

Miracles And Lifting The Attraction Off Addictions.

A Seminar by

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Look not to idols.

A Course In Miracles

Addiction is a human condition that affects all of us to one degree or another. Most of us walk through our lives riddled with feelings of inadequacy and feeling only fleeting moments of peace. We look for gratification and happiness outside ourselves -- in a bottle, food, a needle, in sex, in cars, in our work, in our relationships. But our thirst is never quenched. We seek but we do not find. The goal of this month's class is to help us quench the underlying spiritual thirst behind our addictions and find what we *really* want...inner peace.

The purpose of this seminar is to recognize the breath and depth of addiction in our lives; identify and change the thoughts patterns that lead to addictive experiences; take responsibility for our lives and awaken to the miracle of love.

The topics to be covered are:

- **Defining Addictions**
- **Understanding the root causes of addiction.**
- **Uncovering addictive thought patterns**
- **Discovering how they affect our lives.**
- **Learning how to recover and undo addictions.**