the form of A.A. meetings. These healing A.A. environments even exist as 12 Step Zoom meetings in the age of COVID-19.

The alternative community of Alcoholics Anonymous is integral to my own redemption. One of the main reasons I choose to reside in West Los Angeles is because of the quality of 12 Step meetings here. [L.A. A.A.](#) is so good that the [Primetime](#) Zoom meetings are packed with people from outside the greater Los Angeles area. I am really excited just thinking about what it will be like in another year or so when the pandemic is finally over and the alternative community of live and in-person meetings open back up again.



Photo credit: [Galen Crout/Unsplash](#)



[INDUSTRIAL PEDOPHILIA](#) January 19, 2022



[SEMEN GATHERING](#) January 14, 2022



[HERRIOT'S SECRET HIDEAWAY](#) January 10, 2022



[GUM SHOE](#) January 3, 2022



[HERRIOT'S CURRENT PENAL CODE VIOLATIONS](#) January 1, 2022



[CITIZEN OVERSIGHT](#) December 26, 2021



[Photo Album: BOYLE HEIGHTS](#) December 25, 2021



[JUSTICE WARRIOR](#) December 21, 2021



[KING OF KARMA](#) December 20, 2021



[tithe to thrive](#) December 19, 2021



[WEST COAST GATHERING OF WRONGNESS](#) December 18, 2021

- 

John Herriot
Los Angeles, CA

Age: 70

Current Home Address:
7206 Franklin Ave, Unit 105
Los Angeles CA 90046

Past Addresses: Homes, Rental Properties, Condos and/or other real estate associated with John Herriot in Los Angeles, CA.

8535 W West Aholi Dr, Unit 314
West Hollywood CA 90069

8424 Santa Monica Blvd, Unit 1194
West Hollywood CA 90069

8424 Santa Monica Blvd, Unit A
West Hollywood CA 90069

8424 Santa Monica Blvd, Unit 119
West Hollywood CA 90069

8424 Santa Monica Blvd, Unit 305
West Hollywood CA 90069

8424 Santa Monica Blvd, Unit A
West Hollywood CA 90069

Phone: Cell/Mobile/landline and/or toll-free telephone numbers for John Herriot in Los Angeles, CA: (323) 788-2533

(323) 788-2533
(323) 788-2533
(323) 788-2533
(323) 788-2533

**Child Sex Offender
Change of Address**

AKA: Alias, nicknames, alternate spellings, married and/or maiden names for John Herriot in Los Angeles, CA.
John Karl Herriot • John Karl Herriot • John N Herriot • John Herriot • John Herriot • Herriot John

[HERRIOT'S CONTINUED NON-COMPLIANCE WITH THE LAW](#) December 17, 2021



[EGO](#) December 16, 2021



[HIGHER CONSCIOUSNESS](#) December 15, 2021



[The man of understanding is not entranced](#) December 14, 2021



[Self-mastery is self-motivated](#) December 13, 2021



[Resentment is soul suicide](#) December 12, 2021



[MINDFULNESS MATTERS](#) December 11, 2021



[inner causes](#) December 10, 2021



[THERE IS A SOLUTION](#) December 9, 2021



[DESTRUCTION OF TRADITIONAL CULTURE CONTRIBUTES TO DRUG ADDICTION](#)
December 8, 2021



[AVOID CRIME: Make Art, Not Social Media](#) December 7, 2021



[AVOID MALWARE, START A FRESH EMAIL THREAD](#) December 6, 2021



[DO NOT REPLY](#) December 5, 2021

Category

- Health

Tags

- alcoholism
- emotional
- lifestyle

Date Created

December 2021

Author

deanmcadams