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How can addictions be caused by spiritual factors, and how to overcome them?**Sean Clarke***The Maharshi University of Spirituality, India*

According to the National Institute of Drug Abuse, anywhere between 40 to 60 percent of people with addictions will experience a relapse. Such high relapse rates undermine the efforts made by mental health professionals, rehab centres and patients, thus causing a waste of resources. Why are relapse rates so high, and have we fully understood the root causes of why people become addicts? According to the Charak Samhita (an ancient Sanskrit text on Ayurveda), addictive behaviour is due to a lack of spiritual purity in a person.

The research team at the Maharshi University of Spirituality used spiritual research methodologies using advanced sixth sense along with aura and energy scanners to analyse the root causes of addictions. Using the Universal Aura Scanner, the auras of addicts before and after addictions showed clear differences in the spiritual positivity present in the aura. While in a state of being addicted to a substance, heightened negative vibrations were seen in the patient's auras.

The findings through advanced sixth sense showed that apart from psychological reasons, spiritual factors can also affect a person and create addictive behaviours. Spiritual factors such as the influence of departed ancestors and negative energies are significant influences on both - the causes of addictions and the ability to come out of addictions. To overcome spiritual factors causing addictions, specific spiritual remedies involving certain chants can be administered.

Upon publishing our research findings, many addicts from different cultures practised the spiritual remedies recommended by the research team. The results were encouraging as not only were they able to overcome the addiction of many years in a short period of time, but also that there were minimal side effects or withdrawal symptoms. This study suggests that if spiritual measures are applied along with conventional intervention, addictions can be overcome more effectively.

Biography

His Holiness (Dr) Athavale, the founder of Maharshi Adhyatma Vishwavidyalay (MAV) was formerly a renowned clinical hypnotherapist with 25 years of psychological research experience. Later his pioneering efforts in spiritual research for over 40 years, led him to author over 300 books in more than 17 languages on various aspects of spirituality. He is the creator of the personality defect removal process for a happier life and which helps in providing the foundation for rapid spiritual growth.