

**Little Book  
of Addiction Recovery**

**Reflections of Hossein  
Dezhakam, Founder, Congress  
60 Recovery Community**

**Edited by William L. White**

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## Preface

The history of addiction treatment and recovery is filled with debates and divisions between those advocating medication support within the recovery process and those advocating psychosocial and spiritual approaches to addiction recovery. Such schisms create confusion among those seeking help and reflect a field that has yet to reach consensus on the essential source or solution to the problem of addiction.

Imagine amidst such division an addiction treatment/recovery community that integrates time-limited reparative medication support, sustained psychological and peer-based personal and family support, athletic competition, involvement in the arts, and community service activities. Imagine a community of

recovering people of more than 140,000 members whose collective goal is nothing short of the fundamental reconstruction of one's body (neurological repair), psyche (mind and character), spirit (worldview), and interpersonal relationships. For years, I have been involved with such a setting: Congress 60, a recovery community with 100 branches in the Islamic Republic of Iran.

In 1998, Mr. Hossein Dezhakam, inspired by his own recovery from addiction, founded the Congress 60 recovery community. The pillars of that community include Mr. Dezhakam's X Theory of addiction (addiction as neurobiological imbalance) and a unique and sophisticated approach to neurobiological reset (the DST Method)—all embraced within a vibrant peer-supported (Guides and Co-Guides)

recovery community. I have extolled their efforts internationally as one of the premier examples of integrated addiction treatment and stage-specific recovery support. My knowledge of Congress 60 is based on years of weekly communications with Mr. Hossein Dezhakam and our collaborations on books, blogs, interviews, and recovery-focused scientific studies.

This “Little Book on Addiction Recovery” includes excerpts from Mr. Dezhakam’s numerous written works and from our personal communications between 2009 and 2023. These excerpts were selected to offer information, guidance, and inspiration to individuals and families seeking escape from addiction as well as for people working daily in addiction treatment and recovery support roles.

Some of the quotations have been edited for brevity and clarity; the full texts can be found in the cited sources. Those excerpts not containing citations were written specifically for this volume. Mr. Dezhakam's scientific and technical papers on the X Theory, the DST Method of addiction treatment, and his writings on the broader philosophy and recovery support activities of Congress 60 can be found at the website of [Congress 60](http://Congress60.com) and at [williamwhitepapers.com](http://williamwhitepapers.com).

What readers will encounter in these pages is an unrelenting message of hope and help on the prospects of long-term personal and family recovery from addiction. Tens of thousands of Congress 60 members living drug-free, fulfilled lives offer living proof of that message. This book offers insights and

guidance on how such transformations were made possible.

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## Introduction

Mankind is not suffering from ignorance; we suffer from undiscovered knowledge!

We all have witnessed pain and suffering in the addiction field. We have seen families torn apart, and we have witnessed far too many addiction-related deaths. If we truly knew addiction and its treatment and were familiar with the effects of narcotics and alcohol on body and mind, we could prevent many such deaths.

Alas! As a field, we have declared addiction as an incurable and mysterious disease. We never doubted ourselves! We did not have the courage to say addiction must have a cure. However, we have not found it yet! Science or knowledge must be practical, right? Have we ever treated an addict to a



point there is no craving to use? Do we know how long addiction treatment takes? Too often, our goal is to cease drug use at any cost! The field's clinicians present different methods to achieve that, and I posit that none of the prevailing methods work!

Let us curb this devastating fire! Let us put away prejudice and invent the wheel again! Let's once more study the effects of narcotics on physique, psych, and soul. Let's split the unsplitable and make what seems impossible possible. Let's build up the cities and water the fields!

In 2009, at an international conference in London something miraculous happened. A man was giving a speech and I could not understand his words since I don't understand English well, but a strong feeling moved me toward him. Our

meeting took 20 seconds! After that, we were in communication once a week with the aid of a translator. In those days, there were not many who understood me, but he was interested. It was like he knew what I was saying! He pushed me to write more and to have my writings translated into English. He is the reason behind this “little book”. He is Mr. William L. White and he is my friend and brother. I appreciate all he has done.

Everything I have said is based on knowledge and experience. During the past 20 years, I have trained more than 2,000 guides to serve Congress 60 members and their families, and the result has been the curing of tens of thousands of individuals! You can access my articles and books on Mr. White’s website and on the internet.

I want to acknowledge and deeply appreciate dear Ehsan Ranjbar who has translated all my communications with Bill and contributed to this book as well.

Hossein Dezhakam

February, 2023

## Table of Contents

Addiction (as Substitution),	1
Addiction (Corrupting Influence),	2
Addiction (Hossein's Journey),	3
Addiction (Loss of Control),	5
Addiction Medicine (Limitations),	6
Addiction (Spirituality),	7
Addiction (Stages),	8
Addiction (Biological Roots),	9
Addiction (Medical Treatment),	12
Amends in Recovery,	14
Anger,	16
Anonymity & Disclosure,	18
Art & Music in Recovery,	19
Awe and Wonder,	21
Balance/Moderation/Harmony,	22
Character Defects in Recovery,	24
Citizenship in Recovery,	25
Co-Addiction Risks,	26
Congress 60,	27
Congress 60 (Duration of Partici- pation),	29
Congress 60 (Early Criticisms),	30

Congress 60 (Financial Self-sufficiency), 33  
Contemplation in Recovery, 34  
Contentment, 34  
Courage in Recovery, 35  
Craving/Compulsion, 37  
Cure of Addiction, 38  
Death and Dying, 41  
Depression, 43  
Diet/Nutrition in Recovery, 44  
DST Method of Treatment, 44  
Education, 51  
Experiential Knowledge, 53  
Exploitation of Addicts, 53  
False Addiction Cures, 54  
False Experts, 54  
Family, 55  
Family Recovery, 56  
Family / Family Relationships, 57  
Fear in Recovery, 59  
Financial Problems, 60  
Financial Recovery, 61  
Financial Sustainability, 61  
Flourishing in Recovery, 63

Forgiveness, 64  
Fourteen Valleys, 64  
Freedom and Responsibility, 68  
Friendship, 69  
Gratitude, 70  
Grief, 71  
Guide / Recovery Coach, 72  
Guilt / Remorse, 73  
Happiness, 74  
Hitting Bottom (Necessity of?), 75  
Honesty in Recovery, 76  
Hope, 77  
Hopelessness, 79  
Humility, 80  
Intellect and Faith, 81  
Knowledge, 82  
Language/Words, 83  
Love, 85  
Medications (Limitations), 86  
Mentors / Guides / Co-Guides, 87  
Motivation for Drug Use, 88  
Need for Holistic Addiction Treatment, 88  
Opium Tincture (as Treatment), 92

Pain (As Teacher), 94  
Parenting, 95  
Patience, 96  
Peer Recovery Support, 98  
Personal Recovery, 99  
Positive Thoughts, 101  
Psyche, 102  
Purification, 103  
Racism, 103  
Recovery, 104  
Recovery and Aging, 105  
Recovery Definition, 106  
Recovery (Three Stages), 107  
Recovery Celebrations, 108  
Recovery (Challenges within), 111  
Recovery (Financial), 112  
Recovery Journalism, 112  
Recovery (Karma within), 112  
Recovery Leadership, 113  
Recovery Leadership Succession,  
117  
Recovery Movement, 118  
Recovery Pessimism, 119  
Recovery Research, 119

Recovery (Second Chances), 120  
Recovery (Self-disclosure in), 120  
Recovery Space, 121  
Recovery (Stages/Spheres), 122  
Recovery Turbulence, 124  
Recovery University, 124  
Relapse, 125  
Relationships in Recovery, 127  
Religion and Spirituality, 128  
Resisting Destruction, 134  
Responsibility in Recovery, 135  
Romantic/Sexual Relations, 139  
Rules of Life/Recovery, 142  
Self-knowledge in Recovery, 142  
Serenity, 143  
Service / Volunteerism, 143  
Smoking Cessation, 147  
Social Relations in Recovery, 151  
Sports (in Recovery), 152  
Stigma, 156  
Suffering, 161  
Supreme Force, 161  
Thinking/Thoughts, 162  
Time Required for Recovery, 163



Tolerance, 166  
Tree Planting Ritual within Congress 60, 168  
Trust (Rebuilding), 169  
Unity, 170  
Values in Recovery, 170  
Volunteerism, 171  
Willpower, 172  
Worldview (in Recovery), 173  
Work, 181  
References, 183

## **Addiction (as Substitution)**

Addiction is substitution: substitution of outer materials for the natural opioids of the body, substitution of destructive thoughts for healthy way of thinking, and, in the end, substitution of unbalanced psyche instead of a healthy psyche—or one might say substitution of Mr. Hyde for Dr. Jekyll. (Dezhakam, Email January 20, 2020)

If we are to successfully curb addiction, we must present a practical and proper replacement for it. Otherwise, we will fail. Imagine an individual who has problems in sexual relationships that medical systems are unable to cure. His friends suggest that if you take this (narcotics), your problem will be solved

instantly. He uses this substance and his problems are gone. Now how are we going to take that from him when we are incapable of providing a proper substitution? (Dezhakam, Email April 16, 2016)

### **Addiction (Corrupting Influence of)**

Unfortunately, and sadly, the attributes of some of us have changed tremendously and our negative and destructive sense has become very powerful. We are drowning in our own pool of ignorance and stupidity. We have compromised our honor and dignity. We cannot recognize all the beauty and greatness that surrounds us. Instead, we are preoccupied with hatred, vengeance, jealousy, hypocrisy, and

selfishness. We have transformed our world into a living hell. (Dezhakam, White Eagle)

People are suffering from addiction across the world. They are like blossoms who turn into ashes before they become fruit! Or like eagles who turn into vultures! (Dezhakam, Email September 4, 2022)

### **Addiction (Hossein's Personal Journey)**

As a result of addiction and mental and physical imbalance, I lost everything that I had worked for all my life--including my business, factory and a few cars that I had owned. I was even arrested a few times and detained. For 17 years I was a professional addict. For the first five years I didn't believe that I had any

problem, but when I tried to stop using and experienced difficulties, I realized how dependent I had become on drugs. (Dezhakam, 2011)

I can say from personal experience that an addict's world is like a dark prison; one feels trapped inside and experiences fear, anxiety, rage, humiliation, and lack of identity. In order to march towards light, health and freedom, the individual must make a move. In Congress 60, we call it a journey--a journey from fear to courage, from anxiety to bliss, from rage to compassion, from humiliation to honor, from sickness to health. (Dezhakam, White Eagle)

## **Addiction (Immobility Within / Loss of Control)**

I know the damage that I bring upon myself mentally and physically; unfortunately, I cannot act upon my knowledge. (Dezhakam, White Eagle)

My mind and body had been invaded by opium during the days and by demons at nights. No matter how hard I tried to find a way out by research, study, visiting experts and many other things; there was no way out. It was like somebody being stuck in a swamp; the more I struggled, the deeper I sank in the mud. (Dezhakam, White Eagle)

After solving this puzzle [relationship between body, psyche and worldview], we may find out how the

“hijacked brain” is happening. Or who or what is hijacking brains. Or how this evil force or the dragon or the monster is taking control of one’s life. Or according to you, how we going to slay this dragon. (Dezhakam, Email November 24, 2019)

### **Addiction Medicine (Current Limitations of)**

Everything is unknown here [prevailing understanding of the neurobiology of addiction]. Most physicians and psychiatrists have no idea what parts of the body are damaged by addiction. Even if they know, they still do not have the slightest idea how to fix those parts. How long it takes for the body to regain balance is unknown to them as

well. All they know is to control the withdrawal symptoms with medicine. They don't believe in a certain cure. (Dezhakam, Email March 19, 2016)

### **Addiction (Search for Spirituality Within)**

Some say that to realize the universe, creation, and God one must leave the normal state of consciousness. The easiest way to alter our consciousness is to use alcohol or other drugs. That's the dangerous path that many have taken and from which some never returning. Drugs can never lead a person to other planes or universes and provide spiritual powers. In fact, it brings them down to the



lowest conditions of living and behaving. (Dezhakam, White Eagle)

### **Addiction (Stages of)**

The first time that you used a drug the first seed was planted. The second, third and fourth times were the irrigations of the seed. After six months or a year or more, the tree of addiction is a strong, tall tree and you are then a hardcore addict. (Dezhakam, The Blissful State)

Out of a marriage between drugs and human beings, addiction is born. I started using drugs as a recreation and thought I could stop at any time. Gradually, I became addicted and turned pro. In other words, the individual becomes engaged to drugs initially and then realizes that a marriage has taken

place and an unwanted child named drug addiction has been born. (Dezhakam, White Eagle)

## **Addiction (Neurobiological Roots of)**

In all the 20 years of my experience in this field I am trying to say that the problems of a drug user are related to the debilitated natural opioids or neurobiology. Unless we restore this balance, never, never, and never certain cure of addiction is achieved. (Dezhakam, Email, February 18, 2020)

Drug addiction involves a chronic substitution of narcotics, alcohol, and prescription medicine instead of natural opioid substances inside our body—substances like dopamine, endorphins, and serotonin.

When external substances are imported into the body for a prolonged period of time, the X system is severely damaged. This damage to the X system is a disease process. Gradually, these natural opioids are no longer produced in the body and this leads to complete dependency on external drugs and the great difficulties experienced following any effort at cessation of drug use. The imbalance of the X system is the basis and foundation of the negative impact of drug addiction and the root cause of all the physical, mental, and emotional complications linked to addiction. Any cure of addiction thus hinges on regaining the balance of an otherwise imbalanced or damaged X system. (Dezhakam, 2018 Blog)

The main problem of the patients of drug addiction is the physical body; when it is balanced the psyche of the individual will also be balanced. (Dezhakam, Crossing the Zone)

It is the triangle of addiction treatment which I believe: in order to recreate psyche we must heal body and worldview simultaneously. I posit we cannot heal psyche without healing the body. I posit we cannot heal psyche without also healing worldview. (Dezhakam, Email December 18, 2019)

In most addiction [treatment], more attention is paid to the issue of psyche and spirit than the physical body. When the body is balanced then we can pay attention to the

mind. (Dezhakam, Crossing the Zone)

We will have a great change forward in the addiction treatment field after we prove and demonstrate via gene expression that we can solve the physiological issues of addiction. (Dezhakam, Email June 21, 2022)

### **Addiction (Medical Treatment of)**

There is a huge difference between addiction withdrawal and addiction treatment. Three stages can be considered. First is withdrawal, second is treatment which involves more prolonged support, and finally is the achievement of balance. Without reaching this balance stage, addiction relapse is unavoidable. Treatment takes about one

year and it ends with reaching this balance stage. (Dezhakam & White, 2022)

To repair this damaged X system, Congress 60 utilizes opium tincture (It is called OT within Congress 60) tapered over a period of 11 months. At that point, people are then able to live free of all opioids and other intoxicants. The specific protocol for use of minimum opium in stage one recovery within Congress 60 is referred to as the DST method, which involves at least 15 stages of decreasing dosages of opium tincture. The DST method is a formula by which drugs, alcohol, and addictive medicines are tapered and finally relinquished. The goal of the DST method is not the immediate cessation of drug use, but the

restoration and repair of the endogenous opioid system through sustained adherence to the DST protocol. Once tapering through the DST method is completed, it is recommended that the individual continue group therapy for a year, at which time, the person may cease participation in Congress 60 or volunteer for one of the many service roles within Congress 60. (Dezhakam, 2018 Blog)

### **Amends in Recovery**

Don't think that by just regretting a wrongdoing and not ever doing it again that it is over and that you are immediately forgiven. We have to answer for all of our wrongdoings. (Dezhakam, White Eagle)

We have to move forward in order to repay our debts and rebuild the damages we have caused. The first person that we have to pay back our debts is ourselves, and you might be surprised by this. If we pay careful attention to ourselves we can see the extent of physical and mental damages caused by our addiction. We must begin the repayments in the following ways: a) our body and psyche and b) our personality or integrity and honor. (Dezhakam, 2011)

Making amends is carried out by changing our thoughts, words, and deeds. In other words, we must move in a direction of knowledge, justice, and decency and combine these with love and in our thoughts,



words, and deeds. (Dezhakam, 2011)

The last stage is the payback to our society and the universe as a whole. By being a decent human being, we can contribute to the society as well. (Dezhakam, 2011)

Acting upon the commandments is the thing that really matters--to make amends and repay our debts to those whom we have hurt the most. Remorse without decent action is useless. (Dezhakam, White Eagle)

## **Anger**

Anger is created from ignorance. Imagine we are sitting in a chair and someone pours a bottle of liquid on us! We are enraged! But if we knew

that the fellow is mentally ill our rage would turn to understanding and our anger would decrease.

We expect all human beings to have all the virtues. However, you can't find a saint! Humans possess a combination of good and evil, beauty and ugliness. Every individual is making decisions based on knowledge, feelings, awareness, envy, competition, friendship, love, fear, and benefits at every moment of his life.

Now if we are fully aware that making mistakes is part of our creation until we reach high peaks of wisdom, then it is easy not to get angry. All methods to prevent or release anger are just like using a painkiller, and anger will always come back

unless we learn about ourselves  
(know thyself!)

## **Anonymity & Recovery Disclosure**

When addicts enter the treatment process in Congress 60, they usually want to remain anonymous, and we also require no proof of identity from them. There are no limitations here, and everyone is free to hide or reveal their identity. However, an atmosphere of confidence has been created over the years where all the cured individuals are eager to reveal their identities to the public. They have no fear appearing in front of TV cameras and are eager to share their message of revival from drug addiction, talk about their personal

experience, and challenge false methods of treatments. (Dezhakam in White, 2012)

## **Art & Music in Recovery**

We believe that besides the issues of treatment, recovery, and worldview, it is important that all individuals have meaningful activities—something that awakens their inner talents. Therefore, the arts are a fundamental aspect in our therapy. The power of sound and image assist words in our work. For example, theater and plays have played an instrumental role in our recovery process. We have been able to communicate through the media the obstacles regarding treatment and recovery for

ourselves, society, and government officials. We have also been able to challenge the mainstream views of addiction while presenting its proper solution. Another example of the use of the arts in recovery is our view on the role of music in recovery. We use specific songs and musical pieces composed by our members for special ceremonies. Song and music illustrate different stages of the recovery journey and celebrate recovery progress. (Dezhakam in White, 2012)

We have been active in field of theatre and short movies. We have formed a musical team and hopefully it will be transformed into an orchestra soon. We have always tried to utilize music to sooth and inspire.

(Dezhakam, Email November 22, 2017)

Actors who have been cured in Congress 60 have performed in venues such as our branches, streets, and prestigious halls across the country. We also have training materials for acting in our educational package for newcomers. (Dezhakam, Email December 4, 2010)

### **Awe and Wonder (in Recovery)**

Imagine a person in a foreign country that speaks a different language. He is walking the streets sadly while hungry, and out of the blue, sees an old friend! How would he feel? A drug user has friends, but when he decides to walk the treatment path he suddenly becomes alone. He

thinks he is alone with tons of problems, but when he enters recovery, he sees people like himself and makes new friends. It is then that he feels awe and wonder.

### **Balance/Moderation/Harmony (Role in Recovery)**

You can enjoy all the blessings that the universe has provided but in the right and proper way. You don't have to live an ascetic life; you can enjoy wealth, marriage and all the other joys in life but not with indulgence. The last words are: you can drink water but not under water so as to suffocate or drown. (Dezhakam, 2011)

Lines of work, hobby, love, sport, alcohol, education, intellect, drugs, money, position... if an individual

progresses in only one area in life and does not pay attention to other areas, he or she becomes a one-dimensional human being. One must refrain from all kinds of over-indulgence or extremisms and always keep moderation in mind. It is in moderation that everything is made and designed: a suitable amount of wind is needed in life but too much wind leads to a storm. (Dezhakam, 2011)

The more knowledge, training and awareness one has, little by little the individual gets closer to peace and bliss and the power of the dark forces are decreased gradually until almost zero. This path is very difficult but reachable. (Dezhakam, 2011)



Having great manners, speaking politely, wearing clean clothes, and showing respect to elders are the indications of being balanced and well within Congress 60. (Dezhakam, Email April 2, 2022)

People are like the sun! If we get too close, we will burn; if we get too far, we will freeze! We must maintain a balance in our relationship with other members of the recovery group. We must avoid talking about religion, politics, or ideologies to stay united.

### **Character Defects / Reconstruction in Recovery**

To be released of addiction's grasp, one must take a journey and replace [these destructive] attributes with desirable attributes. From

darkness to light, fear to courage, anxiety to bliss, atheism to faith, and humility to exaltation. This is a travel which must happen both within and without the person so that he can revive. That is why [in Congress 60] we call each other travelers. (Dezhakam & White, 2022)

### **Citizenship (in Recovery)**

If the teachings are sweet, the students will attend school even on holidays! If we have a proper recovery program, the newcomer will stay in the program.

I believe we must turn recovery into a game that brings winning and losing. I don't mean a gamble of course. What I mean is feeling good after doing a good deed and vice

versa. One of the deeds that brings about a good feeling is helping and serving others. If the recovery program is like a group, then we must have rules.

### **Co-Addiction/Cross-addiction (Risk of)**

My drinking habit started as an effort to quit opium addiction. Unfortunately, it did not help with the addiction, but added to my dilemma. (Dezhakam, White Eagle)

A narcotic or drug is a kind of substance (matter) which has damaged our life. Sometimes libation from one can lead to dependency on another, such as sex, career, money or others. We must act in a manner that such things are under

our control, and not the other way around. (Dezhakam, 2011)

Vices include a wide spectrum and excessive substance use is only one of its branches. Therefore, we must create a harmony in our life where we refrain from doing any indecent act (vices). All the branches of vices are inter-connected, and they must be tackled together. It is impossible to solve one issue alone without resolving the others. (Dezhakam, 2011)

## **Congress 60**

I established Congress 60 Human Society in 1998 for the purpose of assisting individuals who are struggling with drug addiction. Congress 60 is a people-supported, non-governmental organization, active in

the treatment and recovery of drug addiction. Its foundation is based on the principal of a revived addict helping fellow addicts who are currently still using narcotics. It has been established with the motto “let’s curb this devastating fire.” It has a license from the Ministry of the Interior, and its purpose is to reduce the harmful results of addiction. Congress 60 is a strong, active NGO that provides its services free of charge to the public. (Dezhakam, quoted in White, 2012)

Congress 60 has proven that addiction has a cure and addicts do have a choice to redeem themselves. (Dezhakam, White Eagle)

## **Congress 60 (Duration of Participation)**

Congress 60 believes that individuals who have been cured through the DST method should only take part for a year in classes and group therapy. Thereafter, they must either volunteer their service or attend to their lives and personal matters. They can only remain in programs such as sport, arts, or the extra-curricular activities. Otherwise, we are faced with the extreme obstacle of over-population due to lack of space. Congress 60, unlike AA and NA, does not believe that rehabilitated addicts must remain in groups all their life. The rate of relapse in our NGO is very low. (Dezhakam, Email October 1, 2011)

## **Congress 60 (Early Criticisms)**

Opium is one of the most harmful drugs. Due to prolonged misuse, it has brought destructive harms to humanity as a whole and has a very bad reputation. When I began my work, whenever I told anyone including the experts or government officials that I intended to treat drug addiction with opium tincture or opium, they looked at me with an expression of surprise in their face. They initially thought I was joking; when they realized that I was serious, they either dismissed me as mad or out of rage, wanted to hit me in the face. However, I continued my work with persistence and presented many cases of successful rehabilitated individuals who had such balanced personalities that all

were astonished. Now it has become an accepted fact that even though opium and opium tincture has been destructive, if used under a correct protocol, it can be a useful and remedial for various kinds of addictions. (Dezhakam, Email December 5, 2011)

Because Congress 60 rejected the short detox treatment and long-term treatment was yet to be recognized, it came under heavy criticism. Since we used OT and opium as medicine to maintain and substitute the addicted drug using the DST method while gradually tapering the very medicine itself, many experts in the field attacked us. Of course, this method of treatment was still very unknown to the public and doctors. Clinics and members



of NA and AA knowingly or unknowingly spread the worst rumors about us and concluded our method and NGO was a failure. Currently, clinics compete with one another to cooperate with Congress 60 and implement the DST method as their main treatment protocol. This is because the DST method is harm reduction and a maintainer with a plus factor which is gradual tapering. This means that the medicine is gradually tapered until complete cessation within an eleven-month period. The clinics are now interested in our method. (Dezhakam, Email December 26, 2011)

## **Congress 60 (Financial Self-sufficiency)**

Congress 60 is supported through the voluntary donations of its members. Only second travelers may donate, and I interview them first to determine if they will be granted permission to donate! One of the conditions that I check is that they must have an apartment for their own family. Some who fail to receive permission to donate leave my office in tears! But I always tell members that first they must strengthen the pillars of their personal lives. Then they can start donating to Congress 60. Dezhakam, Email November 11, 2022)

If the outcome of NGOs is tagged as satisfactory by people and

governments, then they will never cease to have support. If any NGO deviates from its path, it shall collapse like a clay cliff. (Dezhakam, Email July 15, 2019)

### **Contemplation (Role in Recovery)**

All structures begin with contemplation, without thinking all that there is will decline; thus, contemplation is a complete triangle: one must think. (Dezhakam, White Eagle)

### **Contentment**

The emphasis here is that we must be content with whatever resources that we have and maximize our benefits from them and value the things that the universe has provided for us. We should not spend

our time envying all the things we don't have because the only real asset that remains with us is the thoughts and knowledge which we have gained. (Dezhakam, 2011)

### **Courage (in Recovery)**

We must know that war is always with blood and death, but courage will change everything. When I cured my addiction, it was a time that everyone was trying to stay anonymous, and I also was an engineer known by many colleagues. In 1998, I was invited to be in a TV show with six addiction treatment experts. The director told me; since I was an addict, they will not show my face to keep my anonymity. "I have no fear, introducing facts to people is more important than me,"

I replied. It looked like I was killing my persona! However, I was able to talk with reason before six experts and let everyone know addiction treatment methods are wrong and that is why you are claiming addiction has no cure. I announced that brief detoxification will help add another problem by increasing the addiction withdrawal symptoms!

That day courage helped me to move forward and that is why we have tens of thousands of addiction redemptions today in Congress 60. That is why physicians are listening to me now. That is the reason we are friends now and have done so much work together. If we believe in our recovery, courage can yield great benefits.

## **Craving/Compulsion (Source and Management)**

Any time we decide to quit drugs, the lower self as the commander in chief orders the savages to attack all the cells in the body and create wonderful images in our mind of drug consumption or being high. It tells us we can just use a little and all the physical and mental pain will be over. As soon as we do that, the voice changes the topic and recommends the continuation of drug use. How delicately tricky and deceptively manipulative this carnality within works. One must fully recognize the white eagle within to be able to overcome the challenges on the path. (Dezhakam, 2011)

Remember that if a person is full, he doesn't require food. If he is still hungry then he will crave eating! If we rebuild the X system or natural opioids of the body in the tapering process, then the job is done! This person will not be hungry! The key to addiction treatment is to rebuild the X system or the natural opioids within the body. (Dezhakam, Email September 18, 2022)

## **Cure of Addiction**

We have to prove to the world that addiction has a certain cure. Addiction is not a mysterious, progressive, and incurable disease anymore! Addiction is completely curable with proper treatment composed of medical treatment, psychological treatment, and true

recovery. (Dezhakam, Email August 23, 2022)

When I say cured, I mean a former heroin user can sleep in a warehouse full of heroin without the slightest temptation to use. (Dezhakam, Email December 18, 2022 )

Nothing else in this world can substitute narcotics for an addict. Not money, power, spouse, religion, or even God for that matter can be a substitution. The only substitution is the natural opiate-like substances within the body. Because with rebuilding these narcotic producing systems of the body, the addicted drug user can enjoy his own body's natural, healthy, cost-free narcotics and most of the problems that we



think are mental and psychological will disappear. (Dezhakam & White, 2022)

Addiction and other incurable diseases (psychological and physical) are due to damages of the X system within the body, thus if we restore balance to the X system, we can cure addiction and other illnesses. (Dezhakam & White, 2022)

We are not struggling with issues that other so called recovered people are facing. Our cured members are functioning fully in their daily lives. One might say they have forgotten about their addiction history! (Dezhakam, Email January 5, 2021)

## **Death and Dying**

American culture has a beautiful word for dying. When someone dies, they are said to have *passed*. The human being is an incredible creation. The whole creation is stunning! Our physical body consists of billions of cells! Each cell is like a city! Each moment millions of them die and new ones are replaced and yet we are still alive!

We have other bodies as well! One of them is what we see in our dreams! In fact, every night we are dying and every morning we are alive again! When we depart from this world we will continue in another world without our physical bodies.

We have been with the creation from the beginning, and we will be until the end. In fact, there is no death! There is only traveling from one world to another! Our real age is a bit less than God!

The only thing that we can take from this world is the knowledge that we have gained. Those who have the bond of love here shall be together in the next life! All the attributes we possess will travel with us. If we die as an addict or an alcoholic, we will be an addict in the next world! Addiction and other attributes [including recovery] are with the body that we see in our dreams and will not be destroyed by so-called death!

## **Depression**

About 200 illnesses are tagged as psychosomatic, and they are rooted in the psyche or thoughts of the human being. Our negative thoughts like despair, fear, anxiety, etc. have a deep impact on our psyches. Depression is one of them!

Negative thoughts have a harmful impact on the X system just like alcohol and drugs! In time, the X system is damaged and withdrawal-like symptoms are tangible. For instance, postpartum depression is due to a lack of opioid like substances in the body. With positive thoughts and a well-balanced worldview combined with a repaired X system, we can overcome depression.

## **Diet/Nutrition (in Recovery)**

To be healthy and even to cure diseases and addiction we must pay attention to organic foods, fruits, and greens. (Dezhakam, June 17, 2017)

We are not ordering any type of diet. Our members can eat every type of food. We are just teaching them the proper way of eating. Weight loss must be done slowly. (Dezhakam, Email October 30, 2022)

## **DST Method of Addiction Treatment**

The DST method is a tested formula by which drugs, alcohol, and addictive medicines are tapered and finally relinquished. D stands

for Dezhakam coefficient of 0.8. S stands for step, which means maintaining the daily dosage for 21 days. T stands for time; the duration of the treatment is at least 10 months and averages approximately 11 months. (Dezhakam in White, 2012)

I believe that just as drug addiction could be a progressing phenomenon for the addict; it could be transformed into a regressing process that results in complete cessation. In fact, the DST method is a kind of regressing trend in using drugs, alcohol, or substitute medicine. (Dezhakam quoted in White, 2012)

In short, the X system theory states that addiction illness and other chronic physical and mental

illnesses all have a common point which is lack of balance or an imbalance and malfunction of commands issued by the brain and the nervous system. These commands are implemented through neurotransmitters, hormones and mediators; if we are able to restore this system back to normal function and balance, the illness will disappear. This theory states that OT (opium tincture) is a medicine that when used with the DST method restores this system. (Dezhakam, Email December 7, 2011)

Narcotics, alcohol, amphetamine, cocaine, hash or other psychoactive drugs are able to pass the blood barrier of the brain. These materials interfere with the routine workings of brain. The person's

drug experiences are initially so joyous that the person repeatedly seeks to reexperience these moments, and the story goes on and on. After a while, the brain loses its balance of feelings and perception and must be restored through a “replacement process.” Narcotics replace the endogenous opioids; to achieve addiction treatment and full recovery, we must somehow regain the brain’s balance. In other words, the brain must become even more balanced than when the person started taking drugs. We recreate this type of balance OT, the DST method and recovery support. (Dezhakam, Email, January 16, 2016)

According to the DST method, we talk to the newcomer to know what



he is using and how much he is using. We use this data to calculate the OT [opium tincture] amount which his body requires. The drug user must use OT three doses daily (with the gap of about 8 hours between doses). The amount of OT is different for different people. Some may start their treatment with 0.1 cc of OT and the other starts treatment with 16.5 cc of OT daily. As you see the second person takes 165 times more OT than the first person. This calculation of OT usage is being done only by experienced and well-educated guides of Congress 60 for their pupils. The treatment [tapering] time period is similar for everyone and averages 11 months. After the specified dosage is calculated, the newcomer will go to the clinic

with a paper (this paper shows the calculations and the dosage that the clinic must provide for the person). The person receives the needed OT for a week and he takes his medicine home because he is required to take his medicine three doses a day. After a while, if the guide confirms, then the newcomer can have OT amount for 2 or 3 weeks instead of one week. The OT (medicine) must be taken home and not even his family members take any kind of supervision over his OT usage. The traveler must take full responsibility of his own treatment. (Dezhakam, Email February 20, 2016)

If experts take these three parameters into consideration and provide the necessary materials for the

body, the rest is up to the body. Meaning that the body takes what is required and uses it to repair itself. The prime part of treatment is being done by the body with the therapist providing the appropriate materials for the body. Now if the therapist prescribes the wrong medicine or materials for an unsuitable period of time in inappropriate amounts, then the body is highly unlikely to repair itself. (Dezhakam, Email June 7, 2017)

One who uses the DST method as a whole package reaches certain cure along with considerable changes in his worldview or way of thinking. For instance, our members will not only achieve addiction redemption but also are successful in returning to the society. They are

doing well in their jobs or pursuing education. If the DST method is performed without recovery, then results will be achieved indeed but not as good as they could be. (Dezhakam, Email January 25, 2021)

DST is not only a method; its foundation is based on restoration and renewal of the chemical compounds within the human brain which have been damaged by constant use of drugs and alcohol. (Dezhakam, Email June 22, 2011)

## **Education**

One of our elders advises: educate yourself from the moment of birth into your grave! Seek knowledge even if it is in faraway lands! According to our masters, the most

enjoyable work is to search in the scientific world.

Education brings knowledge, and knowledge brings distinction. A good decision based on an accurate distinction between choices will lead to a better life for us. From there with experience and contemplation, one can enter wisdom. A wise person tries to decrease the sorrow for himself and others.

I always encourage our members to pursue education. We have fifty- and sixty-year-old members who have entered universities recently! It is never too late to continue your education!

## **Experiential Knowledge (Value of)**

When someone sees and smells and touches a red rose, they can share their experience with people who have never seen a flower before. However, can someone have the same original experience by just reading the description of a red rose? They are not able to add anything to the original account by merely playing with words. (Dezhakam, White Eagle)

## **Exploitation of Addicts**

When the subject of addiction is obscure to people, then it is normal to have treatment profiteers! Then addicts are caught between two choices. One is illegal market of narcotics which takes their money

and sells misery to them. And the second choice appears when they decide to get rid of addiction and they get caught in the net of wrong treatment methods! (Dezhakam & White, 2022)

## **Addiction Cures**

Most illnesses and mental disabilities are treated by chemical drugs and this gives a false perception to patients that they are cured. However, as soon as the medicine stops, the illness **False** comes back. (Dezhakam. White Eagle)

## **False Addiction/Recovery Experts**

They are driving the best cars, they are paid the highest salaries, work at the best offices and are living in

mansions. They give speeches at the best hotels, but if you show them washing machine powder, heroin, ashes and cocaine, they could not tell the difference! They are talking nonsense about addiction! (Dezhakam, Email September 23, 2015)

## **Family**

In Iran, family values are highly respected and family members are ready to do any required sacrifice for their addict to reach redemption. Family plays a key role in helping the addict to revive from addiction. (Dezhakam, Email December 19, 2016)



Second phase of this payback [making amends in recovery] involves our family, friends and loved ones. During our years of addiction and due to our destructive habits and manners, we have caused them so much pain, misery, and sorrow. The payback is not done through words of apology or requests for forgiveness but must instead be done through our actions and deeds. (Dezhakam, 2011)

Family problems or work issues still exist [in recovery], but when we have fully recovered from addictions, we find the strength to solve them. (Dezhakam, 2011)

## **Family Recovery**

When an individual falls into addiction, his family becomes muted,

and he gets deaf! It is like the family speaks Spanish and the addicted person communicates in French! They don't understand each other. This is a sensitive issue in addiction treatment. We must create a mutual language and a new way for them to communicate with each other. That is why in Congress 60 the recovery applies to both addicts and their families. The education is the same for travelers and co-travelers. The traveler has one wing, his family becomes the second wing, and together they can fly!

### **Family / Family Relationships**

Family is the core of each society. A society or a community moves toward destruction if they neglect families. Families must be

educated in the recovery process. Along the recovery journey, we will make friends, but those friends are our recovery companions, and we must not get engaged in business or family relationships with them.

In Congress 60, people are not allowed to go to each other's houses. This will create different problems and obstacles in the recovery process. A recovery environment must be dedicated to recovery only and nothing else.

I have seen people who invited others from recovery to their houses and they have destroyed their families. In Congress 60, if a couple gets divorced, they are not allowed to participate in meetings for six

months, because they may transfer their problems to meetings.

Maybe it seems that our laws at Congress 60 are harsh, but we have gained tremendous results out of these laws throughout the years. During the past 25 years, I have only witnessed one or two fights in Congress 60, and they happened at sports competitions and not meetings.

### **Fear (in Recovery)**

There is also the remaining fear inside of you which you have not been able to get rid of completely; you must contain your fears and achieve internal peace. This will help you face your daily challenges; you must work hard to review the

archive and understand your old files. (Dezhakam, White Eagle)

## **Financial Problems**

It was Spring and an ant was struggling to carry a seed to his nest. A bird was sitting on a branch. "All the abundance of blessings and you are carrying seed to your nest, how materialistic!" said the bird. Ant continued his work silently. Gradually, autumn gave way to winter, snow was everywhere. Bird moved to ant while shivering from cold and he said, "I am starving, give me of those seeds, please." Ant responded, "The seeds are for my family, you should have thought about winter while in spring." How to save is part of recovery education in Congress 60!

If we have a loaf of bread and we are a family of five we need to save a piece of bread. If we make even one Dollar, five cents must be saved! Our members are educated in saving and that is why we are not confronting financial issues both within and without Congress 60.

### **Financial Recovery**

Strengthen your financial roots and you shall see that many obstacles will be overcome. (Dezhakam, White Eagle)

### **Financial Sustainability (of Recovery Organizations)**

We have a proverb which says: *A cow that begs for food can't plow!* In other words, an NGO that is always looking for handouts shall never

sustain a good financial status.  
(Dezhakam, Email July 1, 2019)

Congress 60 accepts no financial help from government; in fact, we donate to other organizations. From the establishment day of Congress 60 we have never faced any financial issues. We don't have huge expenses because no one receives money for working at Congress 60. Not even one cent of our money goes on waste or is stolen. Our accounting system is very firm, and people are taught to be righteous. Those who have been treated within Congress 60 and who are now gifted financially enter the financial legion [internal section that manages Congress 60's financial sustainability]. (Dezhakam, Email November 4, 2014).

## **Flourishing (in Recovery)**

Evolution happens best as a collection. Education best takes place in a collection of people with the same goal, such as in schooling, universities, exercising, or in music bands. Recovery must be in a group as well. Recovery is a journey with a team. We will pass cold and warm lands. Sometimes we need to cross hot deserts! This is a hard task for an individual, but a good team can overcome it with ease.

People flourish in teams by trying to prove themselves! They learn from each other, and they can learn from and serve as role models. People who left their education undone are inspired to continue their education



in Congress 60. Look at Ehsan [translator of communications between Hossein Dezhakam and William White] as a great example!

### **Forgiveness (in Recovery)**

Now tell me if this path is easy, to forgive someone who has done you wrong. That's right, it is very difficult indeed, but it can be done. (Dezhakam, White Eagle)

### **Fourteen Valleys of Congress 60**

I've designed 14 valleys for individuals to follow and carry out in their lives in order to leave negative thinking aside and implement a positive approach in life. The method of studying the valleys is simple; they must be implemented practically in life, studied in order

respectively many times and the duration between each of them should not be less than 21 days. In this manner gradually all the ambiguities, superstitions and false beliefs will leave our mind and instead a correct and stable way of thinking comes into place. (Dezhakam, 2011)

First Valley: All structures begin with contemplation; without contemplation, whatever exists will decline.

Second Valley: No creature comes into existence without a purpose; none of us are insignificant even if we think of ourselves as that.

Third Valley: It has to be known that nobody thinks as much as the human being for his real self.

Fourth Valley: In crucial affairs, leaving the responsibility to God means neglecting one's own responsibility.

Fifth Valley: Cognition is not the absolute power of solution in our realm of existence. It will be completed with experience and achievement.

Sixth Valley: We must fully perform Wisdom's command as the commander in charge.

Seventh Valley: The mystery and secret in discovering the Truth lies in two factors: finding the right path and what we derive from it.

Eighth Valley: The path is revealed with progress.

**Ninth Valley:** When a force begins at a low level and gets to a higher degree, it reaches an endurance point.

**Tenth Valley:** Human beings' past attributes don't remain the same because we are constantly changing.

**Eleventh Valley:** All roaring rivers and gushing springs will ultimately reach the sea and ocean.

**Twelfth Valley:** In the end, the first command will be carried out.

**Thirteenth Valley:** The end of each point is the beginning of a new line.

**Fourteenth Valley:** The only thing that exists is Love, without it, there

are only empty containers.  
(Dezhakam, in White, 2012)

Recovery moves slowly within Congress 60 and *Love, Fourteen Valleys for Recovery* plays a unique role in this process. (Dezhakam, Email November 24, 2020)

### **Freedom (and Responsibility in Recovery)**

Freedom comes with responsibility, in other words, having freedom does not mean freedom to do anything and everything without consequence. Freedom means respecting others. We should not insult others in the name of freedom of speech.

It is like renting a cabin on a big cruise. I cannot dig a hole in my

cabin since I purchased it! We have a series of laws in Congress 60, and everyone must adhere to them. Our members are not free to do or express whatever they want. Everyone must respect guides, families, and others who are serving them.

Anyone who wants to enter Congress 60 must adhere to its laws. We are working with love and discipline. Those who want to use our meetings just for spending time and fun have no place among us.

## **Friendship**

Friendship is based on affection. And affection needs sense and attraction. Attraction works like a magnet. Any type of friendship has its own place, we may say it resembles closely to wearing clothes! You

won't wear your swimming suit at a party, right? What I want to say is some people are workplace friends, some are family friends. We must remember that recovery friends are only for recovery. If we keep recovery friends as recovery friends, we shall enjoy the friendship for years to come. Changing the type of friendship within a recovery group may impact other members of the group negatively.

## **Gratitude**

Manners are more important than riches. People are not fond of irreverent people. In recovery, we must relearn how to say, *please*, I am sorry, and *thank you*. When we are asking for something, we must say *please*, in case of making a mistake

we should express that we are sorry, and when someone does something for us we should thank them.

When you say thank you to everyone, to the waiter in a restaurant, a taxi driver, family members even those who did nothing for you, people will love you and they will try to help you. Try being impolite with people and see what happens!

Showing gratitude makes living sweet.

## **Grief**

Grief is usually rooted in losing something or someone, not having something, or failing to have someone. Grief is deep, like an ocean. Some may stay in it for years.



Happiness is being on the surface of the ocean where you can see the sunrise and sunshine. One must cross the ocean of grief to reach the surface of happiness and comprehend its meaning. In fact, grief can lead you to the depths of the ocean or help you to reach the surface.

**Guide / Sponsor / Recovery Coach (See Mentor below)**

The role of a Guide is like a compass in a vast troubled sea where no sun or star is visible to show the path. (Dezhakam, Email June 1, 2021)

We think of addiction as a science, especially where discussions of maintenance, treatment, recovery, and prevention are concerned. Thus, only a guide with proper

training, knowledge, and experience together with a balanced mental and spiritual state can lend a helping hand to other addicts. Therefore, to determine the above-mentioned qualifications, we conduct oral and written examinations and look for a suitable moral attitude. If a guide gives the wrong instruction, it could have drastic consequences. We must be very cautious regarding this process. (Dezhakam in White, 2012)

## **Guilt / Remorse**

Remorse means making a mistake, I don't know anyone who has not made mistakes! Guilt is created for lack of knowledge! We have a saying: *feeling guilt doesn't help you*. Our beliefs have no value when I

believe lying is bad but still, I lie, or when I feel guilt, but I am not trying to fix things. What is the point of it? *Wishes don't wash dishes!* We must start making amends. We can serve other people and then forgive ourselves. God is forgiving. My master says: Heaven is not free, in other words, peace and bliss come with a price!

## **Happiness**

One can't define happiness. Proposing definitions for beauty, justice, grief, and happiness is based on personal senses and feelings. One person may appear beautiful to me but not to you. This is the difference in our perceptions. Happiness is our reaction to

pleasantness. Face muscle changes and our face appear joyful with a smile.

A poor person can be happy due to his high-functioning X system and balanced worldview while a rich individual feels miserable in a mansion due to his unbalanced X system and worldview. By repairing the X system and worldview in recovery we will achieve happiness.

### **Hitting Bottom (Necessity for Recovery?)**

Some people imagine that somebody must hit dead end to quit drugs for good. This means being banished from family, friends, and the society, losing one's job, spouse or home and eventually becoming a junkie. At this stage, the

addict either dies or quit drugs for ever. I beg to differ. (Dezhakam, White Eagle)

### **Honesty (in Recovery)**

The solution [of achieving honesty] is gradual, of course. Just like the car, first the speed must be gradually decreased until full stop and then reverse and slowly start the car in the opposite direction, gradually increasing the speed. Unlike the car though, it takes a long time for someone to become honest. (Dezhakam, The Blissful State)

if you lie a lot, you must change the way you live your life. Achieving good attributes like honesty, integrity, bravery...without changing one's attitude towards life, is

impossible. (Dezhakam, The Blissful State)

## **Hope**

All people can change regardless of where they are and what attributes they carry within themselves, including even the worst sinners, the ones who have committed horrific crimes. No one must carry and keep all the cruel and horrible attributes of oneself eternally. Nobody must remain in hell forever; even if someone is at the lowest levels of hell, he has free will and can mend his ways so that lord's mercy is bestowed upon him. The path to salvation is always open. (Dezhakam, 2011)

If I was an addict yesterday, it's no excuse to continue addiction into

tomorrow; I can either be healthy today or increase my drug consumption. There are no guarantees in life unless there is continuous hard work and determination. The important point is that a person can change, and destiny is made by people themselves. (Dezhakam, Crossing the Zone)

A roaring river knows that there are many huge obstacles and difficulties on its path, but it is not afraid at all and with many efforts and determination, it passes through high mountains and deep valleys and pushes aside stones or circles around them to continue on its path. Human beings should also know that the path is not smooth at all. Two factors are very important:

desire and reasonable contemplation. (Dezhakam, 2011)

We should not throw addicts into the sea or execute them! If we know how to do our job, we can revive addicts with a proper treatment and true prolonged recovery. (Dezhakam, Email May 28, 2014)

## **Hopelessness**

Maybe some of us think that life is over for us and there is no more hope, and nothing matters any more, why are we here, our birth is useless and many other such views to sink more into darkness. This is a sign of losing confidence and surrendering to annihilation, but if we look at the entire universe, we realize that nothing in this creation is



without a purpose. (Dezhakam, 2011)

## **Humility**

In Persian, there is a proverb: *A high land never receives water!*

The branches of a fruitful tree are bent! Humble people are always ready to learn. An arrogant person is deprived of education since he thinks he or she is better! With more wisdom comes the sense of not knowing! As we learn more, we realize that our knowledge is limited. This person turns into a humble one since They have learned what they do not know easily outweighs what they already know!

With more wisdom comes humility  
and with ignorance comes

arrogance! My son, Amin says wisdom is a triangle: knowledge, experience, and thinking. None of the angles of knowledge, experience, and thinking can fulfill wisdom alone. Thus, a humble person has all three at the same time.

### **Intellect and Faith (Role in Recovery)**

Anyone can use their brakes of faith and intellect to stop the vehicle of drug addiction. People who believe in reasoning can use it as their brake and those who believe in faith can use faith as their brake. For those who believe in both it is much better and those who believe in neither, for now I can't say anymore. (Dezhakam, White Eagle)

## **Knowledge (Role in Recovery)**

knowledge alone isn't enough, acting upon that knowledge is the real thing. Knowledge that does not lead to action is not practical. (Dezhakam, White Eagle)

I believe all the problems of human beings are rooted in undiscovered knowledge or lack of knowledge. Take two cups for instance; one is golden and beautiful; however it is filled with a deadly poison. The second cup is made of dust or is crafted with bad material; however, it is filled with clean water. Unfortunately, most people think with their eyes instead of their brains! That is why most of them will pick the golden one! In this scenario we need a wise person to teach them

what matters is the liquid inside the cup and not the cup! (Dezhakam, Email, October 21, 2019)

## **Language/Words**

I want to share an ancient tale with you which carries great words of wisdom. Several people from different countries had become travel mates together across the desert. When they arrived close to a small town, they stopped to have lunch and since they spoke different languages, they gestured to each other "what should we eat?" Every one of them said in their own language " we should eat bread and grapes". Because they did not understand each other and their words sounded different, they began to argue and disagree. A

passerby who knew all the languages inquired about their arguments. Each person explained in his own language "I want to eat grapes and bread, but others disagree". The passerby smiled and said, "Give me all your money and I will buy lunch for all of you". He then went and bought everyone grapes and bread. They all beamed with joy and said, " This is what we wanted." My dear friend, as you know very well, the conflict between humans and their religions is precisely in this point (a common language and purpose). There needs to be a wise one to create that common language. (Dezhakam, Email June 27, 2011)

Some words have lost their meanings and we need new ones since

humans and sciences are constantly changing. (Dezhakam, White Eagle)

## **Love**

Waves of love in the universe also attract each other, meaning humans who have these positive attributes find each other and by grouping, form a line which becomes longer as time goes by and reduces the size of destructive forces. (Dezhakam, 2011)

In truth, this word love is the foundation of existence and when in love, with all the calamities, one can learn what he was, is and will be in the future. Love is so vital that life without it is stagnant and death, silent. (Dezhakam, 2011)

Love is the only thing that matters. Not many people truly understand the meaning of true love; people who lack love in their lives are like empty containers. (Dezhakam, White Eagle)

How could a human being under the crushing influence of alcoholism and drug addiction hear the beauty of love's waves or even send them? (Dezhakam, White Eagle)

### **Medications (Limitations of in Recovery)**

Most patients are being control with psychoactive pills rather than being treated. After a while when the pills are cut our patient is back to step one or even worse than before. This is the story of failure in this

[addiction treatment] field.  
(Dezhakam, Email, November 24,  
2019)

### **Mentors / Guides / Co-Guides (Message from)**

You did not pay attention to yourself and your family and created a web of darkness around yourself; that's why we had the mission to find you and pass the torch on to you so that you can come out of the darkness. We must accompany you to the main destination. (Dezhakam, White Eagle)

...these teachings are not meant only for you; you must write your learning and experiences and teach them to others. (Dezhakam, 2011)



## **Motivation for Sustained Drug Use in Addiction**

Another wrong belief is that drug users do drugs to get high! Perhaps this belief applies to the onset stage of addiction, but the situation changes gradually. Those with severe addictions uses narcotics to be normal like other people! (Dezhakam & White, 2022)

## **Need for Holistic Addiction Treatment**

In the U. S. and U. K. and perhaps all over the world, addiction treatment is polarized. Some believe in medication-based treatment and others believe in psychosocial treatment and support. This is like some believing that the brain is important while others claim that the

brain is not prime and that the heart is. I do believe addiction treatment/recovery are like a human being who needs brain, heart, lungs, blood, etc. The person will lack humanity and will not be able to continue living if any of these organs are missing. (Dezhakam, Email, December 13, 2014)

I want to tell you a story which is an explanatory of addiction treatment worldwide. An individual was crossing street he saw some workers are digging the ground in order to make a channel for gas piping but as soon as they empty out the soil some other workers load the soil back filling the channel instantly! He wondered so he asked one of the workers about it. The worker said: we are three groups and each group

from a different town with a different culture and we have three agreements:

First group: dig the ground making the channel.

Second group: place the gas pipe into the channel.

Third group: fill the channel with soil.

It's been a while that the second group doesn't come to work, and this is not our concern, because we do as our agreement says and we will get paid for doing so!!! Yup, this is the addiction treatment story, one group is working on body, other group on psych, and some others believe in worldview only and they are not working with each other. I

am trying to make these groups work with each other in Congress 60. (Dezhakam, Email March 25, 2013)

In order to cure addiction all three aspects of body, psyche, and worldview must be taken into consideration. Medical treatment must be done with recovery simultaneously. (Dezhakam, 2018 Blog)

I believe all addiction treatment programs are wrong if they are focusing on one aspect only. If they are focused on body only or they are trying to change the worldview only they will not achieve addiction treatment. Perhaps they could achieve withdraw which is miles away from balance and what we are getting

within Congress 60. (Dezhakam, Email January 16, 2019)

If we can make peace between the mind and the physical body, then we can say that we have found the right path. (Dezhakam, White Eagle)

### **Opium Tincture (In the Treatment of Addiction)**

All addictive drugs, including alcohol or methamphetamine, exert similar damage to the X system. OT is unique in its reparative effects on this system. Twenty years of scientific and practical experience tells me that no medicine is better [in the treatment of addiction] than opium. (Dezhakam, 2018 Blog)

I must say not only in the U.S but all other countries and even my country failed to see the benefits of OT. Why? Because opium has two faces; one face is devilish, and the other is divine. Opium is mostly misused throughout ages and therefore it has been seen as a monster. That is why experts are scared of opium. If one says that I want to utilize opium to cure illnesses, they will terrorize him. And that is how one of the best medicines of nature has been neglected and crossed out. (Dezhakam, Email February 9, 2021)

I do hope that one day opium tincture will be utilized all around the world to cure addiction and other diseases. I strongly believe if we use opium properly it can cure

many incurable illnesses. Addiction and many other diseases are rooted in the X system. Opium used with the DST method is the only approach to repair the X system of body. (Dezhakam, Email December 10, 2019)

### **Pain (As a Teacher in Addiction/Recovery)**

We have to go deep into the darkness so that we can truly appreciate the greatness of light. (Dezhakam, White Eagle)

A wise sage once said, “the mother of all joys is suffering and every misery contains valuable treasures”. (Dezhakam, White Eagle)

I’ve been in a destructive trend due to addiction to drugs, and it has

brought me hundreds of problems and difficulties. If I intend to leave behind this maze of destruction and enter a healthy and stable life, I must endure the pain, suffering and strong attraction of the dark forces. (Dezhakam, White Eagle)

## **Parenting**

A long time ago an old man was living with his only son. One day the son told the old man to get into a basket. "We are going to have fun in nature", he said. He took his father to the mountain, took him out of the basket, and said wait here for me I have forgotten to bring food. A few days later father starved to death. Years passed and the son turned into an old man. One day his son offered him to get into the same



basket to have fun in nature. I did the same to my father and that is why you are going to do the same with me, said the old man. We must choose a different path to avoid the same fate. We must raise our children well if we want to avoid the basket!

### **Patience (Role in Recovery)**

We must be patient if we want to get rid of our drug addiction...time is an essential factor in our recovery. (Dezhakam, 2011)

If I have used drugs for many years and have become a junkie, would I get everything back as soon as I quit drugs? I don't think so. The problem is getting back to the right path; there are many obstacles because of ignorance and

indifference. They must be solved one by one before anything else. (Dezhakam, White Eagle)

All in all, every problem has a solution, and every door has a key; sometimes the issues differ with each other and require a different approach. It is possible to break through the central core of every particle, only the right path must be chosen. It needs thought, tools, and experiments and in this manner, the impossible becomes possible. (Dezhakam, White Eagle)

You are in a hurry to get results. We are proposing a gradual approach as there is a long way to go and time is needed for your mind and body to find their strength and

health once again. (Dezhakam, White Eagle)

## **Peer Recovery Support in Congress 60**

In Congress 60, we call these recovery support roles Guides and Co-Guides--what in the United States are christened recovery coaches or recovery support specialists. We originated these roles in Congress 60 from our very first days in 1998. At first, our only requirement for serving in these roles was to be free of drugs. Two years later, we required Guides and Co-Guides to have at least one-year of recovery and to pass an examination to test their knowledge and skills...The role of these Guides is like that of a compass in a vast

troubled sea where there is no sun  
or star to show the path.  
(Dezhakam, 2021 Blog)

## **Personal Recovery**

I worked in the field of industrial research, design, and repair for 30 years as my addiction to alcohol and then hashish and opium took over my life. I was a hardcore addict for 17 years. I tried many different treatments to cure myself but was repeatedly unsuccessful. In the end, I began playing a game that evolved into research and trials that I tried on myself. By determining my daily dosage, time of use, and tapering of the drugs, I implemented a plan and, to my own disbelief, was successful after an eleven-month period to break my physical

addiction. It was through this that the DST Method was invented. (Dezhakam in White, 2012)

Now that I look back on my life, I can see that I can divide it into three parts. The first part was spent in relative comfort and peace growing up, schooling, and work. The middle part was spent fighting the dark world, and then learning and coming into light. I'm currently in the third part, which I'm enjoying blissfully. I'm now doing my best to help more individuals come out of the darkness of addiction. I'm having a good life next to my warm family and good friends. (Dezhakam quoted in White, 2012)

## **Positive Thoughts (Role in Recovery)**

By using positive thoughts and energy, you can achieve your goal. Concentration on positive thoughts and reflecting them on your efforts, will pave the way forward. (Dezhakam, White Eagle)

You can find beauty and greatness in everything. Once upon a time a prophet was passing through a neighborhood with his companions; they came across a dead dog along way. Because the skin had rotted, the corps looked very ugly, and it had a very bad smell. The companions of the prophet took out their handkerchief and held it against their nose and said, 'How ugly is this corps! What a terrible smell'.

However, the prophet smiled and said, 'Look really well; what a beautiful set of teeth this animal has'. (Dezhakam, Email September 12, 2011)

## **Psyche**

Information about role of psyche in addiction and recovery is lacking. There is not a definition of psyche which is accepted by all. I believe psyche is the mood of people. Some people are happy, some are in despair, some wishful, others disappointed, and some are kind while others are angry and aggressive. I think this situation is created based on two components: one is neurotransmitters of the brain which are rooted in genetics and our thoughts. Psyche = brain's

neurotransmitters function + thoughts. Therefore, to fix psyche of an addicted individual, we need to regain balance to brain and thoughts of that individual. (Dezhakam, Email March 23, 2016)

### **Purification**

To abstain from vices and immoralities, the individual must purify himself; we call this process the purification of the ego which automatically sets in as soon as the journey towards virtue is started. (Dezhakam, White Eagle)

### **Racism**

Every day when I wake up, I imagine that everything is fine, everyone is good and decent, even those who are walking in viciousness and lies



or are following racism because they believe their personal interest rests there. I feel sorry for these people; they have created a hell for themselves. If you look at their faces thoroughly, you will realize they are drowning in hatred, tension, and psychological pressure. (Dezhakam, Email October 27, 2020)

## **Recovery**

...curing or treating addiction is: curing a kind of disease with respect to the time period necessary to repair, rebuilding and operating the vital systems of the body and mind that have exited their natural cycle and have become dysfunctional. (Dezhakam, Crossing the Zone)

The problem is getting back to the right path; there are many obstacles resulting from ignorance and indifference. They must be solved one by one before anything else. (Dezhakam, White Eagle)

### **Recovery (and Aging)**

One whose heart is alive with love shall never decay. (Dezhakam, Email March 3, 2018)

### **Recovery Definition**

When a drug user enters Congress 60, he sees himself in recovery right from the start. As I have said before, maintenance, treatment and recovery start simultaneously in Congress 60; we can't really separate these three parameters from each other in Congress 60. It is as

if they are the body, the mind and the soul of a person. In this process, when a traveler completes his treatment which means cessation of his medicine (opium or opium tincture and all other types of medicine) he remains in the same legion or group that he was from the start alongside newcomers. (Dezhakam, Email June 26, 2012)

When I say certain cure [full recovery] what I mean is one who has completed treatment within Congress 60 and is no longer taking any medicine of any kind and he feels well. He has no craving at all. If a heroin user fulfilled treatment period at Congress 60 (with opium tincture and DST method), he can stay in a warehouse full of heroin at night and go to sleep easily.

(Dezhakam, Email October 30, 2017)

I believe medical treatment and recovery are two sides of a coin which together constitute cure. But things happened in a way that these two (treatment and recovery) became separated. The key to solve this situation is to combine medical treatment and recovery once more. (Dezhakam, Email July 22, 2017)

### **Recovery (Three Stage Physical and Spiritual Journey)**

During the first journey, the three processes of maintenance, treatment and recovery begin at the same time. After approximately 11 months of maintenance and treatment come to an end, recovery continues. In the second journey,

training and recovery are blended with physical exercise and activity such as sports competitions, and gradually the individual becomes familiar with his inner dormant strengths. The third journey is a never-ending process of understanding the order and mystery of our universe. This stage involves a spiritual journey beyond time and place that each of us deals with throughout our lives. Dezhakam, White Eagle)

## **Recovery Celebrations**

I congratulate the recovery celebration in the U.S. and hail those who are participating and hosting these events. Such movements steer the positive and negative forces toward equilibrium and make divine forces

stronger than the vices that, in the case of narcotics addiction and alcoholism, destroy people and their respective families. It cheers me up when I hear about these events or picture their images in my mind. My heart soars and then I feel and understand that living a joyous life without alcohol and narcotics in long-term recovery is possible. (Dezhakam, Email September 14, 2015)

You are familiar with our Wednesdays within Congress 60. Travelers from all over the country attend Academy branch with their respected guides in order to receive a token of addiction revivification in a special ceremony. Last Wednesday (23rd of August) we had 101 individuals who completed their first

travel. We had 23 members of William White legions who achieved smoking cessation as well. This ceremony usually takes 3 to 4 hours. (Dezhakam, Email August 28, 2017)

These people [those attending recovery celebrations in Congress 60] do not come to see me! They have come to see an impossible change turn into the possible; they and their family's disbelief has turned to absolute belief. They have closed and dismissed their addiction case forever with this scientific treatment. They have come to see that they are out of addiction darkness, and I am only the mirror which reflects their revival. They stand as the living proof of addiction cure. (Dezhakam, Email April 7, 2014)

## **Recovery (Challenges within)**

The wrong road is the apparently easy road which will eventually lead one into flames of destruction. The right road, however, appears difficult but will lead the person into a green oasis. Thus, with every hardship comes joy and comfort. (Dezhakam, White Eagle)

Every human being confronts problems and difficulties during his life span. It is only we who can alter our point of view to accept these difficulties as a curse or a bliss! My master told me once: "A great sorrow can push a person to the highest point of humanity or to the lowest." (Dezhakam, Email June 15, 2021)



## **Recovery (Financial)**

You must become financially strong on earth; not to show off or for leisurely spending, but to finance your aims and pave the way for future goals. (Dezhakam, White Eagle)

## **Recovery Journalism**

We are those who will write to the very end and when our time is up we will leave this world while we are holding a pen in our hand and immediately continue what we are doing in another world. (Dezhakam, Email December 14, 2021)

## **Recovery (Karma within)**

Life is a bittersweet game; a very calculated game where the scale of justice is trying to adjust fairly at all

times; karma is a justice dispensing machine. (Dezhakam, White Eagle)

## **Recovery Leadership**

A leader in other organizations leads through thoughts; however, a recovery leader must rule the hearts. In other words, management of other organizations can make changes by issuing edicts, raising salaries, or through discipline, but a recovery leader must communicate with affection within and without. (Dezhakam, 2019 Blog)

...a leader must have proper capabilities and capacity. Every poor person who receives a huge amount of money in an instant may lack the capacity to adapt to that money or fame and can be easily

destroyed. This is exactly why early AA and NA recovery leaders warned the next generations that they must avoid some issues to be safe. I have known recovery leaders who were so kind, humble, and spiritual. They were always with their people, but once they became famous, they changed! People couldn't meet them easily anymore. They hired secretaries and it wasn't easy to have meetings with them. They asked a lot of money for their time, and, at last, they hurt their group. They steered their group to darkness. (Dezhakam, 2019 Blog)

A leader must have a long-term vision. A wise man once said: if you are looking to get results within three months, then plant greens, tomato, or watermelon. If you are

looking for results in one year, then grow sheep. If you are looking to get results within 10 years, then plant a tree. However, if you are planning to educate a human, then plan for 100 years. Therefore, our job requires a long time and is continuous. We will hit challenges and obstacles along the way for sure. But success will embrace us in the end. (Dezhakam, 2019 Blog)

Recovery leaders must be spiritual leaders as well. Thus, ethics play a unique role in a recovery leader. In my opinion, a recovery leader must not hunger! A hungry ego is incorrigible. A person could be poor but not hunger (desiring more and more) at the same time. Beware of those with hungry eyes! They will never get satisfied! They have

eaten all the foods and they are dying of fullness! Still, they are looking for more to eat! They are like someone who has stopped smoking heroin 20 years ago, but for the past 20 years their thoughts and eyes have been fixed on heroin. After 20 years of sobriety, they still dream about Heroin! They suffer from a hungry ego. (2019 Blog)

Supporting other political or religious groups is a devastating mistake which is like an earthquake for a recovery organization. For instance: if the leader of recovery organization is in favor of blue color, then the fans of red color will be against him and vice versa. We need to be friends with blue and red or in other words with all regardless of political or religious views or

other ways humans divide themselves. The obligation of a non-governmental organization (NGO) is to help people without taking sides. (2019 Blog)

## **Recovery Leadership Succession**

What if one day I am not here? What happens? Will my absence weaken Congress 60? Thus, I have planned Congress 60 in a way that it can continue its living even without me. This burden rests on the Dideban's [governing council] shoulders. They will announce the next guardian. And even now my successor is chosen. If for any reason I am not here, my successor takes over. (Dezhakam, Email August 31, 2016)

I was thinking about this issue [nurturing future leaders] from the day I established Congress 60. Fourteen Watchmen of Congress 60 who are board directors of Congress 60 are the leaders who have been educating and learning for the past 15 years. Also, the Guides and Co-guides are middle rank leaders whom I have educated--thousands of them. Congress 60 is always occupied with nurturing teachers, mentors, middle rank leaders, and high-ranking leaders. (Dezhakam, Email October 18, 2014)

## **Recovery Movement**

This movement is like a small circle which spirals. It will reach the proper point and bring emphasis on tolerance, respect, compassion, listening without judging, humility,

honesty, forgiveness, gratitude, and service. (Dezhakam, Email November 7, 2018)

### **Recovery Research (Promise of)**

We have great scholars (in the fields of engineering, recovery, sociology, medical, psychology, genetics, etc.) in Iran and they are willing to cooperate in our research studies on addiction treatment and recovery. We can transfer the knowledge on DST method and OT with their help and support to others. (Dezhakam, Email June 9, 2018)

### **Recovery Pessimism**

A false belief is prevailing among addicts that addiction is incurable, addicts are born addicts and they



will die as addicts, or that addiction is a mysterious, progressive, and incurable illness. We must break this belief. (Dezhakam, Email, March 20, 2019)

### **Recovery (Second Chances within)**

If the individual stops their immoral actions and moves towards virtues, God gives the person a second chance to make up for the all the wrongdoings. Maybe even the death of the individual is delayed giving him more time. (Dezhakam, White Eagle)

### **Recovery (Self-disclosure in)**

Sometimes if you reveal something you're not supposed to, you can cause damage and make the

situation worse than it already is. Every word has its own place and right timing makes a huge difference. (Dezhakam, White Eagle)

## **Recovery Space**

Psyche and worldview require space to grow. This space really matters. This space could be destructive or positive. This space can grow addiction, or it can nurture recovery. I have called this area or space the *setting* of addiction. It seems to me that recovery space is a much better name for it. Setting has two dimensions which is length and width, but space is a better name since it includes height too. Now let's call it recovery space--still we require a setting or road to move in this space. As Jesus said: A gardener sowed on stones and nothing

happened, he sowed on grass and birds ate the seeds. He sowed on shallow water and some seeds grew a bit but it wasn't enough. In the end, he sowed on a proper land, and he received a great bounty. (Dezhakam, Email March 16, 2020)

### **Recovery (Stages/Spheres of)**

It will take about 11 months to recover along with a complete overhaul of thinking and looking at the world with a change of perception. Each person must try to achieve mental and physical balance simultaneously so that opioid production system within the body returns to normal function together with a healthy, normal lifestyle. (Dezhakam, White Eagle)

We are still evolving and every realm [stage or recovery] has its own agendas. (Dezhakam, White Eagle)

The combination of different methods without prejudice [in achieving recovery] can yield effective results. Since Congress 60 is utilizing NA structure for initial group therapy combined with other philosophical, psychological, and physiological materials, sports, etc., it can be vivid evidence of this. If we could utilize different combinations our successes will escalate. In some countries, the D.S.T method could be used to initiate recovery and when the recovery process is stabilized, then NA (or any other method) could be used as another resource to support long-term

recovery. (Dezhakam, Email February 27, 2017)

## **Recovery (Turbulence Within)**

Life is a mixture of good and bad, beauty and ugliness, health and illness. We must learn how to surf these waves of life. Sometimes we feel rage and the heavy waves drag us under, and other times we are surfing the waves like light straw. This is happening so that we will learn how to surf the waves of life. (Dezhakam, Email March 14, 2022)

## **Recovery University**

About the international university [being developed by Congress 60], I must say that my main focus is on long term recovery. To succeed, we must have education in medicine,

psychiatry, philosophy, and spirituality. I mean all the liberal arts must be included in long term recovery. (Dezhakam, Email May 19, 2020)

## **Relapse**

Why did they relapse? Why did they go back to addiction after suffering immensely? Does anyone know the reason? Everyone says that they had psychological issues or that they were selfish or lacked will power. These answers are not true at all. I say: physical imbalance or bodily dysfunctions. (Dezhakam, Crossing the Zone)

Take a toy from a baby and he cries. Give it back and the crying stops! The crying will stop if we give him a better toy! This law applies to adults but is slightly different. If we take away drugs and offer nothing

or something worse in return, relapse will occur since the toy is missing. But what if we offer something better? I believe nothing in this world can replace drugs for a drug user— money, job, fun, god, religion, or love. None of them can serve as a substitute for drugs. The only substitution is the natural opioids of the body, which are a hundred times stronger than the outside narcotics! This is not a joke! It is a fact revealed only to those addicts who have repaired their X system with the DST method and OT. What addiction treatment experts are naming “relapse because of craving or temptation” is simply a need and one can’t neglect a need for long. There is a huge difference between craving and need.

## **Relationships in Recovery**

Relationships fall into three different categories: 1) the quality of relationship with self, 2) the quality of relationship with people around the individual, and 3) the quality of relationship with community, society, and one's whole existence. We must first teach the individual how to forgive and love oneself. Each must learn how to accept the consequences of his previous actions and to realize that past attributes and actions do not have to dictate the future of one's life in recovery. We then teach our members to stop blaming family members or friends for their failures. We must learn how to keep everything in balance. Even loving and caring for others must be balanced. Loving is like raining. If it rains too much then we will have



flooding and destruction, and if it does not rain then we will face drought. We must learn to keep the balance in our relationships with those around us to be happy. That requires learning to count on ourselves. And we each must ask what we have done for the community and the society that we are living in. (Dezhakam, 2021 Blog)

## **Religion and Spirituality Distinction**

If instead of biopsychosocial, they [addiction professionals] would use “biopsychospiritual,” then it would become more comprehensible. But integrating the word spirituality has a problem, and that is that many people do not believe in God so bring a bias against spirituality in treatment. That is why there is not a

firm place for words like spirituality, God, and love in today's psychology. The situation is better at the U.S., but in Europe the bias against these words is firm. We need to speak to the addict and find out his thoughts about himself, his family, and the universe and how his negative and how their thinking and pessimism are steering them towards destruction. This third component which is affected by addiction is thoughts and I call it the worldview [rather than spirituality]. This worldview is what has been tagged spirituality in AA and NA. (Dezhakam, Email March 19, 2016)

People with different religions, races, and ethnicities are coming to Congress 60, and we never ask them about their religion and beliefs. I wrote the 14 Valleys in a way

that it makes no difference whether the newcomer is religious or impious. In Congress 60 everyone is free to believe in something or not; with one condition which is never to insult or mock others. In our country, most people are Muslims thus the Ramadan is being held at Congress 60 and fasting is educative and it brings many benefits to our members. If I would claim Congress 60 is only for Muslims it would be like saying that the microbe discovery was meant for Christians only! If I had established Congress 60 for Muslims only then it would never spread throughout the world. (Dezhakam, Email August 31, 2016)

Religion means rules and precepts, and spirituality means the path to

the truth and rightness; it means knowledge of oneself, creation and the universe and its creator and eventually intellect's command. (Dezhakam, White Eagle)

Religions are not the actual objective or goal; they are a set of precepts for humanity. When humans received all the rules and regulations, they must implement them in their daily lives. This means moving from mere words to action, which is what we call spirituality. (Dezhakam, White Eagle)

Wherever there is precious jewelry and diamonds, there are bandits and thieves determined to steal them. The diamond of religion has been stolen by ignorant, greedy opportunists who from centuries of

deviation from the path of truth have buried the true meaning of religion and its source. Their superstitions and narrow mindedness have put a dark layer around the light of religion and made the light very dim. (Dezhakam, White Eagle)

At Ramadan everyone is active in Congress 60, some are cooking, some are distributing the cooked food, some are washing the dishes, some are helping financially, and everyone at a specified hour starts eating together. Thus, in my opinion Ramadan in Congress 60 is not only a religious matter but a social cooperation, we have no religious or political tendency. We have people of different religions here in Congress 60 and also we have people who have no belief, but in

Ramadan they cooperate together and they help each other and they eat with each other, for they know Ramadan in Congress 60 is a month of doing self-analysis and learning. (Dezhakam, Email July 30, 2014)

A wise man once said: “Anyone who comes through this door (a sanctuary) shall be fed, so don't ask about his faith”. We believe that anyone who seeks help from Congress60 must be given assistance regardless of religion, ethnicity, race, language, or nationality. We even do not require his surname and address. Furthermore, there is no compliance to any one religion or ideology in Congress 60; the Supreme Power is the higher authority here; everyone is free to interpret

this power for himself or herself. If one is not interested or does not believe, they are welcome as well. We also do not follow any political view and all members from various religions, beliefs, and political parties co-exist in harmony in Congress 60 and respect one another. Religious and political discussions are prohibited in our meetings. (Dezhakam, Email June 25, 2011)

### **Resisting Forces of Destruction**

Do you think the army of ignorance, hatred, vengeance, deception, arrogance, selfishness, material obsession, and fear will tolerate love's triangle and permit it to send and receive its messages? Do you think they will allow love's forces, including compassion, forgiveness,

friendship, sacrifice, honesty, bravery, and integrity, to operate freely? How could a human being under the crushing influence of alcoholism and drug addiction hear the beauty of love's waves or even send them? Residents: how could anyone stop these destructive waves so they can hear the sound of love? With knowledge, awareness, and wisdom. (Dezhakam, 2011)

### **Responsibility in Recovery**

We have to understand that having free will means we take responsibility for our actions and not leave them to god. If we want to come out of darkness, we must work hard and move towards that direction ourselves. (Dezhakam, 2011)



Lots of people think of heaven as the wonderful garden and do a transaction with God so that they can go to that heaven and never have to work for anything. (Dezhakam, White Eagle)

The process of life contains change, transformation, and emancipation. Transforming from one form, shape, and phase into another and emancipation from one stage of creation to another stage entitle the human being to achievements and accomplishments that are attained through training, education, knowledge, and experience. Ultimately, we're nothing but our own efforts. (Dezhakam, White Eagle)

You must try very hard to fulfill your duty in this world, which is like an examination. If you pass with good grades, you are very happy. (Dezhakam, White Eagle)

Whatever befalls a human is the result of his own actions and intentions. Every human being must find his rightful place through knowledge; if he is not happy with that standing, then he should start a journey of positive transformation which is both easy and difficult. This is justice. (Dezhakam, White Eagle)

For redemption, we must rely on ourselves and utilize our inner strengths, a powerful giant that is not yet awake. On our journey, we awaken this sleeping giant gradually and once fully awake, it means

the resurrection of the individual. We must fully accept the responsibility of our addiction and realize that we have done all these damages to ourselves and make no one else responsible for our actions. (Dezhakam, Crossing the Zone)

Humanity must know that there is a price to pay for achieving peace, comfort, happiness, and love. And finally, we must know that to gain all those beautiful things, we must only rely on ourselves and no one else. If we do not tend to this purification ourselves, there is not a single method or remedy that will guarantee the end results. No one can arrive at virtues through vices. (Dezhakam, 2011)

If we always attend to our affairs and responsibilities, we can achieve internal bliss. (Dezhakam, White Eagle)

You shall find the key yourself. If the person doesn't do the seeking himself, all the expert researchers can't help him find it. (Dezhakam, White Eagle)

### **Romantic/Sexual Relations (in Addiction and Recovery)**

In the early days of Congress 60 men and women were participating the same meetings. Unfortunately, we faced many problems. A poem comes to mind: I am drunk and you are mad! Who is gonna take us home now? A stronger recovery was achieved when we separated men and women. And they were

allowed to bring their families with them only.

Nowadays men travelers don't even know female travelers as they are using different buildings. We have seven centers for women, and we are increasing them.

Recoverees must be focused on recovery. Especially during the first year, the recoveree must avoid nourishing too much attention to other aspects like finances, politics, finding the love of their life, sexual relationships, etc.

### **Rules of Life/Recovery**

This life and the process of living consist of certain laws. Ignoring these laws or disobeying them can lead to misfortunes, sickness,

poverty, madness, and destruction.  
(Dezhakam, The Blissful State)

There are certain rules which I try to mention in order of importance:

1. The individual must settle his or her debts, whether financial or spiritual.
2. He or she must refrain from indulging in vices and move gradually towards virtues.
3. We must serve humanity and creation as much as we can and love everything and everyone.
4. Gradually, we must leave the dark world of ignorance and move closer to knowledge and light.

5. We must live in the moment, appreciating the present. (Dezhakam, The Blissful State)

An important point here is that these laws [of life] are misused by dark or satanic forces for their selfish gains. You could say they are misrepresented and that a role reversal has taken place. Although these laws are meant for betterment of humanity, they are being used to abuse, oppress, and confine people by monopolization of religion and exclusiveness of God or spirituality by deceptive opportunists. (Dezhakam, The Blissful State)

### **Self-knowledge (Role in Recovery)**

We know very well that if a person himself doesn't search for the real

subject, all the experts in the world can't help him. (Dezhakam, 2011)

### **Serenity (in Recovery)**

We are constantly experiencing hell and heaven at every breath; when we are at peace with ourselves, we are in paradise, and you can guess the opposite. The interesting point here is that all of us must pass through hell in order to arrive at heaven. (Dezhakam, White Eagle)

### **Service to Others / Volunteerism (Role in Recovery)**

You must regain your previous respect and status for your own sake and not for others. You must have to give; generosity will bear its fruit. (Dezhakam, White Eagle)



Maybe this is a bit surprising, but we [Congress 60] have no paid staff. All the positions are filled by part-time volunteers who include Didehban, Marzban, Guides, and Assistant Guides, their numbers are more than 300 hundred. (Dezhakam, 2011)

Those who are constantly giving to charities or at least pay their alms from what they gain materially or spiritually, are like a clean, fresh spring full of energy and joy. Those who pay nothing from their income to charities and want everything for themselves or their families are like a sand desert that has no plant in it. They always fear the desert storm because they have not planted anything to protect them from the storm. (Dezhakam, 2011)

A great sage once said: *hands that offer assistance are more sacred than lips which say prayers.* Worship lies only in serving others, not in prayers, customs, and religious ceremonies. (Dezhakam, White Eagle)

If addiction treatment advocates around the world could achieve or come up with a true treatment method capable of curing addicts, then these truly treated and recovered people will return the favor in a way that no other governmental or non-governmental parties would or could! (Dezhakam, Email June 9, 2020)

When we decide to start a new building for Congress 60, since we have all sorts of people with

different occupations, this is what happens: One person donates bricks, another donates plaster, or girder. One takes care of electricity, another handles the paperwork or the administrative process. The sum of these things declares the sociality of a NGO. (Dezhakam, Email September 16, 2019)

Helping others within Congress 60 is an ethical core. There is a prevailing belief within Congress 60 that: *Others planted and we ate. We must now plant so others can be fed.* This is our way of saying that others helped us to gain our health and we must now serve others on a voluntary basis. (Dezhakam, 2018 Blog)

## **Smoking Cessation (in Recovery)**

**On Early Attitudes toward smoking in Congress 60:** 95% of Congress60 members (travelers) are smokers with the average of 20 cigs per day. The brand that almost everyone smokes in Congress60 is light, slims cigarette with very low amount of tar and nicotine. Interestingly, this is the same brand that I smoke! So far, the only attempt done to reduce harmful effects of smoking in Congress60 is harm reduction which is changing the cigarette brand into a less dangerous brand and also tapering the number of cigarettes smoked per day. However, we have yet to implement a program for those who wish to quit

smoking for good. Dezhakam, Email October 5, 2011)

You will recall that before my heart stroke you spoke about smoking. You even mentioned that you couldn't watch your friends die because of smoking anymore. I didn't take it seriously then. I even mentioned that smoking had some benefits! All the experts researched on the disadvantages of smoking, I ignored. Then my heart attack happened. When I was at CCU (cardiac care unit) your words flitted through my mind and I used the DST method for smoking. I used nicotine gum for this cause just like for narcotics. Tremendous results were achieved. I named smoking cessation legions [support meetings] after William White because of our

debates on smoking cessation. I did it to value our friendship and your awareness about this issue. I am certain that the DST method and nicotine gum shall remain the best method regarding smoking cessation perpetually. Today everyone believes within Congress 60 that smoking cessation fulfills the addiction treatment. (Dezhakam, Email October 16, 2017)

My experiences on alcohol, narcotics, drugs, and nicotine addiction shows that the professionals have missed an important fundamental and scientific point on this matter. I believe we won't reach the certain addiction cure unless we pay attention to this important matter [nicotine addiction and the import of

smoking cessation]. (Dezhakam, 2012)

Hopefully with your diligence, smoking cessation will be merged into addiction treatment advocates. Along this road I am staying by your side and am ready to do any necessary actions or research. Smoking cessation turned into a serious matter within Congress 60. Members look down on those second travelers who are still smoking cigarettes. (Dezhakam, Email, April 22, 2017)

Those who smoke within Congress 60 are not granted any responsibilities and, from the Congress 60's viewpoint, the smoker is still an addict. (Dezhakam, Email June 6, 2016)

## **Social Relations in Recovery**

When you associate with a negative, immoral individual, they will inspire the negative attributes within you. If you associate with a virtuous person, they will inspire and teach you virtues. That is the reason why we are advised not to approach the wicked tree, meaning to not get close to wicked creatures. If we do, we will be guided to the depths of misfortune and suffering. (Dezhakam, 2011)

Human beings who are after destruction and vices even though they have received the optimum trainings are strangers to love and kindness. These individuals should be given plenty of opportunities to make amends, If they still insist on



their ways, they must be left alone till a point when their mentalities change for the better. (Dezhakam, 2011)

### **Sports (Role in Recovery)**

The Congress 60 sports complex has more than 14 fields of sports and was selected as the best sport complex among 7500 sport complexes of Iran. We received an award for it. (Dezhakam, October 30, 2017)

The sport association of Congress 60 conducts annual sports Olympics for the revived drug users who are now competing athletes. There are different sports competitions including soccer, volleyball, rugby, archery, badminton, table tennis and traditional body building. It

should be mentioned that Congress 60's archery, rugby, dart, and traditional body building teams have made it up to the National Levels. (Dezhakam, 2011)

A healthy body is the main benefit of sports. Sufficient movement reduces illness. Sports fill the free time properly.

Sports can bring people closer. Sports provide a joint goal (competition). Don't forget the great feelings caused by sports. Sports are mandatory within Congress 60 for members and their families. Congress 60's participation in competitive sports is the main means of conveying the power of the DST method to the world. Seeing people who were once addicted perform as world-class athletes stuns the world! (Dezhakam, 2018 Blog)

Sports activities are vital in gaining a healthy physical and mental balance and in achieving a cheerful personality alongside restoring the production of the body's natural opioid substances. (Dezhakam, 2011)

My philosophy regarding the role of sports in curing drug addiction is that it is best achieved as a gradual approach, with light activity in the beginning and full force after successful treatment and in recovery. A wise one once said "if you can, teach others how to love and serve; if not, give them hope. If there is nothing else you can do for them, at least make them busy; because doing nothing is the source of all corruptions." In Congress 60, I have made two concepts clear to my students for them to always remember

in life. First is continuing their education, and the other is involvement in physical exercise or a field in sports. (Dezhakam in White, 2012)

In Congress 60, sports are usually taken up seriously after the treatment process and in recovery. I believe that every human being must take up some sort of a physical exercise to maintain good health and avoid the regular trips to the doctor. It is the most valuable, healthy, and yet cheapest form of entertainment available for humanity and a key factor in preventing revived addicts from going back into addiction. (Dezhakam in White, 2012)

Dear friend, perhaps it is still unbelievable for most people that former drug abusers after treatment completion can play a tough game like

rugby. These triumphs are a strong testimony to the power of X theory, the DST method and a true prolonged recovery. In compound archery (50 meters) our archers (lady co-travelers) gained first and third place in competition within the Tehran province. (Dezhakam, Email May 12, 2018)

### **Stigma (of Addiction/Recovery)**

The addiction problem gets attention through dramatized images, but the recovery story is missing. That is why the world is drowning in the addiction swamp. Thinking about illness will bring illness, one who thinks about misery will find misery and someone who is thinking about despair will gain despair. All together I believe thinking negatively or negativism will get us

closer to the downfall and thinking positively or hope will steer our lives toward peace and a prosperous life. Therefore, recovery means hope, peace, positivism, and eventually exiting darkness toward light and living at peace. (Dezhakam, Email September 23, 2015)

The prevailing idea is that an addicted person is a dirty and pathetic thief who is filled with vices! According to this belief, one must avoid those who are addicted. We must abandon or exile them or even destroy (kill) them all. Society treats them like criminals. Although the consequences of addiction may force those who are not financially gifted into criminal activities or neglecting health status, this is not common among all people who are addicted. An addicted person is not

a criminal. Wrong reactions of society are transforming them into criminals. (Dezhakam & White, 2022)

I believe the root of addiction tree rests in brain neurons and if we pass this stage (understanding this fully and trying to cure addiction with restoring neurons) then all the recovery advocates will experience a giant leap. Then and only then will we be able to clear the addiction stigma [that addiction is a question of morality or a mysterious disease]. It gets even harder when sober addicts after years of sobriety consider themselves as less than normal. (Dezhakam, Email February 18, 2020)

I was a guest to a TV program in which I started defending drug users and challenging the current

methods of treating them. The host asked me now that you have introduced yourself as a former addict, does it bother you that people are going to humiliate you? I looked at him and then I turned to the lens of camera and said: "I don't want people to respect me! I will make them respect me by my acts and manners. I remember the day that a simple soldier arrested me with humiliation for being an addict, however, today the chief of police or even the minister of Iran respects and praises me." All the people in recovery must act in a way that the societal attitude changes toward them. We must be able to show the Dr. Jekyll to them. (Dezhakam, Email February 18, 2020)

What can break these stigmas?



1. We shouldn't separate ourselves from normal people and we shall never assume that we differ from them.
2. We should never curse in our speaking.
3. We must dress nicely and cleanly.
4. We should show gratitude to those who are helping us.
5. We must never blame friends, families and professionals for our problems.
6. We must accept that we are responsible for our troubles in life.  
(Dezhakam, Email May 19, 2018)

It is because of recovery that we were able to transfer this message that addicts can return to society and even be the best in their tasks.  
(Dezhakam, April 22, 2017)

## **Suffering**

There is a reason and a purpose behind every event; calamities and great sufferings are not always the source of misfortunes or misery. Sufferings and misfortunes can lead human beings to highest or lowest of human and divine achievements. (Dezhakam, Email May 14, 2011)

## **Supreme Force (Role in Recovery)**

Maybe some of us don't have faith in this force, but if we look deep within our hearts, we can feel its presence; seek and we shall find. This can play an important role in our redemption and good health. (Dezhakam, 2011)

While traversing the different stages of our life journey, we must do the best we can, but ultimately rely on god's grace for assistance. We must constantly remember that the supreme force is the manifestation of everything and seek his guidance and compassion in all calamities. (Dezhakam, 2011)

### **Thinking/Thoughts (Role in Recovery)**

The first step in creation is a thought or an idea. (Dezhakam, 2011)

Maybe thinking seems like an easy or difficult thing to do but it is available to all without cost, and it is the key factor in the start of the journey from darkness towards light. (Dezhakam, 2011)

We must devise a careful plan to defeat addiction—a precise, calculated plan, with no turning back. (Dezhakam, 2011)

Real ideas turn into action; otherwise, they are just fantasies. (Dezhakam, 2011)

We shouldn't underestimate the attraction of drugs and dark forces; they will be disguised in the most beautiful forms to enter our thoughts and once again enslave our wisdom. (Dezhakam, 2011)

### **Time (Required for Recovery)**

We forget the factor of time. Take recovering from drug addiction as an example. Someone has used drugs for 20 years but thinks he can

quit it overnight and others expect him to do so as well. Changes and transformations in the physical realm can only take place gradually and need time. (Dezhakam, White Eagle)

Now if someone says that they can help an addict who has used drugs for 5 years quit in 20 days and be in perfect conditions; it is like saying that they can bring a human fetus into life within 20 days. (Dezhakam, Crossing the Zone)

Just as dirty and polluted water is turned into clean and pure water by purification, to transform a depressed, disturbed person into a calm, cheerful individual, there's only one way and that is through cleansing and purification. This is not done instantaneously; it cannot

be done in one day or through a magical chant or potion or through a miracle. It takes time and is gradual. It can only be accomplished through the proper training and education and by gaining the necessary experience, awareness, and deep reflection. (Dezhakam, 2011)

The seeds of vices which we planted in the past will inevitably grow in our farm and we must be patient and weed them out gradually. (Dezhakam, The Blissful State)

We don't have the power to keep time still; conditions always change. We are like a flowing river; if we stop, we will turn into a swamp. (Dezhakam, The Blissful State)

Be patient and give this enough time. We are proposing a gradual

approach as there is a long way to go. Time is needed for your mind and body to find their strength and health once again. (Dezhakam, White Eagle)

Begin your task from one point and it shall lead you to the next stage and eventually you can achieve goals that are beyond your conception. (Dezhakam, White Eagle)

## **Tolerance**

Imagine that we cannot run for a hundred meters now! Our hearts and lungs lack the capacity or tolerance. However, if we practice daily, gradually after six months or a year our hearts and lungs will get to a point where we can even run long distances. "Tolerance point" has a pivotal role in all aspects of our

lives. It plays a key role when we want to achieve successful addiction treatment!

As an effect of prolonged drug use, the tolerance for drugs increases, and that is why the need to use more is created! This process is reversible. We just need time and a proper method! Changing doses must take place every 21 days. If a drug user knows his tolerance for drugs— meaning how much his body requires to perform on a daily basis – then he has started treatment without even knowing it! Now this individual can start tapering and lower his tolerance point for drugs in time, maybe even he reaches complete cessation! Similarly, we can also increase our



tolerance for troubles and unpleasant events in life.

## **Tree Planting Ritual within Congress 60**

In the twelfth valley, each revived addict must plant a tree annually and after planting they must take care of it. This move (tree plantation) could be imagined as an act of making amends for the addiction period and a way of thanksgiving for addiction revivification. (Dezhakam, Email March 15, 2017)

The tree planting ceremony has become very strong within Congress 60 and, this year we averaged 300 individuals in each branch participated in this ceremony. In Tehran, 4,500 saplings were planted. This is an obligation that I have designed

for all second travelers of Congress 60. They must plant at least one tree each year and keep it safe. I believe this is an obligation for all the residents of planet earth to plant a tree each year. This movement can prevent further global warming. (Dezhakam, March 20, 2019)

### **Trust (Rebuilding in Recovery)**

We have to move in a positive direction and carry out certain plans so that others gradually trust us again and change their views about us. This can be done by doing decent acts. When we believe in ourselves, others will also believe in us. (Dezhakam, 2011)

## **Unity**

Growth takes place in unity. If we are connected, then our bonding gets stronger and firm. We will flourish by loving each other. (Dezhakam, Email May 3, 2021)

## **Values in Recovery**

Everyone admires values like honesty, righteousness, helping others, and so forth, and most people dislike lying, fraud, hurting others and so forth. It is interesting that even thieves tend to share the stolen things based on justice or fairness! They avoid lying and betraying each other! Therefore, all human beings are fond of good, and they dislike evil. They are very aware that good is good and evil is bad. That is why I believe the work of

Congress 60 is effective at every culture with a small adjustment. Recovery values work across diverse cultures. (Dezhakam, 2021 Blog)

## **Volunteerism**

There are many non-governmental organizations (NGOs) worldwide that must maintain a paid staff to operate, and I totally agree and understand this issue. People must have an income to live comfortably. However, I believe that it is better for Congress 60 to operate on a volunteer basis so that those who do not need money enjoy the opportunity to serve with love and compassion. It is better that Congress 60 continues as it is so that it can provide humanity the knowledge that its members have gained through suffering and pain. This

knowledge, which is available for all people, NGOs, universities, and academic centers, is gained by people who have gone to hell and returned. Everyone is welcome to use any part of it that they think is beneficial. I believe that if I pay salaries to our staff, it will bring more harm than good. (Dezhakam quoted in White, 2012)

## **Willpower in Addiction/Recovery**

A mistaken social stereotype is that drug users lack will power and determination and that's why they remain addicted! This immoral thinking is based on ignorance. Drug users have will power and honor just like other people. Although, addiction weakens some human attributes, this doesn't mean honesty and integrity are completely

vanished in drug users. Quitting addiction is not about will power, the symptoms that a wrong method forces on the body are so severe that even a healthy human being is incapable of tolerating them! (Dezhakam & White, 2022)

### **Worldview (Role in Recovery)**

During my treatment I realized that to successfully treat drug addiction, besides the physical body and psyche; we must pay attention to a third component called worldview which comprises our perceptions, outlook, and view towards life in general. (Dezhakam, 2011)

Worldview is the true perception of life and living and how to use the blessings of life. It means the transition from fear to courage, from

humility to gratification, from ignorance to wisdom, and at last from hatred to love. Worldview is the transition of an unbalanced human being into a balanced and responsible one. The education of worldview must be alongside with recovery. The DST method frees the body while worldview frees the soul; both are nested in a fellowship of shared experience and hope (Dezhakam, Email, November 11, 2019)

Worldview is the proper teachings to achieve a better living that we call long term recovery. (Dezhakam, Email March 2, 2020)

Worldview is a lost ring in addiction treatment and recovery. Without it, a true treatment and a stable recovery is almost impossible.

(Dezhakam, Email November 11, 2019)

Worldview and its effects are completely different than psychological interventions. Sadly, most experts believe worldview is the same as what they are doing under the title of psychological interventions. (Dezhakam, Email November 4, 2019)

When we are talking about worldview, we must include the six elements noted by Dr. Kurtz (Release, gratitude, humility, tolerance, forgiveness, and being-at-home.) (Dezhakam, Email January 9, 2020)

An individual must learn the worldview teaching to learn how to communicate with himself, family,



and the community. (Dezhakam, Email December 14, 2021)

If our thoughts or worldview are like a flower, we will be in a garden. If our thoughts are like a thorn, then we will be in a desert. (Dezhakam, Email November 14, 2021)

A person addicted to drugs has lost himself based on a wrong attitude and way of thinking. They must change their way of thinking. And they can't do that without proper education of worldview. (Dezhakam & White, 2022)

Without actual changes in perception to achieve a healthy worldview, one can't cure addiction. That is why we are saying to cure addiction we must take care of body, psyche,

and worldview. (Dezhakam, Email November 7, 2021)

Our physical and psychological problems will be solved within a reasonable time period, but our universal perception must change towards ourselves, the people around us, and our surrounding environment. This means that our viewpoint, awareness, and knowledge must be changed. (Dezhakam, 2011)

If addiction was only a physical or psychological disease, then treatment would be needed only in these areas. However, there is extensive damage done in another area, which I have named worldview. Worldview is the manner in which the individual looks and perceives himself, his family and friends, his

social circles and interactions, and society. I believe the crisis faced by an addict has three aspects to it; this triangle has three sides, and all three have been damaged and must be repaired: the physical body, the psyche, and worldview. (Dezhakam in White, 2012)

An addict's world is like a dark prison; one feels trapped inside the experiences of fear, anxiety, rage, humiliation, and lack of identity. In order to march towards light, health, and freedom, the individual must make a move. We call it a journey from fear to courage, from anxiety to bliss, from rage to compassion, from humiliation to honor, from sickness to health. (Dezhakim in White, 2012)

According to me, psyche is mood, in other words, the combination of behavior and thoughts. The key point is that these elements are not in balance in the addicted person. To cure addiction, this balance must be restored. To achieve that we must address the psyche's two pillars. The first is the body. In Congress 60, we understand that the X system [one's neurobiology] is out of balance due to prolonged drug use and is restored through our DST method (the use of opium tincture titrated over 11 months). The second pillar is what we refer to in Congress 60 as one's worldview--our thoughts, attitudes, and perceptions. Worldview plays a unique role in addiction treatment and recovery. Without body repair and a change in worldview, the cure of addiction is not possible. To cure

addiction, we must take care of the body, psyche, and worldview. (Dezhakam, 2021 Blog)

The worldview has a profound effect on recovery from addiction. Recovery without worldview is like a religion without a holy book or a country without laws. I believe worldview must help an individual to get out of the darkness and provide one with self-confidence. It provides the courage to do the impossible. It strengthens the bonds between the person and the family. It turns the weakest of us into the strongest by teaching us how to be human and how to speak with each other. It is the key to regaining balance. (Dezhakam, 2021 Blog)

## **Work**

Working during the recovery process depends on the treatment method. In sudden withdrawal, one might not even work for a few months! It can be even more hazardous in sensitive jobs—need focus and attention more—like driving. In medicine-based treatment, it depends on the type of medicine, and whether they affect awareness or not. In the DST method with OT, one can work even on the first day of treatment initiation. Our travelers can work but they must attend the meetings (3 days a week, starting at 5 pm) during treatment.

When an individual reaches one year after the treatment completion milestone, he is told that if he has to

choose between his job and Congress 60, he must choose to work. If he must choose between his family and Congress 60, he must choose his family. Congress 60 values working and education above all.

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