



# SEARCHING WITHIN

## A Nine Week Course

### WEEK 8

## Drugs, Alcohol and Addictions

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By Beelzebub

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This topic looks at drugs, alcohol and addictions; it explains different addictions, their effects and how to overcome them. These are all things that cause harm psychologically, socially, physically and spiritually to some extent or another. Most of them have pleasure at their root and are sometimes very powerful and compulsive in their effects.

### The Effects of Drugs and Alcohol

To progress spiritually and psychologically it's important not to take consciousness-altering drugs or to abuse alcohol. These make it much more difficult to do this work and can even destroy it.

They alter the physical body, particularly the brain, which in turn affects the way that the consciousness can use the physical body.

We are multidimensional, these dimensions influence each other as can be inferred from the random actions of particles which, when viewed from the physical world appear to act outside of the laws of this dimension, since they are the link between dimensions.

Our thoughts, emotions and consciousness reside in other dimensions, they need a suitable physical body for them to manifest, when someone takes drugs they alter the workings of the brain and nervous system and thereby alter their functioning.

Drugs also have their effects upon the physical body, you can tell for example if someone has been using heroin for a long time, ecstasy alters serotonin levels in the brain, causing long term problems, others inhaled through the nose damage its lining, not to mention diseases caught by sharing needles, deaths through overdose, impotency, premature aging, etc.

There is also damage done to what we call the vital body, which gives the aura, the part in the fourth dimension that gives life and sustenance to the physical body. This body is fed by eating the vital body of foods. With drugs this gets weaker and the aura loses its brilliance, so we see the effects of someone who has been taking drugs for a long time upon their vital body by seeing the loss of vitality in the physical world, which then brings illness.

Drugs also cause enormous psychological damage, many are very addictive and produce repeated cravings that the person cannot control, they can have great effect upon social behaviour and the way that someone leads their life, with the people they meet, the things they do, what they have, etc.

Addictions can lead to crime and, because the psyche has been altered, the ability to interact with the world is also changed.

Drugs affect the Astral body where the emotions reside, this stirs up the egos in the fifth dimension causing different emotional effects that could range from elation to fear, then in the dreams the egos are running wild and things become haphazard.

In daily life there are the repercussions of heightened emotions, laziness, depression, etc, all from them being altered by the drugs and all the repercussions too that these strengthened emotions bring to daily life.

The mental body, which is in the mental plane of the fifth dimension, is also affected, bringing about mental imbalance, hallucinations, flashbacks, sometimes even insanity and, at a more mundane level, the mind is very active and scattered.

In the sixth dimension where the consciousness resides, it becomes very asleep, with the consequence that it is very dormant here in the physical world, making it more difficult to practice the awareness and the self observation and reducing the spiritual drive and yearnings.

All in all, the capacity for spiritual work is drastically reduced, to the point that we would probably have little interest in actually doing it. Drugs also damage the bodies that I have mentioned and they need to be repaired with the spiritual work, notably with the alchemy. This takes time and the damage will need to be repaired for real progress to be made.

The hallucinations that people get do not come from anywhere spiritual, even though they may sometimes appear to be when producing apparent states of bliss and heavenly visions, however, they come from the inferior dimensions, from the opposite of the Kundalini and are something negative, they increase the power and effects of the egos.

Even those people who take them apparently for spiritual purposes are fooled by the effects of the descending serpent (the opposite of the Kundalini called the Kundabuffer). I saw one of those ceremonies in the Astral from a so-called spiritual culture, one that sometimes uses drugs and it was a ceremony from the dark side.

The effects of alcohol are similar in many aspects to those of other drugs, because it is a drug, however, with its own particular characteristics. We all know of the problems associated with alcohol abuse, but unlike the consciousness altering drugs it can be taken in moderation, for example a glass of wine with a meal, but much more than that and it will increase the egos and bring other harmful effects. Once someone reaches mastery, the spiritual bodies that they have created reject alcohol and it can't be taken at all.

The drugs that have been referred to here are the consciousness altering ones, not mild ones like caffeine, or medical drugs, which may need to be taken to cure an illness. Sedatives and antidepressants are not a good idea to take; they make a person numb and blunt the capacity for proper self-observation and change. They may need to be used however, in extreme cases, but when someone is well enough to do this work they are better off without them.

Anyone who comes to this work and is addicted to drugs either physically or psychologically must make a big effort to come off them straight away, moving away from their friends who could induce them back into taking drugs. Damage that has been caused to the internal bodies needs to be healed with the Alchemy and the whole work needs to be undertaken with total dedication to get onto the Esoteric Path.

Everything is a choice, but if you want to take up the spiritual work and you are taking drugs you need to decide what you want to do, because they are incompatible with the spiritual work, neither is it worth trying them occasionally because they will really harm your bodies and whatever work you have been carrying out.

It's easier for the Esoteric work if the body is sensitive and is not under the influence of any drug, whatever it is.

### Addictions

Besides the addictions to drugs and alcohol there are many things that can become addictive and can cause problems, some of which are severe. In general all addictions need to be avoided, we are in the esoteric work trying to free ourselves from the chains of the world, and addictions are chains that need to be broken.

To be truly free implies actions in accordance with the divine will, until that becomes clear to you, actions that you know to be beneficial and good spiritually and materially are the best ones to take, using your common sense, intelligence and, where present the message from your conscience. In this way, actions will bring the right consequences and will assist in your spiritual and psychic development.

Addictions can be the ways in which the egos destroy a person, taking them to levels sometimes worse than animals. When the raw tendencies of those compulsive egos appear, the person's capacity of judgement and reason do not work properly, the compulsion to fulfil the egos cravings and desires dominate. It is in those circumstances that one realises the power of destruction that the egos have; they can take a person to levels of despair in order to fulfil their cravings.

These types of egos are very dangerous, because they have a way of controlling a person and a situation. They normally appear in a mild form, in some cases you don't even know what you are getting into. Egos are extremely telepathic; therefore they will sense when the environment is right for them to come in. In some cases it happens when things are not going well for the person and the person is looking for some sort of a relief from stress or a problem. Then the ego related to the addictive activity uses that feeling of pleasure (according to the addiction) giving the person a feeling of relief or comfort, like bait to catch a fish, the person takes that bait, gives in to the pleasure and can easily become hooked or re-addicted. Then it is possible to develop a dependence on the addiction in order to escape the stressful situation or the problem. In other cases a person may try something out of curiosity and he/she likes it, and feels good. Then once the effect is over the reality seems too much to face and the craving for the pleasurable feelings begins.

The egos and the cravings then keep the person under their compulsion and it is difficult to give up. In extreme cases it is possible to get hooked to the point of forgetting to eat or sleep; only coming back to reality when bodily functions are extremely necessary.

Many types of drugs including nicotine produce unpleasant sensations, cravings, when there is not enough of the drug present in the body; these unpleasant sensations cause the person to take that drug to alleviate the cravings. The egos themselves produce unpleasant feelings when a craving is not being satisfied, there is then a double obstacle to overcome, the addiction to the substance and the ego that gets the pleasure that keeps returning and wanting more of it.

It is possible to become addicted to all sorts of pleasures that are harmful to a greater or lesser extent. I am going to outline some of the most common addictions apart from drugs and alcohol, which have already been explained.

### **Addiction to gambling**

There is the obvious hope of an easy fortune but a gambler is usually not just interested in winning money, some egos of gambling are also after the pleasure of going through the exiting moments of waiting to see whether he or she is going to win, which causes them to carry on playing. These egos are after the pleasure of fulfilling the craving for excitement. Therefore, if an addicted gambler wins money they may spend it very fast in gambling again.

Many gamblers are fooled by this ego; some even say that when they gamble they are not after money, so that if they win all the money they win goes to the poor or to their family or to some other good cause. They are so convinced about that, they do not realise that it is the justification or cover up of their own ego that takes them to a casino or a gambling session in the name of a good cause in order to take the feeling of guilt away. In this way the ego keeps the real motive of the addiction undercover and the person is deceived into thinking that at least they are doing something worthwhile. The egos manipulate a person through deceit; however, it cannot be seen unless it is observed closely and thoroughly in order to uncover the real motivation.

## **Addiction to Computers and Television**

For many these are pastimes that cause no harm and there are a large variety of television programs and computer games, with varying psychological effects.

For some people however, computer games can be as compulsive as gambling, but it is disguised by the fact that it is widely accepted as entertainment and is often done in the family or work environment and little except time appears to be lost.

While playing a game in the computer some forget to eat and forget about time. They can easily spend a whole day and part of the night playing. Not only that, when someone is compulsively playing games in the computer, they have little interest in other activities and resent distractions, if someone tries to interrupt they become very sensitive and very defensive about it. This is because the ego is guarding its ground, just like a dog guards its bone, it does not want to listen to anything, particularly things that may make the person stop playing the game and fulfilling the craving of the ego.

In games that involve speed and demand fast reflexes the drainage of emotional energy can be massive. If you play a game like this, you will be able to notice straight away, that you begin to feel a sensation in your stomach (caused by the ego), a tension from the motor centre and when you stop your head can go dizzy. The fascination is massive, there is no self-awareness and the sensations in the emotional and the motor centres and the intellectual activity drain the energy in those centres. So although the person thinks they are having a good time, the egos are having pleasure in feeding themselves, releasing energy and draining the centres, which is harmful for spiritual development.

Many children today spend little time in the fresh air or doing other things more rewarding than spending time in front of a computer draining their emotional energy.

Many people are also addicted to internet chatting, while it can be useful many use it to satisfy sexual desires and get into all kinds of problems. There can be all sorts of addictions related to computers, learning about software, hardware, hi-fi, etc.

Television can also be addictive although if it is used well it can be an informative and useful medium, unfortunately people become addicted to lower emotions and seek out programs that offer increasing amounts of violence, crime, lust and utter rubbish. Too much television also has a side effect of making one passive, this is usually not seen by the individual, but one easily becomes used to watching rather than participating in events of life and that has an effect upon the psyche.

## **Addiction to Foods**

Egos involved in food addiction can be disguised because they have different effects to alcohol and gambling. However, they can cause serious damage and in certain cases even death.

Gluttony pushes a person to eat even when they have eaten enough, or to eat foods that are harmful. This ego is after the pleasure of eating, people who are overwhelmed with this type of ego will, if they see something they like, immediately force themselves to eat even if they are totally full. When eating there are egos present, subtle ones that can be found with observation.

Egos cause real harm with eating disorders. These types of egos come in when the environment is right, someone may find a comfortable pleasure in eating, and as soon as stress begins to build up they feel like eating. The craving begins, the ego keeps pushing for the craving just like with alcohol or drugs. Then a vicious circle is created and the downward spiral begins. Egos like these look for feeling of comfort, it is a basic pleasure/pain cycle of the egos, and that is how they deceive someone easily and hook people.

Another type of eating disorder involves eating very little or not eating at all. In this case the person may worry that they are overweight and feels right about losing weight, even though they may actually be underweight, so they try not to consume much and put all sort of excuses to justify their activity.

This type of disorder can be targeted by egos of fear and/or a subtle ego vanity. Since egos have hypnotic powers the person will see themselves fat although they are losing weight at a fast speed with the lack of food and may even be thin or anorexic, they may feel depressed about their appearance, increasing the problem. The desire to eat is overridden by the desire to loose weight. In these circumstances some people controlled by these types of egos can even loose their lives.

### Dealing with Addictions

It is important to recognise whether you have any addictions and then take the steps to deal with them, you are going to be happier for it in the long term, even though it requires a period of sometimes extremely difficult withdrawal.

It is also worth looking to see if you have any kinds of compulsive behaviour. This is a form of addiction, whereby people become compelled to do certain things like turning on a light three times instead of once, to unnecessarily do things in a certain order, not to walk on lines between paving stones or to compulsively keep going to certain places, etc. These are treated like any other egos, to be observed and eliminated, then they will go, but it is very important to make every effort to stop the activity straight away, and then work upon the thoughts, emotions and feelings that want to do it as soon as they arise. Strong egos will often get a grip on someone and virtually compel them to do certain activities; these are dealt with in the same way as the other compulsive forms of behaviour in that the activity must be stopped straight away then the egos worked upon and eliminated.

Compulsive activities can cause people to live within a narrow framework, going to the same places again and again, sometimes meeting people in a similar situation with a similar addiction and forming friendships around it. Some addictions and compulsions are subtle and some are not so, one that is not very subtle is being addicted to lust. This can have an enormous effect upon a person, since sexual

energies are the most powerful in the human psyche, some may have a great hold upon someone and activities like compulsively masturbating cause an enormous loss of psychic energy and do much harm spiritually, since sexual energies are part of the divine and of spiritual development, so its important to learn about them and about their esoteric potential.

Self-knowledge without knowledge of sex is vastly incomplete, but there is so much to explain, including the esoteric side of sex, that it has been left until the esoteric course; where the mysteries surrounding it will be uncovered.

Observation and the elimination of the egos involved will get rid of addictions, this must go hand in hand with, replacing the addictive activity with something superior, the best way is for someone to dedicate themselves to their spiritual development and to spend time and effort on that, all forms of addictions can be overcome by the work unless a person is so mentally disturbed that they are unable to do it, in which case they need to seek medical advice.

Serious addictions are an obstacle to spiritual development and while some addictions (like coffee or chocolate) may be reasonably tolerable, it is important to observe whatever tendencies you may have towards addictive activities and to remove those that cause serious harm. In some cases this will be an enormous struggle that requires lots of effort and willpower, but the struggle against ones egos and the harm that they cause is difficult but vital if spiritual and psychic improvement and the awakening is to be achieved.

Look into any addictions or drug or alcohol abuse you may have, see what they are, observe the egos involved, root them out thoroughly; looking at what sensations and feelings they produce, because they are the carrot that leads the donkey. Look at thoughts involved if there are any and take the steps in the topic to overcome them, if they are quite harmful then replacing the time spent on them with your spiritual development is very important.

You can also use retrospection to look back over the day to try to spot any addictive or harmful behaviour, if any occurred, see how the ego at the time made you think, act and feel.

Also look into your dreams to see if you can see any examples of addictions there and any progress in overcoming any harmful vices if you have them.

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### Questions and Answers

**Q - I enjoy a few glasses of wine at weekends over dinner. When I was younger and in college I used drink a lot more. I usually used it as a substitute for confidence - found it much easier to “chat up women” when I had alcohol in my system – so obviously it was some way linked to my sexual ego. It used always**

**fascinate me how different people reacted to the effects of alcohol and people I considered I knew well behaving like total strangers. Some people becoming very happy followed a few hours later by crying / depression, others becoming aggressive others not taking responsibility for their actions. Looking at it now in retrospect I can see that the egos were having a ball. I learned to avoid certain people by observing how they behaved with alcohol – as it seemed to show their “true nature” (what I mean is that the egos they kept inside and hidden – anger, jealousy, spite etc were unleashed with the aid of alcohol). In recent years I have never questioned my use of alcohol / why I use it as I consider my use moderate /low – but your lecture has made me rethink. I don’t think I am anywhere near ready to totally give it up yet. Are the few glasses of wine / few beers I have likely to seriously effect my current spiritual development? Do you drink any alcohol at all now and if not at what stage in your spiritual development did you stop? I assume it is my egos and not me that are getting the buzz from the alcohol and if I were truly awake I would not need it as egos would not be.**

A - A few glasses of wine are not going to bring consequences that are so bad that you need to stop; its getting drunk that is more of a problem.

I don't drink alcohol at all now; I stopped about eight months after I knew about this esoteric work. I wanted to awaken and didn't want to make any compromises, but it's at Mastery that you really have to give it up because alcohol affects the superior internal (solar) bodies that have been created.

Yes it is the egos that are getting the buzz, as you go on you get more sensitive and feel its effects more.

**Is the “vital body” physical or spiritual, where does it reside?**

The vital body is etheric; it resides in the fourth dimension.

**I’ve heard a little bit about our “aura” but don’t really understand it. Is yellow meant to signify spirituality and is that why we see Christ represented with yellow halo? Is learning how to see auras part of our future spiritual development?**

The aura is the vital body, Jesus was sometimes shown with a yellow aura to signify his Christified golden bodies, the halo also represents the aura, which has gone through an alchemical transformation. The ability to see auras is developed just like other psychic faculties with inner spiritual progress.

**A lot of the “great works” have come from people who “expanded their minds” by taking drug altering substances. A lot of the great poets of the last few centuries produced their best work while high on opium and modern day bands such as “The Doors and “The Beatles” probably produced their best work while “tripping”. Did all of this “creativity” come from the inferior dimensions? If so is it damaging my spiritual development by listening to music created in such a fashion (two of my favourite songs of all time are “Riders on the Storm” and “This is the End” by “The Doors”)**

This “creativity” comes from the inferior dimensions; these are the standards we have as humanity today. Beethoven didn't take drugs, nor did Jesus. That sort of music has an effect, but it is probably less than the effects of the egos you will get by giving up listening to it right now - ones that feel frustrated, deprived, etc.

**A lot of the material you are covering is totally new to me. Just by asking the questions helps me to think about them – which in itself helps me in my understanding – they say that the beginning of true wisdom is to realise just how little you truly know – well I'm definitely at that stage at the moment.**

Realising just how little you truly know is not only the beginning of wisdom, but it is a requirement of wisdom, the knowledge is infinite.

**I'm not quite sure to what extent we should be avoiding particular situations. For example, recently I have been invited to several 21st parties. Obviously, these are occasions where there is a lot of drinking going on. I find that I am in conflict as to whether I should go or not. On the one hand, I feel rude not going because these are important occasions to the person involved, however if I go, I am put in the situation where I'm around drunkenness etc. Even though I am not drinking, is it best to avoid these situations or to confront them? If we have let the people around us know that we are not interested in drinking and they respect that, is it ok to still be in this environment? I am constantly in conflict with myself over this issue (though it is only a minor one).**

It depends on your relationship to the people involved and the nature of the party, if you know it's going to be bad it's best to avoid it.

You need to judge what the situation involves and decide on each case separately.

**I have never taken drugs of any kind, and never will. I drink very little these days, maybe a couple of beers on the weekend, or a glass of wine at a restaurant. But since starting this course I've noticed that I can drink less and less. What I mean is, I can't physically drink anymore. I used to be able to drink 2 beers at a sitting, now I can barely get through half a bottle. It's like my body is rejecting it. Is this normal? Is this because I've started on the Path and my body is not accepting the alcohol like it used to? Sure seems that way.**

The body and particularly the psyche becomes more sensitive when you take up the work of self-knowledge, so you are more likely to feel the effects of the alcohol, it's quite normal and is a good sign.

**Last night I got home and my husband had had 4 pints of beer, he wasn't really very drunk but I noticed a big difference in his behaviour. He was acting like a maniac. In one lecture you mentioned about watching a cockroach and the horrible energy it radiates? Well he was just like that. He was all hyper and his thoughts were all over the place. He kept going off at tangents and barking orders at me and snapping at the kids, he was talking way too loud and he was just generally being obnoxious. It was like he had these dark, floaty clouds following him. Anyway he went to sleep after dinner and snored like a hog. When he woke up he had a killer headache and he regretted drinking so much. It**

**struck me that the reason I noticed all this so much is that normally when we have a drink, we both have a drink. So I'm in the same state as him so therefore I don't notice it. This time however, I was stone cold sober. It was quite the revelation. Just thought I'd share that with you!**

Seeing someone drunk when you are sober is not too good to look at is it? Especially if you have been doing this work. Now you can see why alcohol is no good spiritually.

**The lecture did not mention anything about smoking. I am not a smoker, but I'm pretty sure that would be included under the heading of a drug? Isn't tobacco considered to be a drug? Just wondering because it was not mentioned.**

Nicotine derived from smoking is a drug but it's not as harmful as alcohol, it brings its own problems to the body, but the actual effect of the drug nicotine is not as harmful to the psyche as it alters the consciousness very little compared to alcohol. Nevertheless the addictive feelings when they arise do override the spiritual feelings of the essence and can weaken the drive to practice the esoteric work. Egos also get fed when the craving is not being satisfied since someone in that situation could do things they normally wouldn't do in order to get a cigarette.

**I thought I'd share this. For the last few years I have been using biofeedback technology to ensure that when I try to relax - I really DO relax. I have tried a few experiments to see if any thing can help a person relax - the results have been surprising. I would have the feedback sensor on and be in a relaxed state - the machine would indicate how relaxed I was. I would then take a drink of beer - just one swallow was enough. After a few seconds the feedback sensor went crazy and indicated that I was in a very stimulated state - remember I had only one swallow. I tried the same experiment with tobacco. The same thing happened but much quicker - almost instantaneous. I have tried having a 'joint' as well with the same results; the only difference was that the effect lasted longer. Trying to relax after drinking or smoking is a waste of time - we may feel relaxed mentally but physically we are in a stimulated state. I am a normal guy who likes a drink and the occasional smoke but I have had to make the (very tough) decision to stop both to help me progress on the esoteric path. I know we all say "I need a drink to unwind" or "I need a smoke to calm down" the truth is it doesn't work like that.**

Yes, real relaxation is different to the 'pleasurable sensations' that people feel with drugs and alcohol.

**I understand how drugs and alcohol could disrupt spiritual training, but what about cigarettes? They are also bad for the body and I would like to know how smoking could affect my progress. Thanks for the help! :)**

It is possible to go through a very large part of the esoteric path and smoke cigarettes, because their effects are not as harmful to the psyche as alcohol.

However, they harm the physical body and bring karma because of it, if someone is on the second mountain, they don't get ordinary karma, but pay as they go, and cigarettes incur a payment that makes the path harder.

The nicotine has effects on the psyche and produces cravings, these can sometimes override many of the subtler benefits of the consciousness and awareness, and this can make the work harder and can decrease spiritual drive.

We are here to break our attachments with the things of the world, so being attached to a drug and being compelled by its cravings can only add to the overall enslavement.

**When this course started I was drinking and socially using drugs but saw myself doing this in my dream one evening and realized it was that which was blocking my spiritual development so I have since stopped even socially drinking or using drugs, and yes I will agree that alcohol especially allows the ego to run wild as many of my friends become run by their ego when under the influence.**

Well done, when you see yourself in a dream like that acting with an ego, you can be sure it is that which you most urgently need to change.

**I was wondering, outside of alcohol and illegal drugs, if there were other things that we take in that could hinder us from AP or our spiritual walk. Such things as Caffeine, Dead Food, or over dosing on sugar as we do in America?**

The alcohol and illegal drugs are the main problem, however it helps to keep the body in good shape with good unpolluted food without hormones or pesticides if possible, clean water, air, etc. Because the body is an instrument that we need for the work and when it is ill it is more difficult though not impossible (depending on the illness), to do it.

**Is coffee bad, should we aim to throw that habit?**

There is no need to give it up unless you have a medical condition that prevents you from having it; its effects on the psyche are fairly minimal unless you drink loads of it.

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