
Complementary Healing Tools

by Lisa Marshall

Ear acupuncture: Since 1974, addiction specialists have used an ear acupuncture needling protocol to ease cravings, decrease anxiety and improve sleep during withdrawal. Numerous published studies in *The Lancet*, the *Archives of Internal Medicine* and others support its efficacy. More than 1,000 U.S. programs now use it, according to the National Acupuncture Detoxification Association (AcuDetox.com).

Neurofeedback: Also known as EEG biofeedback, this technique uses electroencephalography sensors attached to the head to enable someone to observe their own brain wave activity on a computer and learn to intentionally alter it via visualization and relaxation techniques (isnr.net).

Aromatherapy: Life coach David Essel recommends three aromatherapy oils to clients in recovery: lavender, a relaxant; lemon grass, for energy; and frankincense, a mood-balancer.

Ibogaine: This psychoactive brew derived from the West African shrub *Tabernanthe iboga* has been used cer-

emonially for centuries. In the 1960s, an opioid addict accidentally discovered that after experiencing an intense, four-to-eight-hour dreamlike “trip”, his cravings for heroin ceased. Deborah Mash, Ph.D., a professor of neurology and molecular and cellular pharmacology at the University of Miami, traveled to Amsterdam in the early 1990s to see if there was any truth to such cases.

“I saw a man that was on heroin and cocaine and addicted to benzodiazepines undergo detox with no withdrawal signs, and in 36 hours look like a new person,” she recalls. She has been studying it ever since. The drug is believed to serve as an addiction interrupter, acting on opioid receptors in the brain to quell withdrawal symptoms. Some describe it as “resetting the brain” to a pre-addicted state.

Ibogaine is illegal in the U.S. Some offshore clinics are providing it, but Mash warns that some are unscrupulous, so buyer beware. (ClearSkyIbogaine.com offers medically supervised Ibogaine therapy in Cancun, Mexico).

Recovery at the Deepest Soul Level

In her book, *Soul Recovery: The 12 Keys to Healing Addiction*, Ester Nicholson offers a metaphysical take on the 12 steps. Here's a look.

You are the Power. Through my conscious union with the infinite universal presence, I am powerful, clear and free. Through the realization that God is within me, expressing as me, my life is in divine and perfect order.

Restored to wholeness. Through my conscious connection with the one power, I reclaim my spiritual dominion and emotional balance. I am restored to my original nature of clarity, peace and wholeness. I am restored.

Complete surrender. I turn my life over to the care of the God I understand, know and embody as love, harmony, peace, health, prosperity and joy. I know that which I am surrendering to, and I do so absolutely. Knowing that this power is the very essence of my being, I say with my whole heart and mind: Thy will be done.

An examined life. Through my absolute surrender and conscious connection to the one power and presence, I courageously, deeply and gently search within myself for all thought patterns and behaviors that are out of alignment with love, integrity, harmony and order.

Living out loud. I claim the courage and willingness to share the exact nature of my mistakes with another spiritual being. I am heard with compassion, unconditional love and wisdom. In this loving vibration, clarity, peace and balance are restored.

Honoring the inner child. I am now ready to release all thought patterns and behaviors

unlike my true nature, which is wholeness. I free-fall into the loving presence of spirit within, and allow it to heal every known and unknown false belief. I am transformed by the renewal of my mind.

Never give up. In loving compassion for every aspect of my being, I humbly surrender to the love of spirit. I know myself as a perfect expression of life. I surrender all, and I am restored to the life I am created to live.

Willingness. I acknowledge the people I have offended based on false beliefs, fear, doubt and unworthiness. I am willing to go to any lengths to clean up my side of the street.

Cleaning up the wreckage. Backed by all the power of the universe, I lovingly, directly and honestly make amends in a way that supports the highest good of all concerned.

Spiritual maintenance. I am in tune with my inner self. With integrity, love and self-compassion, I acknowledge my mistakes and continue to clean up the mistakes of my past and present.

Conscious contact. Through daily prayer and meditation, I deepen my conscious connection to the divine and experience the fullness of the universal presence as the dynamic reality of my life.

Loving service. Through my awakened consciousness, I am now prepared to carry the message of truth out into the world. I am now a clear channel to support the awakening of others to their true identity of wholeness.



natural
awakenings