

I am freeing myself from my addictions with love and compassion

First of all, I must inform you that this protocol has not been the subject of scientific studies and does not claim to have any medical value. Nor does it claim to be able to help everyone. It is simply another tool in your arsenal to help you, and it is up to you to try it and see if it works for you or not.

But it helped me, so I suppose it can help others as well.

I should also note that this protocol is a blend of tools drawn from various traditions. This allows us to observe our addiction from different perspectives. I'm not asking you to believe, but to keep an open mind and look within yourself, through this protocol, to see what's going on there. As for prayers, let's keep in mind that if millions of people engage in them, it's certainly not for nothing. For example, the Alcoholics Anonymous prayer, which we can also use:

**"God, grant us the serenity
to accept the things we cannot change,
the courage to change the things we can,
and the wisdom to know the difference."**

This protocol also requires that we engage in the process: doing the exercises, conducting our own research, keeping an open mind and remaining non-judgmental, without expectations either. We committed ourselves to diving into our addiction; we must also commit ourselves to breaking free from it. It is our responsibility

Quitting smoking, drinking, or other addictions

I've chosen to focus primarily on smoking—a fairly common addiction—so as not to spread myself too thin, but this approach can be applied to all addictions.

You might think, "Here's yet another method for quitting smoking (or drinking or other drugs)," and you're right!

But maybe, after trying one method after another, there comes a point when you finally succeed... which one was the right one? Maybe this one, or another, or a combination of them all—but it doesn't really matter; the main thing is that you finally made it!

One more thing: this protocol might hurt your ego, and that's a good thing because it's often that ego that pushes us to use substances to fit in with others, to project an image it finds "cool" or appropriate. So we're going to ruffle it a bit, with love and compassion.

“Tomorrow I’m quitting!!!” That doesn’t work for everyone!

In this plan, we’re not going to put pressure on ourselves to succeed right away. We’re going to learn to have a little compassion for ourselves. (We don’t punish a child who falls while learning to walk, and we have to relearn how to live—and we might fall again too—so let’s be a little kind to ourselves.)

“I free myself from my addictions with love and compassion”

Let this phrase become your mantra—repeat it constantly, write it on sticky notes, and stick them on your bathroom mirror, computer screen, fridge, bedside lamp, and everywhere else.

Then you can tell yourself: “It’ll happen; I don’t know when, but it’ll happen.”

Another key word: **self kindness!!!**

Avoid putting extra stress on yourself; this helps prevent feeling even more guilty if you don’t succeed tomorrow. But have confidence that you’ll get there one day, when you’re ready. (Don’t feel guilty!!! You’re aware that you need to change something, but if you feel guilty, it only adds to your problem, so it’s really not necessary).

To walk this path, you have to be completely honest with yourself.

The exercise is to connect with ourselves, with our deepest Self, the one from whom we can hide nothing. We’ll talk to ourselves, examine ourselves, **but above all, we won’t judge ourselves!**

It’s not easy to be completely honest with yourself without making excuses.

And that’s a clue: if I tell myself, **“Yes, but...”**

And here’s a clue: if I catch myself thinking, **“Yes, but that’s because...,”** I know I’m making an excuse for what I’m doing. This clue should help us get back on the path to truth.

Once again, we’re alone with ourselves, so there’s no need to lie to ourselves. The only part of us that won’t be happy about this is our ego, so it’s no big deal—it’ll get over it—so let’s be honest!

“It’s ok, I manage, I’ve got this!”—a tendency we all have to avoid acknowledging our weakness, which is precisely that we don’t have it under control. It’s the substance that controls us ; as addicts, we aren’t in control of anything at all. Let’s stay humble and admit it: the substance is stronger than us! On top of wanting to believe we’re in control, we want to believe we deserve it (like, “Well, I’m going to take a little break, smoke one—I’ve earned it,” for example)...

So, let’s go through the different aspects one by one, taking it step by step. Some questions will undoubtedly lead to others, so let’s take it slow.

Intention:

We start with the power of intention. There's a lot of talk about intention when it comes to overcoming addictions. It's not the same as simply wanting something; it's wanting it enough for it to become real, something that must take shape.

Having the idea precedes the intention; it's the beginning. Perhaps at first the intention won't seem very powerful, but by reciting the mantra, it will eventually become a reality.

"I free myself from my addictions with love and compassion."

Then we begin to observe ourselves:

How eagerly we consume. Observe how we're going to smoke that cigarette (or take that other substance), what behavior it will trigger in us, how we feel—before, during, and after... Do we find the desired effect? And what is it, anyway? That frenzy that takes hold of our body and mind just before consumption (isn't it this state of craving that we're also seeking, to some extent, in these addictions? Humans have this curious habit of preferring what is familiar—even if it's unpleasant—rather than wanting to change...)... do we really want this substance to take control of our brain, to be at the mercy of this product?

"Why am I doing this? What does it give me? Do I feel stronger? Do I feel like I look less like an idiot waiting for my bus while smoking a cigarette than if I weren't smoking? Do I feel like I belong to a group when I smoke with these people? And what if I didn't smoke?"

Let's be honest with ourselves (there's no one else in our heads, and no one to be ashamed in front of) and avoid the "yes, but..."s. Let's ask ourselves as many questions as possible, examine everything that comes to mind, and analyze it.

Do this exercise as often as necessary!

Exploring our habits :

We'll have a smoke after dinner, a cigarette break, drinks with friends... all those moments we're afraid to see change.

So : let's face our fear of change (after all, life is a constant process of change). Let's give ourselves the freedom to live differently—without depending on a substance that actually offers us nothing and tends to destroy us instead.

Because, really, that's part of it too : we know it's destroying us, we know it's destroying our family, our friends, and our friendships, but we don't stop... on the contrary, we give money to those who want to see us destroyed... (we are a bit stupid sometimes, after all).

Replace a bad habit with a good one. For example, I'm at the office, and I feel like smoking. "Do I want to take a break or smoke one ? Or both?" I go outside and find myself standing there in front of my pack. That's the moment of choice. So I take a deep breath, and I exhale. Again, and again. I can shift my attention in das little flower that's so pretty but that I normally don't see, lost behind my cloud of smoke where nothing else matters... so I try to recapture that sense of wonder that children so easily find. They look and think of nothing else but what they're looking at. It's wonderful and it warms the heart. That feels so good!

Writing:

It's important to put all our thoughts on these topics down on paper, so we can go back and read them if we need to.

Write letters to our addictions—write to alcohol, to tobacco... as if they were a bad friend... write down what we want or need to say in the addiction, tell it how in the past, why we accepted it, tell it about our first time, tell it whether we enjoyed it or not... in the past it all off our chest, we tell it everything, without judging ourselves, without judging anything at all. And we reveal everything. "What does this taste, this smell, remind me of? Do I really love it, or is it the memory that goes with it? What is my relationship with this false friend? Who really wants a relationship with a false friend?"

This exercise may take several sessions; things come back to us as we reflect on them, so let's write, rewrite until everything is said. Let's answer all the questions posed in this protocol and more.

Perhaps at some point we'll resent this substance for having taken up so much space in our lives, but let's remain humble and admit that we welcomed it; it gave us a choice, so we accept our responsibility for having embraced it.

We'll write as many letters as necessary, and after a while, we'll burn them, fully aware of what's inside, knowing that now all of this is in the past!

Writing a breakup letter, so to speak!

The Psychological Aspect :

Children learn more by imitation than by being told not to do something. "Don't do what I do" usually doesn't work very well, and "this isn't for kids" is just advertising. If a parent does it, there's a good chance the child will do it too. Children learn first from their parents and then from the society around them. So if they internalize smoking as something to do, something normal, something cool... then why wouldn't they do it? Questions will arise when they see that not everyone does it and that, in fact, it's not a good idea. But the imprint left on the brain isn't easy to erase!!! The child will therefore already have a seed of this bad habit in their mind. That seed may have already begun to sprout within the family itself, or may have found fertile ground in society, at school, at work...

When you've grown up that way, you have to admit that the starting point isn't right, and rather than focusing on what "they did to us," look at what we've made of it!

Smoking, creating a smoke screen around oneself, stifling a part of oneself—habits of our parents, the environment in which we grew up—what does smoking mean to those we admire enough to want to do the same?

But from this psychological perspective, let's ask ourselves these questions:

"Why did we start (sometimes we have to dig very, very deep into our memories, and one memory can lead to another...)"

What does it give us (always in all honesty; here we're only talking to ourselves, and if we feel like lying to ourselves, well, maybe it's because we don't have the courage to face our own truth)"

How do we see ourselves with our addictions, and let's try to imagine ourselves without them...

Examine our behavior under the influence of the substance—how does it change? “Does the substance give me self-confidence? Actually, no—maybe it hides the fact that I lack self-confidence; in fact, does it help me lie to myself?”

Addiction also drives us away from those who truly love us (I’m not talking about fellow addicts—they’re our false friends who don’t want to see us recover because they don’t want to end up even more alone... but a true friend has our best interests at heart!). It becomes a crutch that lets us forget our weaknesses, sadness, and problems for a moment. Then it becomes a habit, and we no longer need to face reality and our weaknesses because we’re no longer able to do so. We can detach ourselves from our responsibilities, the first of which is ourselves...

But in all of this, let’s also ask ourselves: do we really want to tear down those who love us? If we don’t have the strength to pull ourselves out of this on our own, would we have that strength for our loved ones, for those who depend on us? (Here, the question applies more to destructive addictions like drugs or alcohol.)

Out of weakness, we let the substance become that false crutch we lean on, as if we were leaning on a cardboard crutch... it’s dangerous.

Genealogical aspect :

There is a strong likelihood that someone with parents who are addicted to something will become addicted as well, or that this person will swing to the opposite extreme, becoming anti-everything and showing no compassion for “addicts.” It isn’t necessarily better if it isn’t understood. In this regard, we can research our family history, look into what happened with our ancestors (I’ll leave this part for you to explore on your own), and this can also help us understand ourselves better, since many things are passed down from generation to generation. It can help untangle knots we carry without even realizing it, or there may be kinds of loyalty pacts with ancestors that can keep us stuck in situations we can’t escape...

It’s a path we can also explore if we feel like we’re no longer moving forward.

The Unconscious Aspect :

Memories from very early childhood, tucked away in the unconscious.

The things we take in from the outside world—images that become etched in our minds and eventually, insidiously, turn into habits—these are the things that become second nature.

For example, alcohol is deeply ingrained in the unconscious. Everyone has an alcoholic ancestor somewhere, and for good reason. Back then, you couldn’t drink tap water without mixing it with alcohol to disinfect it. As a result, there were many alcohol drinkers, and that left its mark... like the alcohol in baby bottles to help babies sleep. We can’t downplay the impact of this imprint on genetics, but we shouldn’t use it as an excuse. It’s just interesting to help us understand each other better.

Here I’m going to highlight an issue: how children function, which can also be a component of addiction:

A very young child is like a sponge (I'm not going to launch into a lecture on child psychology here, but this is important). If they see their parents smoking, there's a good chance they'll smoke too (or the opposite effect—they might not smoke at all, and possibly develop an aversion to people who smoke). But in any case, if the parent who smokes steps away from their child—not just to avoid exposing the little one to smoke, but also to “take a break”—The child senses this and wants to go find their parent. (It's not a matter of geography but of attention no longer being focused on the child, and the parent's potential unavailability to their child at that moment). So one way to reconnect with their parent is to go with them, to find them in their cloud of smoke... this gets stored in the unconscious and resurfaces one day, later on, when the child or young person decides to start smoking...

There's something really twisted about the parent-child-addiction dynamic because deep down, the parent knows it's not right to smoke (or drink or do drugs, for that matter—it's all the same thing). But hey, they do what they can. So on top of that comes a sense of guilt! And as if that weren't enough, the parent dealing with their addiction likes to have a playmate, so if their child starts doing the same, they'll feel less alone and the child will feel welcome into this vicious cycle.

And there you have a real mess of a situation that you need to be aware of if you want to break free from addiction.

For people who used pacifiers as babies: a pacifier is something parents use to silence a child who wants to express something, or to comfort the child so they'll calm down. We can then consider the impact on the unconscious of an artificial object given to us so that we obey our parent's wishes and become acceptable in their eyes. To be approved of and loved by the person we love most in the world at that stage of our lives, we must take something to calm down, say nothing... this isn't necessarily a truth, but a line of inquiry worth exploring.

The egotistical aspect :

Take a step back and look at yourself, as if you were looking at someone else, with a bit of distance... and notice how you change when you light that cigarette...

Come on, let's take the time to observe ourselves, with **self kindness** and **honesty**.

Let's spy on ourselves for a moment, when we take a drag on that cigarette: “What do we look like? Is the role we're playing at that moment important? To whom? For what? What do we feel? If at that moment we compare ourselves to the person next to us who doesn't smoke, what do we tell ourselves? Do we think we're stronger? Stronger at what? And stronger why? How do we hold our cigarette? Why that way? To imitate whom? Why? Do we feel stronger when we smoke? Are we trying to give ourselves confidence? ”

What can we take away from observing ourselves?

That strange sense of superiority that the “addict” (to smoke or other things) might have, telling others with a certain arrogance, “Anyway, until you've tried it, you can't understand!” And the worst part is when two or more people talk about this to someone who's never tried anything; they quickly

make that person feel like they don't belong to the group. They have this kind of camaraderie that makes others feel almost unwelcome in their drug-user club.

And this hostility almost forces people who don't do drugs to try them, so they too can say, "Yeah, I know," and be part of the group.

This also reveals a foolish or absurd side of human nature, that aspect that makes them not want to be alone when doing their foolish things, so they'll convince someone to join them (whether it's a friend or a family member), even if they later regret having led someone down the path of addiction (if they're still lucid enough, of course).

Where does this sense of superiority come from that appears when we do something "wrong" — especially when we know it and brag about it? This sense of superiority from doing something dangerous, something forbidden? At this level of introspection, can we actually realize our own stupidity? We're all for not judging, but still, let's allow ourselves the right to be truly stupid sometimes, and when we realize it, let's try to stop as soon as possible!!!

Then we might ask ourselves:

"What would I be without it? What would I be like? How do I think I'd feel in public or just when I'm alone with myself?"

There's something truly unpleasant about this. It's that sense of superiority we might feel when telling someone who doesn't use substances, "No, but you can't understand..." This feeling is absolutely despicable because it could encourage others to start down the path of addiction, simply because we've made them feel that we're more self-assured, stronger, more confident. And that feeling exists only because deep down we know that's obviously not the case—something we hide deep within ourselves—but if we can draw those other people into our weakness, we'll feel less alone.

That aspect of ourselves is absolutely despicable because it can lead others to use drugs. The question is: "Do we really want to be responsible for that?"

So that part of ourselves would disappear—not so bad, right?

Emotional aspect :

This aspect would focus less on the memory itself—whether positive or negative—and more on the impact these addictions have on the child.

If Mom comes to rub our heads to help us fall asleep at night and she smells like cigarettes, the brain will associate that smell with a moment of tenderness that feels a bit timeless... if the parent only makes the child laugh when they're drunk, the child's brain will make associations again...

What does this smell, this taste, produce within us, in our emotional self?

What emotions come back to us when it comes to this addiction? Let's try to name them, recognize them, and finally let them go.

What part of ourselves feels good, rewarded, soothed? Why?

Let's try here, by closing our eyes, to visualize the tastes and smells, our sensations; we must dissociate the feeling of comfort from the substance, separate them so as to keep only the good and not the substance.

(You can choose to associate memories with other tastes or smells. For example, if a parent who comforted us as children smelled of cigarettes, let's associate that memory with a different smell that we like.)

The following points may or may not clash with certain beliefs—or lack thereof—but we don't care. The goal isn't to debate beliefs and religions; the goal is to give ourselves the best possible chance of making it through. Let's see this through to the end, with an open mind and without judgment!!!

Karmic aspect:

Here, the karmic aspect involves memories of past lives; many people won't be able to recall this past, and that's okay. In fact, many won't even need to go through this process. It only becomes important when you find yourself unable to move forward in the process. So if, in one of the previous exercises, images or sensations from another place (another life) happen to come up, let's accept whatever comes if it can help us let go (because, deep down, that's what it's all about).

For example, we might find ourselves in a state of ambiguity between what brings "pleasure" (those sweet childhood memories) and what kills, like the smoke from the pyre on which we found ourselves. For many reasons, we might have found ourselves suffocated by smoke, poisoned, burned alive, or perhaps we were the executioner of the one on the pyre... but in any case, these memories etched into our cellular memory can draw our attention by triggering situations so that we can finally free ourselves from them. So, as with all problems, ***we accept, we forgive, and we forgive ourselves***, and we move forward.

Shamanic aspect:

I also feel strongly about this simply because, whether it's tobacco, grapes, poppies, coca, or any other psychoactive or hallucinogenic plant, when we misuse these plants, they don't necessarily give us the desired effect.

If we don't respect them, they won't respect us either (it's not out of malice on their part, but they're showing us which path we're choosing to take).

It's a bit like making fun of someone; they might get angry at some point. These plants have effects that can be used constructively (in naturopathy, for example) or abused. And if we abuse them, it's as if we're mocking them.

Tobacco, for example, is still considered by some today to be a sacred plant. So using it foolishly just for one's own ego is not a sign of respect. Tobacco may then take it upon itself to remind us: "Are you mocking me? Well, here's another aspect of me—you won't be able to do without me anymore."

Here it is important to perform a small ritual with a leaf from the plant, or in front of one of these plants, or with a photo... To become aware of its value, its power, and its properties, and, as if facing a best friend whom we have abused or betrayed, to ask for forgiveness with the utmost humility!

If, to break free from this addiction, we ask it for forgiveness for not having respected it (with sincerity, not with the foolish smile of someone who doesn't really believe it), and if we ask it to help us break away from this addiction, then the plant will help us...

We also write a letter to it, not a breakup letter this time, but one of gratitude. Gratitude for its strength and our weakness, a letter written in all humility asking for forgiveness... once again, we must burn the letter with the intention that our disrespectful behavior will change, and that we will finally manage to change our ways. In this letter, we'll say everything, be sincere, explain the reason for our inappropriate behavior, and take responsibility. Here, we must acknowledge that we've done wrong and make a sincere promise to stop.

And don't forget to thank it from the **bottom of our hearts** as well—that's important.

The Saint, the Angels :

There are many saints who can help with addictions ; you need to find the one who suits you best, the one you feel most drawn to (search for "saints against addictions" online, or be more specific—for example, "saints who help people quit smoking") and pray to them with

sincerity... If you don't believe in the power of prayer or in the saint, just pretend you're asking your best friend for something really important, but don't forget to **show respect** and to **thank them sincerely**, too!

For example, there's Saint John the Baptist, or Alfred Pampalon, for whom here is the appropriate prayer:

Dear Father Pampalon, I offer you my prayer; I cry out to you in my suffering.

Come to my aid; obtain for me the graces I desire.

**You are the recognized protector of those who suffer in body,
in heart, and in soul.**

You take special care of alcoholics and drug addicts; you are their revered protector.

You have freed so many people from addiction to drugs and alcohol.

**Free me too from this evil, I beg you, and free those I entrust to you,
especially the members of my family.**

I come to you with confidence.

I pray to you for myself and for those who are dear to me.

Extend your assistance to the whole Church and to the entire world.

Amen

There is also Saint Michael the Archangel to help us in our inner struggles. He is often prayed to for liberation and deliverance.

The Plant, the Angel, and the Saint can help you, but you're not entitled to it. You didn't ask them to help you when you first started your journey as an addict, so if they do help you, it's because they choose to!

So we keep a low profile, show respect, and thank them sincerely!!!

Hanuman Chalisa:

In Hinduism, Hanuman is the Monkey God you've surely seen before. He is the very embodiment of strength, bravery, courage, and humility, as well as many other virtues...

We need this strength and courage as we embark on this path of letting go of our addictions. This strength lies dormant within us, so let's awaken it!!! By copying this Sanskrit text (text in bold). (You can also sing it—it feels really good—and it's easy to find on YouTube)

(No need to copy the English translation; it's just there to satisfy your curiosity. And for those who don't understand English, look for another translation)

Text copied from: <https://krishnadas.com/lyrics/hanuman-chaleesa/>

**Shree Guru charana saroja raja nija manu mukuru sudhaari Baranaun Raghubara bimala jasu jo
daayaku phala chaari**

Having polished the mirror of my heart with the dust of my Guru's lotus feet I sing the pure fame of the best of Raghus, which bestows the four fruits of life.

**Budhi heena tanu jaanike sumiraun pawana kumaara Bala budhi vidyaa dehu mohin harahu kalesa
bikaara**

I know that this body of mine has no intelligence, so I recall you, Son of the Wind Grant me strength, wit and wisdom and remove my sorrows and shortcomings.

Bhajelo Ji Hanuman! Bhajelo Ji Hanuman!

Oh Friend! Remember Hanuman!

Verses~

1. Jaya Hanumaan gyaana guna saagara Jaya Kapeesha tihun loka ujaagara

Hail to Hanuman, the ocean of wisdom and virtue, Hail Monkey Lord, illuminater of the three worlds.

2. Raama doota atulita bala dhaamaa Anjani putra Pawanasuta naamaa

You are Ram's emissary, and the abode of matchless power Anjani's son, named the "Son of the Wind."

3. Mahaabeera bikrama bajarangee Kumati niwaara sumati ke sangee

Great hero, you are as mighty as a thunderbolt, You remove evil thoughts and are the companion of the good.

4. Kanchana barana biraaja subesaa Kaanana kundala kunchita kesaa

Golden hued and splendidly adorned With heavy earrings and curly locks.

5. Haata bajra aura dwajaa biraajai Kaandhe moonja janeu saajai

In your hands shine mace and a banner And a sacred thread adorns your shoulder.

6. Shankara suwana Kesaree nandana Teja prataapa mahaa jaga bandana

You are Shiva's son and Kesari's joy And your glory is revered throughout the world.

7. Bidyaawaana gunee ati chaatura Raama kaaja karibe ko aatura

You are the wisest of the wise, virtuous and clever And ever intent on doing Ram's work.

8. Prabhu charitra sunibe ko rasiyaa Raama Lakhana Seetaa mana basiyaa

You delight in hearing of the Lord's deeds, Ram, Sita and Lakshman dwell in your heart.

9. Sookshma roopa dhari Siyahin dikhaawaa Bikata roopa dhari Lankaa jaraawaa*Assuming a tiny form you appeared to Sita And in an awesome form you burned Lanka.*

10. Bheema roopa dhari asura sanghaare Raamachandra ke kaaja sanvaare

Taking a dreadful form you slaughtered the demons And completed Lord Ram's mission.

11. Laaya sajeevana Lakhana jiyaaye Shree Raghubeera harashi ura laaye Bringing

the magic herb you revived Lakshman And Ram embraced you with delight.

12. Raghupati keenhee bahuta baraaee Tuma mama priya Bharatahi sama bhaaee

The Lord of the Raghus praised you greatly: "Brother, you are dear to me as Bharat!"

13. Sahasa badana tumharo jasa gaawai Asa kahi Shreepati kanta lagaawai

"May the thousand-mouthed serpent sing your fame!" So saying, Lakshmi's Lord drew you to Himself.

14. Sanakaadika Brahmaadi muneesaa Naarada Saarada sahita Aheesaa

Sanak and the sages, Brahma, gods and the great saints, Narada, Saraswati and the King of serpents,

15. Yama Kubera digapaala jahaante Kabi kobida kahi sake kahaante

Yama Kubera and the guardians of the four quarters, poets and scholars – none can express your glory.

16. Tuma upakaara Sugreevahin keenhaa Raama milaaya raaja pada deenhaa

You did great service for Sugriva, Presenting him to Ram, you gave him the kingship.

- 17. Tumharo mantra Bibheeshana maanaa Lankeshwara bhaye saba jaga jaanaa**
Vibhishana heeded your counsel And became the Lord of Lanka, as the whole world knows.
- 18. Yuga sahasra yojana para bhaanu Leelyo taahi madhura phala jaanu**
Though the sun is thousands of miles away, You swallowed it, thinking it to be a sweet fruit.
- 19. Prabhu mudrikaa meli mukha maaheen Jaladhi laanghi gaye acharaja naaheen**
Holding the Lord's ring in your mouth It's no surprise that you leapt over the ocean.
- 20. Durgama kaaja jagata ke jete Sugama anugraha tumhare tete**
Every difficult task in this world Becomes easy by your grace.
- 21. Raama duaare tuma rakhawaare Hota na aagyaa binu paisaare**
You are the guardian at Ram's door, No one enters without your leave.
- 22. Saba sukha lahai tumhaaree sharanaa Tuma rakshaka kaahu ko daranaa**
Those who take refuge in you find all happiness and those who you protect know no fear.
- 23. Aapana teja samhaaro aapai Teenon loka haanka ten kaanpai**
You alone can withstand your own splendor, The three worlds tremble at your roar.
- 24. Bhoota pisaacha nikata nahin aawai Mahaabeera jaba naama sunaawai**
Ghosts and goblins cannot come near, Great Hero, when your name is uttered.
- 25. Naasai roga hare saba peeraa Japata nirantara Hanumata beeraa**
All disease and pain is eradicated, Brave Hanuman, by constant repetition of your name.
- 26. Sankata ten Hanumaana churaawai Mana krama bachana dhyaana jo laawai**
Hanuman releases from affliction those who remember him in thought word and deed.
- 27. Saba para Raama tapaswee raajaa Tina ke kaaja sakala tuma saajaa**
Ram, the ascetic, reigns over all, but you carry out all his work.
- 28. Aura manorata jo koe laawai Soee amita jeewana phala paawai**
One who comes to you with any yearning obtains the abundance of the Four Fruits of Life.
- 29. Chaaron juga parataapa tumhaaraa Hai parasidha jagata ujiyaaraa**
Your splendor fills the four ages your glory is renowned throughout the world.
- 30. Saadhu santa ke tuma rakhawaare Asura nikandana Raama dulaare**
You are the guardian of saints and sages, the destroyer of demons and the darling of Ram.
- 31. Ashta siddhi nau nidhi ke daataa Asa bara deena Jaanakee Maataa**
You grant the eight powers and the nine treasures by the boon you received from Mother Janaki.
- 32. Raama rasaayana toomhare paasaa Sadaa raho Raghupati ke daasaa**
You hold the elixir of Ram's name and remain eternally his servant.
- 33. Tumhare bhajana Raama ko paawai Janama janama ke dukha bisaraawai**
Singing your praise, one finds Ram and escapes the sorrows of countless lives.
- 34. Anta kaala Raghubara pura jaaee Jahaan janama Hari bhakta kahaanee**
At death one goes to Ram's own city or is born on the earth as God's devotee.
- 35. Aura devataa chitta na dharaaee Hanumata se-ee sarva sukha karaee**
Give no thought to any other deity, worshipping Hanuman, one gains all delight.

36. Sankata katai mite saba peeraa Jo sumire Hanumata bala beeraa

All affliction ceases and all pain is removed by remembering the mighty hero, Hanuman.

37. Jai jai jai Hanumaana Gosaaee Kripaa karahu gurudeva kee naaee

Victory, Victory, Victory to Lord Hanuman! Bestow your grace on me, as my Guru!

38. Jo sata baara paata kara koe Chootahi bandi mahaa sukha hoee

Whoever recites this a hundred times is released from bondage and gains bliss.

39. Jo yaha parai Hanumaana chaleesaa Hoya siddhi saakhee Gauresaa

One who reads this Hanuman Chaleesa gains success, as Gauri's Lord (Shiva) is witness.

40. Tulasee Daasa sadaa Hari cheraa Keejai naata hridaya mahan deraa

Says Tulsi Das, who always remains Hari's servant: "Lord, make your home in my heart."

Pawanatanaya sankata harana mangala moorati roopa Raama Lakhana Seetaa sahita hridaya basahu sura bhoopa

Son of the Wind, destroyer of sorrow, embodiment of blessing, Live in my heart, King of Gods, together with Ram, Lakshman and Sita.

Et pour rester dans l'hindouisme, moi j'aime bien aussi Ganesh, Dieu à tête d'éléphant, qui aide à surmonter les obstacles et les difficultés de la vie, alors chantons aussi ce mantra :

OM GAM GANPATAYE NAMAHA (se trouve aussi facilement sur youtube)

More questions:

Do we naturally enjoy these tastes? The taste of alcohol, of cigarettes, the sensation they provide? Think back to the first time—the moment when we had to convince ourselves that it was good. Naturally, the body doesn't like what isn't good for it, so no, normally, we don't like the first time we try one of these products. If we've started, then why continue, and if we're just starting, let's stop right away! To the question "Do I really like this taste or this sensation?" if the answer is yes, then we need to work on being honest with ourselves (not easy because we also have to admit that we've been a bit foolish for so long to take something we don't really like... but again, there's no one to judge us, so let's be honest with ourselves).

If we don't want to stop, let's ask ourselves why! (This is often the case with addictions, but it's because the substance is holding us back. We accept this weakness, and we repeat: "I free myself from my addictions with Love and Compassion").

And above all, don't worry about what others think. It's not other people who are living our lives. In any case, no matter what we do in life, there will always be someone who thinks it's good or bad, so let's move forward and be as free as possible, as happy as possible!!!

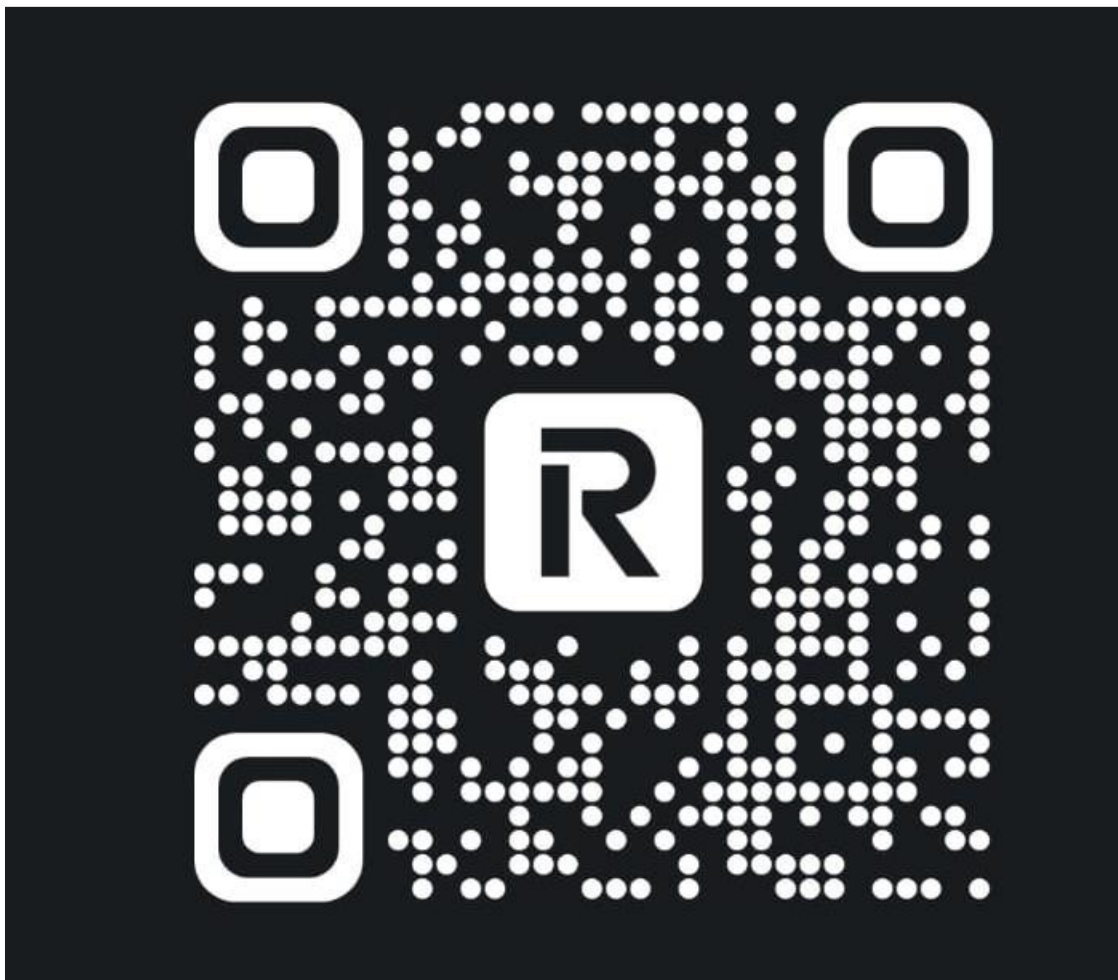
And finally:

I was wondering if I couldn't just smoke a cigarette every now and then and have a drink on Friday nights with my friends... then this thought occurred to me: I like sneezing, but do I really want to be stuck with a chronic cold because of it? No, actually, I can do without sneezing!

Quit smoking, breathe!!!!

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