

The Causes of Addiction from a Yogic Perspective *by Mukta Kaur Khalsa*



The causes of addictive behavior are many. According to Yogic Science the physiological dynamic is fascinating and has to do more with a non-communication between the Pineal and Pituitary Gland. Here is how.

The relationship between the pineal and the pituitary glands must be understood!

The ancients considered the pineal the “Seat of the Soul.” Modern science is now discovering that the pineal does play a role in glandular coordination.

In the yoga tradition, the job of the pineal is to give direction to the pituitary. This is known as the “Master Gland” because it seems to regulate so much of the body’s functions. Actually, we might think of the pineal as the “Master Plan.” **When the pineal and pituitary communicate, that’s when you have the experience of Being, of True Self. The brain is telling itself how to regulate itself. It’s self-referential, inner directed.**

However the travel distance is far to go from the kundalini energy to activate the pineal function, and there are possible blocks along the way. Therefore, **what happens in most people is that these two glands don’t talk to each other. The result is that the pituitary looks for something else to stimulate it, to give it direction.** That can be alcohol, caffeine, drugs, and sugar, whatever. But these “outside” things, through the amazing chemistry of the body, act on the pituitary and tell it what to do. However, this falls short of the body staying healthy and balanced in this way. The Master Gland has lost its Master Plan.

So when someone feels a little empty or lost and decides to eat a Twinkie or have a drink to feel better, this is what’s happening: the pituitary is looking to be directed but cannot find its partner – the pineal – because our bio-energy of Awareness is on minimum. **So the pituitary sends a signal to find something else to give it direction. And that’s how addictions arise.**

The nature of the addiction, the severity - has to do with a combination of things: genetics, background, food allergies. But the root cause is the imbalance between the pituitary and pineal functions. **When the pituitary and pineal DO talk to each other, a definite experience occurs. The mind becomes still, quiet, one-pointed, clear. We begin to touch the experience of Being.** We experience ourselves as a point. We are not many, fractured, antithetical impulses but one clear point. Bindu, the yogis call it.

As teachers or counselors, you want to give your students or clients tools to access this Bindu, this point. You want them to feel inner-directed, self-reliant. But first you want to have the experience of it yourself. So, let’s do Kundalini Yoga!