

2018-19

Rotary  
Chandigarh Midtown



BE THE  
INSPIRATION

Club No. 15228  
R.I. District 3080

# The Midtowner

Weekly Bulletin of Rotary Chandigarh Midtown

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## THE FOUR WAY TEST

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Volume XXXXIII No. 48 Dated: May 28, 2019

## PROGRAMME

### The Power of the Addicted Mind

*Chief Guest:*

Lakhinder Jit Singh Vohra, M.S.J.  
Rotary Peace Scholar and Author

**Venue:** Hotel Shivalikview  
Sector 17, Chandigarh  
**Date:** May 31, 2019 (Friday)  
**Time:** 6.30 pm

**District Training Assembly**

# TURN YOUR LIFE AROUND IN 30 DAYS

A Spiritual Practice  
& Primer For Today's Generation



By

**Lakhinder J.S. Vohra, M.S.J**

Northwestern University, Chicago, USA

Rotary Scholar, 1989-1990

Million Dollar Trainer

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**Executive Secretary**  
**Chandigarh United Nations Association**  
**117-118, Sector 17-B**  
**Chandigarh (U.T.)**  
**INDIA - 160017**


May 28, 2019

Dear Mr. Vohra,

The Wilmette Rotary Club (U.S.A.) congratulates you for your being a Rotary Scholar for thirty years. This is a remarkable achievement. Our Club is proud to have been your sponsor during your studies at Northwestern University. Best wishes for your future endeavors.

Sincerely,

John Held, President



**I didn't cause it,  
I can't cure it,  
and I can't control it.**

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# ***Defining Addiction***

*A behavior that someone indulges in over and over again that causes harm to themselves or others.*

*Someone that likes to gamble with their life regardless of the outcome.*

# ***Society Stigma of Addiction***

- Gambling venues have signs everywhere to get help. “Got a Gambling Problem. Call....” you see that everywhere and it’s required by law.
- But who do we say has a gambling problem? The one who loses. Ever heard of a winner with a gambling problem?
- So, today, an entire industry is facing extinction because of shifting societal awareness: Smoking is bad for you. Why? Because it’s addictive.
- Our society has made vast inroads on things like

## ***Society Stigma of Addiction (contd)***

smoking, gambling, hey we even invented AA because we knew we are a nation of overworked alcoholics. I believe the term is workaholic.

It's even cool to go to rehab for prescription drugs

- But we really haven't dealt with the fallouts from the biggest progress we have made in this generation: the Internet. This is why we are here. We thrive in a world today where disconnection and user-friendliness go hand in hand. Tinder, Uber, Tinder, Netflix on and on.

## ***Society Stigma of Addiction (contd)***

- ***So how do we help?***

*Many people who seek help are sent by somebody other than themselves to get help. Usually it's a spouse or a significant other. This is the truth when it comes to recovery addicts. Very rarely does the State require you to get help, maybe when it's a DUI and you gotta check*

# ***Society Stigma of Addiction (contd)***

*off a list of things to do to look good in front of a judge such as going to some AA meetings.*

- *Recognizing Addiction is key for somebody who at this point is still unsure what addiction is. So let's dive right in...*

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# *Symptoms of an Addict/or Things to Look For*

- Talks too fast
- Rapid eye movement
- Makes lots of excuses
- Talks a lot
- Not a good listener
- Mood swings
- Looking for free stuff or never having any money
- Overtly social - hiding something
- Has a crazy story about their Saturday night or has no story about Saturday night
- And most important of all – Isolationists

# *Symptoms of an Addict/or Things to Look For (Contd)*

## **THE BUBBLE**

- An addict creates and lives in his own bubble
- A Bubble shows radical nature of Addict's isolation, acts like floatation device, and then bursts, but while in it provides false sense of security.



# ***Symptoms of an Addict/or Things to Look For (Contd)***

- *Let's get inside the mind of an addict from a scientific perspective: According to Patrick Carnes, a leading therapist, "a form of naturally occurring peptides such as endorphins govern the electrochemical interactions within the brain. These peptides parallel the molecular construction of opiates like morphine, but they are many times more powerful. We know that when experimental rats are habituated to morphine or heroin, they will go through much pain in order to obtain more. However,*

# ***Symptoms of an Addict/or Things to Look For (Contd)***

- *when the pleasure centers of the brain are stimulated, releasing endorphins, rats will go through even more suffering than they will for morphine or heroin.*

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# ***Willpower v/s Tools of Recovery***

- How they are different concepts?

*So you might be thinking are addicts really bad people?  
I'm here to tell you that Addicts are very special and  
really gifted people.*

- Their brain is wired differently: most creative
- Brain works 24/7 in a vacuum
- In recovery they do great things

## *How can you help?*

- You can't force recovery - they have to be
  - willing to admit and be prepared to take action
  - Corporate responsibility to addicted behavior and actions (if you work for a large corporation please talk to me after the meeting as the Big Book has an entire chapter dedicated to corporate responsibility to addiction. I'll be happy to discuss what that means) it's on Pg 136 Chapter 10 entitled "To Employers"
- ©LakVohra.com 2019

## *How can you help (Contd)*

- You need to sit down with that person and look them in the eye and say “I think you are a \_\_\_\_\_ Addict and you need help and tonight there is a meeting I want you to attend where you can listen to other people share their struggles in a confidential setting and then you can decide if it’s the right thing to do”

If they are reluctant and you really care for them

- you can arrange a one-on-one appointment with
- me and I will be happy to sit with them and

## *How can you help (Contd)*

together we can begin the process of digging to understand the scope of the addictions.

- The addict needs to see a therapist immediately - preferably somebody who specializes in their addiction
- Consider EMDR therapy which can work miracles in a very short amount of time

# ***Time Frame of Recovery***

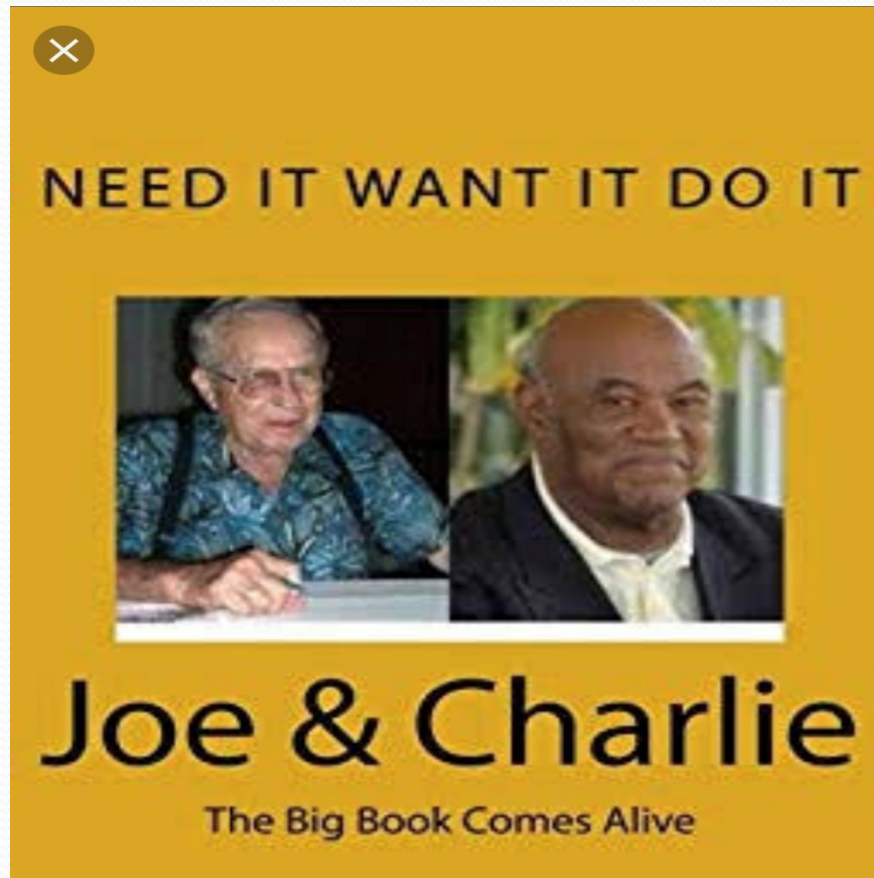
Bad habit breaking cycle (The myth: **21 days**. The old belief that it took **21 days** to change a habit has now been labeled a myth. According to psychologists, while it may take **approximately 21 days** of conscious and consistent effort to create a new habit, it takes far longer to break an existing habit.)

## ***Time Frame of Recovery (Contd)***

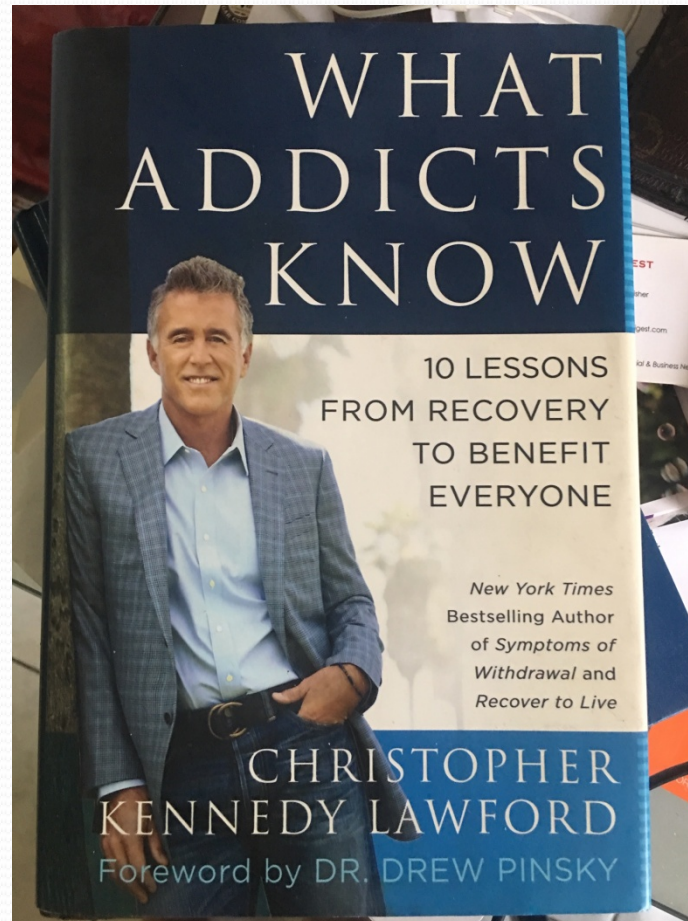
- So I would hazard a guess that 15 months is the min for someone rigorously working the program to start recovering
- Nobody ever gets “cured” of an addiction

# REFERENCES ON DE-ADDICTION

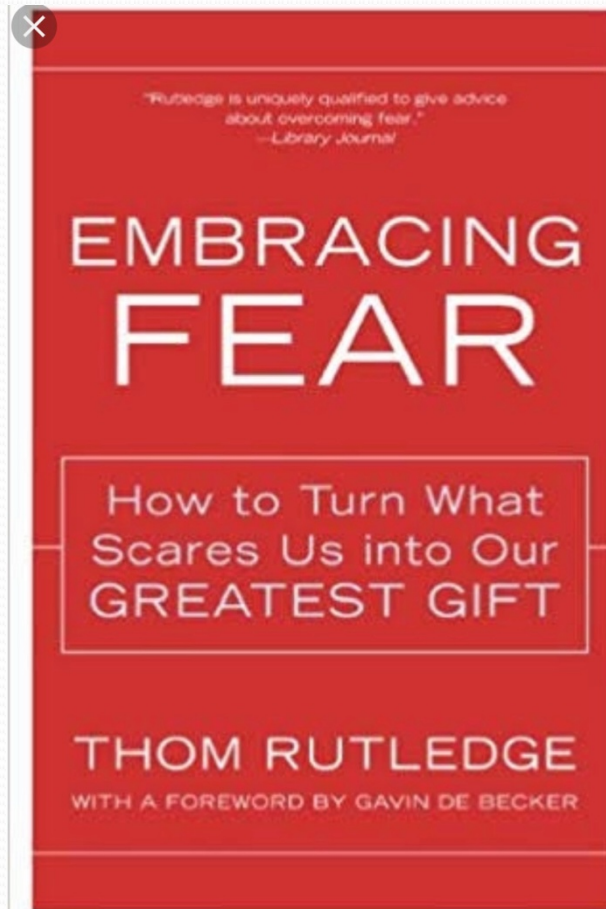
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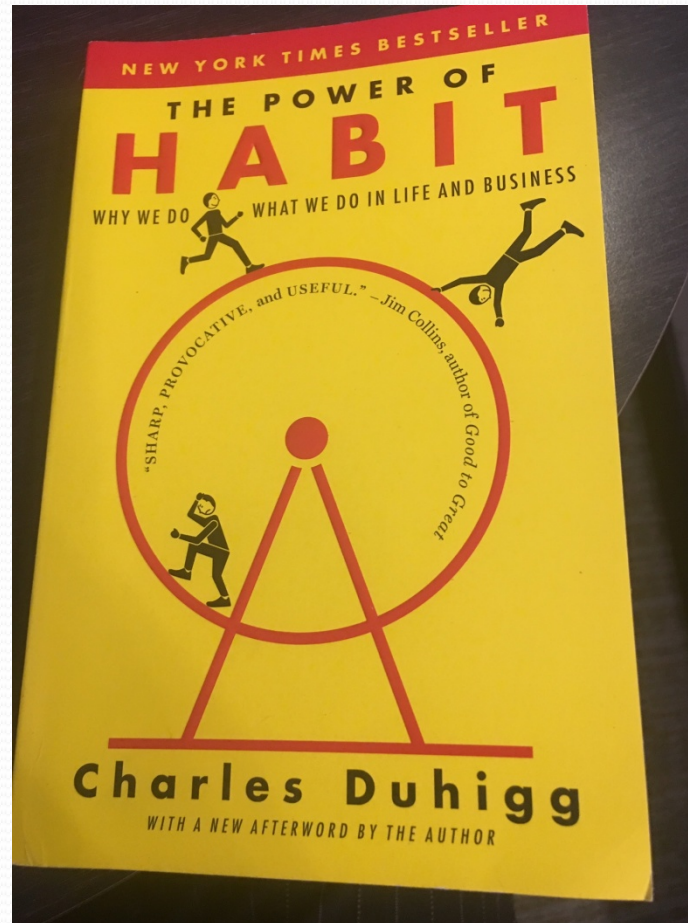
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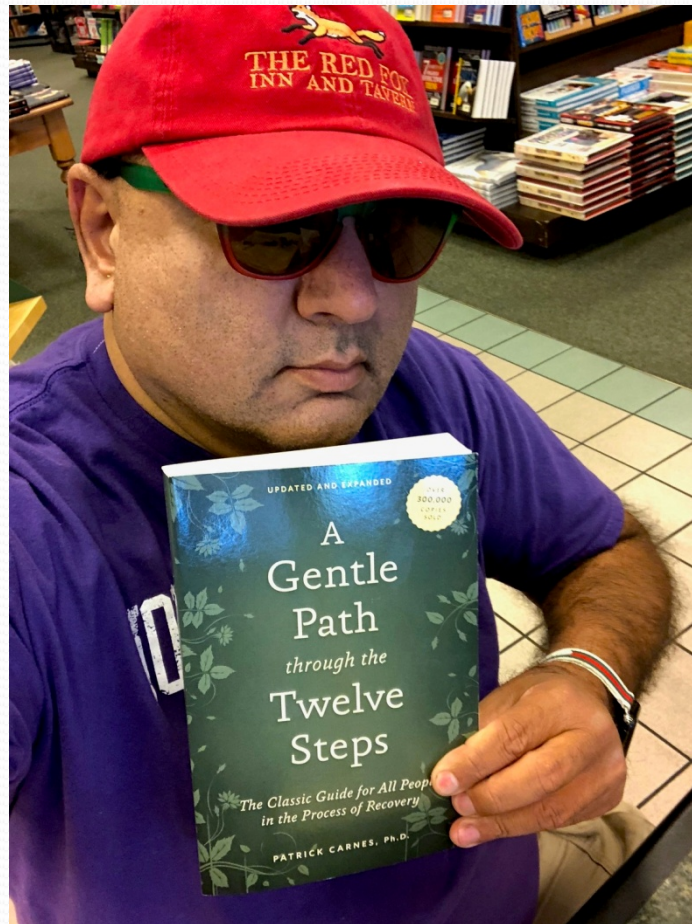
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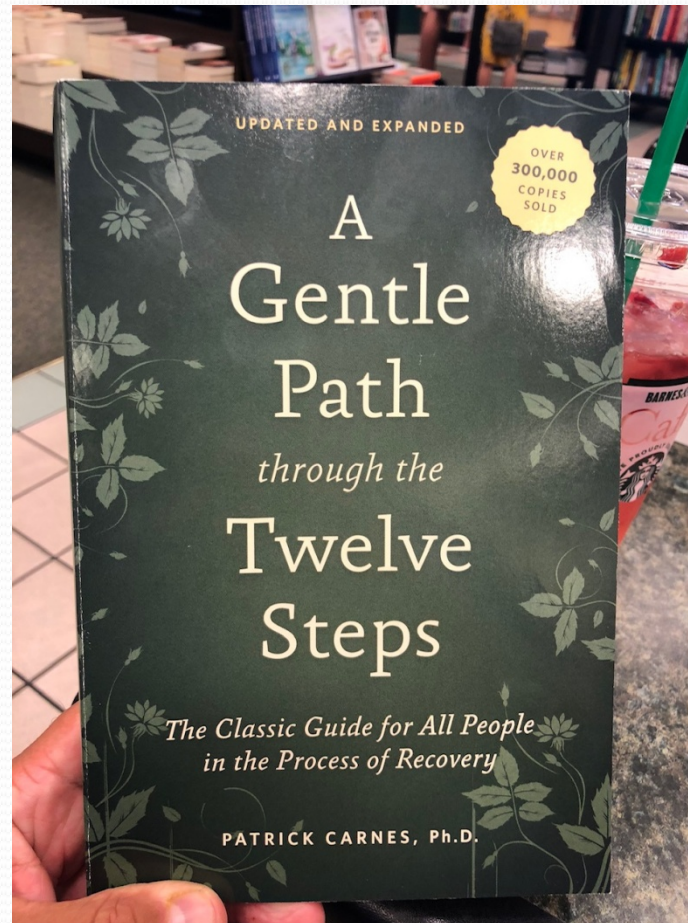
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# REFERENCES ON DE-ADDICTION



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# TURN YOUR LIFE AROUND IN 30 DAYS

A Spiritual Practice  
& Primer For Today's Generation



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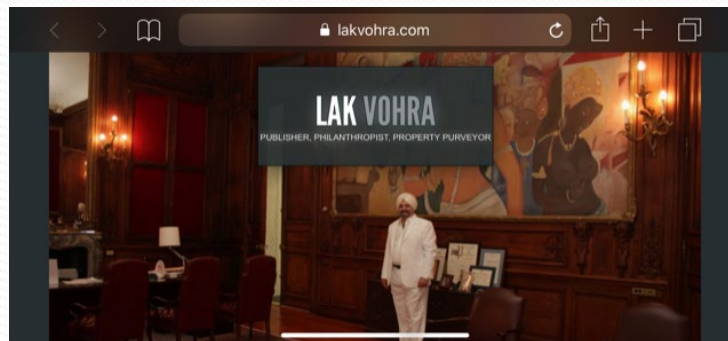
# The 12 Steps

1. **ACCEPTANCE.** We admitted we were powerless over addictive behavior - that our lives had become unmanageable.
2. **HOPE.** Came to believe that a Power greater than ourselves could restore us to sanity.
3. **WILLINGNESS.** Made a decision to turn our will and our lives over to the care of God as we understood God.
4. **PERSONAL INVENTORY.** Made a searching and fearless moral inventory of ourselves.
5. **SELF DISCLOSURE.** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. **REFLECTION.** Were entirely ready to have God remove all these defects of character.

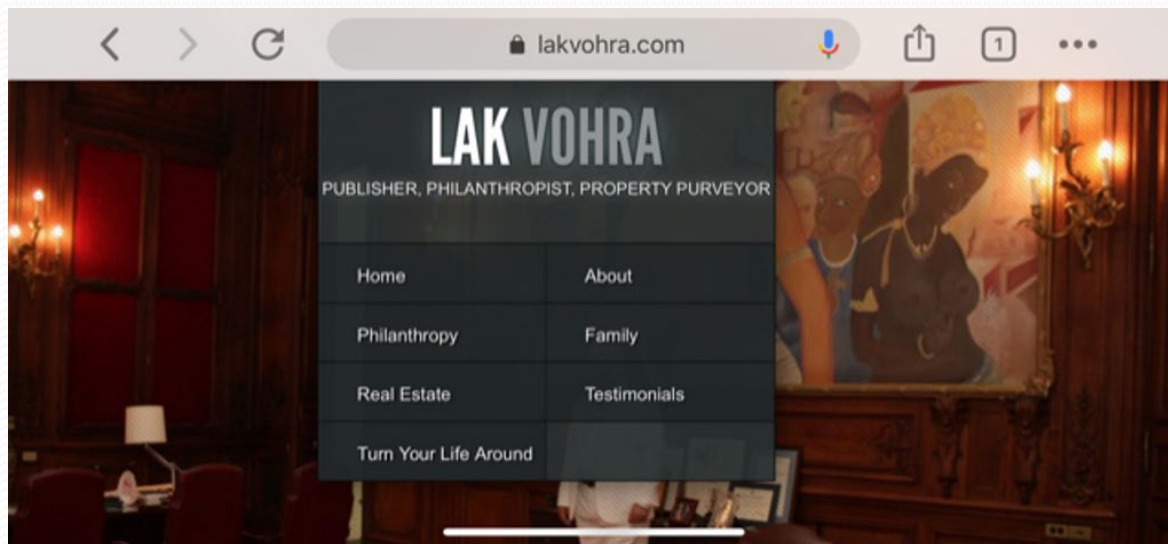
# The 12 Steps (Contd)

- . 7. **HUMILITY.** Humbly asked God to remove our shortcomings.
- 8. **AMENDS LIST.** Made a list of all persons we had harmed and became willing to make amends to them all.
- 9. **MADE AMENDS.** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10. **CONTINUED INVENTORY.** Continued to take personal inventory and when we were wrong promptly admitted it.
- 11. **SPIRITUAL GROWTH.** Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
- 12. **GIVING BACK.** Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts and to practice these principles in our lives

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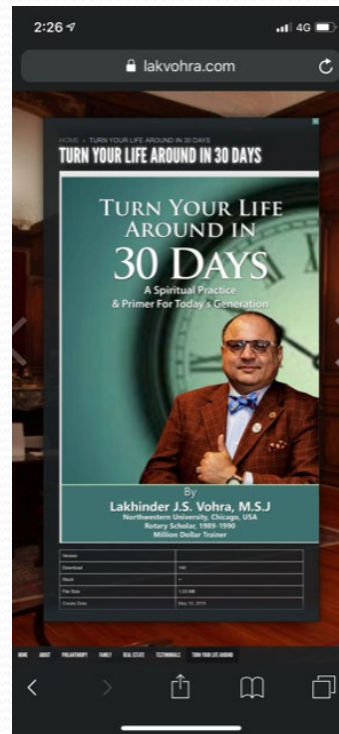
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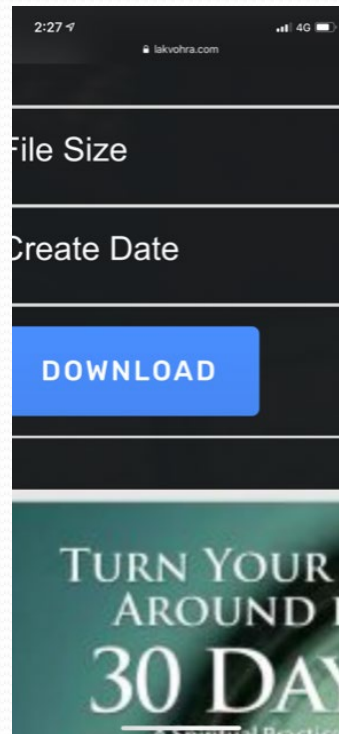
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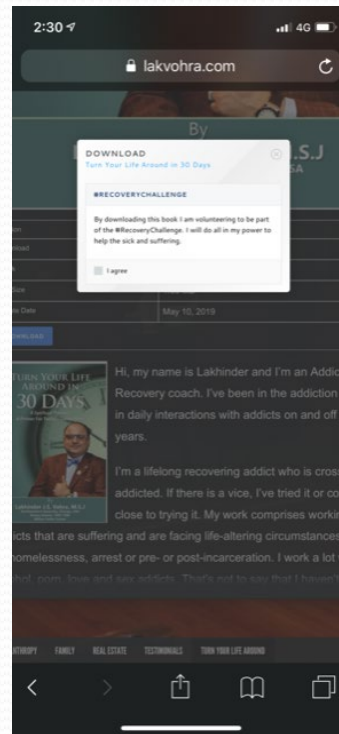
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# CLOSING PRAYER

I would like to thank everybody that came today and listened patiently to my shares.

As a gentle reminder for all of us, let all pray for those that are sick and suffering outside of these rooms and let us make that the spiritual foundation of this evening.

What you heard today was spoken in full honesty, sincerity and confidence and should be treated as such.

Please Carry no gossip and always remember to place principles before personalities.

As a Rotary Peace Scholar my prayer is that I live one day at a time and help others as I was helped over and over again.

In closing I would like to say that I offer one-day workshops which can be arranged and I look forward to discussing this further on a one on one basis with all of you.

# LAK VOHRA's 1-Day Retreat

## BASIC RECOVERY 1-DAY RETREAT Retreat Agenda & Script

### Retreat Agenda

09:00 a.m. – 09:30 a.m.	Registration
09:30 a.m. – 10:30 a.m.	<b>Session One</b> (Overview and Steps 1, 2, and 3)
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m. – 11:45 a.m.	<b>Session Two</b> (Steps 4 and 5)
11:45 a.m. – 01:45 p.m.	Lunch, Inventory, and Sharing
01:45 p.m. – 02:45 p.m.	<b>Session Three</b> (6, 7, 8, and 9)
02:45 p.m. – 03:45 p.m.	Quiet Time, Guidance, and Restitution
03:45 p.m. – 04:45 p.m.	<b>Session Four</b> (Steps 10, 11, and 12)
04:45 p.m. – 05:00 p.m.	Clean-up and Departure



**THANK YOU  
GOD BLESS**