

Subject: [Fwd: Extreme Sports Addiction]

Date: Mon, 08 Aug 2005 15:32:28 -0700

From: Brian Platts <bplatts@shaw.ca>

To: Corrie Kost <kost@triumf.ca>

----- Original Message -----

Subject: Extreme Sports Addiction

Date: Mon, 08 Aug 2005 14:46:12 -0700

From: M E Craver <mecraver@shaw.ca>

To: "FONVCA (E-mail)" <fonvca@fonvca.org>

Sad, but true. Oh, so true! (I couldn't have said it better, myself) The "newest" craze in mountain biking (a sport that keeps reinventing itself --out of boredom?-- is called "Slopestyle" --doing flips on mountain bikes.

-Monica Craver-

**** Emotional Lust - Extreme Sports:** Most who routinely engage in "extreme sports" have a very hard time believing that they too are drug addicts. Physically, they are addicted to the adrenaline rush that comes from the very real risks to their life posed by their "sports". Mentally, they are addicted to the thrill that comes from "living on the edge" of death. Emotionally, they are the most addicted to the need to "feel something". Risk sports generate the same raw intensity of emotion as in found in war. Every moment becomes precious. Senses become ultra heightened.

The pulse of life is felt so thoroughly and vividly as to make every other moment dull by comparison. What "adrenaline" addicts must face is that if they are "bored" in "regular life", it is because they are boring. And if they are boring and unable to feel anything, why is that? The answer to this question is only the cure for extreme sports lust. **The truth is that every moment - dull or extraordinary - is alive with possibilities that can be enjoyed without an adrenaline haze.** Extreme_sporters are usually too "busy" creating and recovering from injuries to notice this.**

You can view the whole site, here.

<http://www.healpastlives.com/future/cure/crlust.htm>