



When Chocolate No Longer Works

Many of us have an infinite connection with that rich and creamy substance we refer to as chocolate. Chocolate is one thing that draws us into a feeling of security during emotionally charged moments. The flavor-filled treat has been settling churned emotions for centuries and offers a happy association to our childhood memories through celebration, or simple times of pleasure in which we had chosen this particular vice to create a much needed cure. Perhaps this is why we have a tendency to use or rely on chocolate in our moments of unhappiness. The comfort we experience through chocolate goes beyond the warm and fuzzy blanket, to palpate our palates and warm our stomachs, all the while comforting the emotions that can tweak us deep to our core. As children, it was the substance that could bring us joy with little ramification if we overindulged.

Just like the evolution of life, chocolate has grown from a tiny seed into a budding industry. It has weaved its way into existence through many guises in religion, trade, aristocracy, and tradition. The Aztecs used chocolate to connect with goddesses, Christopher Columbus for trade, the English offered it to royalty, and Americans John Hanan and James Baker refined the cocoa bean into what we know today as chocolate. Milton Hershey saw an opportunity and created the famous “Hershey’s Kiss®”. Today we continue our love affair with chocolate so that we may remain in emotional bliss.

Over time we have developed such an emotional connection to this confectionary dream that we no longer look to it as a luxury as our great-grandparents did, because of its sheer accessibility. Chocolate has become a primary mood stabilizer. How often have you heard a woman say their drug of choice once a month is chocolate? (Undoubtedly my drug of choice would be french fries, but, I have also heard several men say that when they want something sweet they will turn to chocolate).

Chocolate is that one thing that can hold a variety of positive reflections during a moment of indulging. A time of reflection as one savors a bite of such a sweet treat. My grandmother not only taught me how to savor a bite of delicate candy from a box of Russell Stover® chocolates, she also added an exquisite flavor to my memory by sharing her romantic stories of my grandfather whom had long ago passed. She would tell me stories of his dish at the side of the bed, full of chocolates that awaited his return from the graveyard shift. When he would return home, he would awaken her in his playful manner by trying to stick a piece of chocolate in her mouth as she slept. She would awaken and they would talk out their day over a bite or two of chocolate. Because of those stories, chocolate for me has forever had an association with togetherness, and a relationship that

was bound in playfulness. Even today, walking into a candy store always says to me “everything is going to be all right”.

The comfort we experience through chocolate goes beyond the warm and fuzzy blanket, to palpate our palates and warm our stomachs, all the while comforting the emotions that can tweak us deep to our core.

Our association with chocolate can be defined as a molded habit that helps us sink our sorrows comfortably as we heal our pain, if only for a moment. As we grow older an obsession with chocolate can generate complications. The high content of sugar in chocolate affects the blood levels, which can in turn affect our thinking, Chocolate can also potentially cause migraines. Like any substance, our bodies over time may reject it in some fashion. We are then forced to take a look at our behaviors and change the formula unto which we have chosen to nurture our emotional needs. Revising such a seriously happy habit can be hard to break when it seems that this perpetual comfort was formulated most likely at a young age. What was once our emotional support then becomes a connection to self that needs to be severed. However, this is when we can begin to create new associations. Our bodies tell us something is no longer working and our personalities are challenged to let go. We often become uncomfortable with this situation and want to regress back into old habits. Not wanting to lessen or release our hold, chocolate then becomes the vice that does more damage than good to our bodies.

As we grow older, letting go or changing habits may become more of a struggle than simply a challenge we can overcome. We develop habits or ways that are more suited to patterns we have created over time. Something as simple as a lovely addiction to chocolate can change everything over a period of time. Recreating new habits (or in the case of chocolate, a “need” for many) that fills our voids seems harder as we grow older. It takes breaking old patterns and creating healthy new ones. The satisfaction with taking on such a gallant task is that if we accomplish it at a mature age, we have more of a deeper appreciation for our accomplishment. There is great value in being given the gift of ever-changing life at an older age.

Taking baby steps is how one acquires the patience to sustain the image of change and create it. Remember a strong personality was required to create such a strong habit drizzled in chocolate, so a stronger personality must be present to manifest the change. Self-motivation, preservation and insight can be strong influences. Persistence, strength, adoration for life, and drive are the forums for creation. Hope, faith and belief make for an evolving soul, embodied in personality. With an unrelenting commitment to life, you will find fulfillment in all that you take on with yourself. Allow yourself the opportunity to fall. Pick yourself up and carry yourself forward. Know that nothing makes sense until you are on the other side.

Giving up the divine gift of chocolate seems plum crazy. Like all else in life though, the importance lies in where we draw the line between moderation and sweetness. So unwrap another chocolate or drizzle some over a slice of cake, for it is the sweetness that

attracts us here, but it is in the moderation that we stay.

Kris White is a Spiritual Coach and Holistic Minister. In private practice since 1995, she combines her natural clairvoyant abilities and holistic ministry skills to guide others to think “outside the box”. Many find her work helps them to transform their lives. For more information about Kris or to schedule a personal coaching session, please visit www.mysticaltherapies.com or contact her at (978) 372-5300.

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