

Episode 10 – Mind Altering Drugs

Richard Lloyd Jones: This is Episode 10 of our Healing Through Consciousness podcast series. Is there a difference between mind altering and mind-expanding drugs? Let's see. I'm Richard Lloyd Jones.

I'm a product of the '60s and '70s. I saw guys trying to homestead in the woods of Vancouver Island as I was walking to a favorite swimming hole. I remember the distinctive smell of those funny cigarettes permeating the summer air. I thought they were struggling to find something.

I also remember some idiot slipping a hit of acid into a friend's brother's drink at a party, and watching the ensuing bad trip play out horribly in front of us all.

Our question from a listener today addresses those two points. He writes, "I have classified drugs into two categories: mind numbing drugs, like cocaine, tobacco, heroin, alcohol, et cetera, and mind opening drugs, like peyote, cannabis, mushrooms, etc. While the mind-numbing drugs have been found to be dangerous and highly addictive. the mind opening drugs have been used for centuries and show no signs of addiction or even lasting health problems with repetitious use. Does Dr. Keppe acknowledge this distinction between these drugs? If so, what is Dr. Keppe's view of the spirit worlds that the mind opening drugs seem to unlock?"

Claudia Bernhardt Pacheco is with us again today.

Claudia Bernhardt Pacheco: I would speak about my own ideas because I'm not totally sure of how he would answer the question. But we have to go behind in history and see the first research of Freud. And I don't know if you are aware that Freud and some of the psychoanalysts used cocaine to open the consciousness and the minds of their patients, which is a technique to open the subconscious mind, but not in a spontaneous way. It's more forced, artificially induced. But the experiments that Freud did proved to be ineffective and sometimes even dangerous because we have more an artificial unconsciousness, which is induced, fabricated by our censorship. So we hide from our consciousness what we are not prepared or not willing to see. So we hide extremely important consciousness by censorship, by intolerance, by intransigence, what we call theomania. We want everything perfect, we don't see problems, we idealize everything, the world, myself. So I would not bear seeing some problems, true problems in myself or in people: bad intentions, vices.

Jones: I'm not quite as good as I think I am.

Pacheco: Yes. And sometimes things that are very negative, like perversions and ill desires. And this Freud wanted to uncover. These perverted intentions that people carried in their inner cells, focusing more in sexual things. We don't focus that much in

sexual things because sexual perversions are more symptoms of other more serious pathologies, more based on envy, extreme arrogance, megalomania, etc., etc.

Jones: Ingratitude, all of this.

Pacheco: Ingratitude, etc. And exploitation, for instance, and evil intentions towards our fellow man, destruction of our world. So what Freud realized was that people were not prepared to see things in their inner selves yet, and if they were forced to do so, they became, sometimes, psychotic. This unleashed some psychological psychotic crisis in them. And that's what happens frequently. People that take drugs with the intention to open their consciousness artificially many times they are unable to go back to the true, real reality of the everyday world, where you have to work and be in contact. And there are many revelations people can't handle.

Jones: Yeah. We saw this in the sixties, I think. Guys were experimenting with LSD, and it was very difficult for them to come back from these like nightmares that they were having, these terrible visions. So is it really mind opening?

Pacheco: It could be, but this is more artificially open the neurons and bringing material that is inconscientized to the surface. And we should normally see that. For instance, when you hypnotize a person, he can name everything that he saw in a room, and then he stays there for more than one minute. And then you hypnotize the person and he will name you everything that is inside the room. Things that he could never ever notice in a sort of conscious awakened kind of state. So, we perceive much more things than we acknowledge because of our decrease in our consciousness, the result of these pathologies that Keppe mentions in his work. So, the more we deal with our censorship, the more we open our consciousness in a natural way. So, I'll see more and more and stand more and more. So, this is much more therapeutic or more effective because this is an opening with no side effects.

Jones: And I think, too, Claudia, what's important to say about this is many times people who are using these mind opening experiences, they're looking for like a spiritual, mystical experience of themselves, that I'm part of the universe in some vaster way. And what you're talking about is more the consciousness of how we block ourselves

Pacheco: Yes. And block this consciousness because we should be in contact. We are transcendental beings, so it's not normal not to perceive all these beings. There are many children that they see spirits, they see angels. They can see things that we cannot see anymore because of this increase of censorship and sensorialism. There are people who keep seeing things during their lives and they don't know how to handle that reality. And society is not prepared to handle this, too. So, society censors.

If a patient goes to a psychiatrist and tells him, "I'm seeing and hearing things that are apparently non-existent, or sensorially non-existent," but they are totally tangible in

transcendental terms, the psychiatrist or these health professionals they tend to label this person as a psychotic and they give them a lot of drugs to cover up that awareness. So, when the person is willing to open their minds, they are more curious and have more this intention. But if they want to go through this, they must go through this through virtue, being virtuous, being loving, being ethical. This is the door opening to transcendence. It's looking for a link with God through the resonance with Him in terms of doing what he taught us to do: to be ethical, to do good, and to give our lives totally to beauty, truth and goodness.

Richard Lloyd Jones: So, achieving transcendence naturally. Isn't that something? Drugless. And you know, that's the basis of all our courses and therapy sessions, too. Helping people heal through consciousness. Not chemicals. Beautiful work here at the psycho-somatic department of the Keppe & Pacheco Trilogical Colleges. More next time on our continuing series.