

ADDICTION

We are all addicts. Of course, it's easier to recognize someone else's addiction than it is your own, but we're all addicted to something. Or someone.

Addiction arises from the human quest for happiness. It is a basic human need to experience bliss on a daily basis. When you don't, you become depressed. If it goes on long enough, you become suicidal. You need to experience bliss. A few decades ago, jogging was being touted as the new "positive addiction," meaning it was healthy for you to be hooked on it. Still, it's an addiction.

Swami Nirmalananda has called Svaroopa® Yoga the "addiction to end all addictions." Why? Because Svaroopa® Yoga is the practice that teaches you to find your happiness in the vast openness of your own being: your true Self. This source is ever present and accessible within you, but you haven't been looking for it there. You've been looking for it on the outside in your activities, accomplishments, food and friends. When you don't have these things – your chocolate, your opinion, your walk, your self-image – you lose your happiness. This is dependency, dependent bliss.

Whatever you are addicted to, *it* does not create your happiness. If it did, we'd all be addicted to the same thing. Your "substance" of choice merely helps you feel – momentarily – what is already there, permanently: the bliss of your own being. Svaroopa® Yoga teaches you to find *independent* bliss – on the inside. It's the addiction to end *all* addictions!