

S A F B U X Y

**OUT OF THE
MADNESS**

A M E S S A G E O F H O P E

More Praise for **OUT OF THE MADNESS**

“More than a story of survival, this book is a story of a beautiful metamorphosis. I enjoyed this journey immensely, as anyone would who cheers for the underdog and applauds those who cross the finish line in glory. May we all emerge out of the madness! This book is illuminating.”

Brian Luke Seaward, Author of *Stand Like Mountain, Flow Like Water: Reflections on Stress and Human Spirituality*

“In *Out of the Madness: A Message of Hope*, Saf Buxy shares his lifelong struggle through addiction to wholeness. He reveals his wrenching life lessons and the insights he learned so that we too can arise through our own challenges. Saf’s incredible true story is engaging and absorbing. The details are vivid, the people and places are tangible. It’s like we’re there. This well-crafted book also vividly renditions Saf’s experiences of racism, making his book even more momentous. Through his suffering, he rose into his higher purpose so we also might find strength through our ordeals and emerge as heroes of our own journeys. Saf Buxy’s journey from London’s East End in the 1970s to serving humanity is truly inspiring.”

Charol Messenger, author of *Your Awakening Attitude of Service*, and honoree of Marquis Who’s Who in America 2020

“If you look at living your life in a world of possibility like I do, you will enjoy Saf Buxy’s book *Out of the Madness: A Message of Hope*. His life’s story is filled with remarkable resilience and hope. I am inspired with his remarkable creativity!”

Elsie Ritzenhein, Bestselling author of *Awakening Your Creative Voice - Women in a World of Possibility*

“Saf Buxy’s book takes you on a journey through his darkest hours to his metamorphosis and rebirth. The resulting energy and resilience to give to others in sacred leadership is part of humanity’s journey out of the darkness to this new era. This book can inspire you to share your gifts too!”

Sharron Rose, Producer and Director of Quantum Qi, author of *The Path of the Priestess*

“I read Saf Buxy’s autobiography, *Out of the Madness: A Message of Hope*, as a remarkable journey out of his unconsciousness to a mindful, fulfilling life. I understand to get to the highest tops, one must explore the deepest depths. As a Radical Mindfulness Expert, I am impressed by his remarkable turnaround to a high contributor to help others free themselves from addiction and pain.”

Daniel Gutierrez, bestselling author of *Radical Mindfulness*

“This is a book you should read and won’t forget – and not because of its ‘happy ending’. Saf Buxy graphically describes his 33 years of horrifying addiction and abuse (of both self and others) so compellingly that you can’t believe that there could ever be a ‘happy ending’ to his story – or that anyone carrying this level of self-destructive trauma could eventually write about it so coherently.

But here it is, a testimony to our ultimate instinct to surrender to our creator’s grace and allow its infinite power to ‘miraculously’ intervene in an otherwise ‘unredeemable’ life of self-sabotage. The resulting transformation: completely turning Saf’s life of intractable ‘Madness’ into today’s remarkable service to humanity and his devoted support to those seeking to make themselves ‘whole’ again, no matter how ‘Mad’ their circumstances.

You won’t forget the book because it will shatter your deepest assumptions about life and how it all works – and you won’t believe it until you do!”

Dr. William Spady, Leadership and Transformational Outcome-Based Education (TOBE), author of *Outcome-Based Education’s Empowering Essence*

“We are in the midst of a planetary transformation and opening to the beauty and wonder of a New Earth. Many illuminated people, like Saf Buxy, are having dramatic journeys of awakening during these times. His book, *Out of the Madness: A Message of Hope*, is a powerful example of a person who has dared to turn his life around and shine his love into the world.”

Kiara Windrider, author of *Gaia Luminous* and *Homo Luminous*

“It takes great courage to face the demons of our past and tell the world of its deepest, darkest sufferings. Saf Buxy takes the reader inside little known world of growing up Indian on the streets of London and how dreaming for a better life led him down a path of drugs and crime until he had a final wake-up call. Saf’s story is evidence that even the harshest past can lead to new life.”

Victoria Reynolds, Spiritual Luminary and author of *Transcending Fear, Free Your Spirit and Own Your True Worth*

“If you are someone who roots for the underdog, then this book is for you. *Out of the Madness: A Message of Hope*, by Saf Buxy, is authentic and raw. His challenges lead him on a soul searching journey of hope. Similar to my story in *Love@Work: The Essential Guide to a Life of Inspired Purpose*, Saf’s life story concludes with him helping others by communicating his message of hope. I applaud how he has pushed through tremendous difficulties to find his inspired purpose.”

Olivia Parr-Rud, author of *Love@Work: The Essential Guide to a Life of Inspired Purpose*

OUT OF THE MADNESS

SAF BUXY

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Out of the Madness

A Message of Hope

by Saf Buxy

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For information, please contact Kathy Mason, Publisher, at:

kathy@masonworksmarketing.com

or write to:

Mason Works Press
6525 Gunpark Dr. #370-426
Boulder, CO 80301

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For reasons that are obvious, the names used in the telling of Saf Buxy's story have either been eliminated, or in some cases only nicknames have been used. In no way does he wish to malign or slander anyone who is a part of his story, and it is for this reason that this story has been told in this way.

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Secondly, I'd like to thank Kathy Mason for all of her patience and assistance in helping me bring this into reality.

Thirdly, I'd like to thank Fred Atkins who has been involved with this project from the start and assisted me throughout. This would not have been possible without him.

Finally, I'd like to thank each individual I've worked with as they have all given me an even greater reason to share my story of experience, strength, and hope with the world.

A special shout out to Naeem and Farida who supported my family emotionally near the end of my madness, played a significant role in my early recovery, and continue to do so.

An immense sense of thanks to my therapist Lynn Hunt who totally gets me and for whom I'll always be grateful.

Last, but not least, I would also like to honor my close friend and humanitarian partner at "Healing for the Nations", Tania Simmons, who constantly motivates, inspires, and encourages me to be the best that I can be.

Thank you for believing in me.

I would like to dedicate this book to my loved one's who are no longer with me:

Amena Buxy (Ma)
Esmail Buxy (Daddy)
Abdulhusain Saboowalla (Uncle)
Zakir Rajulawalla (Brew)
Asif Zojwalla
Lord Noon
Shirin Challawala
Shabbir Hatimi
Ikbal Rajulawalla
Chris Moore
Simon Withrington
Pete Brandon

FOREWORD

This is a story about abuse and how to survive it... how I survived it.

It's a story of the fallout and damage that abuse causes over time as the victim tries to cope.

It's also a story of how racial, sexual, and emotional abuse can lead to addiction... to alcohol and worse.

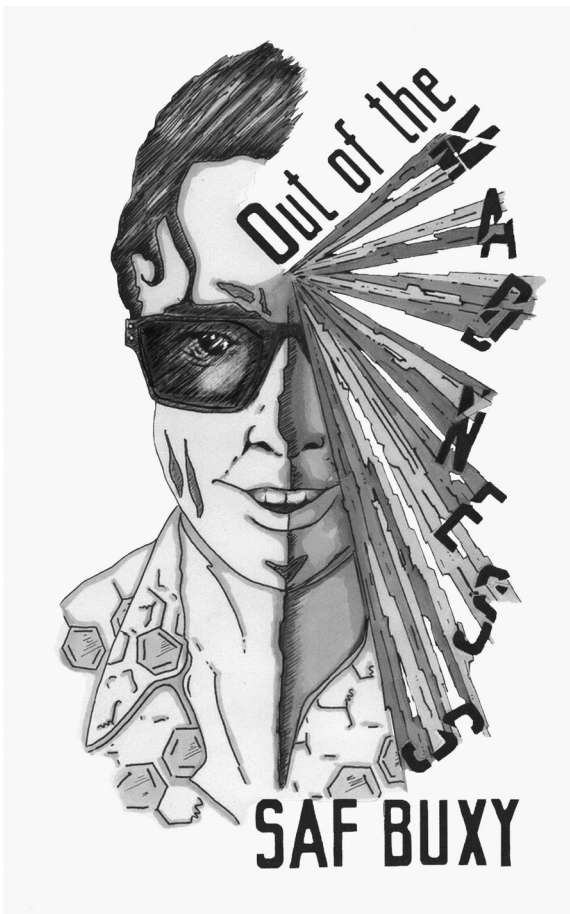
It's also about how you can cope when coping seems impossible.

Even more so, it's a story of coming through the other side and refusing to allow one's past to define their future.

Ultimately, it's about how you can survive, overcome, and thrive.

My name is Saf Buxy. I'm a grateful survivor, thriver, and so much more.

This is my story.



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INTRODUCTION

ADDICTION IN THE FORMS of alcoholism and illicit drug abuse is a phenomenon that continues to explode the world over.

In previous centuries, an alcoholic or addict was often relegated to a sanitarium where one would ‘dry out’, only to re-enter society and begin the cycle of alcoholism once again. For the alcoholic/addict, this was the hamster wheel that most found themselves on until their life finally ended.

In the late 1930s this would change with the founding, by Bill W. and Dr. Bob, of Alcoholics Anonymous, also known as AA, a spiritually based program of recovery from alcoholism. Since then, the program has since spun off into other programs of recovery from other addictions including those to narcotics, gambling, sex, and even compulsive eating and food.

With a proven road to recovery now in place, this made it possible for many who would have been hopeless addicts to turn their lives around through the help of “a power greater than themselves.”

Ultimately, the above was very good news for those who had been struggling with addiction without a way out of their own life of madness.

However, individuals in recovery would relapse, falling back into their old patterns as they did. As this continued, more and more was learned about the disease that we know as addiction. In essence, what was learned is that most of those who deal with addiction happen to have other factors involved (also known as co-morbid conditions) that make ending their addiction an even greater challenge unless, and until, such conditions are addressed.

In addition to a deep, unresolved, emotional pain, which could have been the result of an emotionally disconnected childhood (in an alcoholic home), some of the other factors include low self-esteem, chronic sexual and emotional abuse, mental illness (whether bipolar disorder, schizophrenia, depression, anxiety, or PTSD), genetics, pressure and stress, an unstable home environment, social factors (such as rebelliousness and bullying), along with an appeal to the lifestyle of someone who abuses substances. Three other factors that contribute to drug addiction are:

- A lack of emotional attachment with the child by a parent or primary caregiver
- Ineffective or non-existent parenting
- Exposure to a caregiver who uses drugs or alcohol

Additionally, some substance abuse (marijuana and tobacco, for two) is also driven by the condition known as attention deficit hyperactivity disorder, or ADHD.

Many of the above conditions are what I finally realized were present in my own life, either past or present, as it spiralled out of control.

This book is a chronicle of my struggles, along with a few of the very crazy, strange, and truly bizarre experiences that were a part of my life while I was an active addict. I share these not to glorify that part of my life and the accompanying lifestyle, but to help you understand that addiction has many contributing factors, or ‘causes’, while it also has a way out that can lead the addict into a much happier, fulfilling, and productive life.

However, I also have come to believe that one other factor contributed to my addictions... being adopted. Please don’t misunderstand me when I say this. I’m not in any way condemning adoption, as many who have been adopted have led wonderful, happy, healthy lives. Yet for some, the questions that never get answered, along with a lack of emotional attachment to one’s parents in their early years, can also add to the cauldron of conditions that are responsible for addictions in someone’s life. I know that it did in mine.

Above all, this book is my story into, through, and out of addiction... and into an incredibly amazing life. This healing has given me a real second chance at life with my wonderful wife and children, as well as a new career that I’ve built around helping others make their way through (and out of) their own madness. While I’m here to tell you that it’s no easy task to begin, it’s also one that is VERY rewarding and worth every ounce of your effort.

May you find in the following pages, not only entertainment, but also perhaps a few “I get that,” moments. What I’ve learned since becoming clean and sober is that my past is my past. While I can’t change that, I can embrace it to help others learn from my mistakes.

Turn the page.

School is now in session.

If you would like to read the entire book, visit this link:

<http://www.safbuxy.com/book.html>