

Reflections

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Go...And Do Your Part

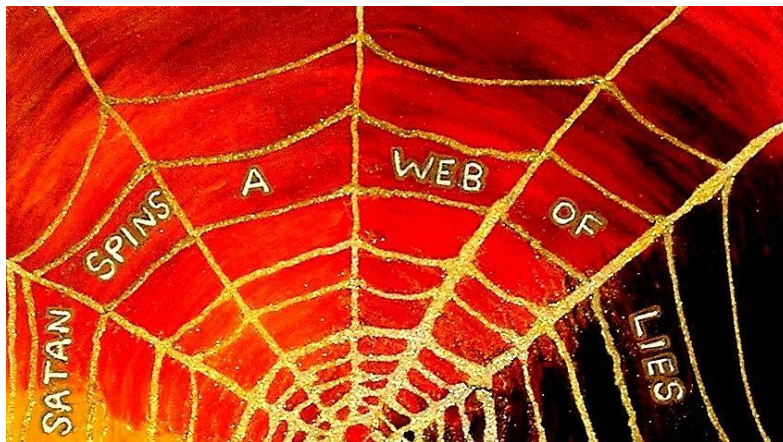
Blessings to All:

There has always been a battle for the hearts, minds and souls of the children of God by the enemies of God. All of us can attest to these battles within our own hearts, minds and souls. These battles come in a variety of ways and they are endless. Should you keep a scoreboard on these battles, you would see that they have many things in common. The most obvious common threads revolve around misunderstanding; jealousy; lust; lies; pornography; false anger; personal justification of actions; envy and revenge.

Our human nature is weak due to sin and the openings for the devil to cause havoc within us and our families is a life long battle. Do not be depressed by your constant failure of falling into situations that challenge your morals or love of neighbor. This is the battle we are all in.

When a battle is coming you must understand your enemy. How does the enemy find its way into your heart, mind and soul? What is the enemy's favorite trick to attack you?

The enemy needs to divert your attention from the truth and give you a plausible reason for doing this or that. If the enemy can deceive you, then he will try to use you to deceive others.



Each of us knows the enemy. Each of us has fallen by deception. Each of us are God's children and He does not want us to be destroyed by the enemy. Jesus is with us and the Holy Spirit strengthens us in these battles for our hearts, minds and souls. If you or a loved one are caught in the web of evil and repeatedly fall back into the same web, what do you do? There is a way out.

Monthly confessions and the Rosary are powerful weapons against the enemies of the children of God. If you want to fight against the powerful enemy, you must put on powerful armor.

“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places.” (Eph 6:10-12)



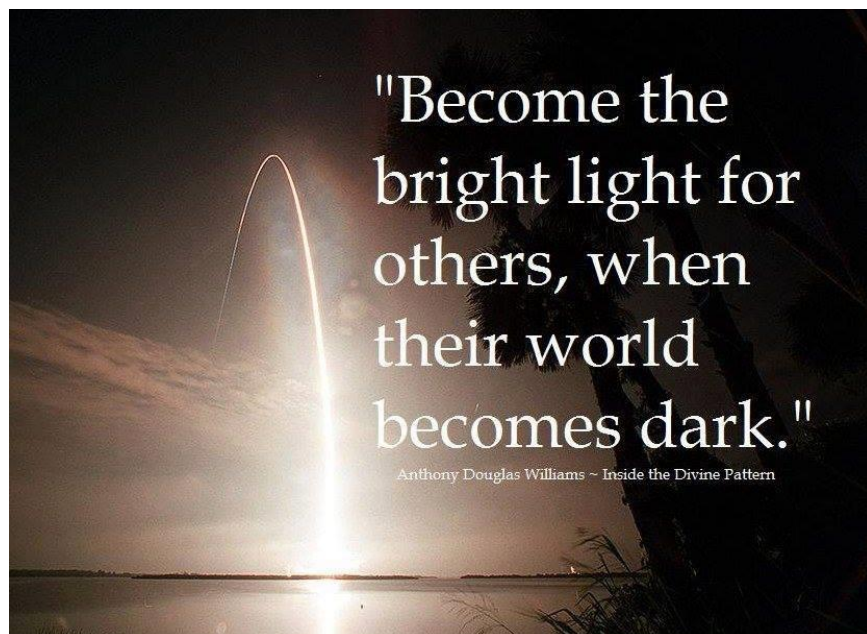
Victory over the enemies of the children of God has already happened. Jesus, the lamb of God and our brother, has taken the sin of the world upon Himself. His suffering, death and Resurrection provides us with the graces to fight against the evil that is trying to devour us and our families. Send up your prayers, sacrifices and tears to Jesus. He will not abandon you and will give you the spiritual strength needed.

Jesus works in our lives each day, but we must do our part. The enemy is full of hate for the children of God. The devil uses many people and tricks to put you in serious sin. We must use the weapons of love and forgiveness against hate and unforgiveness in a world blinded with darkness by the evil of our times.

The news each day brings new reports and images of hate that fill the hearts of people. Be Christian examples of good in the world by showing love. **God needs you to shine like a beacon of light to those living in darkness. So, that when others who live with hate in their hearts, see the charity and love in your life as children of God, may realize the darkness that has taken over and holds their souls in captivity.**



We are the lights shining through the darkness. "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven." (Matt 5:14-16)



Pornography's Web... The Hidden Porn Drug Addiction

One of ways that the devil snares victims in his web is to provide visual stimulation in the form of pornography. This trap has captured mostly men, as men are more visually stimulated than women. It is normal for men to see the attractiveness of women, but the devil takes this and uses it in a most unholy way. Some first-time porn viewers are curious and move on. But others get trapped in this web and are so titillated in watching porn that lust takes over. Those that are addicted, even mildly will find it hard to break the temptation to view pornography. It has been discovered that there is a *connection between addiction to porn and a drug that is produced within the brain when viewing porn. That is why porn addiction is so hard to break.* The article below is worth the read.

Two Fallacies of Believing Pornography is No Big Deal

By: Dr Donald L. Hilton, Jr., Chief, Department of Neurosurgery,
Santa Rosa Hospital, San Antonio, TX

"Pornography is a *visual pheromone*, a powerful, \$100 billion per year *brain drug* that is changing human sexuality by "inhibiting orientation" and "disrupting pre-mating communication between the sexes by permeating the atmosphere," especially through the internet. I believe we are currently struggling in the war against pornography because many continue to believe *two key fallacies*:

Fallacy No. 1: Pornography is not a drug.

Fallacy No. 2: Pornography is therefore not a real addiction.



First, I would like to share an experience our family had a few years ago on a safari in Africa. While on a game drive along the Zambezi River, our ranger commented on the adrenaline grass growing along the banks. I asked him why he used the word "adrenaline," and he began to drive slowly through the grass. Abruptly, he stopped the vehicle and said, "There! Do you see it?"

"See what?" I asked. He drove closer, and this also changed the angle of the light.

Then I understood. A lion was hiding in the grass watching the river, just waiting for some "fast food" to come and get a drink.

We were sitting in an open-air Land Rover with no doors and no windows. I then understood why it was called adrenaline grass, as I felt my heart pound. My cerebral cortex saw and defined the danger, which registered in the autonomic, or automatic, part of my nervous system. The brain, which is a very efficient pharmaceutical lab, produced the chemical adrenaline, causing my heart to pound and race in preparation for survival. I was ready to run if needed (not that it would have done any good with the lion).

We were told that if we stayed in our seats and remained still, the lion would look at the Land Rover as a whole and not see us as individuals. Fortunately, this was the case for us.

A Drug Is a Drug



Interestingly, adrenaline, also called epinephrine, is a *drug* we physician use in surgery and in emergencies to start a patient's heart again when it beats too slow, or even stops. So here is the question: Is epinephrine *not* a drug if the brain makes it (causing the heart to pound and race), yet *is* a drug if the same epinephrine is given

by a physician?

Or consider dopamine. This chemical is a close cousin to epinephrine, both of which are excitatory neurotransmitters that tell the brain to *Go!* Dopamine is important in the parts of our brain that allow us to move, and when the dopamine-producing parts of the brain are damaged, Parkinson's disease results. To treat Parkinson's, physicians prescribe dopamine as a drug, and it helps the patient move again. So, is dopamine a drug only if the pharmaceutical lab makes it, and not if the brain makes the same chemical for the same purpose?

Of course, both are drugs in every sense of the word, regardless of where they are produced. Pertinent to our subject, it happens that both of these brain drugs are very important in human sexuality - and in pornography and sexual addiction. Dopamine, in addition to its role in movement, is an integral neurotransmitter, or brain drug, in the pleasure/reward system in the brain.

It's the overuse of the dopamine reward system that causes addiction. When the pathways are used compulsively, a downgrading occurs that actually decreases the amount of dopamine in the pleasure areas available for use, and the dopamine cells themselves start to atrophy, or shrink. The reward cells in the nucleus accumbens are now starved for dopamine and exist in a state of dopamine craving, as a downgrading of dopamine receptors on the pleasure cells occurs as well. This resetting of the "pleasure thermostat" produces a "new normal." In this addictive state, the person must act out in addiction to boost the dopamine to levels sufficient just to feel normal.

As the desensitization of the reward circuits continues, stronger and stronger stimuli are required to boost the dopamine. *In the case of narcotic addiction, the addicted person must increase the amount of the drug to get the same high. In pornography addiction, progressively more shocking images are required to stimulate the person.*

What about pornography and sexual addiction? Dr. Eric Nestler, head of neuroscience research at Mount Cedar Sinai in New York and one of the most respected addiction scientists in the world, published a paper in the journal Nature Neuroscience in 2005 titled "Is there a common pathway for addiction?" In this paper he said that the dopamine reward systems mediate not only drug addiction, but also "natural addictions (that is, compulsive consumption of natural rewards) such as pathological overeating, pathological gambling, and sexual addictions."

Dr. Norman Doidge, a neurologist at Columbia, in his book *The Brain That Changes Itself*, describes how pornography causes re-wiring of the neural circuits. He notes that in a study of men viewing internet pornography, the men looked "uncannily" like rats pushing the lever to receive cocaine in the experimental Skinner boxes. Like the addicted rats, the men were desperately seeking the next fix, clicking the mouse just as the rats pushed the lever.

Pornography addiction is *frantic* learning, and perhaps this is why many who have struggled with multiple addictions report that it was the hardest for them to overcome. Drug addictions, while powerful, are more passive in a "thinking" kind of way, whereas pornography viewing, especially on the internet, is a much more active process neurologically. The constant searching for and evaluating of each image or video clip for its potency and effect is an exercise in neuronal learning, limited only by the progressively rewired brain. Curiosities are thus fused into compulsions, and the need for a larger dopamine fix can drive the person from soft-core to hard-core to child pornography - and worse. A paper published in the *Journal of Family Violence* in 2009 revealed that 85 percent of men arrested for child pornography had also physically abused children.

Let us reach out with understanding to those already trapped, who live in shame and secrecy. Shaming them will not heal them. As Jeffery R. Holland said when he was president of Brigham Young University, "When a battered, weary swimmer tries valiantly to get back to shore, after having fought strong winds and rough waves which he should never have challenged in the first place, those of us who might have had better judgment, or perhaps just better luck, ought not to row out to his side, beat him with our oars, and shove his head back underwater.

Secular philosophy will not heal them either, and the government can't save them. Step 2 of the Twelve-Step program for sex addicts says that those healed "came to believe that a Power greater than [themselves] could restore [them] to sanity." Interestingly, peer-reviewed studies support the success of Twelve-Step programs, which are based on the aid of a **Higher Power.**"



A daily prayer to be recited each morning by those addicted to porn.

“I am the master of my fate,
I am the captain of my soul. Jesus heal me”



Pray for those addicted to pornography

Our mission statement is to motivate people to pray and to be Christian examples in their work, home and with others, for those needing the Light in a world of Darkness.

St. Paul Ministry, Cypress, TX

