

*Real Peacework Akademie*  
- Department "Education / Information for a new society" -

# *Modern warfare*

*How to destroy a country, its future and its people  
without weapons, bombs or military means:*

*The underestimated role of alcohol,  
energy drinks and  
the legalisation of drugs*

*Part 3 of 3*

*"Alliance 'Future': spiritual, economical & social recovery of the Ukraine"*  
<https://www.facebook.com/groups/274048676101167/>

## *Part I: Alcoholism – Economic Effects, Social Effects ... its Effects on Worker and Employees*

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## **Part I: Alcoholism – Economic Effects, Social Effects ... its Effects on Worker and Employees**

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*Part III:*

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## How does food and drinks affect us?



Everything that we consume affects our physical, mental, and spiritual health. There is a wide debate as to whether it is better to be a vegetarian or a non vegetarian. People in either camp have pretty much dug their heels in swearing by the benefits of being a vegetarian or a non vegetarian respectively. We have also compared various types of popular beverages and what effect they have on us. There is, however, a worldwide trend of more and more people crossing over and becoming vegetarians or making a resolve to consume healthier foods. In this section we present our spiritual research using the Electrosomatographic method as well as subtle pictures of the consumption of various types of food and drink. When we consume healthy food and drink that is spiritual positive it complements our spiritual practice. However, while eating non vegetarian or spiritually impure unhealthy food and drink, this can hamper our spiritual growth and progress.

### Spiritual Research on effects of food on health

- [Vegetarian vs non vegetarian diet](#)

A non-vegetarian diet has a negative effect at physical, psychological and spiritual level. Our research shows how consuming a healthy vegetarian diet increases purity within the body and complements our spiritual growth.

- [Effects and benefits of eating vegetarian food vs eating meat](#)

Spiritual research on the effect of eating healthy vegetarian food vs eating meat. Our research using the Electrosomatographic method show how kundalini chakras respond to the food we eat.

- [Research on vibrations emitted by bread and chapati](#)

In this article we find out the vibrations emitted by leavened white bread and unleavened whole-wheat bread. From this we will realize the importance of spiritually beneficial dietary choices.

### Spiritual Research on effects of drinks on health

- [Research conducted on vibrations emitted by beer, cola drinks and fruit juice](#)

Abstract: Mankind is benefitted by the spiritual purity generated when making spiritually correct lifestyle choices, and the influence of the Raja and Tama subtle basic components (excessive activity and ignorance) on him reduces. The lifestyle choices include daily routine, diet, clothing etc. The number of people following a spiritually pure lifestyle is on the decline [...]

- [Research on vibrations emitted by meat and wine using bio-feedback instruments](#)

Abstract In our daily life we need to make numerous lifestyle choices that include diet, clothing etc. Man is benefitted by the spiritual purity generated when making spiritually correct lifestyle choices. The influence of the Raja and Tama subtle basic components (excessive activity and ignorance) on him also reduces. The number of people following a spiritually pure [...]

- [Spiritual research on beverages](#)

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

Through spiritual research, we have compared various types of popular beverages and their spiritual effect on people when they are consumed. This includes alcohol, tea, cola drinks, coffee, fruit juice, coconut water, water, butter milk, and Indian cow's milk. Which drinks are good or detrimental for our spiritual health?

- **[Spiritual health effects of drinking alcohol](#)**

Drinking alcohol has a negative spiritual effect, it attracts black energy and increases likelihood of possession by negative energies and ghosts.

- **[Spiritual health effect of drinking a popular cola drink](#)**

What kind of subtle vibrations does a popular cola drink attract and emanate? Learn why it is detrimental for our spiritual health to consume this type of drink.

- **[Spiritual health effect of drinking tea in bed \(before brushing one's teeth\)](#)**

In this article we have undertaken spiritual research into the consequences of having tea in bed before brushing one's teeth.

- **[Spiritual health effect of drinking fruit juice](#)**

This articles provides us with a glimpse of the spiritual effect of drinking healthy fruit juice as seen through an advanced sixth sense of vision.

- **[Spiritual health effect of drinking Indian cow's milk](#)**

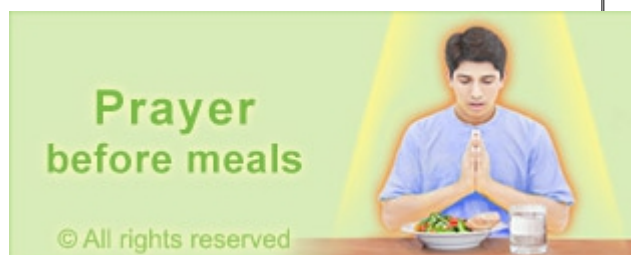
In this article, we describe the subtle-vibrations that an Indian cow's milk attracts and emanates, through a drawing based on subtle-knowledge. Find out how Indian cow's milk benefits us on a spiritual level and promotes good health.

#### Featured Articles on effects of food and drinks on health



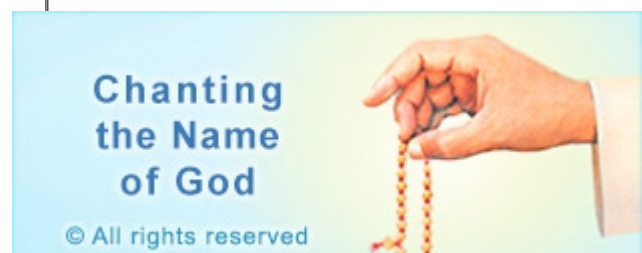
[What is the effect of fruit juice as seen through an advanced sixth sense of vision?](#)

#### How to overcome the harmful effects of unhealthy food and drinks



When we pray before meals we can be protected from any negative energy to affect us through food.

Chanting the Name of God while eating allows us to imbibe spiritual purity from the food we consume.



## Part III: Alcoholism – Spiritual health effects of drinking alcohol

[Home](#) / [Spiritual effects of food and drinks](#) / Spiritual research on beverages



In this section on [sāttvik living](#), through [spiritual research](#), we have compared various types of popular beverages and their spiritual effect on people. The beverages in this summary table below have been listed in order (from top to bottom) from spiritual impurity to spiritual purity and accordingly the possibility of us being affected by negative energies from the spiritual dimension when we consume such drinks.

Type of drink	Sattva <sup>1</sup>	Raja <sup>1</sup>	Tama <sup>1</sup>	Effect of negative energies <sup>2</sup>
Alcohol (including wine)	18	31	51	High
Tea without milk <sup>3</sup>	18	31	51	High
Soft drinks such as colas <sup>4</sup>	21	46	33	Medium
Coffee without milk	18	51	31	Medium
Tea with milk	20	49	31	Medium
Coffee with milk	21	48	31	Medium
Herbal tea	21	48	31	Medium
Fruit juice	31	44	25	Less
Coconut water	31	48	21	Less
Water <sup>5</sup>	31	51	18	Less
Butter milk	31	52	17	Less
Indian cow's milk	33	54	13	Minimal

**Source:** Spiritual research conducted by SSRF on 21 Jul 2013

Please click on the hyperlinked text in the first column to read further details about the beverage from a spiritual perspective.

### Footnotes to the table:

1. According to the science of Spirituality, the entire universe is made up of [3 basic subtle components – Sattva, Raja and Tama](#). Sattva is the component that represents spiritual purity and knowledge; Raja represents action and passion, while Tama represents ignorance and inertia. The subtle vibrations emanating from anything and everything are dependent on the predominant subtle basic component they are comprised of.
2. With regards to the influence of [negative energies](#) and our spiritual practice,
  - When we drink beverages that are high in the subtle Tama component such as alcohol and black tea, negative energies from the spiritual dimension are more likely to try and affect one through that drink as it increases the spiritual impurity within us.
  - The more the quantity consumed the more the effect on the person. As a result people addicted to black tea and alcohol will be adversely affected to a greater extent.
  - For seekers who are practising Spirituality and are making efforts to become more sāttvik or spiritually pure, ingesting Tama predominant drinks will negatively affect their spiritual growth. Moreover they leave themselves vulnerable to negative energies trying to obstruct their spiritual practice.
  - For [Saints](#) beyond the [spiritual level](#) of 80%, even if they ingest alcohol, it will not have an adverse effect on them as they are able to alter the constitution of the drink. For example alcohol can be changed to become water.

### *Part III: Alcoholism – Spiritual health effects of drinking alcohol*

3. *This refers to black tea and does not include herbal tea.*
4. *Colas are Raja-Tama predominant and one of the main contributing factors is due to the chemical additives in them. Any beverage that contains chemicals will be prone to have a higher Tama proportion.*
5. *Water is basically neutral; however its property is that it can easily absorb both positive and negative vibrations.*

*Using a bio-feedback machine known as the [DDFAO](#), SSRF also studied the effect of alcohol and fruit juice on people's Kundalini chakras. We tested the effect of the two types of drinks i.e., alcohol (whisky) and fruit juice (orange) on people who were known to be possessed by negative energies and people who were not possessed. We also tested it on people doing spiritual practice versus those not doing spiritual practice.*

*Below is an SSRF video that presents some of the DDFAO research on alcohol.*

[http://www.youtube.com/watch?feature=player\\_embedded&v=17ephsnEYCA](http://www.youtube.com/watch?feature=player_embedded&v=17ephsnEYCA)

<http://www.spiritualresearchfoundation.org/spiritualresearch/spritualscience/sattvik-living/spiritual-research-drinks>



## Part III: Alcoholism – Spiritual health effects of drinking alcohol

[Home](#) / [The Universe](#) / Sattva Raja Tama



### Abstract

The three subtle basic components (trigunās) of Sattva, Raja and Tama are the very fabric of creation. Unknown to modern sciences, they permeate through all living and non-living, tangible and intangible things. The vibrations emitted by anything are dependent on its predominant subtle basic component. This also influences the behaviour of all things. The proportion of these components in human beings can only be changed by spiritual practice.

### 1. Introduction and definition

The purpose of this article is to give our readers a strong foundation about the concept of the three subtle basic components. It is a very important article for our readers as it forms the basis of many of the articles on this website.

According to modern sciences, the Universe is made up of basic physical particles that include electrons, protons, neutrons, mesons, gluons and quarks.

At a spiritual level, however, the Universe is made up of something even more basic. These basic particles are known as the three subtle basic components (trigunās) namely Sattva, Raja and Tama. In the word triguna, "tri" stands for three and "gunās" stand for subtle-components.

The characteristics of each of these components are described in brief in the following table:

The 3 components	Characteristics	Adjective	Example
<b>Sattva</b>	Purity and knowledge	Sāttvik	Sāttvik man – lives in service of society with no expectation of recognition or reward or any ulterior motive
<b>Raja</b>	Action and passion	Rājasik	Rājasik man – lives more for personal gain and achievement
<b>Tama</b>	Ignorance and inertia	Tāmasik	Tāmasik man – has no problem about stepping on other's toes to get ahead or harming society

We call the components subtle because they are intangible, not physical in nature and they cannot be seen with any instruments such as the latest electronic microscopes. Technically advanced physical instrumentation in the future too will not be able to measure them. These three subtle basic components can only be perceived by the subtle sense organs or our [sixth sense \(ESP\)](#).

- The subtle basic Sattva component is the most subtle or intangible of the three subtle basic components. It is the component nearest to divinity. Hence its predominance in a person is characterised by happiness, contentment, virtues like patience, perseverance, ability to forgive, spiritual yearning etc.
- The subtle basic Tama component is the basest of the three. Its predominance in a person is reflected by laziness, greed, attachment to worldly matters etc.
- The subtle basic Raja component provides fuel to the other two, i.e. brings about the action. So depending on whether a person is predominantly sāttvik or tāmasik the subtle basic Raja component will bring about actions pertaining to Sattva or Tama.

Due to the intangible nature of the subtle basic Sattva, Raja and Tama components, schools and universities that teach modern sciences are unaware that they exist. Hence they do not include them in their curriculum. As a result, the concept of the three subtle basic components may seem alien to some of us. However this does not discount the fact that they pervade our entire existence and the world we live in. Depending on which one of the three subtle-components is predominant within us, it influences how we:

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

- React to situations
- Make decisions
- Make choices
- Live our lives

Since they are not physical in nature, it is difficult to put a finger on them and give them a physical characteristic. Through this article, we have endeavoured to give you a sense of what these three subtle-components are about and how they influence our lives.

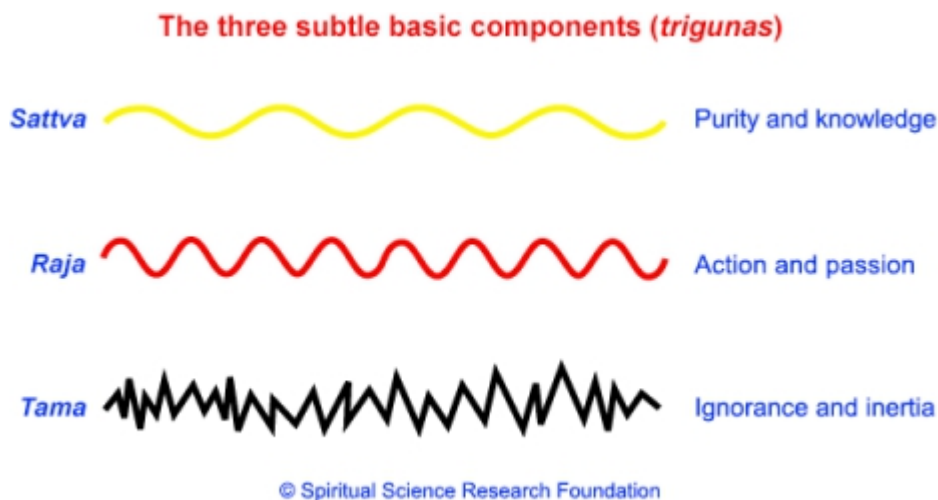
#### 2. Comparison between the smallest physical elements and the three subtle basic components

The following table gives some basic differences between the smallest physical elements known to modern sciences and the even more basic subtle-components that are known to Spiritual science.

Parameter	Smallest physical particle	Subtle basic components
Type	Physical	Subtle or intangible
How to measure?	By physical instruments such as an electron microscope	By our sixth sense (ESP) through the medium of our subtle-senses.
Make up	All of the physical world	All of creation, whether the physical, psychological or spiritual realm. The smallest physical particles are also made up of a combination of Sattva, Raja and Tama. Even our thoughts, which are intangible, are made up of the three subtle-components.
Their characteristics	Influence the physical attributes of creation such as whether something is solid or fluid etc.	Influence the behaviour of all of creation, the decisions and choices we make etc. However the Sattva, Raja and Tama components even affect physical attributes, e.g. the Tama component causes materialisation or solidification.

#### 3. What do the subtle basic components look like?

The following diagram obtained through the sixth sense (ESP) shows what the three subtle basic components look like when they are active.



The three subtle basic components are basically intangible particles. When they are active, i.e. when there is energy accompanying them, they appear in a wave form.

#### Explanation of the diagram

- **Colour:** The subtle basic Sattva component appears yellow, the subtle basic Raja component red and the subtle basic Tama component black in colour when perceived through highly active sixth sense.



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- **Wavelength:** The subtle basic Raja component being the most active is reflected in its wavelength, whereas the subtle basic Sattva component being more tranquil has a longer wavelength. The disorganised and distorted nature of the subtle basic Tama component is reflected in its irregular wavelength.
- **Amplitude:** The amplitude of the Raja component is the highest as it is the most active. The amplitude of the subtle basic Sattva component is lower and regular, whereas that of the subtle basic Tama component is low and irregular.
- **Length:** Their length is dictated according to the need of the function.

#### 4. The three subtle basic components and the five Cosmic Elements

The three subtle-components also make up the five Absolute Cosmic Principles (Panchamahābhūtas). The five Cosmic Principles are Absolute Earth (Pruthvītattva), Absolute Water (Āpatattva), Absolute Fire (Tējtattva), Absolute Air (Vāyutattva) and Absolute Ether (Ākāśhattva) Principles. The Cosmic Elements are intangible in nature and are the subtle most aspect of the actual elements that we can see and feel. For example, the Absolute Water Principle is the subtlest form of the water that goes to make up the rivers and the oceans etc. In short, the five Absolute Cosmic Elements are the building blocks of the Universe. But they are also made up of the three subtle basic components.

The following table shows how each Cosmic Element differs in its composition with regards to the proportion of the three subtle basic components.

##### The three subtle basic components and the five cosmic elements

	Sattva	Raja	Tama
Earth	10%	40%	50%
Water	20%	40%	40%
Fire	30%	40%	30%
Air	40%	40%	20%
Ether	50%	40%	10%

As you can see from the table above, the Absolute Earth Principle has the highest amount of Tama; hence it is also the heaviest. The subtle basic Tama component limits existence, whereas the subtle basic Sattva component makes it expansive. This explains why the Absolute Earth Principle is the most inferior among the five Cosmic Elements. It also explains why the Absolute Ether Principle is the most subtle and sattvik and thus the most powerful. The reduction in the Tama subtle basic component across the five major Cosmic Elements makes the elements progressively less tangible. For example, Fire is less gross or tangible than Earth.

Humans are composed predominantly of the Absolute Earth and Absolute Water Principles. As an individual starts evolving spiritually, he or she starts functioning at progressively higher levels, like the Absolute Fire Principle etc. This is characterised by a sense of radiance emanating from a spiritually evolved person. As this happens, the individual's basic needs begin to decrease, such as the need for food and sleep. In addition, his comprehension and capacity to perform various activities increases markedly both quantitatively and qualitatively.

#### 5. The three subtle basic components and the world

##### 5.1 Natural Disasters

If there is an increase in the Raja and Tama in the world, it translates into increased wars, terrorist activities and natural disasters. The increase in Raja and Tama in the world causes a destabilisation of the five Cosmic Elements resulting in catastrophic natural disasters. Please refer to the article on the [reason behind the increasing intensity of natural disasters](#).

##### 5.2 Non-living things

The following chart shows the relationship between non-living things and the three subtle-components.

##### The proportion of subtle basic components in various non-living objects

	Sattva	Raja	Tama
Temples of God, holy places, places of pilgrimage	5%	1%	94%
Regular/average places	2%	2%	96%
Evil places	1%	1%	98%

##### 5.3 Living entities

The following chart shows the relationship between living entities and the three subtle-components. As you can see, life has a greater value in terms of the Sattva subtle basic component across the board as compared to even religious places as shown in the table above.

## Part III: Alcoholism – Spiritual health effects of drinking alcohol

### The proportion of subtle basic components in various living objects

	Sattva	Raja	Tama
Saint	50%	30%	20%
Average man	20%	30%	50%
Evil person	10%	50%	40%
Intellectually disabled person	10%	30%	60%
Animals and birds	10–20%	25–40%	40–65%
Vegetation	5–10%	10–15%	65–85%

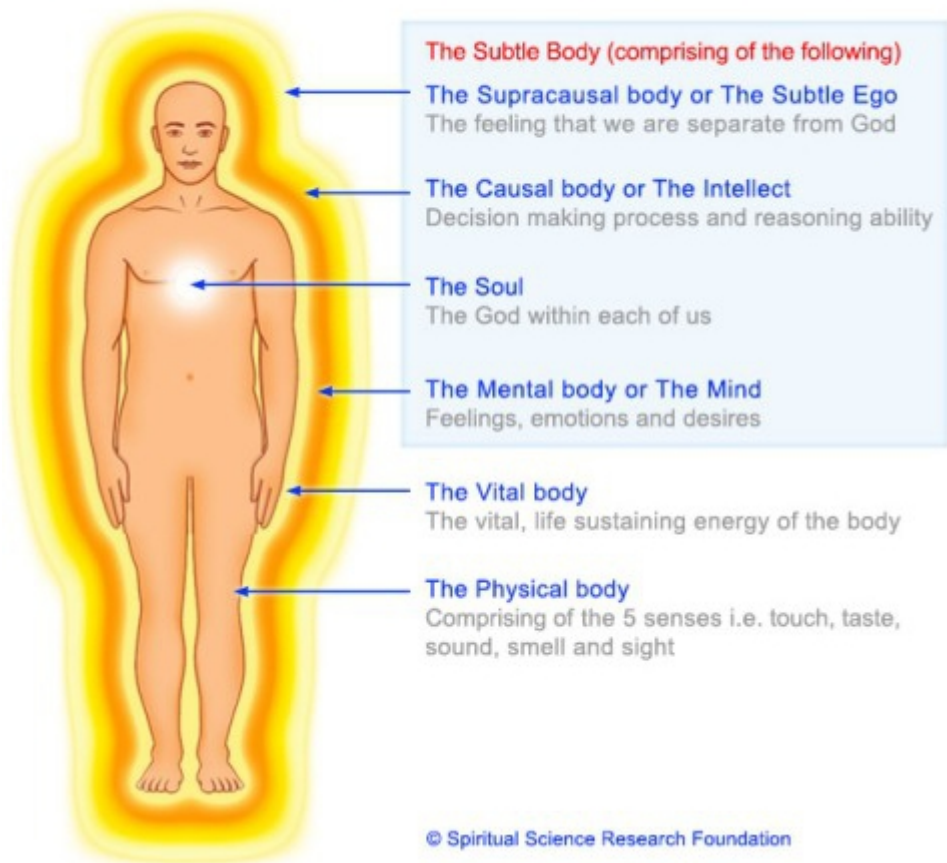
This is also one of the main reasons why the spiritual level of a person in particular premises has more impact on the overall vibrations emanating from that place as opposed to the premises itself. For example, if a person of the level of a [Saint](#) enters premises that have negative vibrations due to defects in construction, it will have negligible effect on the Saint. Thus the sciences of Feng-shui and the science of studying premises (vāstushāstra) are of more relevance to persons at lower spiritual levels or those who do not perform any spiritual practice.

### 6. The three subtle basic components and human beings

In the following sub-sections, we expand on how the three subtle basic components impact different aspects of our lives.

#### 6.1 In relation to what we are comprised of

### The three subtle basic components in relation to what we are comprised of



Percentage of three subtle basic components			
Body	Sattva	Raja	Tama
The Physical body	20%	40%	40%
The Mental body or the Mind	30%	40%	30%
The Causal body or the Intellect	40%	40%	20%
The Supracausal body or The Subtle Ego	50%	40%	10%

## Part III: Alcoholism – Spiritual health effects of drinking alcohol

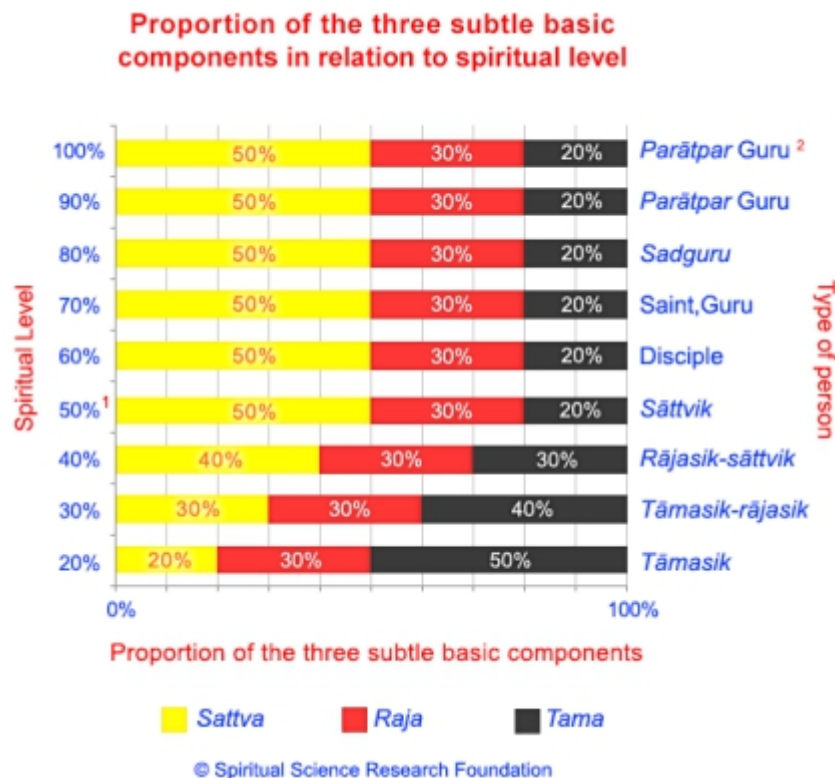
As the subtle basic Raja component is related to the functioning of the body, its proportion is the same in all the bodies. However as you can see from the table above, there is considerable difference between the Sattva and Tama components across the various bodies. This has a direct impact on the ability of the body to provide us sustainable and long lasting happiness. For example, the Sattva component in the intellect body is high compared to the physical body. Therefore the quality of the happiness we experience when we are intellectually stimulated and satisfied is of a higher quality and more lasting than happiness experienced due to the physical body.

### 6.2 In relation to spiritual level

Spiritual level and the proportion of the three subtle basic components are very closely interlinked. However their relationship is pretty much a chicken and egg thing. We can say that a person's spiritual level is defined by the predominance of the Sattva, Raja and Tama components. Alternatively we can also say that the predominance of any one of the Sattva, Raja and Tama components defines a person's spiritual level. As we do spiritual practice we begin to change the proportion of the three subtle basic components within us towards there being more proportion of the Sattva component. In other words, we change the Tama component into Sattva.

As we generate more of the Sattva component within us (in proportion to the other two subtle-components), it positively affects our spiritual level and also our personalities.

The following is a graph that shows the different proportions of the three subtle basic components within us as we increase our spiritual level through spiritual practice.



#### Footnotes:

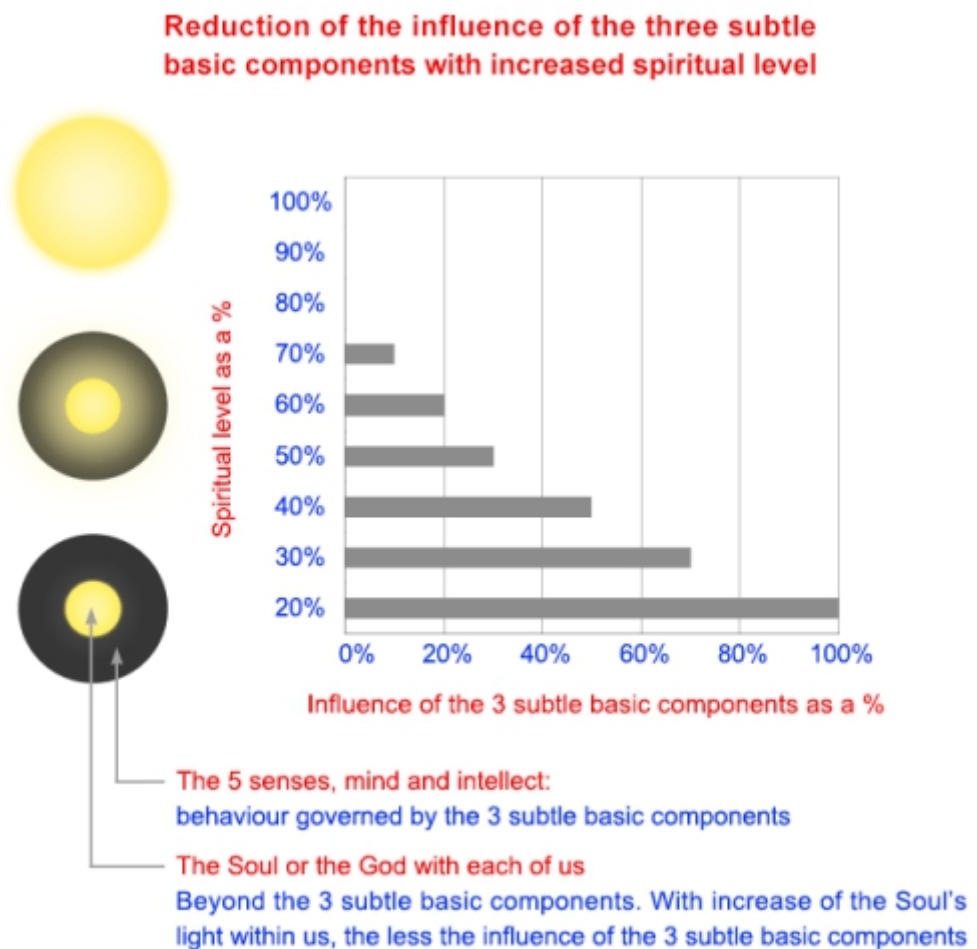
1. After the 50% spiritual level, the proportion of the three components remains static. The reason for this is that one cannot have any less than 20% Tama. If this did happen the person would begin to dematerialise. Consequently, as long as one has a physical body the Tama component cannot be less than 20%. However the effect of the components on the person is diluted with a further rise in spiritual level, so much so that at the spiritual level of 80%, the effect of them is negligible on the person. In the next sub-section we explain this dilution in detail.
2. As long as an evolved Saint of 100% spiritual level is within a physical body, He will be made up of the three subtle basic components. As soon as He dies and leaves His body all of the three subtle basic components become zero and the Saint merges completely with God.

### 6.3 Reduction of the influence of the three subtle-components with increasing spiritual level

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

As we grow spiritually what intrinsically happens is that the darkness of the five senses, mind and intellect begins to reduce and consequently the Soul (i.e. the God) within us begins to illuminate. Refer to the diagram below. This is also known as the dissolution of the five senses, mind and intellect. We refer to the five senses, mind and intellect as darkness or ignorance as they keep us away from identifying with our true state, i.e. the God within us or the Soul.

The Soul, which is the God within us, is beyond the three subtle basic components and is therefore not comprised of them. Therefore the more the light of the Soul is illuminated within us through spiritual practice, the less the influence of the three subtle-components in dictating our personalities, choices and actions. In the final stages of our spiritual growth when the light of the Soul illuminates us almost completely, we live our lives in complete unison with God's will and the three subtle-components are diluted and exert a negligible influence on our personalities.



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#### 6.4 With relation to our personality



**Sattvik person**



**Rājasik person**



**Tamasik person**

In the below table, we have provided a few pointers that will help to distinguish the type of personality that a person displays according to the predominant subtle-component.

These are just pointers to give one a basic understanding. A correct analysis of the predominant subtle basic component in a person can only be ascertained through one's sixth sense (ESP).



## Part III: Alcoholism – Spiritual health effects of drinking alcohol

	<b>Sattvik person</b>	<b>Rājāsik person</b>	<b>Tamasik person</b>
Personality defects	Complete control on emotions, thoughts and actions	Angry, jealous, proud, egoistic, bossy, Lazy, inactive, depressed, extremely attention seeking, greedy, going to selfish, not thinking about others or any extent to fulfil worldly ambitions even harming them when fulfilling and desires, worrying, day dreamer	one's selfish ends, irritable
Virtues	All virtues, truthful and lawful, tolerant, serene, stable intellect, not egotistical. Eventually goes beyond virtues and defects. Fearless about death.	Industrious but directionless efforts in terms of spiritual growth	None
Main way of gaining happiness	Acquiring knowledge, skills, helping others, meditation, increasing spiritual level. Eventually goes beyond happiness-unhappiness and towards Bliss	Gaining authority, worldly possessions	Eating, drinking, sexual intercourse etc.
In relation to others	Living to serve society and help people grow spiritually. Here growing spiritually means in a more universal sense according to the <a href="#">6 basic laws of spiritual practice</a> .	Self-centred or helping others with a lot of ego about the help being given	Harming others. Most tamasik – harming society at large in the name of religion or some ideology.
Sleep	4-6 hours	7-9 hours	12-15 hours
Spiritual power	High	Slight	Very low <sup>1</sup>

### Footnote:

1. The exception to this is a subtle-sorcerer (māntrik) who may have a lot of spiritual strength due to undertaking spiritual practice for evil reasons but is predominantly tamasik.

These attributes are not mutually exclusive. For example, a certain sattvik person may need 9 hours of sleep or a tamasik person may have a virtue like tolerance. But the person's nature is decided by the overall sum total of the virtues and defects. Hence one should not decide about oneself or others based on one or two characteristics but the overall picture needs to be taken into consideration.

Also it is very rare that a person is found to be entirely sattvik, rajasik or tamasik. Mostly a person is either Sattva-Raja or Raja-Sattva or Raja-Tama predominant. A Sattva-Raja person would have characteristics of both Sattva and Raja in almost similar proportion with a predominance of Sattva. In the case of a Raja-Sattva person it would be just opposite.

Depending on the subtle-component that is most predominant within a person, they will accordingly display that type of personality. However as much as one may dress up or camouflage oneself behind expensive clothes and accessories and sophisticated small talk, the basic frequencies that one emits will be based on the subtle-component that is most predominant within one. People with advanced sixth sense can look beyond the external veneer that people project to the world and pick up these subtle and intangible frequencies. As a result, they can easily tell a person's basic nature i.e. sattvik, rajasik or tamasik and the characteristics that they are most likely to display.

A true litmus test of an individual's predominant subtle-component is when one is left to oneself. A person generally shows his or her true colours in a situation where the person is not being monitored and is reflected by the individual's behaviour. The following example will help crystallise this point.

Let us take an example of a class of students in the 4th grade. They are a noisy, rowdy bunch with a teacher who tries hard to discipline them. If the teacher's voice is very firm she has a fair chance of keeping the class quiet. As a result, the class is quiet only in her presence. However the moment she leaves the class they are back to their mischievous ways. This is because these children are basically rajasik and tamasik in nature.

If on the other hand there is a sattvik child in the class and his fellow students try to enlist his participation in some incorrect act like bullying, playing a nasty prank or indulging in cheating, the child would absolutely not be able to comply as his basic nature is sattvik. He is more likely to get a knot in his stomach than enjoy whatever his classmates are suggesting. He would not be able to live with himself if he did any incorrect act.

Thus rather than superficially trying to change children through moral value lectures, a permanent change could be found if they were encouraged to do spiritual practice and were brought up in a spiritually conducive environment that would increase their Sattva component.

-

### 7. The three subtle basic components and our lifestyle

Everything around us can be categorised as sattvik, rajasik or tamasik depending on the predominant subtle-component that they are made up of. The predominant subtle-component in anything can only be measured with one's sixth sense (ESP).


### Part III: Alcoholism – Spiritual health effects of drinking alcohol

We have provided a few generic examples of the various facets of the world we live in and the dominant subtle-component. Depending on whether we are sattvik, rajasik or tamasik individuals, we will gravitate towards sattvik, rajasik or tamasik lifestyles. Also associating ourselves with particular components through our lifestyle choices increases the respective subtle-components within us.

#### The three subtle basic components and our lifestyle

	<b>Sāttvik</b>	<b>Rājasik</b>	<b>Tāmasik</b>
 Food	Wheat, cucumber, spinach, sugar, milk, butter, clarified butter (ghee), cinnamon, almonds, walnut, cashew nuts	Highly salty, bitter, sour, pungent and hot foods (e.g. boiling hot tea or coffee), onion, garlic	Dried vegetables, chilled or frozen foods, twice heated foods, foul smelling, stale, soiled food, half cooked (as in meat that is rare), uncooked food, food difficult to digest, non-vegetarian food, wines and alcohol
 Colour	White, yellow, blue	Red, Crimson, Green, Violet	Black, any shade of colour that has a high percentage of black
 Clothes (material)	Natural fibre such as cotton, silk, cowhide	Hide of animal skins	Man made clothes such as lycra, nylon etc., Torn clothes, Unironed clothes
 Music	Hymns written by Saints, music composed by Saints	Country music, pop music, most film songs etc.	Heavy metal, music that encourages violence and drugs
 Movies	Enlightening society to make the world a better place spiritually or at a worldly level	Action films, thrillers	Pornography, Violence, Horror movies
 Books	Books that increase spiritual understanding in the universal sense of the word	Books that increase emotions and attachment to the world	Books that incite degradation of Spirituality, harming of society
 Company and entertainment	Seekers of God practicing spirituality according to the five basic principles of spiritual practice	Social engagements where the topic of conversation is primarily worldly issues, business etc. Shopping as a pastime	Company of drug addicts, rave parties, parties that promote any type of addiction, meeting that facilitate the harming of society

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

	<b>Sāttvik</b>	<b>Rājasik</b>	<b>Tāmasik</b>
 <p>Marriage</p>	<p>Spiritual growth takes centre stage in the couple's relationship, spiritual love without expectation</p>	<p>Gathering worldly possessions, worldly love with expectation</p>	<p>Discord, mistrust, violence and fighting</p>

#### 8. The three subtle-components and ghosts (demons, devils, negative energies etc.)

Ghosts (demons, devils, negative energies etc.) are primarily Raja and Tama predominant. A ghost that is lower in the hierarchy, i.e. below 50% spiritual strength such as a common ghost is Raja-Tama predominant. A ghost that is higher in the hierarchy, i.e. above the 50% spiritual strength such as a subtle-sorcerer from the 6th or 7th region of Hell ( Patal) is Tama-Raja predominant.

As ghosts are Raja-Tama predominant, they frequent Raja-Tama environments on Earth as they are most likely to find Raja-Tama predominant people there. These like-minded people are ideal targets for possession and carrying out the plans of ghosts on Earth. In other words, a person who is predominantly tamasik and who has a liking for harming others stands a high risk of being controlled by ghosts to harm society.

The principle behind protecting oneself against a ghost is to increase one's sāttviktā. As ghosts are tamasik, they cannot tolerate highly sattvik environments or people. It is for this reason they simply cannot possess a higher level Saint or a Guru.

Refer to the article on 'Why does a possessed person manifest when in contact with a higher sattvik influence?'

#### 9. In summary

The key points to take away from this article are:

- All of us emit Sattva, Raja or Tama frequencies depending on which subtle-component is predominant in us. The more the Sattva component within us the better our personalities and the higher the sustainable success and contentment in our career, relationships and lives.
- The Sattva component can be increased through spiritual practice along with dissociating oneself from Raja and Tama influences as much as possible.
- The company that we keep is a strong influence in helping us in our spiritual practice.
- Ghosts take advantage of Tama predominant environments and people to carry out their activities of harming society and reducing Righteousness ( Dharma) in the world.

[http://www.spiritualresearchfoundation.org/spiritualresearch/spiritualscience/sattva\\_raja\\_tama](http://www.spiritualresearchfoundation.org/spiritualresearch/spiritualscience/sattva_raja_tama)





## What are human beings made of? (body, mind, intellect, soul)



### 1. Introduction to what human beings are comprised of

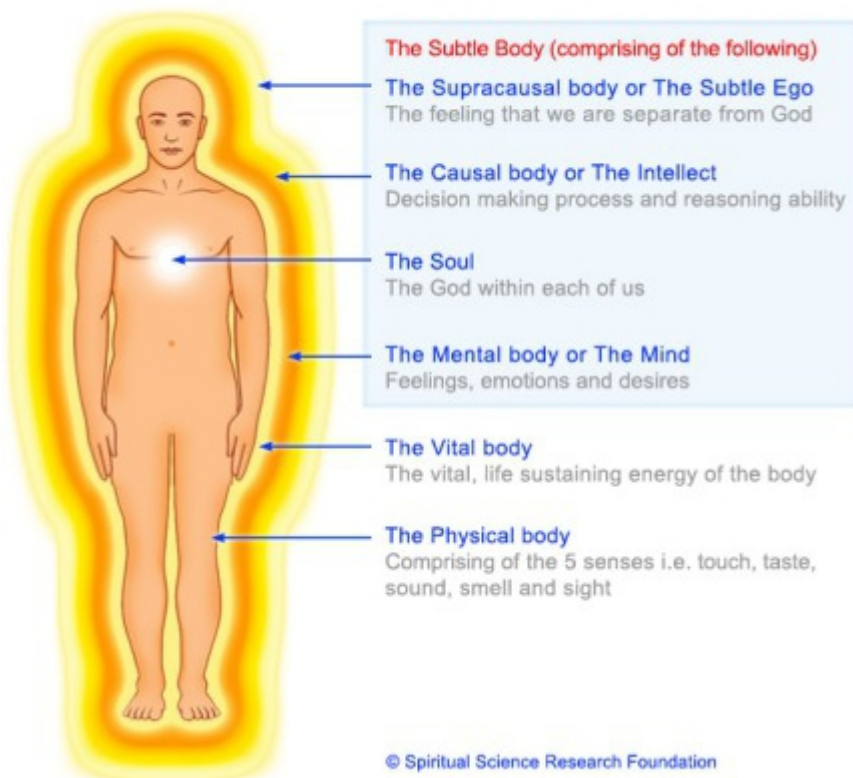
In this article we explain the composition of the human body and its various subtle bodies. Modern science has gone in some depth into understanding the physical body. However its understanding of the other aspects of human existence is still very limited. For example the understanding of the human psyche and intellect is still more or less limited to their physical aspects. However spiritual science has studied the entire human existence in great detail.

### 2. What are human beings comprised of as per spiritual science?

A living person is made up of the following bodies.

1. The gross body (sthūladēha)
2. The vital body (prāṇa-dēha)
3. The mental body (manodēha)
4. The intellect or causal body (kāraṇdēha)
5. The subtle ego or supracausal body (mahākāraṇdēha)
6. The soul or the God Principle in each of us (ātmā)

#### The three subtle basic components in relation to what we are comprised of



In the subsequent sections we will explain these various bodies in more detail.

### 3. The physical body

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

This is the body that is best known to modern science. It comprises of the skeletal framework, muscles, tissues, organs, blood, 5 sense organs, etc.

#### 4. The vital energy body

This is the body also known as the prana-deha. This body provides the vital, life sustaining energy for all the functions of the physical as well as the mental body. There are five types of vital energies or prana:

- **Prāna:** Energy for the activity of inhalation.
- **Udāna:** Energy for the activity of exhalation and speech.
- **Samāna:** Energy for the activity of the stomach and intestines.
- **Vyāna:** Energy for voluntary and involuntary movements of the body.
- **Apāna:** Energy for urination, excretion, ejaculation, childbirth, etc.

At the time of death the vital energy is released back into the Universe and also helps in propelling the subtle body in its onward journey.

#### 5. The mental body or the mind

The mental body or the mind is the seat of our feelings, emotions and desires. It carries in it countless number of impressions from this life and previous lives. It is made up of three parts:

- **The conscious mind:** It is that part of our thoughts and feelings that we are aware of.
- **The sub-conscious mind:** It contains all the impressions required to complete our destiny in our current lifetime. Thoughts from the sub-conscious mind sometimes emerge into the conscious mind from time to time either in response to some external stimulus or at time even without it. For example during the course of one's day one gets a random and unrelated thought about some vague incident in one's childhood.
- **The unconscious mind:** This is the aspect of our mind that we are completely unaware of. This contains all the impressions that are associated with our [accumulated account](#).

The sub-conscious mind and unconscious mind together are known as the Chitta.

Sometimes we also refer to an aspect of the mental body as the desires body or vāsanādeha. This is the aspect of the mind that contains all the impressions of desires.

Please refer to the article on '[Why we do the things we do](#)' as well as the [e-tutorial](#) of the same name to understand the functional structure of the mind.

The physical organ associated with the mental body is the brain.

#### 6. The intellect

The causal body or the intellect body is the body which deals with the decision making process and reasoning ability.

The physical organ associated with the intellect body is the brain.

#### 7. The subtle ego

The subtle ego or the supracausal body is the final vestige of the nescience and is the feeling that we are separate from God.

#### 8. The soul

The soul is the God principle within us and is our true nature. It is the main component of the subtle body which is a fraction of the Supreme God Principle with the qualities of Absolute Truth (Sat), Absolute Consciousness (Chit) and Bliss (Ānand). The soul is unaffected by the ups and downs in life and is in a perpetual state of Bliss. It looks at the ups and downs of life in the Great Illusion (Maya) with an observer stance. The soul is beyond the 3 subtle basic components; however the rest of our consciousness like the physical body and the mental body is made up of it.

#### 9. The subtle body

The subtle body is defined as that part of our being or consciousness that leaves our physical body at the time of physical death. It comprises of the mental body, the causal body or intellect, the supracausal body or subtle ego and the soul. What is left behind at the time of physical death is our physical body. The vital energy is released back into the Universe.

The following are some other aspects of the subtle body

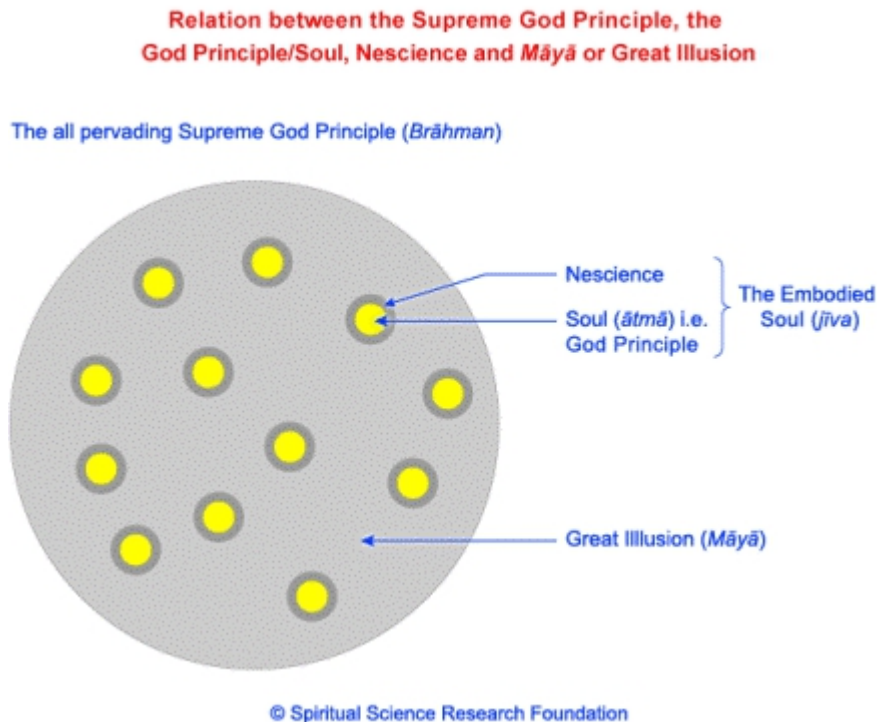
- **Subtle sense organs:** By subtle sense organs we mean the subtle aspect of our 5 sense organs by which we are able to perceive the subtle realm. For example we are able to perceive a subtle fragrance such as jasmine without there being any stimulus to cause it. Also the fragrance may only be experienced by one person and not by the others in the same room. This is explained in more detail. Also refer to our article on – [What is sixth sense?](#)

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

- **Subtle motor organs:** By subtle motor organs we mean the subtle aspect of our physical motor organs such as our arms, tongue, etc. All activity is initiated first in subtle motor organs and then executed in the physical dimension by one's gross motor organs.

#### 10. Nescience

All the other aspects of our being other than the soul are part of the Great Illusion. It is called Nescience or Avidyā which when literally translated means absence of knowledge. The word Nescience stems from the fact that we identify ourselves with our gross body, mind and intellect and not with our true nature which is the soul or the God principle within us.



Nescience is the root cause of unhappiness. Man gets attached to money, his own house, family, city, country, etc. The greater the attachment to any individual or object, greater is the likelihood of unhappiness arising from attachment. Even an ideal social worker or a Saint may become attached to the society or His devotees respectively. The greatest attachment that each one has is for himself; that is his own mind and body. Even a slight discomfort or illness can make one unhappy; hence everyone should gradually become detached about oneself and accept pain and illness in one's stride. This is of course with the inherent understanding that happiness and unhappiness in life is experienced primarily due to our destiny. Also that only by identifying with the soul can we experience perpetual Bliss.

The soul and Nescience together constitute the embodied soul. Nescience for a living person has twenty components in all – the gross body, five subtle sense organs, the five subtle motor organs, the five vital energies, the conscious mind, the subconscious mind, the intellect and the ego. Since the functions of the components of the subtle body go on continuously, the attention of the embodied soul is drawn to them instead of the soul, that is away from spiritual knowledge to Nescience.

#### Related Articles

- [Spiritual research for lasting happiness](#)
- [Vital energy \(Prana shakti\)](#)
- [How to reduce ego](#)
- [Basic nature - as per the impressions in our sub-conscious mind](#)

<http://www.spiritualresearchfoundation.org/what-are-human-beings-body-mind-soul/>

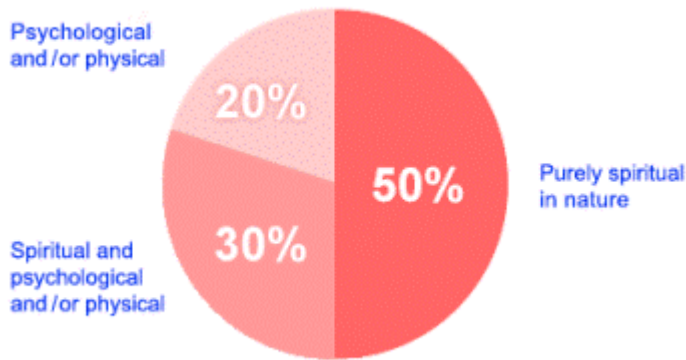
## Part III: Alcoholism – Spiritual health effects of drinking alcohol

[Home](#) / [Problems with ancestral spirits](#) / [What are ancestral problems?](#)

### What are ancestral problems?

According to the science of Spirituality and unknown to modern sciences, 50% of difficulties in our lives are caused solely due to spiritual factors and another 30% due to spiritual and psychological and/or physical factors.

#### Breakdown of the root cause of difficulties in a person's life



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Please refer to the article on, '[The breakdown of spiritual root causes of difficulties in life.](#)'

One aspect of these spiritual root causes of problems in our lives is the distress caused to descendants by the subtle bodies of their ancestors who have passed away (died). It is also one of the more common spiritual factors that affects almost all of humanity in some form or the other. Before we give a detailed explanation as to why our ancestors would want to cause any kind of trouble for us, let us first examine the kinds of difficulties that people can experience due to departed ancestors.

The distress caused to us descendants by the subtle bodies of our ancestors manifests in many ways in our day-to-day lives. It creates obstacles in both, our worldly lives as well as spiritual practice. In some cases, it may seem that the entire family has a dark cloud over it and various family members are undergoing various problems despite all efforts to overcome them. The difficulties that are created due to departed ancestors come in various forms as listed below:

- Inability to get married
- Marital disharmony
- Addictions (approximately 70% of [addictions](#) are due to ancestors who have passed away)
- Going blank in examinations despite being well prepared for it
- Loss of job
- Difficulty in conceiving a child
- Miscarriages
- Bearing mentally challenged children or children with special needs
- Death during childhood

Miscarriage, death in childhood, etc. happen when the distress by ancestors is coupled with other major spiritual causes such as destined possible death. It cannot happen solely on account of distress of ancestors. While the above types of problems may be a strong indication of ancestral problems, only a [Saint](#) or a [Guru \(a spiritually evolved guide\)](#) can tell with certainty the root cause of a problem.

At an intellectual level, we could use two rules of thumb to decide if the cause of the suffering is spiritual in nature:

- All remedies to solve the problem have failed. This is especially so when the problem should be easily treatable by modern sciences such as a skin rash, chest pain, etc.
- A number of family members (e.g. 4 out of 5) are suffering with any of the above mentioned issues simultaneously. (The reason that all the family members get affected is that they all have the same ancestors.)

<http://www.spiritualresearchfoundation.org/spiritualresearch/difficulties/ancestors/ancestorghoststroubles>





Unknown to modern science, spiritual research indicates that 40% of the causes of addictions are due to ghosts or departed ancestors from the spiritual dimension. The seeds of addictions are introduced in the womb itself by such entities. Due to the spiritual nature of the cause of addictions, only spiritual healing can effectively overcome addiction. A three-step spiritual treatment program is suggested by SSRF that helps to combat negative energies. Spiritual healing measures also help to reduce the intensity of withdrawal symptoms. It is important to remember that prevention is better than cure. Undertaking spiritual healing measures along with regular spiritual practice acts as a spiritual protection mechanism from entities in the spiritual dimension so that they cannot possess and take advantage of us.

## Research

- **Definition of addiction**

Understand the definition SSRF subscribes to according to the Diagnostic and Statistical Manual.

- **Addictions are a worldwide problem**

People waste time, money, and energy pursuing an addiction that takes them away from the true purpose of life.

- **Spiritual causes of addiction**

Spiritual research shows that the root cause of this worldwide problem is in the spiritual dimension.

- **Why do some people become addicts and others do not?**

The negative destiny of the person has a large part to play in substance abuse. What are the other spiritual factors?

- **Addictions and economically developed societies**

Why do people in economically developed societies become more susceptible to adopting addictive behaviour?

- **How addictive behaviour is caused during pregnancy itself**

The seed of addictive behaviour of a person is actually sown when they are in their mother's womb itself.

- **Addiction treatment through spiritual healing**

Treatment of addictions can best be done through spiritual healing as it tackles the illness at its root.

<http://www.spiritualresearchfoundation.org/addictions/>

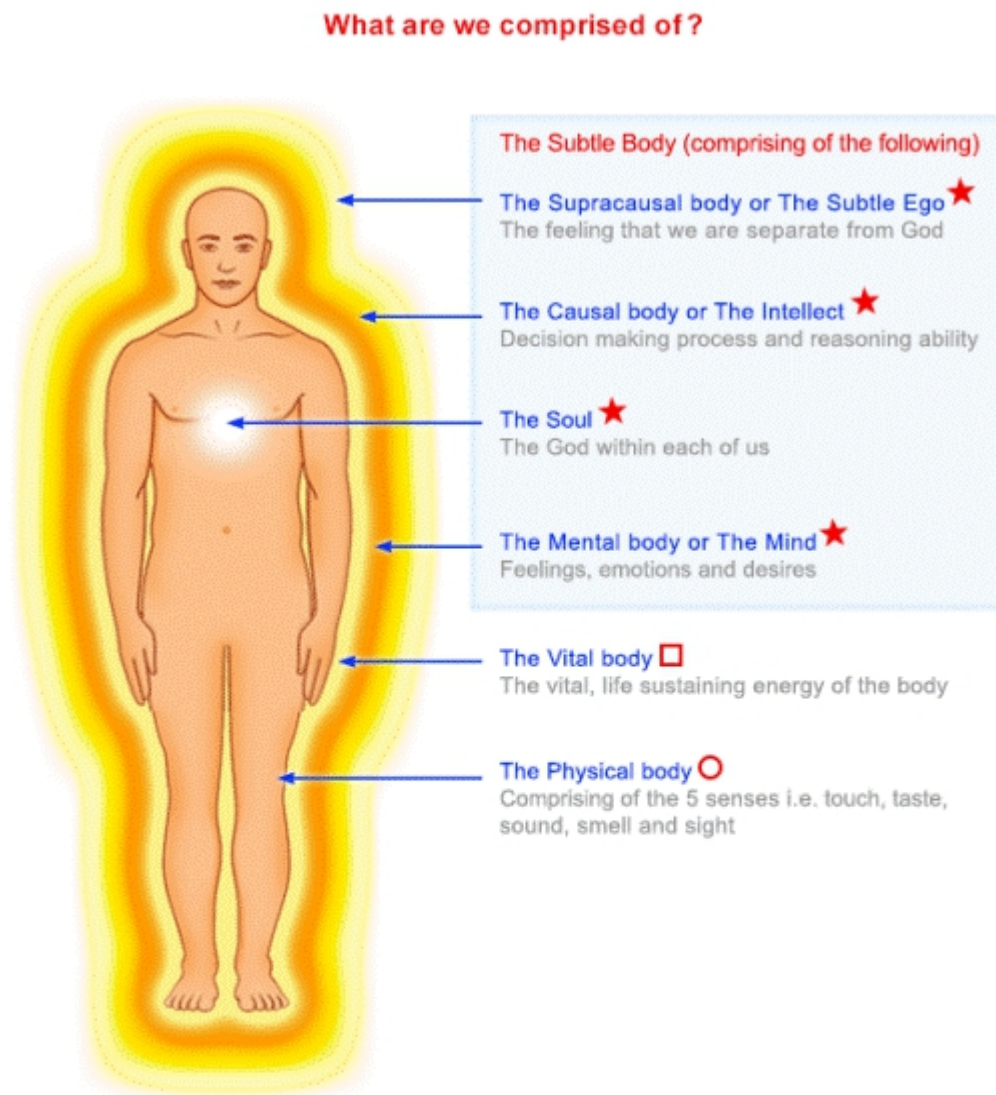


[Home](#) / [Ghosts](#) / What are ghosts and how does a person become one?

## What are ghosts and how does a person become one?

### 1. What are ghosts?

When a person dies only his gross body (*sthūladēha*) ceases to exist. His subtle-body (consisting of the subconscious mind, intellect, ego and soul, i.e. minus the physical body) however continues to exist and moves on to the other regions of the universe. Refer to the picture below for more detailed view of what we are comprised of and what we leave behind after death.

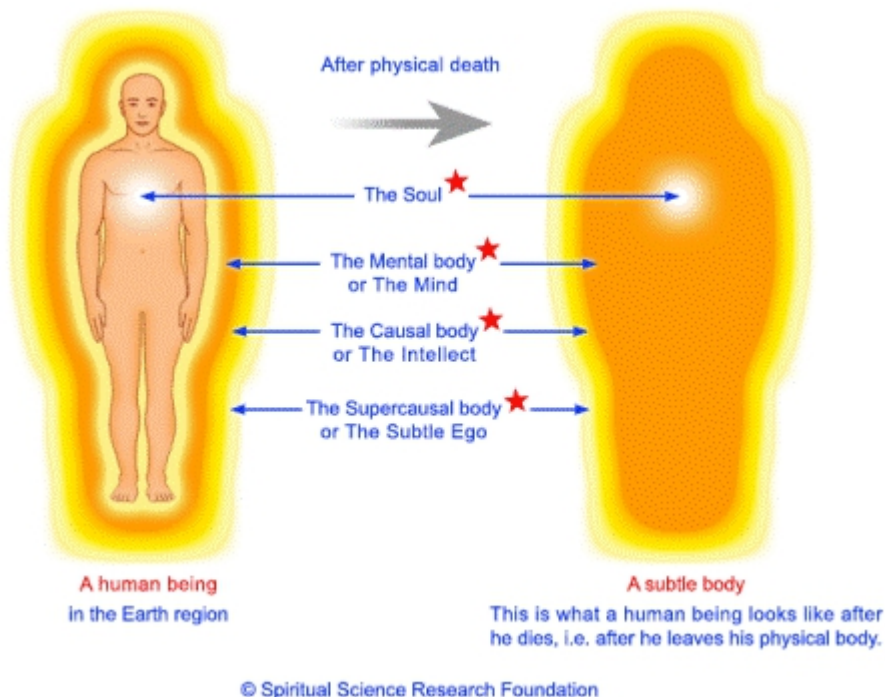


### What happens to each of the bodies after death?

- The physical body remains on Earth
- The vital energy (*Prāna-shakti*) is released back into the universe
- ★ These bodies comprise the subtle body (*linga-dēha*). After the subtle body travels to a subtle plane of existence such as Heaven (*Swargalok*), Nether (*Bhuvārlōk*) or Hell (*Pātāl*) depending on its merits or sins and its spiritual level.

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### Part III: Alcoholism – Spiritual health effects of drinking alcohol



Some of these subtle-bodies become ghosts. Ghosts by definition meet all of the following criteria:

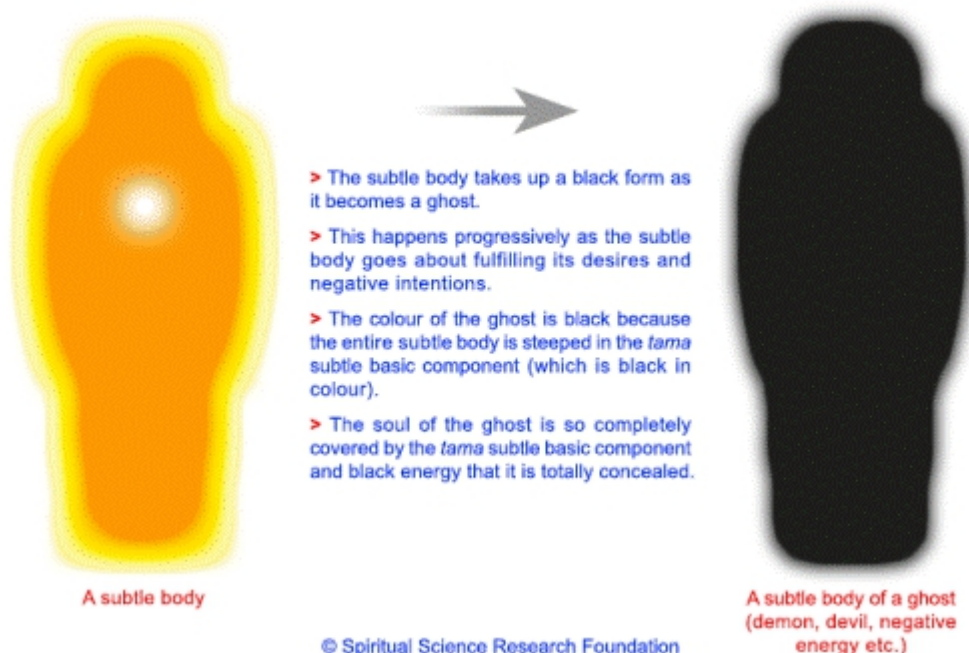
- They are subtle-bodies.
- They belong to the Nether region (Bhuvarelok) or one of the seven regions of Hell (Pātāl) but they are found on Earth region (Bhūlok) too. This is because ghosts from the more subtle-regions of the universe can travel to the more gross ones like Earth at will.

The entire universe is made up of fourteen regions or planes (lokas) of existence, comprising seven positive and seven negative planes. Earth is the only physical plane while all the other planes are subtle in nature. Heaven is just one of the positive planes we can go after death.

- They do not exist in the positive planes of the universe i.e. Heaven (Swarga) and above.
- They have unfulfilled desires such as cravings for sex, alcohol (things that they can only experience through a gross body), revenge etc.
- They derive pleasure out of exerting control over and tormenting humans and other subtle-bodies. Their general aim is aligned with bringing about unrighteousness in society.

The subtle-body of a person after physical death is defined as a ghost if their characteristics and intentions match the above. There is no special process as such which they go through to become a ghost.

#### A sizeable percentage of subtle bodies become ghosts





### 2. What decides where we go and what we become after death?

When we die, our course in the after-life is decided by a number of factors. These factors include:

- The number and type of impressions that are created in the sub-conscious mind depending on how we have lived our lives. Refer to the article on the [impressions in our mind](#) that decides our basic nature and personality.
- Our ego: The word 'ego' is used in a spiritual context here. In addition to its everyday usage as self esteem and self conceit, it also includes the attitude of duality with God. Duality means thinking of oneself as having an existence separate from God. Ego is a function of the extent to which we identify with our 5 senses, mind and intellect instead of identifying with the soul or the God within us.
- The type of deeds done during our life-time.
- The extent and the type of [spiritual practice](#) we had undertaken during our lifetime.
- Our [Destiny](#)
- The type of death – natural and peaceful, violent or accidental.
- The type of [funeral](#).
- The rituals as per Spiritual science done by our descendants after our death to help us in our after life.

### 3. Who are likely to become ghosts?

People are likely to become ghosts after their death when

- They have many unfulfilled desires.
- Many personality defects, such as anger, fear, greed, etc.
- A lot of negative impressions in the mind.
- A high amount of ego.
- They have harmed others and have the basic nature of harming others.
- They lack [spiritual practice](#) consisting of progressive level of surrender of mind body and intellect, done with the intention of God-realisation.

Samashti spiritual level refers to the spiritual level attained through spiritual practice for the sake of society (samashṭi sādhanā), while vyashti spiritual practice refers to the spiritual level attained through individual spiritual practice (vyasṭi sādhanā). In the current times, spiritual progress for the sake of society has 70% importance while individual spiritual practice has 30% importance.

Only people who have reached the 50% (samashṭi) or 60% (vyasṭi) spiritual level and have low ego are able to proceed to the higher regions of Heaven and beyond and do not become ghosts. The rest of humanity, when they die, finds themselves in the regions of the Nether world and Hell. Most subtle-bodies in the Nether region are highly likely to become ghosts. All subtle-bodies in Hell are ghosts.

In fact, even if one is a gentleman but doesn't have enough spiritual strength through spiritual practice, he is liable to become a ghost when he dies. This is because he is attacked by [higher level ghosts](#) and is controlled by them. Just as on Earth, in the other regions of the universe also, 'might is right' and only the strongest survive. Ghosts (demons, devils, negative energies, etc.) of a higher level, with their high spiritual strength, make the subtle-bodies of 'gentlemen' of lower spiritual strength, do things against their will and thus indirectly make them ghosts. Over a period of time, the subtle-body of the 'gentleman' too succumbs and becomes a ghost deriving pleasure through tormenting humans or fulfilling their worldly desires by possessing humans.

The moral here is that, if we do not undertake [spiritual practice](#) according to the universal [six basic principles of Spirituality](#) and do not reduce our ego, then the probability of us becoming ghosts, after our death is very high.

### 4. Who do not become ghosts?

They are typically people who:

- Do spiritual practice with the intention of achieving God-realisation (the ultimate in spiritual growth).
- Have less impressions in the mind, fewer personality defects, etc.
- Have a low ego.
- Are above the 50% ( samashti) or 60% ( vyashti) spiritual level.

When such persons die they move on to the [higher regions](#), i.e. Heaven and beyond. Ghosts cannot influence or take them into custody due to their spiritual strength and [protection from God](#).

### 5. Spiritual level and ghosts

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

Throughout the section on ghosts, we refer to higher level ghosts who have a lot of spiritual energy as a result of intense [spiritual practice](#) and penance. As a result, they have a high [spiritual level](#) and a lot of spiritual power. This may seem contradictory as one may ask, “How can one become a ghost when one has a high spiritual level?” The spiritual power of a Saint at the 70% spiritual level and a superior ghost such as a subtle-sorcerer (māntrik) from the 5th region of Hell may be the same. However, the key differences between them are:

- The Saint does spiritual practice with the intention of surrendering his body, mind, wealth, ego, etc. to God so as to merge with Him.
- The superior ghost or a person with high spiritual power (who after death becomes a ghost) does spiritual practice with the intention of gaining supernatural powers so as to play ‘God’ and thus has a lot of ego.

The [Saint](#) would identify more with the God principle or the soul within. The [subtle-sorcerer](#) on the other hand is very proud of the fact that he has the spiritual strength and identifies with his ego i.e. the 5 senses, mind and intellect.

#### Related Articles

- [Where do we go after death](#)
- [Basic spiritual principles for rapid spiritual progress](#)
- [Start your spiritual journey](#)
- [Who is a Saint?](#)
- [What is spiritual level?](#)
- [Hierarchy of power in the universe](#)
- [Spiritual research on possession](#)
- [Types of ghosts \(demons, devils, negative energies\)](#)
- [What do we mean by drawings based on subtle-knowledge?](#)

<http://www.spiritualresearchfoundation.org/ghosts/what-are-ghosts>

[Home](#) / [Mental health](#) /

### How do negative energies (ghosts, demons, devils etc.) influence people through thoughts?



In order to understand this article, we recommend you familiarize yourself with the following:

- [The structure and functions of the mind](#)
- [Introduction to the various types of ghosts](#)

#### 1. Introduction

In our earlier articles, we have ascertained that the majority of [the world's population is affected by negative energies \(ghosts, demons, devils etc.\)](#) or will feel their effect in the years to come. We have also provided advice on [how one can recognise and reduce the effect of negative energies](#) on oneself through [spiritual healing](#) and [spiritual practice](#).

One of the benefits of spiritual healing and spiritual practice is that we come to understand the difference between thoughts that arise from our subconscious mind and thoughts which are given by [negative energies \(ghosts, demons, devils etc.\)](#). A practical way to understand this difference is to study whether the thoughts disappear or whether their intensity or frequency reduces after spiritual healing.

However in the initial stages of spiritual practice it may be difficult to discern the difference. In addition to this, when the influence of the negative subtle-entity is very strong, it may sometimes take months or years of spiritual healing and spiritual practice to ascertain where the thoughts originate from.

In this article we list examples of different types of thoughts given by negative energies and how they influence people. We have also explained how their influence over people at large differs from their influence over seekers of God. Some responses and remedial actions are also suggested alongside each example.

#### 2. How negative energies (ghosts, demons, devils etc.) increase desires in the mind

When [negative energies \(ghosts, demons, devils etc.\)](#) affect us by increasing desires in the mind, it mostly happens through the following mechanism.

The negative energy sends a direct command to the subconscious mind targeting the instinct and desire centre. For example: "Drink alcohol now", "Eat chocolate now", "Watch a movie now", "Listen to music now", "Do drugs now", "Have sex now". As a result the desire to act as instructed arises in the person and the person feels like doing these acts.

If the person resists this desire, or if there is Divine protection, or if the person is feeling some Divine consciousness (Chaitanya) or [Bliss \(Ānand\)](#), then the [negative energies \(ghosts, demons, devils etc.\)](#) increase the intensity of the command. For example: "Eat kilos of food; eat all the food that exists in the house", "Have sex with 30 women" etc. (The commands may not be exactly like those stated here, but the principle of the command and the feeling in the mind is.)

**Autosuggestion:** A therapeutic sentence or perspective suggested to the self to positively change one's actions (behaviour), thoughts and reactions (attitudes) or physical state.

Another method used is to target the likes and dislikes centre by sending a thought in the form of an autosuggestion, such as: "I like chocolate", "I love alcohol", "I love meat". Then the like centre sends an impression for the person to do the act. A seeker may not have a centre of likes developed for these things, but he or she would still feel like this centre in the subconscious mind exists. [Negative energies \(ghosts, demons, devils etc.\)](#) make an extra effort in this case because a seeker's mind has a centre for [sāttvik](#) desires which fights these desires.

**Impact of desires given by higher level negative energies**

Negative (Tama-predominant) person		Easily influenced. Impressions in the minds of these people for such desires already exist; their mind resonates and responds positively to the suggestion from the higher level negative energies ( <i>māntriks</i> ). The <i>māntriks</i> don't need to do much here.
Average person		Indulges happily in the desires and is unaware of the impact. <i>Māntriks</i> patiently and subtly keep adding these thoughts and over time (sometimes lifetimes), the average person turns into a negative person.
Seeker	Seeker who does not have a liking for the given desire	A seeker may not have a center of liking developed for these desires in the subconscious mind, but will still feel as if the desire centre is there. <i>Māntriks</i> make extra effort because a seeker's mind has a center for <i>sāttvik</i> desires which fights these desires.
	Seeker who is unaware that a negative energy is sending the thoughts	Feels guilty for having these desires, will act on them more often and may also feel that he is lower spiritually.
	Seeker who has awareness that the thought is given by a negative energy	Acts less often on these desires and will make more efforts to do spiritual healing when the desires come.

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**3. How negative energies (ghosts, demons, devils etc.) increase negative thoughts about self, others and Spirituality**

**3.1 Negative thoughts about self**

As in the earlier example, the negative energy (ghost, demon, devil etc.) affecting us through negative thoughts places such a thought in our mind. It is a similar principle, but the suggestion attacks the intellect and identification and interpretation centres.

The thoughts that they send about self are, for example: "You are a bad seeker. You deserve to suffer. You are so bad and there is no way out. The only solution for you is to kill yourself. In fact, you should stop spiritual practice because you are such a bad person". Then the seeker gets the thought in his mind that: "I am a bad seeker. I deserve to suffer. There is no way out. The only solution is to kill myself. I should stop spiritual practice because I am a bad person".

**Impact of negative thoughts about self given by higher level negative energies**

Negative (Tama-predominant) person or criminal		Doesn't get these thoughts from higher level negative energies ( <i>māntriks</i> ). <i>Māntriks</i> send thoughts to increase their ego instead.
Person possessed by a negative energy (ghost, demon, etc.)		May develop a mental illness due to these kinds of thoughts and ultimately commit suicide.
Average person		May suffer bouts of depression and develop psychological problems.
Seeker	Seeker who is unaware that a negative energy is sending the thoughts	May become depressed, emotional and his spiritual practice may be blocked.
	Seeker who has awareness that the thought is given by a negative energy	Surrenders to God and tries to do spiritual healing when the thought comes.

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## Part III: Alcoholism – Spiritual health effects of drinking alcohol

### 3.2 Negative thoughts about others

The type of thoughts that negative energies (ghosts, demons, devils etc.) place in our mind about others are, for example: "This person is very negative", "He has a big ego", "What he is saying right now is ego", "This person is dishonest", "He hates you and wants to harm you". Usually this is completely untrue. Things which don't exist are pointed out, and we appear to see defects and ego that are not there. But the impression is put in the mind by the negative energy and the affected person starts thinking like this about others. In this way, the affected person's mind becomes clouded.

#### Impact of negative thoughts about others given by higher level negative energies

Negative ( <i>Tama</i> -predominant) person or a person possessed by a negative energy (ghost, demon, etc.)	May turn aggressive towards the other person and attack the other person either verbally or physically.	
Average person	Is extroverted so keeps thinking in this way about others without thinking if the thoughts are right or not, and the blame is put on the other person. He may make efforts not to have direct confrontation but will have a grudge and keep bad thoughts about others, or talk about them behind their back. He may also get into arguments with these people.	
Seeker	Seeker who is unaware that a negative energy is sending the thoughts	A seeker is introverted and realizes that it is wrong to have these thoughts. If the seeker doesn't realize that the thoughts are from the <i>māntrik</i> the seeker starts feeling bad about self. The seeker may also develop ill feelings towards other seekers, may seclude himself from other seekers or develop superiority, and his spiritual practice could be slowed down.
	Seeker who has awareness that the thought is given by a negative energy	Will make more efforts for spiritual healing and also will do more personality defect removal to remove the related defects.

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### 3.3 Negative thoughts about Spirituality

The thoughts that negative energies (ghosts, demons, devils etc.) send against spiritual practice, including one's [service unto the Absolute Truth \(satsēvā\)](#) are, for example: "Spiritual practice is fake", "There is no God", "God hates you", "Guru is fake and is cheating you", "Guru/God likes others more than you", "You are not treated fairly", "The [satseva](#) that you are doing is not satseva", "Spread of Spirituality cannot happen". They can also send intellectual doubts to discount spiritual science, for example: "Meat is good because it has iron. If you don't eat meat you will get sick. Science has proven this and spiritual science is wrong".

Negative energies (ghosts, demons, devils etc.) also send thoughts distorting spiritual science in order to bring about [tāmasik](#) behaviour, such as: "Nothing much will happen if you don't take a shower or clean the house. These are just gross level things. Subtle is more important so you don't have to do it". Or it can be a thought to induce incorrect spiritual practice, such as: "You should just sit and chant and not do satseva because chanting is within and satseva is external and at the gross level. You don't need to do satseva since you have gone beyond it. You are already feeling Bliss".

In more extreme cases of distorting spiritual science, negative energies (ghosts, demons, devils etc.) can send thoughts to make the person think that the negative act is a positive act, such as: "You should guide yourself. By following others, you are not connected to God but to the person. Each person should be his own guide", or "Drugs give spiritual experiences and drugs are a spiritual tool for growth". In regards to telling others about Spirituality, the negative energies can also send incorrect thoughts about how Spirituality should be spread or disseminated. They can give thoughts to do satseva ( and spread Spirituality at a psychological level that actually may lead to mistakes. They may also give thoughts of improper judgment

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

about a curious person (for example, sending the message that a person is a seeker when he is not, or the reverse, that the person is not a seeker when he is).

#### Impact of negative thoughts about Spirituality given by higher level negative energies

Negative (*Tama*-predominant) person or person possessed by a negative entity (ghost, demon, etc.)

Will act like atheists, fanatical religious persons or quasi-spiritual persons (following New Age practices) and will attack the teachings about spiritual practice or try to block efforts to spread Spirituality.

Seeker	Seeker who is unaware that a negative energy is sending the thoughts	May stop spiritual practice off and on, or may do spiritual practice incorrectly, and the spiritual practice may be of reduced quality due to doubts (less spiritual emotion, less surrender).
	Seeker who has awareness that the thought is given by a negative energy	Will make more efforts to do spiritual healing, to pray, to introspect about the way <i>satseva</i> (service unto the Truth) is done, and to ask for help and guidance in <i>satseva</i> .

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#### 4. How negative energies (ghosts, demons, devils etc.) increase thoughts of pride and ego

To increase our thoughts of pride and ego, negative energies (ghosts, demons, devils etc.) send thoughts, such as: "You have done this so well", "Everyone will see it", "You will be praised", "Everyone is looking at you", "You look good", "You are so smart".

These thoughts may be about many different things, even small unimportant acts. In the case of seekers, negative energies make stronger suggestions, for example: "You are the strongest of all", "You are the smartest of all", and "No one in the world can do this better than you".

#### Impact of pride and ego-related thoughts given by higher level negative energies

Negative (*Tama*-predominant) person

Starts feeling highly superior to others, and may even have the feeling that he is invincible.

Average person

Will keep being egotistic about his everyday behaviour, and may try to be hypocritical and hide the ego.

Seeker	Seeker who is unaware that a negative energy is sending the thoughts	May think badly about himself, may lose motivation for efforts in reducing ego due to feeling that despite efforts, ego is still there and so his efforts to reduce ego may be slowed down.
	Seeker who has awareness that the thought is given by a negative energy	Will make more efforts in spiritual healing and the ego removal process.

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#### 5. How negative energies (ghosts, demons, devils etc.) give very bad and aggressive thoughts (thoughts of breaking things, beating people, murder, rape or similar)

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To influence people to perform really aggressive acts, negative energies (ghosts, demons, devils etc.) send a visualization of the act into the person's mind. The person sees the act already happening within his mind and is then motivated to act out what is visualized.

In addition to the visualization, negative energies can send a feeling of pleasure coming out of the act, meaning they let a person experience a fake sense of pleasure from visualizing the committed act.

#### Impact of aggressive thoughts given by higher level negative energies

Negative (Tama-predominant) person		Ends up bludgeoning, raping or murdering someone.
Average person		May be aggressive to a lesser extent, by breaking things, or getting into a fight.
Seeker	Seeker who is unaware that a negative energy is sending the thoughts	More chances of still acting out aggressively in some way, but in a very limited way, due to Divine protection.
	Seeker who has awareness that the thought is given by a negative energy	Will make efforts to block these thoughts and not to act on them.

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#### 6. In summary – steps to reduce the influence of negative energies (ghosts, demons, devils etc.) on the mind

Unknown to most of mankind, a major [battle of good versus evil](#) has been taking place in the subtle-regions since 1993. From time to time throughout history, the subtle-forces of evil gain enough spiritual energy to attempt to establish a demonic kingdom in the Universe. One of the ways in which they trouble mankind through this subtle-battle is by sowing thoughts of unrighteous behaviour that takes people away from the pursuit of spiritual growth and increases the Raja and Tama components in the environment.

Since most people are unaware of this battle, they do not realise that the thoughts they experience may originate from negative entities in the spiritual realm. It is only through regular spiritual practice that one starts to recognise such occurrences, learns to overcome their effect and is protected from them.

[http://www.spiritualresearchfoundation.org/spiritualresearch/difficulties/Ghosts\\_Demons/how-negative-energies-influence-people](http://www.spiritualresearchfoundation.org/spiritualresearch/difficulties/Ghosts_Demons/how-negative-energies-influence-people)





# Research conducted on vibrations emitted by beer, cola drinks and fruit juice

**Abstract:** Mankind is benefitted by the spiritual purity generated when making spiritually correct lifestyle choices, and the influence of the [Raja and Tama](#) subtle basic components (excessive activity and ignorance) on him reduces. The lifestyle choices include daily routine, diet, clothing etc. The number of people following a spiritually pure lifestyle is on the decline in Kaliyug. Beverage choices are also no exception to this. In this article we find out the vibrations emitted by beer, a cola drink and fruit juice. From this we will realize the importance of choosing drinks that spiritually benefit us.

### 1. Drinking fruit juice is more beneficial than alcohol and cola drinks

If you go out of the house and wish to have a drink, never choose alcohol because it is harmful to the body. Alcohol creates heat in the body. One can imagine how harmful the effect of alcohol is on the hyper-sensitive skin in the stomach. Alcohol is absorbed in the blood 4,000 times faster than sugar and salt. Consuming alcohol also incurs sin. Not only the person drinking, but those who buy someone a drink also incur sin.

Consuming [artificial drinks like cola](#) and other soft drinks is harmful to the body. Acid is mixed into them in some proportion, which causes tooth decay and weakening of bones. From a nutritional point of view, there is not an iota of vitamins or other minerals in drinks. The drinks include sugar, carbonic acid and other chemicals.

If you go out of the house and wish to drink something, fruit juice is the best. It is spiritually pure ([sāttvik](#)) and beneficial for health. It does not cause any loss and is a spiritually correct choice.

### 2. Analysis using biofeedback equipment

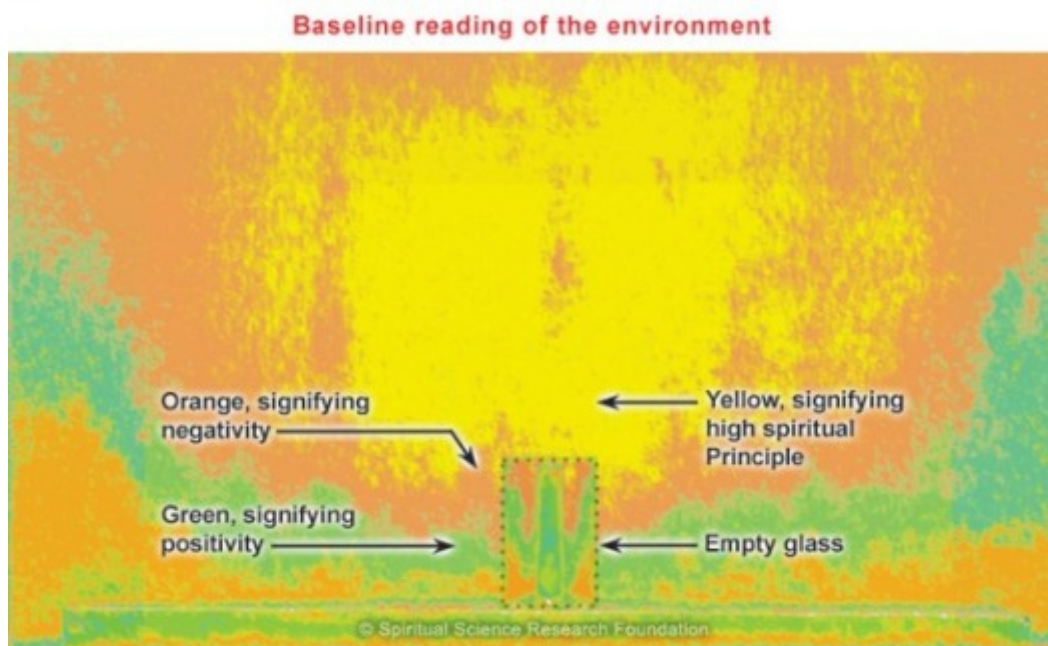
If one has an above average [sixth sense](#) ability, one can easily perceive spiritual vibrations, perceive whether an object is spiritually useful or not and accordingly make spiritually correct choices in life.

Some types of biofeedback equipment such as the **RFI (Resonant Field Imaging)** and **PIP (Polycontrast Interference Photography: a Bio-Imaging type of equipment)** are able to pick up the vibrations around an object and display it in a visual format. This gives an average person the opportunity to visually see the aura or energy field of an object.

Click on this link for [more information about the PIP and its uses](#).

In this experiment we explored the vibrations emitted by beer, a cola drink and fruit juice using scientific biofeedback equipment.

In the RFI test we noted down the changes that occur in the environment due to an object; however, since the environment changes very often, a base reading of the environment was required before testing an object. Hence, before testing the drinks, a glass was kept on a table and the baseline reading was taken, and then the objects were poured into the glass and records of observations were noted down.



## Part III: Alcoholism – Spiritual health effects of drinking alcohol

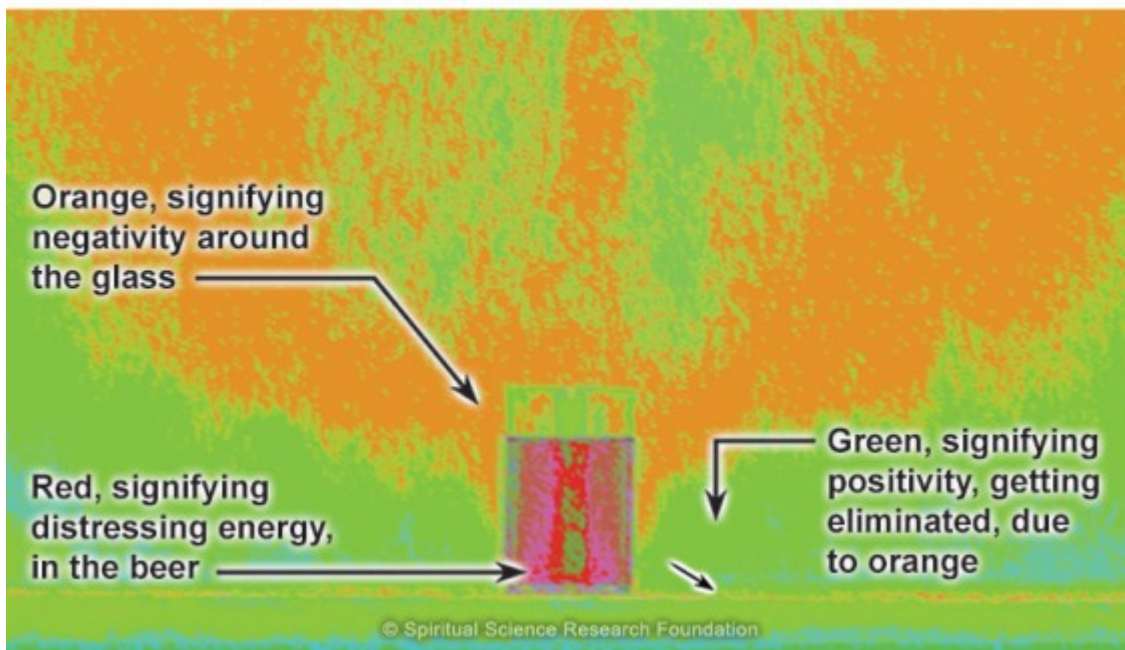
### 2.1 RFI reading of beer, a cola drink and fruit juice

	Beer		Cola drink		Fruit juice	
<b>Before:</b> 'RFI' record before keeping the drink in a glass container (in Mhz)	<b>684.46</b>	This frequency denotes blue colour, that is positive energy.	<b>549.94</b>	This frequency denotes yellow colour, that is, positivity and happiness.	<b>638.69</b>	This frequency denotes blue colour, that is, clarity of thought, truthfulness and positivity.
<b>After:</b> 'RFI' record after keeping the drink in the glass (in Mhz)	<b>725.36</b>	The colour of this frequency is violet. It is associated with intellectual stress. This means due to alcohol, the environment which previously had positive energy became stressful.	<b>462.221</b>	The colour of this frequency is pink which denotes attraction and merrymaking. This means due to the cola drink, the good level of the atmosphere declined and it turned to spiritually inferior.	<b>684.41</b>	The colour of this frequency is blue which denotes positive energy. Due to fruit juice, the environment remained spiritually positive.

### 2.2 PIP reading of beer, a cola drink and fruit juice

**Beer:** The colour of the beer in the glass is completely red denoting distress. An orange ring is visible around the glass container. Orange represents vibrations of tension. Since alcohol assimilates the vibrations of stress in the environment, the size of the orange ring reduces. Because of this, the orange ring around the glass container of alcohol is smaller than that around the glass container of the cola drink. The green ring moves away from the glass container due to the orange ring. A yellow aura with a golden tinge signifies a high level of universal vibrations. Such a colour is not visible in the aura of the beer.

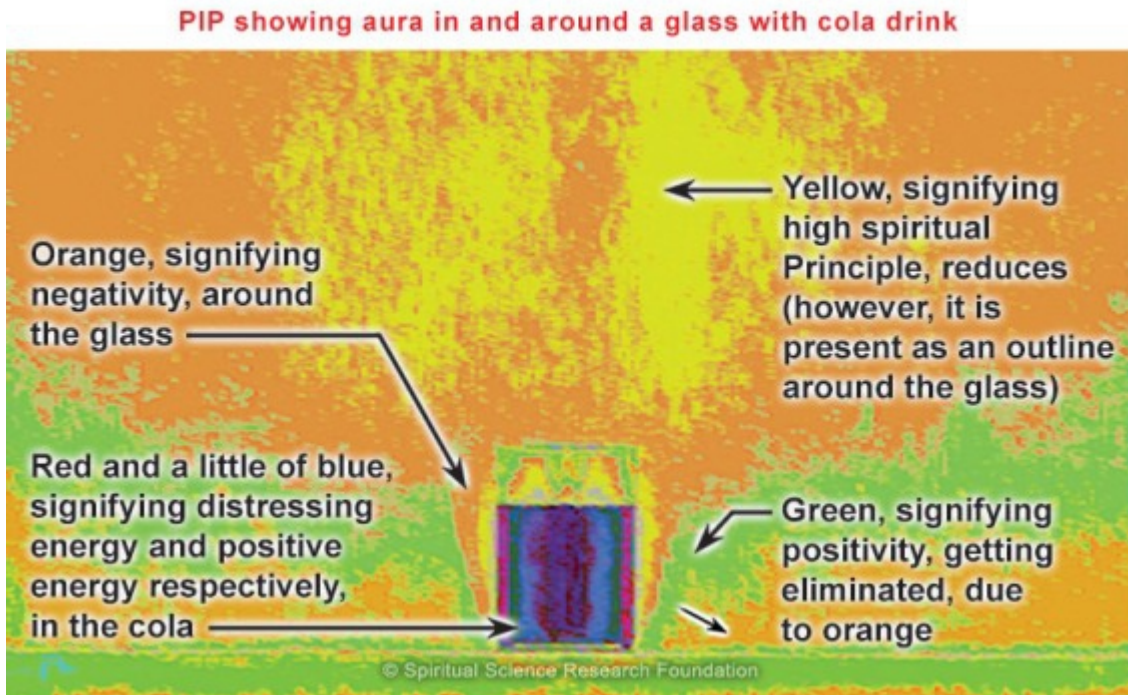
PIP showing aura in and around a glass with beer



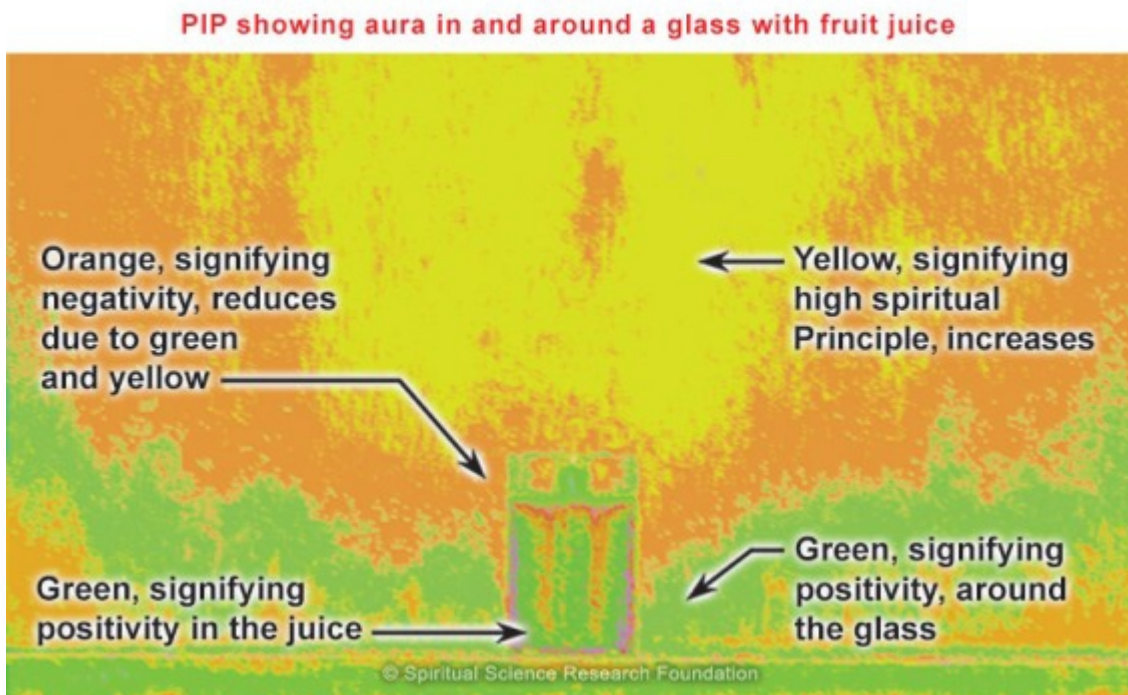
**Cola drink:** The colour of the cola drink is red to some extent, denoting distress, and blue to some extent, denoting positivity. An orange ring (denoting tension) is visible around the glass container. The green ring (which signifies positive energy) moves away from the glass container due to the orange ring. A yellow ring is to some degree present in the environment and a yellow border is somewhat visible around the glass container.



### Part III: Alcoholism – Spiritual health effects of drinking alcohol



**Fruit juice:** The colour of fruit juice is completely green, denoting positivity and spiritual purity (sāttvikta). In the environment, the proportion of the orange ring has reduced due to the green and yellow rings of positive vibrations. A green ring is visible around the glass container. There is a large yellow ring present in the environment too.



From the above observations it becomes clear that alcohol and the cola drink attract negative and stressful vibrations. Conversely, fruit juice attracts vibrations of positivity and spiritual purity (sattvikta).

The above scan and analysis was done with the help of Mr. Santosh Joshi (Universal Energy Researcher, Mumbai, India).

SSRF appeals to scientists and experts in the field who can provide help on subjects like this from a scientific perspective.

<http://www.spiritualresearchfoundation.org/spiritual-life/research-conducted-on-vibrations-emitted-by-beer-cola-drinks-and-fruit-juice>



# Research on vibrations emitted by bread and chapati

**Abstract:** Mankind is benefitted by the spiritual purity generated when making spiritually correct lifestyle choices, and the influence of the Raja and Tama subtle basic components (excessive activity and ignorance) on him reduces. The lifestyle choices include daily routine, diet, clothing, etc. The number of people following a spiritually pure lifestyle is on the decline in Kaliyug. Dietary choices are also no exception to this. In this article we find out the vibrations emitted by leavened white bread and unleavened whole-wheat bread. From this we will realize the importance of spiritually beneficial dietary choices.

### 1. Effects of bread – a spiritual perspective

Bread is a regular part of the average person's diet. Nowadays as a lot of breads are made of white flour, they are difficult to digest and also lack vitamins. Since leavened white bread is not easily digestible, it forms a sticky lump and then it ferments. If it remains in the stomach for a longer time, we can get various ailments, for example, heaviness in stomach, stomach-ache, constipation, reduction in digestive power etc. Conversely, whole-wheat flour is easy to digest and is enriched with vitamins. It nurtures the body well. If whole-wheat flour is not leavened, the bread is even easier to digest.

### 2. Analysis using biofeedback equipment

If one has an above average [sixth sense](#) ability, one can easily perceive spiritual vibrations, perceive whether an object is spiritually useful or not and accordingly make spiritually correct choices in life.

Some types of biofeedback equipment such as the **RFI (Resonant Field Imaging)** and **PIP (Polycontrast Interference Photography – a bio imaging type of equipment)** are able to pick up the vibrations around an object and display it in a visual format. This gives an average person the opportunity to visually see the aura or energy field of an object.

Click on this link for [more information about the PIP and its uses](#).

For the purpose of our experiment on bread we took a common bun as a sample of leavened white bread and a chapati (chapāṭī – an Indian flatbread) as a sample of unleavened whole-wheat bread.

In these tests we note down the changes that occur in the environment due to an object; however, since the environment changes very often, a base reading of the environment is required before testing an object. Hence, before testing the bun and the chapati, an empty plate was kept on a table and the baseline reading was taken, and then the objects were placed on the plate and records of observations were noted down.

#### 2.1 RFI reading of two types of bread

Measurement	Bread		Chapati	
Before placing it on the plate	<b>648.93 Mhz</b>	The color of this frequency is blue and it denotes positivity and truthfulness.	<b>626.19 MHz</b>	The color of this frequency is greenish blue which denotes emotionalism in environment.(this depends on the people present)
After placing it on the plate	<b>680.07 MHz</b>	The color of this frequency is dark blue which denotes an increase in biotic energy. This energy is inferior to the energy of blue color visible before the testing. This means that due to the bread, the environment assumes a spiritually inferior level.	<b>580.92 Mhz</b>	The color of this frequency is green which denotes spiritual purity and momentum. This means the earlier spiritually inferior environment assumes a spiritually superior level due to the chapati.

#### 2.2 PIP reading of two types of bread

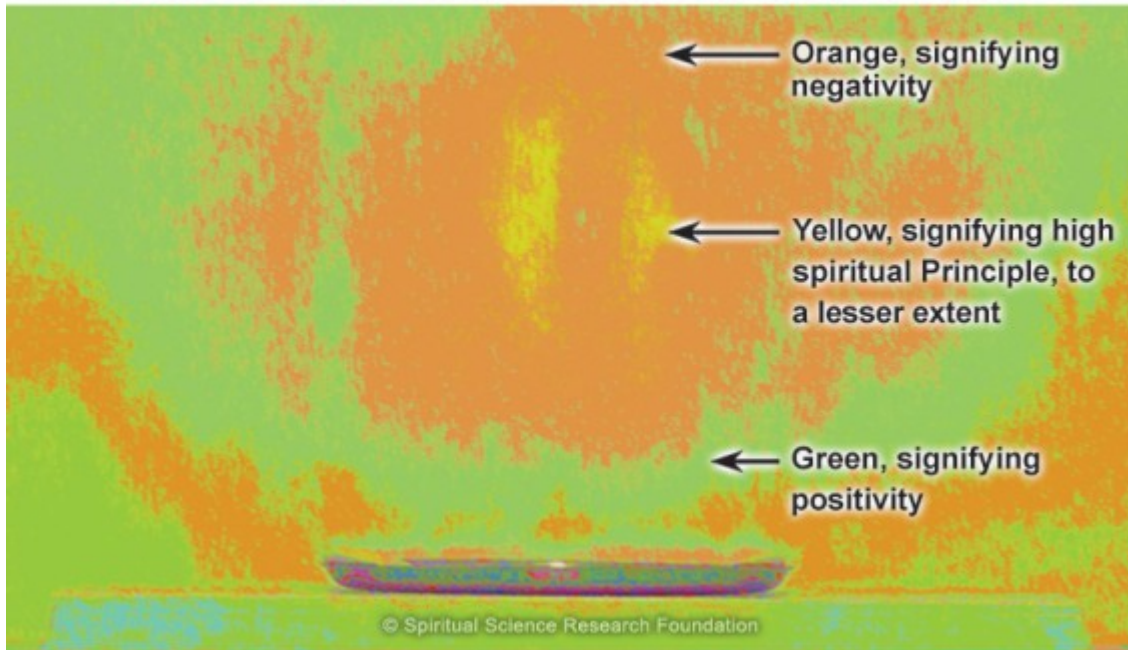
Later we examined the two types of bread through a PIP biofeedback machine.

**Before:** At first we took a base reading of the environment. As you can see there is only a little yellow (which indicates positivity) in the middle, surrounded by orange. Orange colour signifies tension or negativity. Green colour (which also indicates positivity) is present towards the outside of the frame.



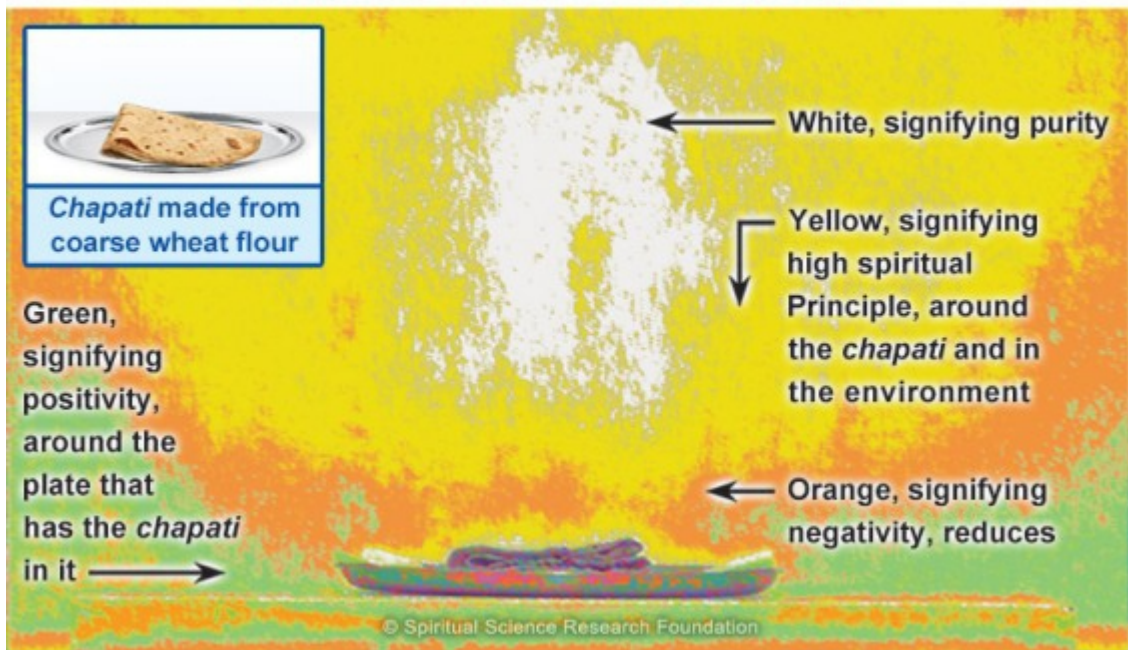
### Part III: Alcoholism – Spiritual health effects of drinking alcohol

#### Baseline reading of the environment prior to placing bread and chapati



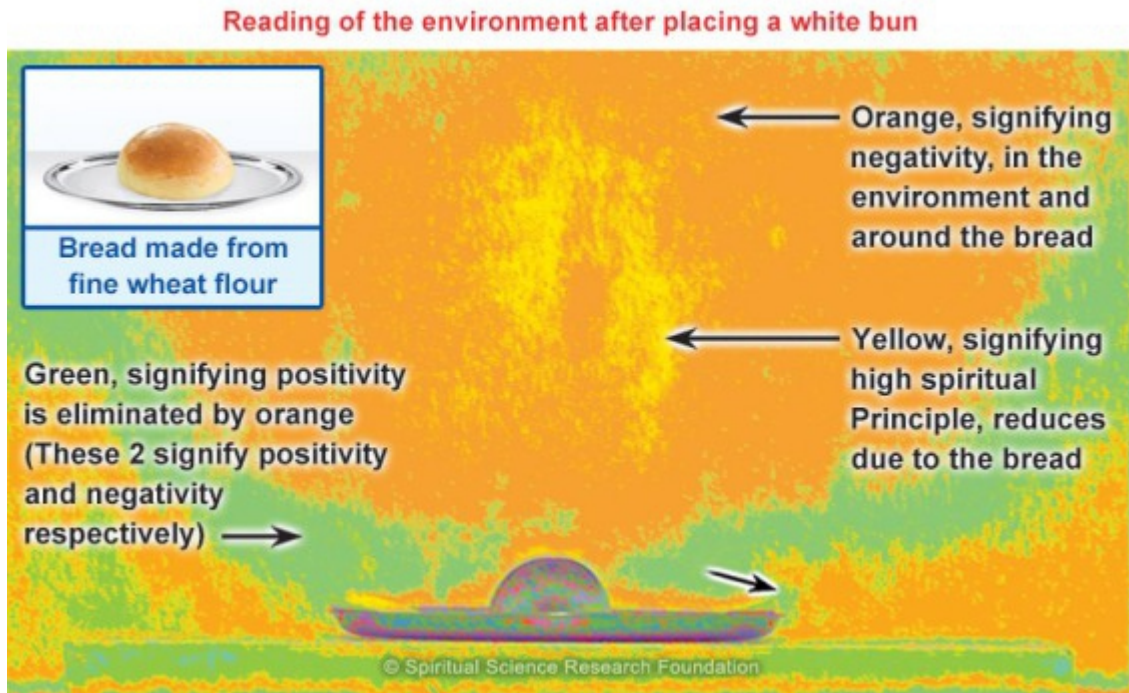
**Reading of the chapati:** The negative orange ring in the environment is reduced to a great extent due to the positive energy emitted by the chapati. The green ring denoting positivity and spiritual purity is visible around the plate of the chapati. A yellow ring of high spiritual principle is visible around the chapati as well as in the environment. Since the positive energy being emitted by the chapati is destroying the negative energy in the environment the violet ring denoting this process is visible at the centre of the aura.

#### Reading of the environment after placing a chapati



**Reading of the bread bun:** Since the bread absorbed the negative orange ring in the environment, an orange ring is seen around it. The green ring denoting positivity and spiritual purity is pushed away due to the negative orange rings. The yellow ring of high spiritual principle present in the environment has reduced.

### Part III: Alcoholism – Spiritual health effects of drinking alcohol



*From the above observations, it becomes clear that bread assimilates negative and stressful vibrations in the environment and the chapati emits positive vibrations and destroys negative vibrations in the environment. Therefore it is more beneficial to eat chapati than to eat bread.*

*The above scan and analysis was done with the help of Mr Santosh Joshi (Universal Energy Researcher, Mumbai, India).*

*SSRF appeals to scientists and experts in the field to who can provide help on such subjects from a scientific perspective.*

<http://www.spiritualresearchfoundation.org/spiritual-life/research-on-vibrations-emitted-by-bread-and-chapati>



# Research on vibrations emitted by meat and wine using bio-feedback instruments

## Abstract

In our daily life we need to make numerous lifestyle choices that include diet, clothing etc. Man is benefited by the spiritual purity generated when making spiritually correct lifestyle choices. The influence of the [Raja and Tama](#) subtle basic components (excessive activity and ignorance) on him also reduces. The number of people following a spiritually pure lifestyle is on the decline in [Kaliyug](#). Our choice for food and drink is also no exception to this. In this article we discuss the vibrations emitted by meat and wine. And through a comparative analysis we realize the importance of choosing food and drink that spiritually benefits us.

## 1. Spiritual effects of a non-vegetarian diet

Anatomical evidence proves that humans are meant to live on a vegetarian diet. The canine teeth in meat eating animals are long, sharp and curved compared to the canines of humans, which are short and blunt, and therefore not meant to bite through flesh. Our digestive systems are also not designed for eating non-vegetarian food. Moreover the World Health Organisation (WHO) has declared that eating meat can result in various diseases like high blood pressure, high cholesterol and certain types of cancers. Vegetarianism is now being promoted by many medical doctors who claim that this diet provides optimum nutrition and guards against many diseases caused by non-vegetarian foods.

Spiritual research has shown that consuming a [vegetarian diet is more beneficial than a non-vegetarian diet](#). Vegetarian diet is more [sāttvik](#) and has less Raja-Tama component than a non-vegetarian diet. Consuming a vegetarian diet results in imbibing Sattva predominant frequencies which are conducive for our spiritual progress.

Since a non-vegetarian diet has a greater component of Raja-Tama the person consuming such foods derives the Tama component from them, hence they are best avoided. A Tama predominant diet results in the creation of Tama predominant thoughts and brings out negative qualities like fear, anxiety, anger and aggressiveness. The balance of mind and intellect is lost and man becomes immoral.

## 2. Spiritual effects of alcohol consumption

The fact that the use of alcohol is so visible and accepted in the world that we live in has overshadowed the fact that alcohol is a substance that contributes to many medical, psychiatric, social, and family problems. Some of the psychological reasons that people drink alcohol include fear, guilt, escaping from responsibility, broken relationships, loss of prestige, financial loss and death of a loved one. From a spiritual perspective [alcohol](#) has the ability to attract negative energy. Alcohol is a Tama-Raja predominant drink. As a result, drinking alcohol reduces the sattvikta in that person and at the same time increases the subtle Tama component. This results in an increase in spiritual vulnerability and exposes the person to attacks from [negative energies](#) and sometimes even [possession](#).

## 3. Analysis using biofeedback equipment

If one has an above average [sixth sense](#) ability, one can easily perceive spiritual vibrations, perceive whether an object is spiritually useful or not and accordingly make spiritually correct choices in life. Some types of biofeedback equipment such as the RFI (Resonant Field Imaging) and PIP (Polycontrast Interference Photography; a bio imaging type of equipment) are able to pick up the vibrations around an object and display it in a visual format. This gives an average person the opportunity to visually see the aura or energy field of an object.

Click on this link for more [information about PIP and its uses](#).

In this experiment we explored the vibrations emitted by meat and wine using scientific biofeedback instruments and compared them to the findings obtained by spiritual research.

In these tests we note down the changes that occurred in the environment due to an object. However, since the environment changes very often, we note down the recording (basic record) of the environment before an object is taken for testing. Hence, while testing the meat and alcohol, first the environmental readings without them were noted and then the objects of study were placed there and observations were noted again.

### 3.1 Results obtained with RFI (Resonant Field Imaging)



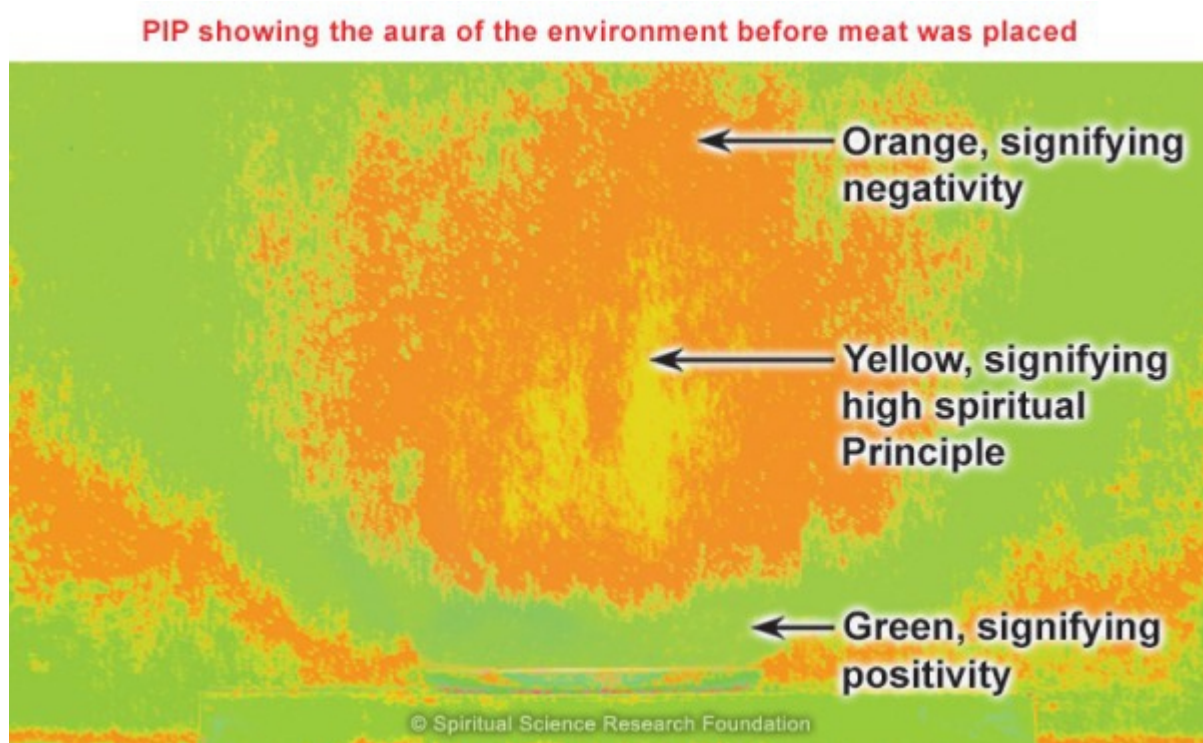
### Part III: Alcoholism – Spiritual health effects of drinking alcohol

<b>'RFI' record and its explanation</b>			
<b>What was measured</b>		<b>Record (MHz)</b>	<b>Explanation</b>
1. Experiment of non-veg food (meat)	1A. Before	669.4	The frequency is dark blue, that is, it denotes positivity
	1B. During	603.8	After a meat dish was placed, black negativity was visible.
2. Experiment of alcohol (wine)	2A. Before	687.22	The color of the frequency is navy blue which denotes positivity, but is less positive than blue.
	2B. During	639.86	After alcohol was placed for the experiment, the frequency was blue, which denotes a positive change in the environment. (Note 1)

**Note 1 :** Upon analysing this RFI reading through advanced sixth sense, our research team found that this was not a true positive change but an illusion caused by negative energies through attraction of *māyāvi* (illusory) frequencies. Illusory frequencies are created by negative energies and make things appear falsely pleasant.

#### 3.2 Results obtained with PIP (Polycontrast Interference Photography)

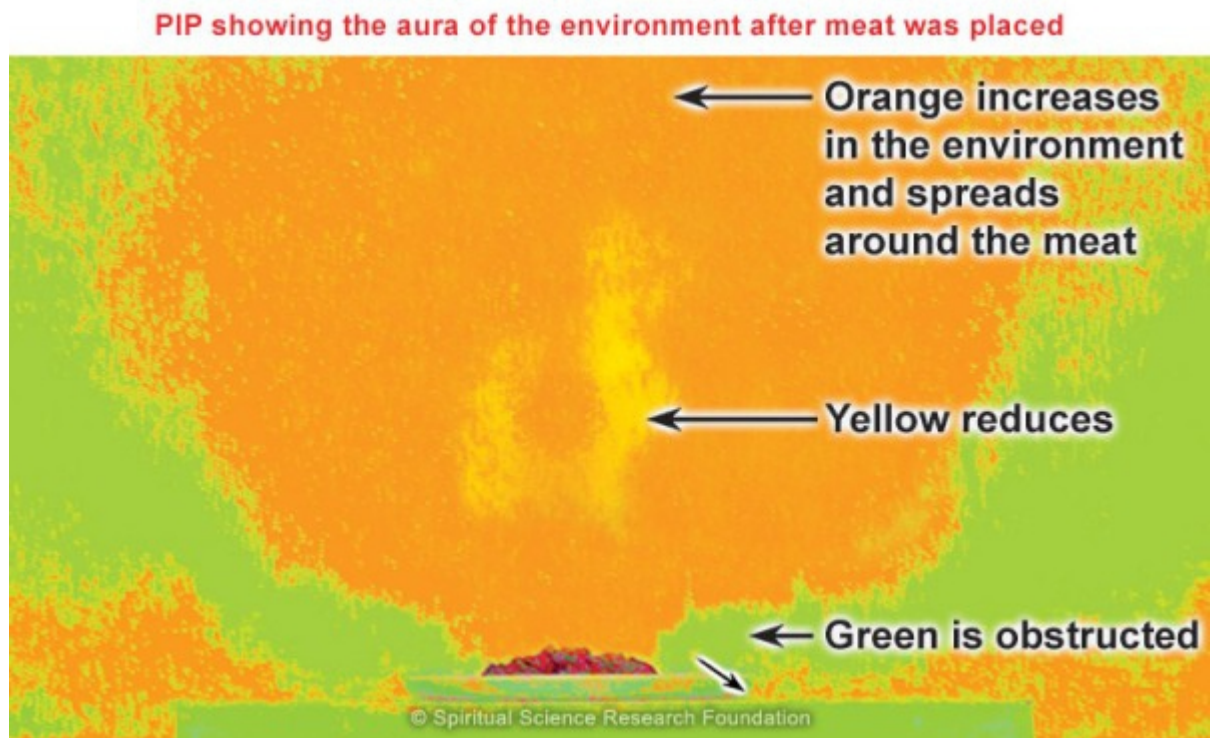
**Before:** The first image we took was of the aura of the environment. Here orange represents vibrations of tension, green signifies positive energy and yellow with a golden tinge signifies high level of universal vibrations.



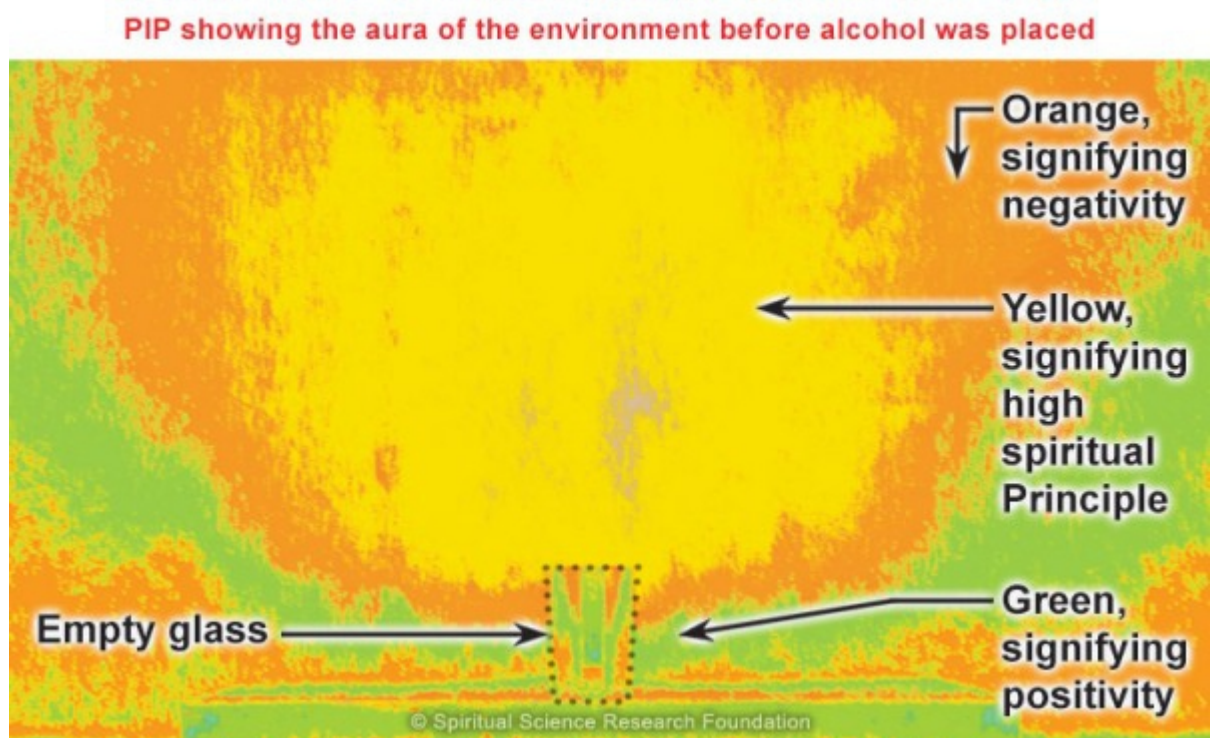
In the aura of environment, there is yellow color denoting a high spiritual principle in the centre, orange color denoting stress is beside it and then the green color denoting positivity and momentum is visible.



### Part III: Alcoholism – Spiritual health effects of drinking alcohol

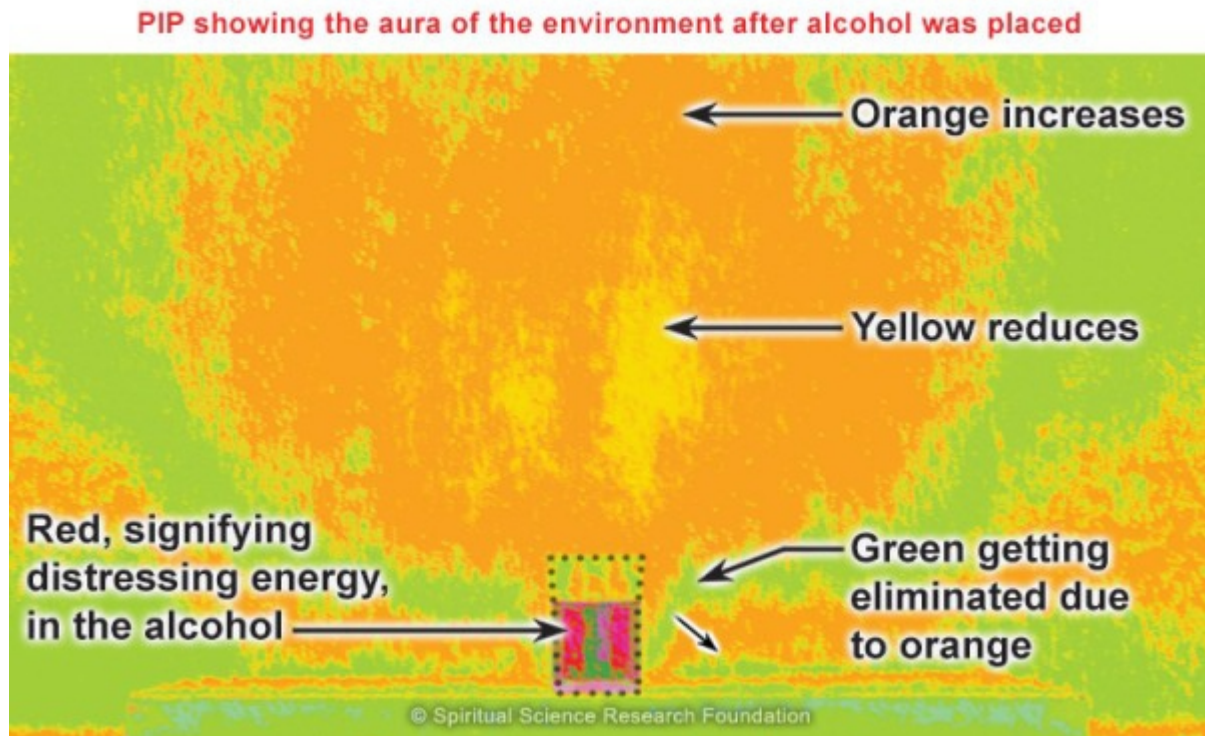


After meat was placed on the plate, the entire environment underwent change. The positivity indicating green color reduced and the negative orange color increased and it was attracted to the meat. The positive yellow color also reduced.



In the aura of the environment, there is yellow color denoting high spiritual principle in the centre, orange color denoting stress is beside it and then the green color denoting positivity and momentum is visible.

### Part III: Alcoholism – Spiritual health effects of drinking alcohol



After alcohol was placed for the experiment, the negative orange color increased and its rings enveloped the glass of alcohol. Hence, the positive green ring moved away. Due to alcohol, the yellow color denoting high spiritual principle reduced.

#### 4. Conclusions

- Both non-vegetarian food and alcohol are Tama predominant
- Meat attracts negative energy
- Alcohol is capable of attracting illusory energy. Due to this, alcohol gave a falsely positive RFI reading
- From the above observations it is apparent that due to consumption of meat and wine, man receives the negative distressing vibrations that are attracted to the meat and wine and his nature becomes tamasik (Tama-predominant).

The above scan and analysis was done with the help of Mr. Santosh Joshi (Universal Energy Researcher, Mumbai, India).

The above conclusions corroborate the findings of our spiritual research about [various types of food and drinks](#).

SSRF appeals to scientists and experts in the field who can provide help on subjects like this from a scientific perspective.

<http://www.spiritualresearchfoundation.org/spiritual-life/research-on-vibrations-emitted-by-meat-and-wine-using-bio-feedback-instrument>



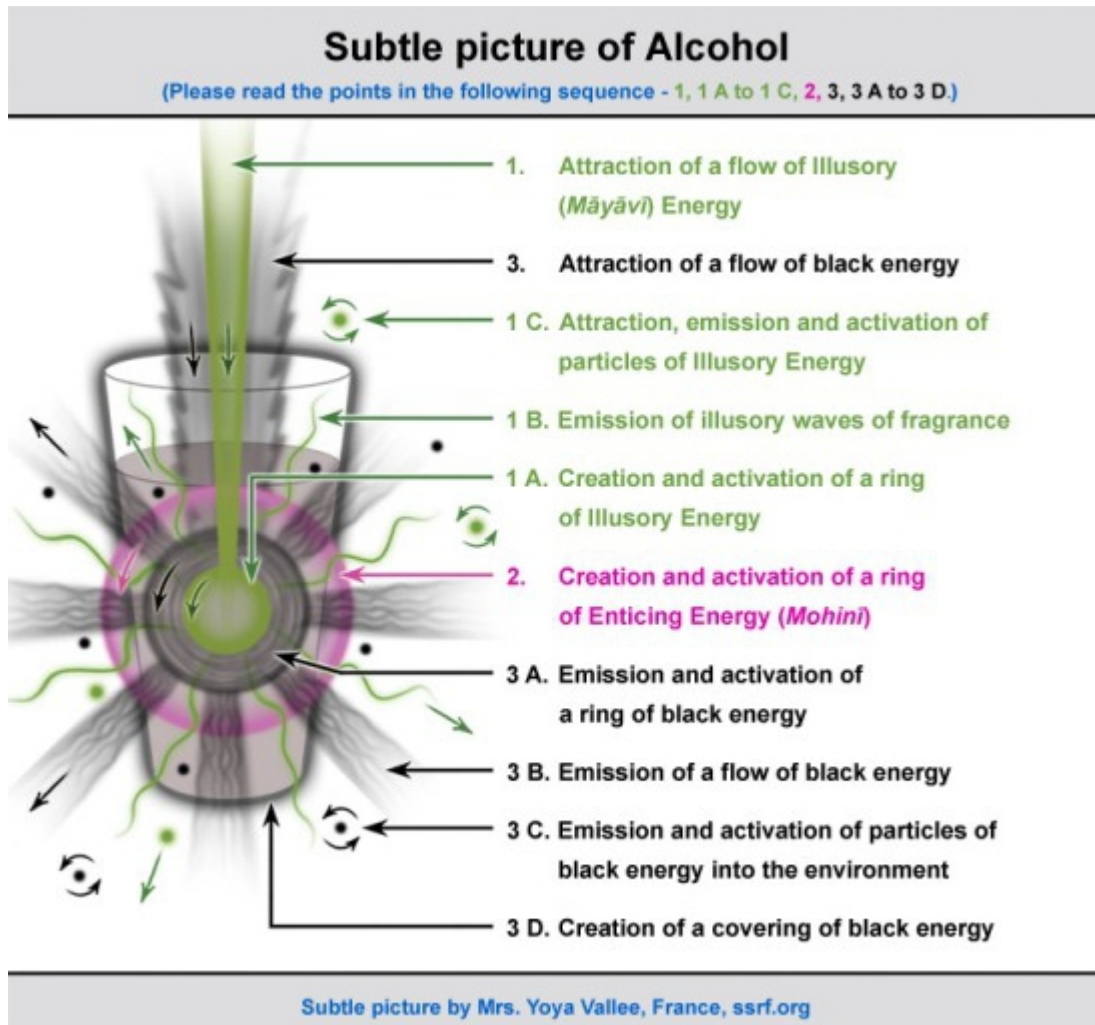
## Part III: Alcoholism – Spiritual health effects of drinking alcohol

[Home](#) / [Spiritual effects of food and drinks](#) / Spiritual health effects of drinking alcohol

# Spiritual health effects of drinking alcohol

**Note to our readers:** In order to better understand this article, please familiarise yourself with [“What is a drawing based on subtle-knowledge?”](#)

In this article we describe, through a drawing based on subtle-knowledge, the subtle vibrations that alcohol attracts and emanates. It has been drawn by Mrs. Yoya Vallee, a seeker with an advanced sixth sense of vision. It has been verified and authenticated by H.H. Dr. Athavale. When checked through advanced sixth sense, the drawing based on subtle-knowledge was found to be 80% accurate.



The following are some key points about alcohol from a spiritual perspective:

- **Ability to attract black energy:** Alcohol is a [Tama-Raja predominant drink](#). As a result, drinking the alcohol reduces the sāttviktā in that person and at the same time the alcohol

**Black energy :** The primary weapon used by negative energies is black energy which is a spiritual energy capable of manipulating any process on the Earth plane. The extent of this manipulation depends on the strength of the attacking negative energy.

increases the subtle Tama component. Along with the attraction of a flow of black energy as shown in point 3 in the above drawing based on subtle-knowledge, alcohol also attracts negative energies. A subtle covering of black negative energy forms over the mind and intellect of the person drinking alcohol, making him an easier target for attacks by negative energies.

- **Increases spiritual vulnerability:** While drinking alcohol, we are more likely to lose control over our [mind and intellect](#). Negative energies take advantage of this loss of control and infiltrate our consciousness. Even if a single social drink such as beer is consumed, it is enough to reduce the

## Part III: Alcoholism – Spiritual health effects of drinking alcohol

sattvikta in the person drinking and increase the subtle Tama component whereby one becomes more prone to being attacked by negative energies.

- **Possession becomes more likely:** When a person has a liking for alcohol, their very liking is taken advantage of by a ghost or a departed ancestor with a propensity for alcohol, to possess him. Once a ghost [possesses](#) a person, it further increases that person's liking for alcohol. This in turn helps the ghost to maintain control over the person and indulge in the enjoyment of drinking alcohol through him.
- **Impact of an alcoholic on his family:** When negative energies possess a person, they are easily able to fulfill their desires by acting through him. Many terrible acts are done against family members, friends and society by people when they are drunk. Violent behavior displayed by an alcoholic (addicted to and under the influence of alcohol) is mainly due to the possessing entity taking advantage of and increasing an existing personality defect of violence in the alcoholic. When people drink alcohol on a regular basis, they increase the chances of their being possessed.
- **Spiritual quality of wine:** From a spiritual perspective, wine also falls into the same category as any other alcoholic drink, as it is only marginally less tamasic than liquor such as whisky or vodka.
- **Addressing the problem in advance:** If a person dies without being able to overcome his attachment for alcohol, then in the afterlife too his craving continues. The only difference is that he does not have a physical body to fulfill his desire for alcohol. Due to this his subtle body in the afterlife tries to possess a person so that he can fulfill his desire through that person. And the vicious cycle continues. We need to get out of these types of attachment while living so that we are not ruled by our desire center in the subconscious mind after our death.
- **Solution to overcome addiction to alcohol:** Through spiritual research, we have found that 40% of the reason behind addiction is due to [a spiritual root cause](#). Problems which have their root cause in the spiritual dimension can only effectively be overcome by spiritual remedies. In our article on [spiritual research into addictions](#), we have enunciated a clear, [3-step spiritual program](#), to help people come out of addictions to substances such as alcohol, with minimal side effects.

Using a bio-feedback machine known as the [DDFAO](#), SSRF also studied the effect of alcohol and fruit juice on people's Kundalini chakras. We tested the effect of the two types of drinks i.e., alcohol (whisky) and fruit juice (orange) on people who were known to be possessed by negative energies and people who were not possessed. We also tested it on people doing spiritual practice versus those not doing spiritual practice.

Below is an SSRF video that presents some of the DDFAO research on alcohol.

[http://www.youtube.com/watch?feature=player\\_embedded&v=17ephsnEYCA](http://www.youtube.com/watch?feature=player_embedded&v=17ephsnEYCA)

### Article available in other languages

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### Related Articles

- [Why would my departed loved ones and my other ancestors want to give me pain?](#)
- [Sattva Raja Tama](#)
- [Overcoming addictions through spiritual practice](#)
- [Quitting the addiction to chewing tobacco of 54 years with spiritual practice - Case study](#)
- [Quitting addiction to marijuana by spiritual practice - Case study](#)
- [Quitting alcohol drinking with spiritual remedies](#)
- [What are ghosts and how does a person become one?](#)
- [Start your spiritual journey](#)

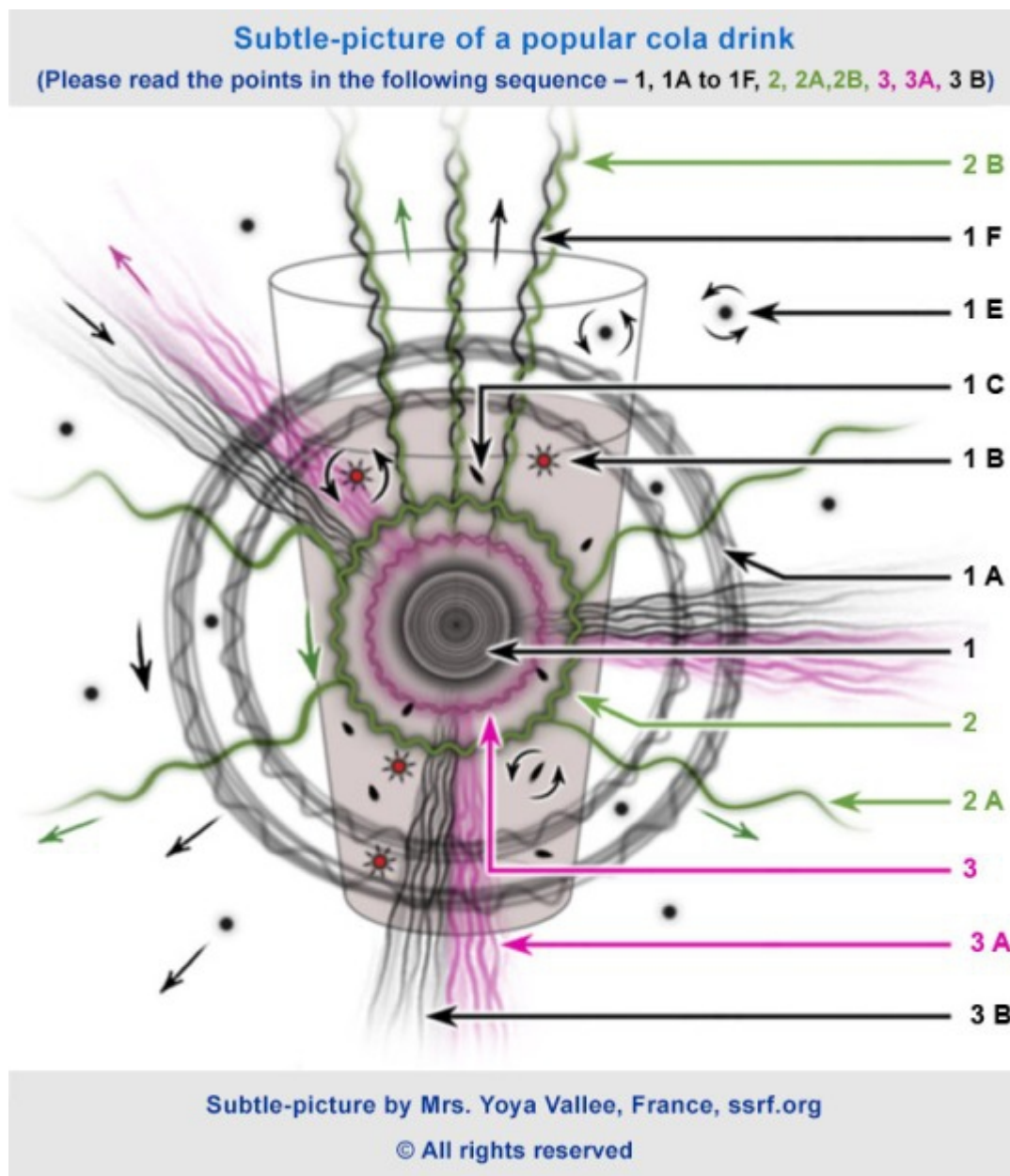
<http://www.spiritualresearchfoundation.org/spiritual-effects-of-alcohol-drinking>

## Part III: Alcoholism – Spiritual health effects of drinking alcohol

[Home](#) / [Spiritual effects of food and drinks](#) / Spiritual health effect of drinking a popular cola drink



In this article we describe through a drawing based on subtle-knowledge, the subtle vibrations that a popular cola drink attracts and emanates. It has been drawn by Mrs.Yoya Vallee, a seeker with an advanced sixth sense of vision. It has been verified and authenticated by His Holiness Dr. Jayant Athavale. When checked through advanced sixth sense, this drawing based on subtle-knowledge was found to be 80% accurate.





### Part III: Alcoholism – Spiritual health effects of drinking alcohol

The following table provides a description of the drawing based on subtle-knowledge above

No.	Explanation
-----	-------------

- |    |   |
|----|---|
| 1  | Due to the tāmasik nature of the cola drink, a circular ring of distressing energy is created     |
| 1A | As a result there is a ring of activated distressing energy that emanates outwards                |
| 1B | In addition there is creation and activation of destroyer (mārak) particles of distressing energy |
| 1C | Continuous activation of thorny-looking subtle particles of distressing energy                    |
| 1E | Emission of activated subtle particles of black energy  |
| 1F | Emission of waves of distressing energy in an upward direction                                    |
| 2  | Creation and activation of an illusory (māyāvi) ring  |
| 2A | Emission of illusory waves into the environment   |
| 2B | Emission of illusory waves in an upward direction   |
| 3  | Creation of a vibratory ring of the energy of attraction (Akarshan-shakti)                        |
| 3A | Emission of a flow of the energy of attraction into the environment                               |
| 3B | Attraction of distressing energy from the environment   |

The following are some additional observations about the subtle effect of ingesting cola drinks (gained through [spiritual research](#)):

- Cola drinks are Raja-Tama predominant and hence regular consumption is detrimental for our spiritual growth.
- The subtle Tama component is transmitted into the body due to drinking colas. This creates black energy centres in the cells of the body, at different places, using the [Absolute Cosmic Earth element](#).
- An excess of subtle Tama predominant vibrations causes the body to become depleted and reduces the [vital energy](#) or Prana-shakti. This leads to distress by negative energies.
- The negative energy present in the drink attracts people towards it. However after some time the feeling of attraction dies down and hence if taken in excess people actually experience discomfort from it.
- As a result of the above, one is attacked by negative energies in a greater proportion in a comparatively shorter period of time.

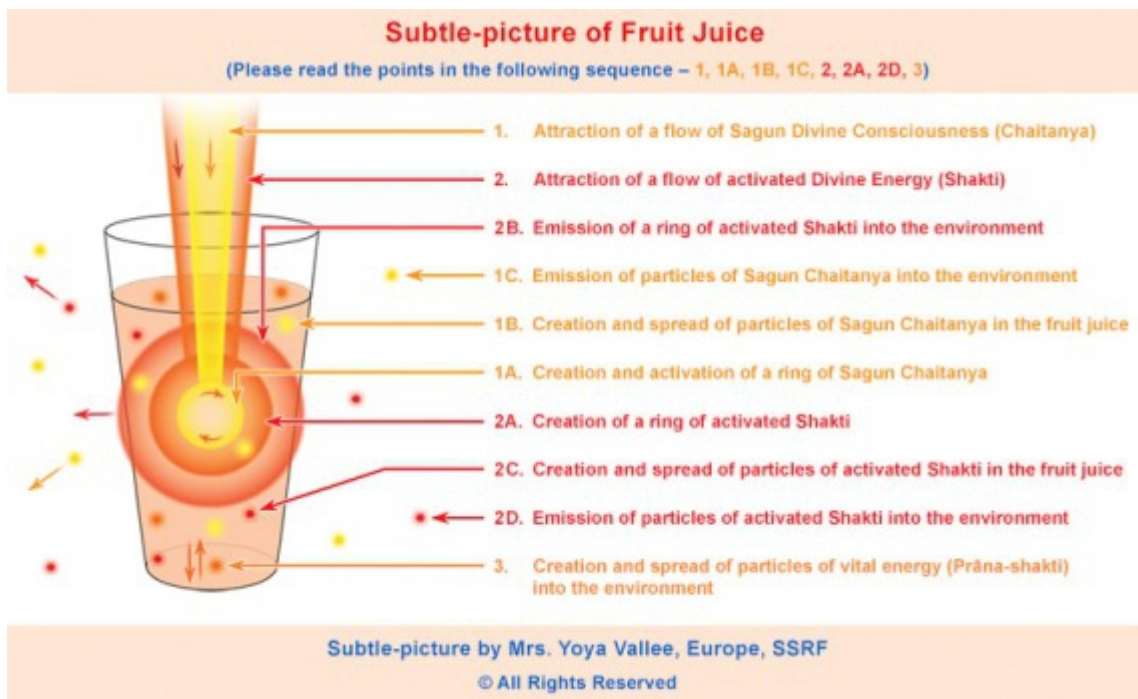
<http://www.spiritualresearchfoundation.org/spiritualresearch/sattvik-living/effect-cola-drink>

## Spiritual health effect of drinking fruit juice



**Note to our readers:** In order to better understand this article, please familiarise yourself with [“What is a drawing based on subtle-knowledge?”](#)

In this article we describe through a [drawing based on subtle-knowledge](#), the subtle-vibrations that fruit juice attracts and emanates. It has been drawn by [Mrs. Yoya Vallee](#), a seeker with an advanced [sixth sense](#) of vision. It has been verified and authenticated by [H.H. Dr. Athavale](#). When checked through advanced sixth sense, this drawing based on subtle-knowledge was found to be 80% accurate.



We use different colours for labelling the different elements in the drawing based on subtle-knowledge as they match the colours of the spiritual vibrations. For example, the spiritual vibrations of Divine consciousness (Chaitanya) are yellow when seen through an advanced sixth sense of vision. Accordingly we have used yellow to label the points related to Divine consciousness.

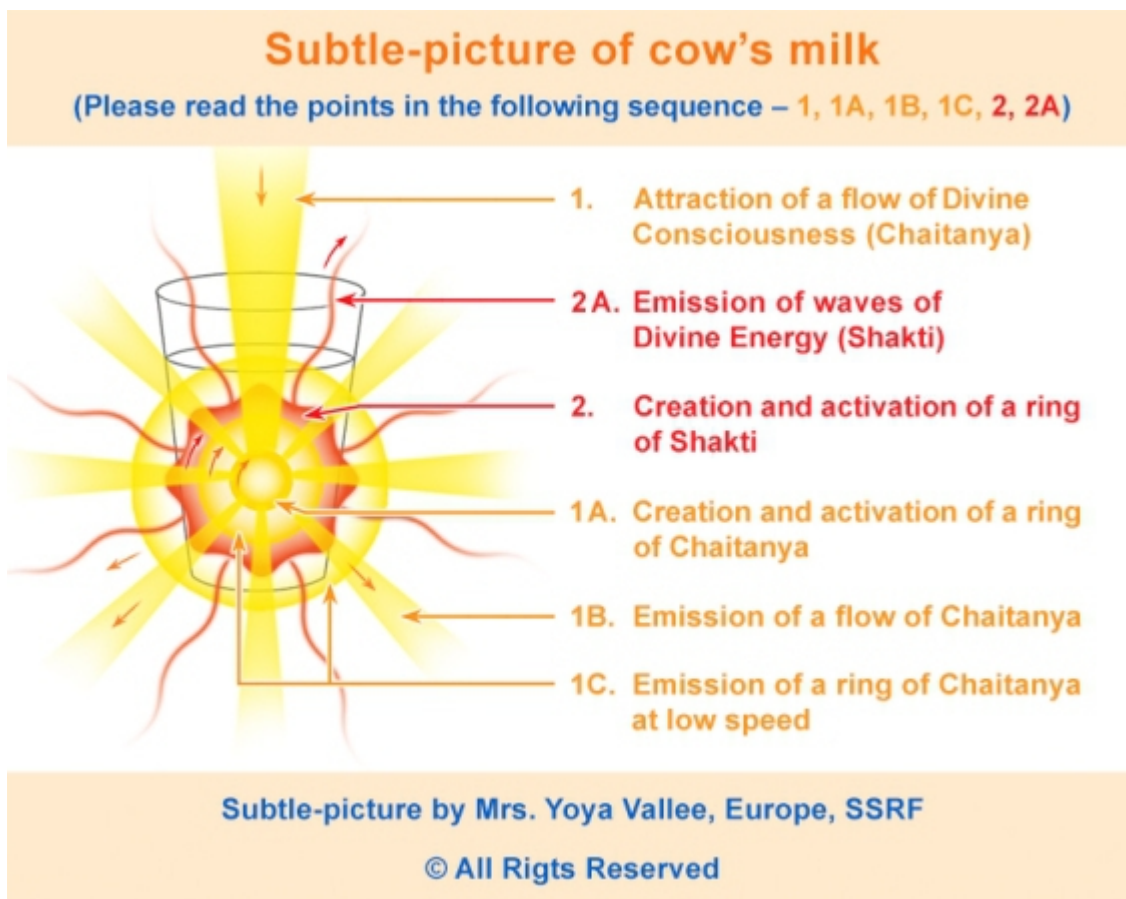
- Fruit juice is [Raja-Sattva](#) predominant and therefore bestows health.
- Fruit juice is recommended from a spiritual point of view as it attracts and emanates positive spiritual energy.
- It provides [Vital energy](#) (Prāṇa-shakti) and thus strengthens and infuses the body with a zest for action and reduces lethargy.
- We are less likely to be attacked by negative energy when consuming fruit juice.
- Fresh fruit juice is preferred as it has a higher proportion of sãttvik. However even canned or bottled fruit juice is recommended as it is only marginally less sãttvik than freshly squeezed fruit juice.





**Note to our readers:** In order to better understand this article, please familiarise yourself with "[What is a drawing based on subtle-knowledge?](#)"

In this article, we describe the subtle-vibrations that an Indian cow's milk attracts and emanates, through a [drawing based on subtle-knowledge](#). It has been drawn by [Mrs. Yoya Vallee](#), a seeker with an advanced [sixth sense](#) of vision. It has been verified and authenticated by [H.H. Dr. Athavale](#). When checked through advanced sixth sense, this drawing based on subtle-knowledge was found to be 80% accurate.



We use different colours for labelling the different elements in the drawing based on subtle-knowledge as they match the colours of the spiritual vibrations. For example, the spiritual vibrations of Divine consciousness (Chaitanya) are yellow when seen through an advanced sixth sense of vision. Accordingly we have used yellow to label the points related to Divine consciousness.

The following are some salient features about cow's milk obtained through [spiritual research](#).

- An Indian cow's milk is one of the most sãttvik drinks. Milk from cows from other countries is 50% less sattvik than the milk from an Indian cow. It has the ability to attract Divine consciousness and emits subtle vibrations of Divine Energy (Shakti).

### *Part III: Alcoholism – Spiritual health effects of drinking alcohol*

- *As a result when we drink an Indian cow's milk, the cells in the body get charged with the sāttviktā present in the milk.*
- *There is a spiritual proverb in Sanskrit which states that our thoughts stem from the food that we partake of. Thus when we have sattvik food and drink, the purification of the whole body takes place. Due to this there is a positive transformation of our thoughts as well. Sattvik thoughts in turn lead to a person performing only righteous actions.*
- *The milk from an Indian cow is more sattvik than milk from other animals.*

<http://www.spiritualresearchfoundation.org/spiritual-research/spiritual-science/spiritual-effects-and-benefits-of-cow-s-milk>



## Part III: Alcoholism – Spiritual health effects of drinking alcohol

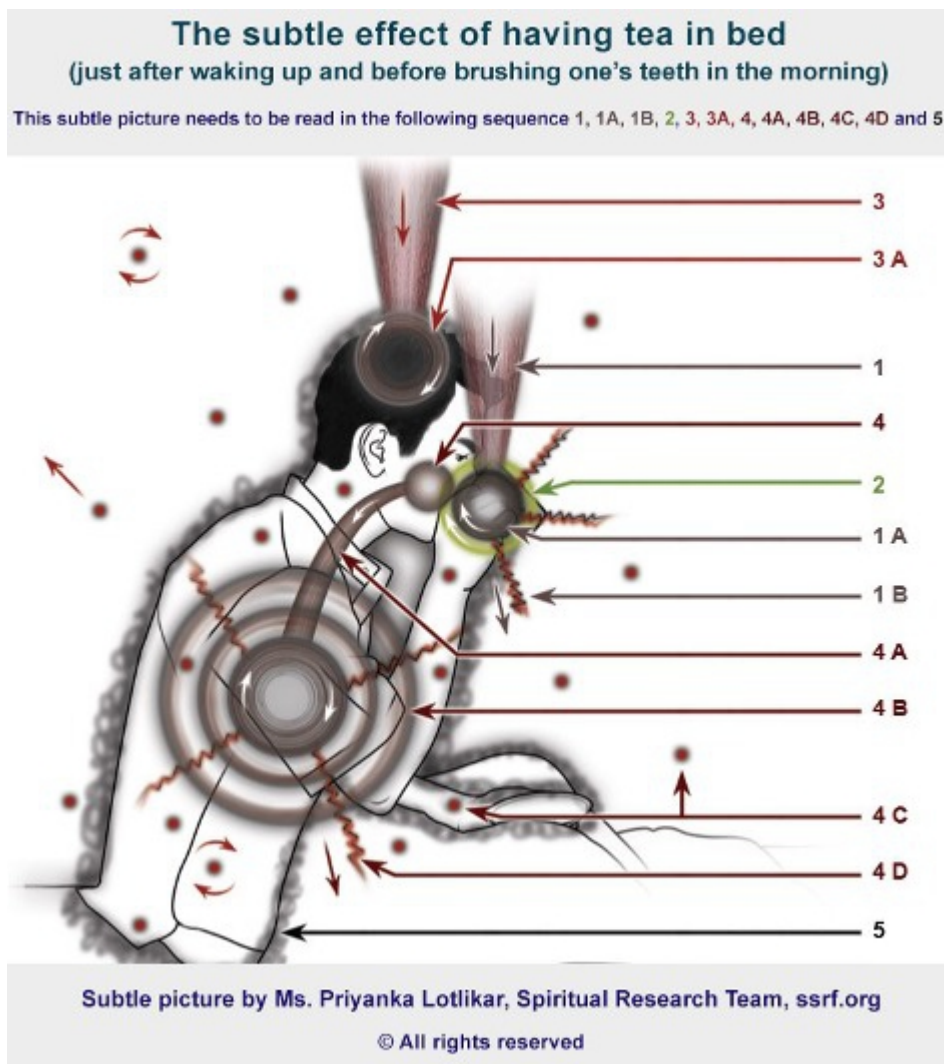
[Home](#) / [Spiritual effects of food and drinks](#) / Spiritual health effect of drinking tea in bed (before brushing one's teeth)



**Note to our readers:** In order to better understand this article, please familiarise yourself with [“What is a drawing based on subtle-knowledge?”](#) and [‘Sattva, Raja and Tama – the three subtle-components of the Universe’](#).

### 1. Introduction

Drinking the first cup of tea (or coffee) in bed, as soon as we get up, is a treat many of us look forward to and in some cases cannot do without. Also, serving a partner breakfast in bed is considered very romantic. We have to remember though that every action of ours has the potential to attract spiritual positivity or negativity into our lives. Undertaking spiritual research into this small but routine activity has shed a different light on this habit.



This drawing based on subtle-knowledge has been drawn by Ms. Priyanka Lotlikar through an advanced [sixth sense](#) of vision. It has been verified and authenticated by H.H. Dr. Athavale. When checked through advanced sixth sense, the drawing based on subtle-knowledge was found to be 80% accurate.

Please refer to the table below for the description of the various Absolute Cosmic Principles (Panchatattva) in the drawing based on subtle-knowledge.

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

1.	Attraction of a flow of distressing energy towards the tea as it is Tama-Raja predominant
1 A.	Creation of a ring of distressing energy which then continues to revolve in an activated state
1 B.	Spreading of waves of distressing energy into the environment
2.	Creation of a ring of Illusory (Māyāvi) Energy and it revolving further in an activated state
3.	Attraction of a flow of distressing energy towards the person
3 A.	Creation of a ring of distressing energy in the <a href="#">intellect</a> which then continues to revolve in an activated state
4.	Creation of a ring of distressing energy in the mouth cavity
4 A.	A flow of distressing energy entering the body
4 B.	A ring of distressing energy is created. It revolves in an activated state and emits concentric rings of distressing energy in the body.
4 C.	Spread of activated particles of distressing energy in the body and the environment
4 D.	Spread of waves of distressing energy in the body
5.	A thick negative energy sheath is created around the body

Medical forums and dental authorities on the Internet seem to be divided on the issue whether it is better to brush before or after breakfast. However from a spiritual perspective brushing one's teeth and rinsing one's mouth reduces the distressing Tama vibrations that build up overnight in the mouth cavity. It is for this reason that it is recommended that we eat or drink only after brushing teeth in the morning.

#### 2. Effect of sleep on the mouth cavity

When a person is asleep, due to the sluggishness of the body, there is an increase in the subtle Tama component. Along with this, as our spiritual practice is also at its lowest during sleep, we are spiritually the most vulnerable at that time. The environment at night too is more Tama predominant than at any other time of the day and negative energies are also the most active. As a result when we sleep, we are more susceptible to attacks by ghosts (demons, devils, negative energies, etc.).

The mouth cavity is especially susceptible to get saturated with Tama vibrations as it is most associated with the Absolute Cosmic Water Principle (). This is because the Absolute Cosmic Water Principle (Āpatattva) has the property of retaining maximal negative Tama vibrations. As a result, after a full night's sleep, there is a high build-up of the distressing Tama vibrations in the mouth cavity along with a foul odour.

#### 3. Spiritual effect of having tea in bed (before brushing one's teeth)

As there is a high predominance of distressing vibrations in the mouth cavity when one gets up in the morning, anything that is ingested at that time also imbibes the subtle Tama component. In the [drawing based on subtle-knowledge](#) below the various subtle negative vibrations that come into play while drinking a cup of tea are shown. Moreover tea by itself is Tama-Raja predominant and this in turn adds to the build-up of distressing vibrations. Whenever there is a build-up of distressing Tama vibrations there is also an increase in susceptibility to being attacked by ghosts (demons, devils, negative energies, etc.).

<http://www.spiritualresearchfoundation.org/spiritualresearch/sattvik-living/spiritual-effect-having-tea-in-bed>

Home / Fundamental articles

### Fundamental articles

- [Tips for using this website](#) To enable you to gain a better understanding of this website, we recommend that you read the following articles: About us. The Welcome note from the editor. As we all come from different parts of the world, we may use different words to express a certain concept in Spirituality. To assist in understanding the terminology [...]

### In regards to us

- [Purpose of life](#) Explains the purpose of life from a spiritual perspective
- [Spiritual root causes of difficulties in life](#) the various spiritual causes of problems in life
- [Destiny and the rule of give-and-take](#) Destiny and the rule of give-and-take
- [What are ancestral problems?](#) Problems like Marital Disharmony, Addiction, miscarriages due to departed Ancestor souls, Ghosts.
- [What are human beings made of? \(body, mind, intellect, soul\)](#) Is the human existence just the body, or is there something more? Besides the body, mind and soul, there are other subtle bodies that also coexist.
- [Start your spiritual journey](#) Throughout the website the Spiritual Science Research Foundation (SSRF) has stressed the importance of doing regular spiritual practice. The purpose of this section is to give you a quick understanding of what you can do to begin your spiritual journey (spiritual practice) today. Whichever religious path or culture you come from, the Spiritual

### Principles

- [An introduction to Spiritual Principles and the 6 Basic Principles of Spiritual Practice](#)
- [Sattva Raja Tama](#) This article explains the concept of the three subtle basic components of Sattva, Raja, and Tama
- [What are the Absolute Cosmic Principles?](#) What are the cosmic elements?
- [Hierarchy of power in the universe](#) There are six types of power in the universe. The strength of the power increases with the power being more subtle. Let us examine each one of these types of power. 1. Physical: This is the lowest in the hierarchy of power in the universe as it is also the most gross. This includes [...]
- [Spiritual healing – principles](#) This article describes the spiritual principles about spiritual healing and provides a framework for understanding any type of spiritual healing.
- [FAQs on Spiritual healing methods](#) How to know if healing is working? Should we heal ourselves or look for a healer? Does faith matter? Get answers about spiritual healing methods
- [What are ghosts and how does a person become one?](#)  
Explains what a ghost is and how one becomes a ghost.
- [What are chakras?](#)  
Chakras provide subtle-energy to the functions of the body organs, mind and intellect. Learn about their exact positioning in the human body.
- [According to spiritual level or spiritual capacity](#)  
Undertaking spiritual practice as per the spiritual level or spiritual capacity
- [There are as many paths to God as there are people](#)  
There are as many paths to God as there are people
- [Go from many to one](#)  
Going from many to one
- [Progressing from gross \(tangible\) to subtle \(intangible\)](#)  
Progressing from gross (tangible) to subtle (intangible)
- [Doing spiritual practice relevant to the times](#)  
Doing spiritual practice relevant to the times
- [Sattva Raja Tama](#)  
The three subtle basic components (trigunās) of Sattva, Raja and Tama are the very fabric of creation.

## Part III: Alcoholism – Spiritual health effects of drinking alcohol

- [What are human beings made of? \(body, mind, intellect, soul\)](#)

Is the human existence just the body, or is there something more? Besides the body, mind and soul, there are other subtle bodies that also coexist.

- [What are the Absolute Cosmic Principles?](#)

According to the science of Spirituality all creation is made up of five Absolute Cosmic elements or Absolute Cosmic principles (Panchatattva).

### About Negative Energy

- [Population affected or possessed by ghosts](#) Explains the number of people affected or possessed by ghosts.
- [Definition of demonic possession and being affected by ghosts](#) What is the meaning of being 'affected by ghosts' and being 'possessed by ghosts' (demonic possession)? 1. The definition of being 'affected by ghosts' Being affected by ghosts (demons, devils, negative energies, etc.) means the physical, mental, intellectual or spiritual (or any combination thereof) functioning of a person is affected or altered by ghosts
- [Manifest vs unmanifest demonic possession](#) This article explains the difference between manifest versus unmanifest demonic possession
- [What are ghosts and how does a person become one?](#) Explains what a ghost is and how one becomes a ghost.
- [Symptoms of ghost affecting or possessing a person](#) This article describes the various symptoms of a ghost affecting a person.

### Others

- [Who is a deity?](#) Who is a deity?
- [Good vs Evil](#) The battle of good versus evil and the change of times.
- [Frequently asked questions](#) Frequently asked questions, FAQs

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## The Effects Of Spirituality In 'Alcoholics Anonymous' On Alcohol Dependence

Saturday 25 December 2010 - 12am PST

New research shows that attending Alcoholics Anonymous meetings may increase spirituality and help decrease frequency and intensity of alcohol use

- Alcoholics Anonymous is a widely known 12-step program that can help individuals control their dependence on alcohol, and spirituality is a large part
- A new study shows that spirituality does increase over time, which can lead to better alcohol outcomes and an improved rate of recovery
- **These results indicate that spirituality is an important factor in the multi-faceted recovery from an alcohol-use disorder**

Addictions, whether it is to drugs or alcohol, are a very difficult hurdle for individuals to overcome. But, there are ways to help people with their recovery through 12-step programs like Alcoholics Anonymous (AA). Many of these organizations, including AA, highlight spirituality as a very important factor, but the data surrounding its effectiveness have often been contested.

However, new research shows that as attendance of AA meetings increase, so do the participants spiritual beliefs, especially in those individuals who had low spirituality at the beginning of the study.

The results will be published in the March 2011 issue of *Alcoholism: Clinical & Experimental Research* and are currently available at Early View.

John F. Kelly, lead author of the study, Associate Professor in Psychiatry at Harvard Medical School and the Associate Director of the Center for Addiction Medicine at Massachusetts General Hospital, said that while spirituality is an important aspect of AA recovery, it is not the only way they can help individuals.

"I've heard it said that AA is too spiritual, and I've also heard it said that AA is not spiritual enough for some people. Although this is not the only way that AA helps individuals recover, I think these findings support the notion that AA works in part by enhancing spiritual practices," Kelly said.

The researchers assessed more than 1,500 adults throughout their recovery process, with data being gathered at three, six, nine, 12, and 15 months. The study utilized data on their attendance to AA meetings, their individual spirituality/religiosity practices and overall alcohol-use outcomes to determine if spirituality is indeed a mechanism of behavior change.

The results indicated that there was a robust association between an increase in attendance to AA meetings with increased spirituality and a decrease in the frequency and intensity of alcohol use over time. One of the most interesting aspects of the research was that the same amount of recovery was seen in both agnostics and atheists, which indicates that while spirituality is an important mechanism of behavioral change for AA, it is not the only method used.

"Many people will be surprised that alcoholic patients with little or no interest in spirituality attended AA and seemed to change even more than did those who had a pre-existing, strong sense of spirituality," said Keith Humphreys, a Career Research Scientist with the Veterans Health Administration and Professor of Psychiatry at Stanford University. "AA is thus much more broad in its appeal than is commonly recognized."

The researchers also noted that while spirituality is an important aspect of recovery, it is still not known how these beliefs work in complement or competition with other recovery methods, as there are multiple.

"We have also found that AA participation leads to recovery by helping members change their social network and by enhancing individuals' recovery coping skills, motivation for continued abstinence, and by reducing [depression](#) and increasing psychological well-being," said Kelly.

"Down the road it will be important to conduct more qualitative research as well as further quantitative replication of our findings in order to understand more about how exactly spiritual practices and beliefs influence coping and behavioral change in recovery from [addiction](#)"

Source:

John F. Kelly, Ph.D. (Center for Addiction Medicine, Department of Psychiatry, Massachusetts General Hospital)

Keith Humphreys, Ph.D. (Stanford University)

*Alcoholism: Clinical & Experimental Research*

<http://www.medicalnewstoday.com/articles/211565.php>





## What Is An Alcoholic? What Is Alcoholism?

Last updated: Wednesday 24 April 2013

Originally published: Friday 10 July 2009

**An alcoholic is a man or a woman who suffers from alcoholism - they have a distinct physical desire to consume alcohol beyond their capacity to control it, regardless of all rules of common sense.**

According to Alcoholics Anonymous UK, who say they have no unique definition for alcoholism, it may be described as a physical compulsion, together with a mental obsession. Apart from having an enormous craving for alcohol, an alcoholic often yields to that craving at the worst possible times. The alcoholic knows neither when nor how to stop drinking.

**Definition** - an **alcoholic** is a person, while **alcoholism** is the illness. An alcoholic suffers from alcoholism. Alcoholism is a long-term (chronic) disease.

Alcoholics are obsessed with alcohol and cannot control how much they consume, even if it is causing serious problems at home, work, and financially.

**Alcohol abuse** generally refers to people who do not display the characteristics of alcoholism, but still have a problem with it - they are not as dependent on alcohol as an alcoholic is; they have not yet completely lost their control over its consumption.

**Moderate alcohol consumption** will not generally cause any psychological or physical harm. However, for some individuals, social drinking eventually leads to heavier and heavier alcohol consumption, which does cause serious health and psychological problems.

**Alcoholism in the UK** - one in every 13 people in the United Kingdom is an alcoholic, according to the NHS (National Health Service) statistics. Even among people who are not dependent on alcohol, a sizeable proportion drink too much.

**In the USA**, 15% of Americans are problem drinkers, while between 5% to 10% of male and 3% to 5% of female drinkers could be diagnosed as alcohol dependent, according to the National Institutes of Health (NIH).

The World Health Organization (WHO) says there are at least 140 million alcoholics in the world; unfortunately, the majority of them are not treated.

A US study estimated that about [30% of Americans report having an alcohol disorder at some time in their lives](#).

[Alcohol consumption more severely affects women than men](#), according to a coordinated study carried out by researchers at RTI International, Pavlov Medical University, Leningrad Regional Center of Addictions, Pacific Institute for Research and Evaluation, and Johns Hopkins School of Medicine.

A Canadian study found that [alcohol is a factor in 1 in 25 deaths worldwide](#). The British Medical Association says that [alcohol kills six people in Scotland every day](#).

[The lifetime risk of alcohol-use disorders for men is more than 20%. with a risk of about 15% for alcohol abuse and 10% for alcohol dependence](#), according to researchers from the University of California, San Diego, USA.

Alcohol consumption, when in moderation can have some positive effects on health. Moderate red wine drinking has several health benefits. Researchers at the University of Illinois found that [injured patients with alcohol in their blood have a smaller chance of dying in hospital](#). The researchers said that their findings should not encourage people to drink.

## What are the symptoms of alcoholism?

The signs of alcoholism and alcohol abuse are very similar, and are often just a question of degree or intensity.

Typically, the last person to be aware that he/she has a serious drinking problem is the alcoholic himself/herself - they are in denial. **Some signs and symptoms of alcoholism as well as alcohol abuse include:**

- Drinking alone.
- Drinking in secret.
- Not being able to limit how much alcohol is consumed.
- Blacking out - not being able to remember chunks of time.
- Having rituals and being irritated/annoyed when these rituals are disturbed or commented on. This could be drinks before/during/after meals, or after work.

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

- Dropping hobbies and activities the person used to enjoy; losing interest in them.
- Feeling an urge to drink.
- Feeling irritable when drinking times approach. This feeling is more intense if the alcohol is not available, or there appears to be a chance it may not be available.
- Having stashes of alcohol in unlikely places.
- Gulping drinks down in order to get drunk and then feel good.
- Having relationship problems (triggered by drinking).
- Having problems with the law (caused by drinking).
- Having work problems (caused by drinking, or drinking as root cause).
- Having money problems (caused by drinking).
- Requiring a larger quantity of alcohol to feel its effect.
- Nausea, sweating, or even shaking when not drinking.

A person who abuses alcohol may have many of these signs and symptoms - but they do not have the withdrawal symptoms like an alcoholic does, nor the same degree of compulsion to drink.

The problems linked to alcohol dependence are extensive, and affect the person physically, psychologically and socially. Drinking becomes a compulsion for a person with a drink problem - it takes precedence over all other activities. It can remain undetected for several years.



What is binge drinking?

In the UK, binge drinking occurs when a man consumes more than eight units of alcohol and a woman consumes over six units in one sitting. Drinking large amounts of alcohol now-and-again is worse for the health than frequently drinking small quantities.

Binge drinking has become a growing problem in many countries, especially in the UK where 40% of emergency hospital admittances are alcohol-related. Sipping wine, beer or spirits three to four times per week increases the risk of binge drinking,

particularly among young men, according to a study carried out by researchers from the Université de Montréal and the University of Western Ontario.

[Men who drink 22 or more units of alcohol a week have a 20% higher rate of admissions into acute care hospitals than non-drinkers](#), researchers from the University of Glasgow found.

**Binge drinking among college students and heart disease** - researchers from the University of Illinois at Chicago reported in the *Journal of the American College of Cardiology* that [healthy young adults who regularly binge drink may have a higher risk of heart disease later in life](#).

Senior author, Shane A. Phillips and team found that college binge drinkers show damage to blood vessels similar to that caused by high [cholesterol](#) and [hypertension](#), both factors linked to [heart disease](#).

Phillips said "Regular binge drinking is one of the most serious public health problems confronting our college campuses, and drinking on college campuses has become more pervasive and destructive. Binge drinking is neurotoxic and our data support that there may be serious cardiovascular consequences in young adults."

#### What causes alcoholism (alcohol dependence)?

Alcohol dependence is a gradual process which can take from a few years to several decades to become a problem - with some very vulnerable people [addiction](#) can come in a question of months. Eventually, over time, regular alcohol consumption can disrupt the balance of the brain chemical GABA (gamma-aminobutyric acid), which controls impulsiveness, as well as glutamate, which stimulates the nervous system. Brain levels of dopamine are raised when we consume alcohol - dopamine levels may make the drinking experience more gratifying. Over the long- or medium-term, excessive drinking can significantly alter the levels of these brain chemicals, making the person's body crave alcohol in order to feel good and avoid feeling bad.

These risk factors may also be linked to excessive drinking:

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- **Genes** - scientists say there are specific genetic factors which may make some people more likely to become addicted to alcohol, as well as other substances. People who have a family history of addiction are at higher risk for abusing alcohol. Alcoholics are six times more likely than nonalcoholic to have blood relatives who are alcohol dependent. Researchers from the Universidad de Granada, Spain, revealed that ["the lack of endorphin is hereditary, and thus that there is a genetic predisposition to become addicted to alcohol"](#).
- **The age of first alcoholic drink** - a study found that [people who started drinking alcohol before the age of 15 were much more likely to have an alcohol problem later in life.](#)
- Underage drinking in the USA is common - [26.6% of Americans under the legal age for alcohol consumption are drinking,](#) a new report issued by SAMHSA (Substance Abuse and Mental Health Services) informed in a new report.
- The authors explained that although some progress had been made in the short term to reduce underage drinking, especially among children aged up to 17 years, underage drinking rates are still excessively high in the USA.
- Of the 12-20 year olds who said they had drunk alcohol during the previous four weeks, 8.7% had bought it themselves.
- Pamela S. Hyde, an AMHSA Administrator, said:
- "Underage drinking should not be a normal part of growing up. It's a serious and persistent public health problem that puts our young people and our communities in danger. Even though drinking is often glamorized, the truth is that underage drinking can lead to poor academic performance, sexual assault, injury, and even death."
- **Smoking, especially non-daily smokers** - A study by Yale University researchers found that [non-daily smokers are five times more likely to have a problem with alcohol compared to people who have never smoked.](#)
- **Easy access** - Experts say there is a correlation between easy access to alcohol (cheap prices) and alcohol abuse and alcohol-related deaths. A US study found [a strong link between alcohol tax increases in 1983 and 2002 and a significant drop in deaths related to alcohol](#) use in one American state - the effect was found to be nearly two to four times that of other prevention strategies such as school programs or media campaigns.
- **Stress** - some [stress](#) hormones are linked to alcoholism. If our levels of stress, [anxiety](#) are high some of us may consume alcohol in an attempt to blank out the upheaval. [Military service members returning from Iraq and Afghanistan are likely to experience posttraumatic stress disorder and alcohol use disorders simultaneously,](#) according to researchers at the National Institute on Alcohol Abuse and Alcoholism.
- **Peer drinking** - people who have friends who drink regularly or abuse alcohol are more likely to drink excessively and eventually have an alcohol problem.
- **Low self-esteem** - experts say that people with low self-esteem who have alcohol readily available are more likely to abuse it.
- **Depression** - people with [depression](#) may deliberately or unwittingly use alcohol as a means of self-treatment. On the other hand, a statistical modeling study suggested that [alcohol abuse may lead to depression risk, rather than vice versa.](#)
- **Media and advertising** - in some countries alcohol is portrayed as a glamorous, worldly and cool activity. Many experts believe that alcohol advertising and media coverage of it may convey the message that excessive drinking is acceptable. [The Royal College of Physicians is asking for a European Union ban on alcohol advertising to protect children.](#)
- **How the body processes (metabolizes) alcohol** - people who need comparatively more alcohol to achieve an effect have a higher risk of eventually having an alcohol problem, [a study carried out by researchers at the University of California, San Diego, found.](#)

#### How is alcoholism diagnosed?

In the USA a person must meet the criteria laid out in the DSM (Diagnostic and Statistical Manual of Mental Disorders), published by the APA (American Psychiatric Association). This includes a pattern of alcohol abuse which leads to considerable impairment or distress. The patient should experience at least three of the criteria below during the past 12 months:

- **Alcohol tolerance** - the patient needs a large quantity of alcohol to feel intoxicated. However, when the liver is damaged and cannot metabolize the alcohol so well, this tolerance may drop. Damage to the central nervous system may also reduce tolerance levels.



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- **Withdrawal symptoms** - when the patient abstains from alcohol or cuts down he/she experiences tremors, [insomnia](#), nausea or anxiety. Typically, the patient drinks more to avoid these symptoms.
- **Beyond intentions** - the patient ends up drinking more alcohol, or drinks for a longer period than he/she intended.
- **Unsuccessfully attempting to cut down** - the patient is continuously trying to cut down alcohol consumption, but does not succeed. Or the patient has a persistent desire to cut down.
- **Time consuming** - the patient spends a lot of time obtaining, using or recovering from alcohol consumption.
- **Withdrawal** - the patient withdraws from recreational, social, or occupational activities. This did not used to be the case.
- **Persistence** - the patient carries on consuming alcohol even though he/she knows it is harming him/her physically and psychologically.

Some signs and symptoms of alcohol abuse may be due to another condition, or simple aging, such as memory problems, or falling. Some patients may go to their doctor about a medical condition, such as a digestive problem, and not mention their alcohol abuse. It is not always easy for a doctor to identify candidates for alcohol dependency screening. If a doctor suspects alcohol may be a problem, he/she may ask a series of questions - if the patient answers in a certain way the doctor may go on to use a standardized questionnaire. [A single question can identify unhealthy alcohol use in patients](#), a study revealed.

Blood tests can only reveal very recent alcohol consumption. They cannot tell whether a person has been drinking heavily for a long time.

If a blood test reveals that the red blood cells have increased in size it could be an indication of long-term alcohol abuse.

Carbohydrate-deficient transferrin (CDT) - this is a test which helps detect heavy alcohol consumption. It is a blood test.

There are other tests which can indicate whether the liver has been damaged, or whether a man has reduced [testosterone](#) levels - however, screening with a good questionnaire is seen as the most effective means for an accurate diagnosis.

Most alcoholics deny they have a problem and tend to minimize the extent of their drinking. Talking to family members may help the doctor in his/her diagnosis (permission will be needed for this).

### Complications of alcoholism and alcohol abuse

Usually, drinking alcohol initially elevates the person's mood. However, after a long period of regular heavy drinking the person's nervous system will become depressed and the drinker will become sedated by alcohol. Alcohol may undermine a person's judgment; it can lower inhibitions and alter the drinker's thoughts, emotions and general behavior. Heavy regular drinking can have a serious effect on a person's ability to coordinate his/her muscles and speak properly. Heavy binge drinking could cause the patient to go into [coma](#).

Eventually, regular heavy drinking may cause at least one of the following problems:

- **Fatigue** - the patient is tired most of the time.
- **Memory loss** - especially the patient's short-term memory.
- **Eye muscles** - the eye muscles can become significantly weaker.
- **Liver diseases** - the patient has a considerably higher chance of developing [hepatitis](#), and [cirrhosis](#). Cirrhosis of the liver is an irreversible and progressive condition.
- **Gastrointestinal complications** - the patient can develop gastritis, or pancreas damage. These problems also seriously undermine the body's ability to digest food, absorb certain [vitamins](#), and produce hormones which regulate metabolism.
- **Hypertension** - regular heavy drinking invariably raises the person's [blood pressure](#).
- **Heart problems** - regular heavy drinking can lead to cardiomyopathy (damaged heart muscle), [heart failure](#), and [stroke](#).
- **Diabetes** - alcoholics have a very high risk of developing [diabetes](#) type 2. Patients who have diabetes will invariably have serious complications if they are regular heavy drinkers of alcohol. Alcohol prevents the release of glucose from the liver, causing [hypoglycemia](#). A person with diabetes is already taking insulin to lower his/her blood sugar levels - hypoglycemia could be devastating.
- **Menstruation** - alcoholism will usually stop menstruation or disrupt it.
- **Erectile dysfunction** - alcoholic men are much more likely to have problems getting an erection, or sustaining one.



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- **Fetal alcohol syndrome** - women who abuse alcohol during their pregnancy are much more likely to have babies with birth defects, including a small head, heart problems, shortened eyelids, as well as developmental and cognitive problems.
- **Thinning bones** - alcoholics invariably suffer from thinning of the bones because alcohol interferes with the production of new bone. This means an increased risk of [fractures](#).
- **Nervous system problems** - alcoholism often causes numbness in the extremities, [dementia](#) and confused/disordered thinking.
- **Cancer** - alcoholics have a much higher risk of developing several [cancers](#), including [cancer of the mouth](#), esophagus, liver, colon, rectum, breast, prostate and pharynx.
- An international study found that [the key causes of bowel cancer are alcohol and smoking](#).
- In fact, even moderate alcohol consumption is linked to a higher incidence of cancer among women, [a study found](#). Another study found that [consuming just two or more drinks per day could increase a person's risk of pancreatic cancer by about 22%](#).
- **Accidents** - alcoholics are vulnerable to injuries from falls, car crashes, being run over, etc. The NIH says that over half of all American traffic deaths are alcohol-related.
- **Domestic abuse** - alcohol is a major factor in spouse beating, child abuse, and conflicts with neighbors.
- **Work (school) problems** - employment problems, unemployment, school problems, are often alcohol-related.
- **Suicide** - suicide rates among people who are alcohol-dependent or who abuse alcohol are much higher than among other people.
- **Mental illness** - alcohol abuse can cause mental illness and make existing mental illnesses worse.
- **Problems with the law** - the percentage of alcoholics who end up in court or in prison is significantly higher compared to the rest of the population.



**Treatment for alcohol dependency**  
Some medical inpatients with unhealthy alcohol use may benefit from a brief intervention, say researchers from Boston University School of Medicine.

The first step for the alcoholic is to acknowledge that there is an alcohol dependency problem. The next step is to get help. In most of the world there are several support groups and professional services available.

A study found that people with a stable psychosocial life situation often delay in seeking help for their alcohol problems even though they are serious.

In another study, published in March 2012, scientists from Norway re-analyzed data from old trials that tested [LSD \(lysergic acid diethylamide\) for the treatment of alcoholism](#) and concluded that a single dose of the psychedelic drug was effective in decreasing alcohol misuse.

Researchers from the Center for Imaging of Neurodegenerative Diseases, San Francisco VA Medical Center, San Francisco, informed in *Frontiers in Pharmacology* in October 2012 that [veterans who smoke have a higher risk of alcohol abuse relapse than non-smokers](#). They added that smoking while trying to give up drinking impairs memory, learning and other cognitive skills, which undermine successful sobriety.

**The following are recognised treatment options for alcoholism:**

- **Do-it-yourself** - experts say about 30% of people with an alcohol problem manage to reduce their drinking or abstain without seeking professional help. There is a great deal of material in books and the internet that may help the self-helper.
- **Counseling** - a qualified counselor can help the alcoholic talk through his/her problems and then devise a plan to tackle the drinking. CBT (cognitive behavioral therapy) is commonly used to treat alcohol dependency.

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- **Treating underlying problems** - the alcoholic may have a problem with self-esteem, stress, anxiety, depression, or some other [mental health](#) problem. It is important to treat these problems too. It is crucial for the alcoholic to realize that drinking will probably make mental health problems worse. As alcoholics commonly suffer from hypertension, liver diseases, and possibly heart diseases, these will need to be treated too.
- **Residential programs** - residential programs are ideal for some people. They include expert professional help, individual or group therapy, support groups, training, family involvement, activity therapy, and a host of strategies that are aimed at treating the alcoholic successfully. Some people find that being physically away from access to temptation is a great help.
- **Drug that provokes a severe reaction to alcohol** - Antabuse (disulfiram) causes a severe reaction when somebody drinks alcohol, including nausea, flushing, vomiting and [headaches](#). It is a deterrent. It will not treat the alcoholic's compulsion and will not cure alcoholism.
- **Drugs for cravings** - Naltrexone (ReVia) may help with the urge to have a drink. Acamprosate (Campral) may help with cravings.
- **Hormone ghrelin** - [Researchers at the Sahlgrenska Academy, Gothenburg, have discovered](#) a new brain mechanism involved in alcohol addiction involving the stomach hormone ghrelin. When ghrelin's actions in the brain are blocked, alcohol's effects on the reward system are reduced. It is an important discovery that could lead to new therapies for addictions such as alcohol dependence.
- **Detoxification** - the patient takes some medication to prevent withdrawal symptoms (delirium tremens) which many alcoholics experience when they give up drinking. Treatment usually lasts from four to seven days. Chlordiazepoxide, a benzodiazepine medication, is frequently used for detoxification (detox). Doses will be initially high, and will then taper off. It is important that the patient abstains completely from alcohol during the detox.
- **Staying on the wagon (remaining abstinent)** - some patients find the detox achievable, but start drinking again soon after, or some time later. It is important to remember Samuel Johnson's phrase "If at first you don't succeed. Try, try, and try again." Success rates are significantly improved if the patient has access to counseling or some support group. Family support is crucial. Sometimes a good GP can provide vital support. A study found that [genetics is a factor in predicting the risk of relapse among alcohol-dependent patients](#).

Further Reading: ["What is Alcohol Poisoning? What are the Dangers of Alcohol Poisoning?"](#)

Written by Christian Nordqvist

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<http://www.medicalnewstoday.com/articles/157163.php>

## What Is a Hangover? How to treat a Hangover

Last updated: Friday 20 June 2014

Originally published: Monday 9 January 2012

A hangover is a collection of signs and symptoms linked to a recent bout of heavy drinking. The sufferer typically has a [headache](#), feels sick, dizzy, sleepy, confused and thirsty. Hangovers can occur at any time of day, but are usually more common the morning after a night of heavy drinking. As well as physical symptoms, the person may also experience elevated levels of [anxiety](#), regret, shame, embarrassment, as well as [depression](#).

The severity of a hangover is closely linked to how much alcohol was consumed, and whether the sufferer had enough sleep. The less sleep the worse the hangover. It is impossible really to say how much alcohol can be safely consumed to avoid a hangover - it depends on the individual, his/her circumstances that day, how tired they were before their drinking started, whether they were already dehydrated before the drinking began, whether they drank plenty of water during their drinking session, how much sleep they got afterwards, etc.

In the vast majority of cases, hangovers go away after about 24 hours. Responsible drinking can help avoid hangovers - this is covered further down the page.

### What are the signs and symptoms of a hangover?

A symptom is something the sufferer or patient feels and describes, such as feeling thirsty or a headache, while a sign is something everybody, including the doctor or nurse can detect, such as bloodshot eyes, or a rash.

The signs and symptoms of a hangover generally start to occur when the drinker's blood alcohol drops considerably - typically, the morning after a night of high alcohol consumption, and may include:

- Accelerated heartbeat
- Anxiety
- Bloodshot eyes
- Body and muscle aches
- [Diarrhea](#)
- Dizziness
- [Halitosis](#) (bad breath)
- Headache
- Hypersalivation
- [Flatulence](#)
- Lethargy, [tiredness](#), fatigue, listlessness
- Nausea
- Photophobia (sensitivity to light)
- Problems focusing or concentrating
- Sensitivity to loud sounds
- Depression (dysphoria)
- Irritability
- Moodiness
- Sleepiness, or a feeling of sleep deprivation
- Stomachache
- Thirst
- Trembling or shakiness, erratic motor functions
- Vomiting
- If the individual has the following more severe signs and symptoms, he/she may have alcohol poisoning - this is a medical emergency (get medical help as soon as possible)
- Breathing loses its regular rhythm
- Breathing slows down to less than eight inhalations per minute
- Confusion or stupor. The patient is in a daze
- Fits (seizures)
- [Hypothermia](#) - body temperature drops
- The patient passes out (loses consciousness)
- The skin becomes pale, or takes on a blue tinge
- Vomiting continues and does not abate

### What are the causes of a hangover?

A hangover is the consequence of having consumed too much alcohol - an accumulation of several factors:

- **Urination** - alcohol makes people urinate more, which raises the chances of [dehydration](#) occurring. Dehydration can give the individual that sensation of thirst and lightheadedness.
- **Immune system response** - there may be an inflammatory response by the immune system to alcohol, which may affect appetite, concentration and memory.
- **Stomach irritation** - alcohol consumption raises the production of stomach acids; it also slows down the rate at which the stomach empties itself - this combination can lead to nausea, vomiting or stomachache.
- **Drop in blood sugar** - some people's blood sugar levels can fall steeply when they consume alcohol, resulting in shakiness, moodiness, tiredness, general weakness, and even seizures in some cases.
- **Dilation of blood vessels** - alcohol consumption can cause the blood vessels to dilate, which can cause headaches.
- **Sleep quality** - although sleeping when drunk is common, the quality of that sleep may be poor. The individual may wake up tired and still sleepy.
- **Congeners** - these are substances that are produced during fermentation and are responsible for most of the taste and aroma in distilled drinks (whisky, gin, etc). They are known to contribute to symptoms of a hangover. Examples of congeners include esters and aldehydes.

### How can I treat a hangover?

According to the National Health Service (NHS), UK, there is no "treatment" for a hangover - the best way to avoid one is either not to drink, or to drink sensibly and within the recommended limits. Our article [what is the best hangover cure?](#) features some of the common myths and suggests some methods of prevention.

UK health authorities say that men should not consume over 3 to 4 units and women 2 to 3 units of alcohol per day.

You should not drink more than you know your body can handle.

A hangover has to run its course, and that can be best done with rest, drinking plenty of water, perhaps some painkillers and simply waiting.

Do not go for a "hair of the dog" - an alcoholic drink to get rid of a hangover. This is a myth, and will likely just prolong your hangover symptoms. The following tips may help:

- **Drink** - sip water throughout the day. Water is the best fluid.
- **Eating** - go for bland foods, such as crackers or bread, which may raise blood sugar and are easy on the stomach. Fructose-containing foods may help metabolize (break down and get rid of) the alcohol more rapidly.
- **Pain** - some people may take a painkiller. Be aware that certain painkillers, such as acetaminophen (Tylenol, paracetamol) attack the liver, while [aspirin](#) may not be ideal for a very delicate stomach. If you are not sure what to choose, ask a qualified pharmacist or health care professional.
- **Rest** - if you can manage to get back to sleep, you will probably recover a little bit faster. Make sure you have some water next to your bed.

Written by Christian Nordqvist

<http://www.medicalnewstoday.com/articles/5089.php>



## **Alcohol Admissions Doubled In England's Hospitals Since Mid 90s**

Thursday 22 May 2008 - 1pm PST

A new report from the NHS shows that alcohol-related admissions to hospitals in England have more than doubled since the mid 1990s from 93,500 in 1995/6 to 207,800 in 2006/7.

The report, titled "Statistics on Alcohol: England 2008", produced by the NHS Information Centre, also shows that GP prescriptions for alcohol dependency have gone up by 20 per cent in the last four years.

The figures cover hospital admissions where alcohol is the main reason, for instance in liver disease, and also where alcohol is the contributory but not the main reason for the admission, for instance as in injuries caused by drunkenness.

Deaths linked to alcohol have also risen substantially to 6,500 in 2006, representing a 19 per cent climb from 2001.

NHS Information Centre chief executive, Tim Straughan said that alcohol was increasing the burden on the NHS.

In 2006, a survey showed that 72 per cent of men and 57 of women said they had drunk alcohol on at least one day in the previous week, and 12 per cent of men and 7 per cent of women said they had consumed it every day of the previous week.

Over 30 per cent of men also admitted regularly drinking more than the government's recommended 21 units a week and 20 per cent of women said they drank more than the recommended 14 units a week.

What is particularly worrying is the trend toward younger heavy drinkers in the report, which for 2006/7 showed that nearly 1 in 10 of the admissions due directly to alcohol were for youngsters under 18 years of age.

In contrast to this however, it appears that fewer young teenagers are drinking alcohol. The report shows the results of a survey of 8,000 schoolchildren aged 11 to 15, of which 45 per cent said in 2006 that they had never had an alcoholic drink, which compares with only 39 per cent who said this 2001.

However, those who said they did drink, are drinking more than those who admitted it in the past. The average drinking teenager now consumes an average of 11.4 units a week, the highest recorded since the report started in the mid 90s. And nearly one third of 15 year olds said it was OK to get drunk once a week.

A liver specialist at Kings College Hospital, Dr Varuna Aluvihare, told the BBC:

"These rises paint a worrying picture about the relationship between the population and the bottle."

He said his hospital was seeing more and more younger people drinking sometimes huge amounts of alcohol.

"We are seeing people in their 20s and 30s. When I started practising, we saw people in their 50s," said Aluvihare.

Perhaps one reason for these worrying trends is that alcohol is considerably more affordable now than it was 25 years ago. The NHS Information Centre estimates that it was nearly 70 per cent more affordable in 2007 than it was in 1980.

The region with the lowest alcohol-related admissions was the east of England, with 72 per 100,000, while the region with the highest was the north west, with over twice as many at 170 per 100,000 hospital admissions being alcohol related.

The report follows the launch of a new government campaign to highlight how many units of alcohol are in a pint of beer and a glass of wine, because it's likely many people don't know they could be drinking more than they realize.

But, as the Telegraph reports, many experts suggest awareness campaigns don't work and raising prices was a more effective way to reduce the growing numbers of people who are developing liver disease, which is starting to affect younger people.

The NHS Information Centre report shows that cases of alcohol-related liver disease have trebled in the 12 years leading up to 2006/7, to reach over 43,500.

The Telegraph also reported chief executive of the British Liver Trust, Alison Rogers, saying that the government's measures to curb the trend aren't working and that the problem was:

"Set to hit England hard over the following years because liver disease can take up to 10 years to develop."

[Click here to download the report "Statistics on Alcohol: England 2008" from the NHS Information Centre \(registration required\).](#)



### *Part III: Alcoholism – Spiritual health effects of drinking alcohol*

Sources: BBC, Telegraph, NHS Information Centre.

**Written by** [Catharine Paddock PhD](#)

<http://www.medicalnewstoday.com/articles/108503.php?sr>

## **LIFE REFLECTS WHAT MIND DEFLECTS**

Saturday, 11 May 2013

### ***Alcoholism and spiritual consequences.***



HEAVENLY BLESSINGS  
courtesy healthexco.com

*Alcohol gave me wings,  
and then slowly took away my sky.....*

*First the man takes a drink, then a drink takes a drink, then the drink takes the man.....*

*One of the primary differences between alcoholics and non alcoholics is that, non alcoholics change their behavior to meet their goals, and alcoholics change their goals, to meet their behaviors.....*

courtesy  
[www.aboutdwi.com](http://www.aboutdwi.com)



*In this article I would like describe the negative effects of Alcohol and its spiritual consequences. Right from childhood, to date I have seen, the deadly effect of alcohol on an individual and their near and dear ones.*

*What is the primary reason for drinking? Psychologically it has been found, that fear, guilt, escaping from responsibility, broken relationships, loss of prestige, financial loss, death of a loved one, are some of the factors contributing to this state of drunkenness.*

*When Alcoholics drink, basically they are running away from themselves, and the society, they are unable to avoid the pain of facing hardships of life in any form depending on their circumstances. They feel that they have failed to take responsibilities or make amends for their mistakes, difficulties in marital life, or rejection in love affairs, ultimately resort to the bottle.....*

*When in a state of drunken stupor, they lose touch with reality, and live in a illusory world, totally disconnected from emotions, care, love and responsibility, they lose control over their mind and intellect,*

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

their emotions get clouded , speech is slurred, they go into a state where it is impossible to interact with them, In some mild cases of alcoholism, they give vent to their grief, emotions like anger, hate, jealousy or other forbidden feelings surfaces, in constant ramblings, and repeatedly moving in circles, displaying the same emotions over and over again. Alcoholism exhibits a kind of an escape route for deep hidden emotions to surface.....

Research has shown that

- **alcoholism leads to** physical and mental deterioration, alcohol is anaesthetic, numbs your brain, and toxic, destroys the brain cells, physically the brain gets inflamed, it starts functioning imperfectly,
- **case of excess consumption on regular basis**, leads to loss of mental power, blurred vision, slurred speech, slips in memory,
- **regular consumption in large quantity** causes cancer of the stomach, kidney, gastritis, cirrhosis of the liver, altered behavior, leading to loss of appetite, panic attacks, shaking of the hands, tremors of the body, depression, irritability, mood swings, unkind behavior, selfishness, rising temper, and dangerous flirting, which will affect the relationship an individual has with his family , friends, lovers, and colleagues.....

**Regular intake of alcohol has spiritually negative consequences, the energy field that surrounds our body, is responsible for protecting the body from negative energies, either astral, like evil spirits or demons or, negative people.**

**Regular consumption weakens this field around our body, they become weak and susceptible to emotions of others, hence individuals with stronger energy field can easily influence them, they slowly infiltrates into their thoughts and feelings of the alcoholics, they will capture them emotionally, romantically, or resort to other vile means, in the name of love, or any other selfish motives for personal gain, they will imprison them mentally to do their bidding, and slowly drain them either emotionally or financially, like vampires preying on blood, for their survival.....**

During my childhood days, I came across people, who in a state of alcoholism and drug addiction, did things which in their normal life would have never dreamt off, my neighbor, a handsome religious soul, having a good job, a beautiful girlfriend, a happy go lucky nature, leading a good life, the only negative trait in his nature was that he loved drinking, which gradually increased daily, unable to handle his household work, he kept a cook, coming from a suspicious background, which he was sadly unaware, the cook slowly started influencing his personal life, to the extent she isolated him from his family and his girl friend, and to the dismay of his family and friends, he refused to let her go, she eventually started living around with him, and one day to the utter horror of everyone, he left his girlfriend to marry the cook, deeply dejected and in severe state of depression, his girl friend committed suicide, the whole sordid affair had tremendous impact on him emotionally and physically, unable to face society and its terrible repercussions, he increased his consumption of alcohol, to escape reality, his drinking habit only aggravated his health problem, eventually leading to his death, not only physically but spiritually too.....

In my recent research, I came across that evil spirits take control of our body, mind and our soul, especially if our energy field has weakened, due to poor diet, high level of stress, or any other reasons.

**One of the many reasons of demonic possession is alcohol and drugs.**

In the astral region there are dark energies, and lost souls, who are unable to break their earth bound connections, for varied reasons, they attach themselves, to people with weak energy field, they enter their body and capture their soul, so that they can feed on food, drugs, alcohol, enjoy power, sex and revenge, that they were addicted to before their death, they slowly possess the hapless victim to the extent, that **they are hardly aware of what is happening to them or around them, resulting in personality changes and erratic unpredictable behavior.**

This causes conflicts and strife's with people around them, to the extent society disowns them, **ultimately, resulting in a gradual dissolution of their body, mind and soul.....**

There are cases of people who resort to alcohol, or drugs for spiritualism, strange but true, they believe if one drinks or take drugs it will trigger, a euphoric feelings, they will connect themselves to God, a kind of spiritual high, a sublime feeling , I would say that these feelings are temporal, a kind of synthetic happiness pervades their being, a kind of a floating in the clouds sensations, the world becomes a wonderful place, which keeps them in a state of bliss, this is a destructive way of seeking spiritual happiness, for a brief period, because these blissful, artificially induced feelings by external means do not last for long, they destroy the body cells and lower the spiritual vibrations, the ultimate truth will elude you, and true connection to God and spirituality will be lost, its literally a dead end.....

One way to protect yourself is stay away from drug, alcohol, uninhibited flirting with negative people, promiscuous sexual behavior, the alcoholics have to be mindful and aware of the type of company they

### **Part III: Alcoholism – Spiritual health effects of drinking alcohol**

keep, because in many cases **they are unable to distinguish between good and evil, right and wrong, they live in a surreal world, of mixed emotions, confused feelings, unable to judge themselves or others.** They slowly move to the wrong directions, their life becomes murky, a total mess, were they eventually had to take personal responsibility for their own destruction, and their loved ones, unless a good Samaritan saves them.....

*I would like to make myself clear, on one point is that I am not against alcohol, only that it has to be taken in the right context, and in moderation, spiritual bliss is possible, in a balanced state of mind , when we resort to positive methods like, prayers, meditation. We can protect ourselves from dark negative energies, by visualizing a white light around ourselves, with positive affirmations, to the universe.....*

-AMEN-

<http://mirrorimage18.blogspot.com/2013/05/alcoholism-and-spiritual-consequences.html>

#### **Spiritual effects of alcohol** (Published on Sep 23, 2013)

*Every stimulus, including what we drink, affects the spiritual energy centres in our subtle body, called the Kundalini chakras. These chakras regulate the flow of energy for various functions. In this study we utilised the electrosomatographic scanning technique and conducted an experiment with 10 volunteers. In this video SSRF shares its findings on the spiritual effects of alcohol gained through this research, as well as through spiritual research.*

<https://www.youtube.com/watch?v=17ephsnEYCA>

#### **Cherry Healey – Old Before My Time – Alcohol Documentary** (Published on Oct 22, 2013)

*Cherry Healey meets medical experts who are treating young recovering alcoholics like Jo, who has a badly damaged liver and Mat, who had to have a liver transplant.*

<https://www.youtube.com/watch?v=v6vEe6eenpg>



## Alcohol and the Spiritual Component

'Zeta' on 08-05-2009, 03:44 AM

*For years as I've battled alcohol abuse to varying degrees, there's always been this feeling/euphoria I've associated with drinking. I've always been a spiritual person (sometimes not living what I preach), not religious but spiritual. I've had plenty of mystic/paranormal/supernatural experiences in my life, some sparked by tragedy and some by my insatiable need to seek for Truth.*

*After 25 years of drinking, I've come to the conclusion that one of the primary triggers for me (in terms of the appeal of alcohol) is that there is a Spiritual Component that alcohol can trigger in the mind. It's fleeting and for me it's usually in that initial buzz state (you know, that temporary euphoric state we all try to hold on to before slipping into sloppy and drunk).*

*I've actually tried to research this using one of my drinking episodes as the (un)controlled testing ground. I've actually drank mindfully and conscienciously before, constantly monitoring the effects of alcohol on my brain/mind. Once I've captured that precise moment, I've tried to really pinpoint what it is that I really love about it and ultimately makes alcohol more appealing to me than perhaps it normally might.*

*Now please let me be clear. In NO way am I suggesting that alcohol is a legitimate tool for spiritual enlightenment. Yet, I cannot deny that it does open a doorway (for me at least) to our connection to all things.*

*I'm not sure what alcohol is doing or what part of the mind is being triggered but for those brief euphoric moments, I feel centered and at peace with everything. Of course, this moment never lasts and before I know it I've slipped past Knowing and Truth and moved into sloppy/slurs-ville where no spiritual connection is evident. Only numbness.*

*I'm not trying to make excuses for my drinking. I'm here because I know it's ultimately a dead end, figuratively and literally, if I do not take serious and disciplined measures to change my behavior. I just cannot deny one if it's major appeals to me.*

*Realizing that those extremely temporary moments of connection and euphoria are nowhere even close to being worth the panic attacks and withdrawals and the dangerous flirting I've been doing with losing my marriage and livelihood has got to become my way out.*

<http://www.mywayout.org/community/f43/alcohol-spiritual-component-35866.html>

08-05-2009, 07:57 PM

The New Me

Zeta,

*I can relate to this feeling. I do get insights and inspirations from AL. I am more in touch with my feelings, sadness, or euphoria. When I do not drink, I feel a bit numb.*

*It is not a long term solution, but the way I look at this, is that I have to learn to feel my feelings without AL.*

*I do write down my thoughts after a few glasses of wine. I feel brilliant, but the next day, I read what I wrote and it is not so brilliant after all. So, it may be an alcohol- induced illusion.*

*How about you?*

---

***"If I lost confidence in myself, I have the Universe against me"***

Ralph Waldo Emerson

08-05-2009, 10:01 PM

Zeta

*I definitely can understand what you mean. Sometimes grand insight while under intoxication may appear*

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

*nothing more than gibberish to the sober mind. Is that because we were unable to process the information in a language the sober, intellect can relate to? Or perhaps it really is just gibberish.*

*I think there are definitely key moments when I am accessing some higher level, but you blink or take a trip to the bathroom...And it's gone.*

*Absolutely the key is to be able to access that place without the need for AL or any drug.*

*Music, meditation, hypnosis, all good things.*

08-05-2009, 10:52 PM

[LilBit](#)

Quote:

Originally Posted by **Zeta** 



*...one of the primary triggers for me (in terms of the appeal of alcohol) is that there is a Spiritual Component that alcohol can trigger in the mind. It's fleeting and for me it's usually in that initial buzz state (you know, that temporary euphoric state we all try to hold on to before slipping into sloppy and drunk).*


*Zeta, I understand what you're trying to achieve, and have also sought Spiritual truth through an altered state many times, as have other cultures and peoples too numerous to mention (Native Americans with peyote, Whirling Dervishes, etc.). I urge you, please, to be careful about opening yourself up spiritually and mentally while slipping into a state where you no longer have control. Not everyone or everything out there means you well, i.e., if you passed out lying in the street, there are people who would try to help you, people who would walk right past you, and people who would steal your belongings and possibly harm you. Do we know that the spiritual realm is any different?*

Quote:

Originally Posted by **Zeta** 

*Sometimes grand insight while under intoxication may appear nothing more than gibberish to the sober mind. Is that because we were unable to process the information in a language the sober, intellect can relate to? Or perhaps it really is just gibberish.*


*I believe it could be either. But I will say that the majority of my intoxicated \*insights\* turned out to be gibberish. Badly written gibberish, at that!  Luckily, the God that I believe in doesn't require me to get into any heightened states of awareness to receive spiritual insight and guidance. He very much meets me where I live, in the day-to-day. I hope the same is true for you. *

 08-06-2009, 01:12 AM

[lucky 2.0](#)

*I have a book and I think the name of it is Addiction & Grace. It is very good and speaks to grace entering our lives to replace the addiction. I cannot do it justice so won't try but you might be interested in the book.*

*Last edited by lucky 2.0; 10-23-2009 at 01:02 AM..*

 08-06-2009, 03:32 PM

[Zeta](#)

Quote:

Originally Posted by **LilBit** 

*...I urge you, please, to be careful about opening yourself up spiritually and mentally while slipping into a*

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

state where you no longer have control. Not everyone or everything out there means you well, i.e., if you passed out lying in the street, there are people who would try to help you, people who would walk right past you, and people who would steal your belongings and possibly harm you. Do we know that the spiritual realm is any different?

Oh absolutely. My countless times spent as a teenager with the Ouija Board can attest to that. I never use alcohol to "open up" to the Astral or other dimensions per se...I'm more a observationist. I agree that one must be careful however.

Quote:

Originally Posted by **LilBit** ➡

Luckily, the God that I believe in doesn't require me to get into any heightened states of awareness to receive spiritual insight and guidance. He very much meets me where I live, in the day-to-day. I hope the same is true for you. 🍷

Absolutely. 😊

08-06-2009, 05:44 PM

[Zeta](#)

Yup, good ol' truth syrum. Social barriers and masks fall to the wayside for better or for worse. I can't remember who told me about this site but I'm glad they did. In those really dark hours I can see how it would be a blessing.

The one good thing for me is that I've never needed to drink to feel God's presence in all things. In fact, outside of that initial, brief euphoria, drinking takes me further from my spiritual center.

08-13-2009, 12:12 AM

[nancy](#)

For me, what you describe is not that surprising from a psychological point of view.

During meditation, you learn to observe then kindly dismiss the thinking part of the self and focus on the being part. It's very freeing.

I don't know what it is like for you, but alcohol has the effect of dampening the sometimes tyrannical thinking side of life, so you are more open to being and being happy. Until you go too far of course.

I think alcohol is psychologically freeing and that's one reason why people crave it so much.

08-13-2009, 06:32 AM

[vlad](#)

A preacher once told me that the buzz from alcohol and drugs are just poor imitations of the true high we can experience from the Holy Spirit.

---

**Listen for God's voice in everything you do, everywhere you go; He's the one who will keep you on track.** Proverbs 3:6 The Message

08-14-2009, 02:09 PM

[Zeta](#)

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

*I've always held an internal belief that each and every human who has or is abusing alcohol/drugs is merely trying to achieve that connection back to The Source. The euphoria that simply can't be replaced nor achieved while living on Earth. Deep down, we're trying to reclaim our spiritual oneness with All That Is and I truly believe that addiction/drug abuse is a symptom of that craving.*

08-15-2009, 11:13 PM

[nancy](#)

*Yes, that is true. I read a whole book on the subject, but too bad it was biased toward AA, which for me is not spiritual.*

*You could view it as a disconnection from the source, if you believe in one, or disconnection from the self due to abuse. A lot of people who abuse drugs and alcohol had abuse in their childhoods. Also, as Craig Nakken points out in his book *The Addictive Personality*, the addiction-- the substance-- is predictable and life and people are not.*

*We crave things that are eternal.*

10-08-2009, 01:22 PM

[gregory](#)

*Whoa, how did you folks get acces to my thoughts and mind habits??? Using 'Trex I go in cycles: from abstaining completely and the next week trying to get the temporary buzz I use to get when not using 'Trex. I get into an overthinking mode and it's difficult for me to move on. It's like I always want to be able to figure why I'm doing what I'm doing. I know it's delusional but I guess I should be happy that I'm still taking my pill before imbibing. I've been using 'Trex for 4 months. Overall my consumption is down but I still have the times of needing/wanting to get high and live in that temporary moment of feeling I could be enlightened at any moment. I'm happy there are others out there with similar struggles. I know we all have our personal stories and struggles but from an objective point of view, I have no reason to drink AL. I had a good childhood, loving parents, great siblings, am very college educated, have had a successful career, Have a great wife and wonderful children. Everyone sees me as successful and would probably be shocked at my AL use over the past 30 years or so. I wote in my bio that I use(d) AL for dreaming and creating. I know all the next day notes and drawings and plans are useless and often plain stupid. It's like thinking the next time I will really get an insight and although it hasn't happened in all my years of using AL, I still persist. That's when I really start beating myself up with those thoughts of if you're do f-in' smart and successful, why are you so tethered to AL? Anyone else out there caught in this sort of maze? Any insight/help appreciated.*

10-08-2009, 01:42 PM

[greeneyes](#)

*THIS is an incredible thread*



*Thoughts become things..... choose the good ones. ~TUT*

10-08-2009, 04:18 PM

[hippie37](#)

*I'm still unsure of whether alcohol is just as much an entheogen as other more popular psychotropics such*



### Part III: Alcoholism – Spiritual health effects of drinking alcohol

as psilocybin mushrooms, Salvia, DMT and to a lesser extent cannabis. All used to bring on a period of introspective enlightenment through a spiritual or mystical experience. Not sure whether I would class alcohol as ever doing that for me personally to be honest. But a very thought provoking thread Zeta. I have been reading a lot about shamanism and entheogens of late so will have a more 'profound' answer at some later stage in my journey!! But until then the jury is out on this one!!

Love and Light

Phil

xx

---


*"Keep me away from the wisdom which does not cry, the philosophy which does not laugh and the greatness which does not bow before children." Kahlil Gibran*

**Clean and sober 25th January 2009**

10-09-2009, 05:26 PM

[Eve11](#)

Quote:

Originally Posted by **The New Me** 

*I do write down my thoughts after a few glasses of wine. I feel brilliant, but the next day, I read what I wrote and it is not so brilliant after all. So, it may be an alcohol- induced illusion.*

*How about you?*

New Me,

*I've only read the original post and your reply but had to respond to you immediately because that is SO me and SO funny!!!*

*I always have the book titles, subjects, ideas on napkins that I find the next day. The problem with AL is one never gets around to making the stuff happen. I'm demovitaed*

*after drinking to get anything done. But I sure can relate to those inspirational moments!*

Zeta,

*I'm right on board with you and know exactly what you're saying. That's part of the allure of alcohol. We want to stay in that moment when it's so right on and precise but the next sip changes it and it can't be recaptured with more drinking - that only makes it worse. For those that moderate - maybe that's why the "one and I'm done" thinking is the best way to be. And for those that are AF - well good for you! Who wants the tease anyway!*


Hugs,

Eve11

---

*"Control your destiny or somebody else will"*

~Jack Welsh~ 

*God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me. ~Author unknown, *

10-10-2009, 04:28 PM

[peacenik](#)

*as an artist, i totally understand what you mean m2l...i tended to get a lot more work done while i was drinking because i didn't think so darn much and sort of let the "spirit" (or spirits!!!!) guide me. i was looser and more receptive to "ideas" that popped into my head. however, the work i do now is of higher quality and more meaningful to me, because i feel more connected to it. i ruminate and question my ideas, and the work*

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

shows that...i guess it's personal evolution?!

10-10-2009, 11:49 PM

[RedThread12](#)

Hmm . . . is it just a coincidence that another way we talk of alcohol is "spirits?"  
I'll be back for more of this thread. It's a very alive topic for me.

---

"Wherever you are is the entry point." --Kabir

10-22-2009, 02:18 PM

[42cat](#)

Just wanted to say ... I totally understand this thread.  
Totally.

---

AF for two years. Slight relapse. Working on it at the moment.

10-24-2009, 08:56 AM

[redhibiscus](#)

What an interesting thread. I have a different perspective. I have found alcohol to separate me from my Higher Power. I have had a couple of dreams that have terrified me regarding alcohol. The first one just left me with the message that I needed to stop drinking. The second dream was symbolic and scary. It seemed **that a dark, black spirit, symbolized as alcohol, was pressing down on me, taking life out of me, trying to control my life.** I prayed until the dark alcoholic spirit left me. I have never shared this with anyone and I have to say, reliving it is not pleasant. So to me, **drinking spirits, leaves me open to negative influences. It takes away my will to align myself with the light. It sucks everything good out of my mind, spirit and body.**

When younger, I experimented with shrooms, LSD, stuff like that and felt like I had insight. But let's face it, there is no easy way to enlightenment. Look at the druggies, what do they really do for anyone but themselves?

Now, I find that fasting, eating less, buying less, giving more, praying more - those are the ways to spiritual connection for me. Not using a drug/alcohol for a quick, easy way. What have others experienced and do I sound weird? I appreciate the open discussion and hope I have not offended anyone as I find this subject fascinating.

10-24-2009, 10:36 AM

[Gold](#)

[QUOTE=redhibiscus;743084]What an interesting thread. I have a different perspective. I have found alcohol to separate me from my Higher Power. I have had a couple of dreams that have terrified me regarding alcohol. The first one just left me with the message that I needed to stop drinking. The second dream was symbolic and scary. It seemed that a dark, black spirit, symbolized as alcohol, was pressing down on me, taking life out of me, trying to control my life. I prayed until the dark alcoholic spirit left me. I have never shared this with anyone and I have to say, reliving it is not pleasant. So to me, drinking spirits, leaves me open to negative influences. It takes away my will to align myself with the light. It sucks everything good out of my mind, spirit and body. QUOTE]

I think it is complex and more than one view is valid. I truly believe that a search for something that elevates, even though it may not do so ultimately, is a desire to be closer to God. To me it does not matter what the word is, whether God, Buddha, Jesus, Allah, Krishna, all are but a personification of a reality far greater and

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

more loving than that which our outer experience allows.

It is, in my feeling, **that this desire to be closer to something greater than ourselves**, unseen, but known at the deepest levels that is the fire fuelling addiction.

Personally I do gain insights when drinking which seem quite profound but I never actually act on them so their value is small. **I think alcohol does separate us from our higher power**, and no more so in my experience that when sober! Because it weakens the aura and creates depression (for me anyway) which then places a fog in the way of clear insight and joy.

**Alcohol for me creates an intense dislike of myself** and therefore doesn't help spiritually at all, then again it was the intense dislike of myself that got me started in the first place 😊 I do feel that **the gulf between humanity and spirit is at its greatest just now**, people sense that and reach out for something, we just have to trust that more people will reach for the essence of the spirit we are rather than the other type of spirit!

---

I love you, I'm sorry, please forgive me, thank you.


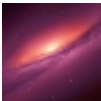


08-30-2010, 11:39 PM

[chills](#)

I think the opposite. I've only gotten a deep spiritual connection from alcohol once. Marijuana I feel connects to the spirit a lot more than alcohol does.

<http://www.mywayout.org/community/f43/alcohol-spiritual-component-3-35866.html>

## Drugs and Alcohol effect on spirituality

-  [superskeeter August 2012](#)  
Hrair  
*Sup everybody? What are your thoughts? I feel Drugs can be very helpful to expand ones mind... But at a certain point they start to hold you back..... Thoughts? How do we overcome the gravity of such substances?*  
The Constant Critic
-  [Heeee August 2012](#)  
Hrair  
*Weed has been my personal preference of mind expanding substances. As I drift away in my high mind I begin to realize how much of a physical life we're living in.*  
*Unlike our dreams which allow us to do the what-seems impossible is hindered in our awakened state of being. We're in a sense... beings who've felt so limited in their existence... set forth goals & visions to break free from this limitation. Feeling constricted in that way actually propels us into creating things.*  
*So when i'm high, all i'm doing is thinking-wondering-analysing-etc. All my dreams, wishes & desires are all there... but it's not being manifested into the physical reality. Being high amplifies those thoughts.... but they have to be integrated into this densely thickened reality we're experiencing.*
-  [thewbacca August 2012](#)  
Hrair  
*I don't mind going somewhere to have a nice beer. Hops tastes like pot to me anyways. It's all about moderation I suppose. But when I drink alone I can be pretty hard on myself in a negative way. More than two of the heavy IPAs that I usually drink and I come away from it a bit fried the next day. I've learned that drinking doesn't solve much of anything at all. There have been some moments of creativity through it but those are rare.*  
Post edited by thewbacca at 2012-08-10 08:29:15
-  [ledhead999 August 2012](#)  
Banned  
*This limited physical waking dream world is preparing your MIND for the unlimited & eternal experience of what you can now only experience in your physically sleeping dreams or on psychedelics. This world is meant to be a place of rest & PEACE.*  
*Vangelis - Beautiful Planet Earth [Hd] Music: 1) Anton Firtich - Rain Over The Ocean "Cramp Piano Mix" 2) Vangelis - Pinta, Nina, Santa Maria Vangelis official Facebook page: Fathom the Universe:*  
<http://www.youtube.com/watch?v=8Akb1t37T4E>  
*The only thing worth doing is that which I can do by will alone... everything else is just passing time.*  
(\*)
- [MymaJyma August 2012](#)  
Hrair  
*I think all drugs (which are all things that we introduce to our biology that create some change in the way we perceive the world) have the capacity to allow parts of yourself that are usually hidden to come out. What starts holding you back is the perception or attitude that one has about the behavior of introducing these substances. Usually this attitude comes from what people have been told about the behavior, such as the idea of addiction which almost every person on the planet has encountered. But really we should react to these experiences based on how the experience effects us as far as our awareness can realize. If you find that alcohol helps you in some way then you*

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

should not listen to those who say that drinking it is bad. But if you yourself start to find that drinking alcohol has effects that you do not prefer, then you should evaluate this decision.



- [mage\\_slayer420 August 2012](#)

Hrair

*i think drugs and spirituality go hand in hand*

*こたえは いつも 私のむねに。*



- [2na August 2012](#)

Hrair

*Drugs can be a gateway to a new way of thinking, once you have unlocked that way of thinking you can do it without the drug.*

*Like this one time I was super stoned while at the beach, I spent an eon just watching the water bounce off the black rocks, seeing the infinite complex ongoing detail: and now I sit back and watch it sober and just try to get my mind to go to the same "place" it went while high.*

*Or the first time I tried srooms and ended up jogging around my block with what seemed like unlimited energy, I ended up doing a giant hill climb run then when I got to the top of the hill my reward was a beautiful view of the land with sparrows flying and playing overhead in the wind, I felt so connected and alive, now I can go back to that place just by going for a jog and taking in the sites.*

*~ Please forgive any psychic flatulence ~*



- [bob\\_loblaw August 2012](#)

Hrair

[ladychef](#) said:

*Some spiritual traditions forbid intoxication; others sacralize it. I am of the opinion that no material object our substance in and of itself can be a hindrance to spiritual development. What does derail one's efforts, I believe, is habitual behavior. When you act from habit, or to take the path of least resistance, you are weakening the will. Strengthening the will is the first and most necessary step on the path towards spiritual growth.*

*An aspirant should endeavor to act always from choice, and never from habit.*

*But this is a very Tantric point of view, and so not suitable for all, of course.*

*I think this is exactly it.*

*Experiencing all of the great things in life, I believe can be spiritual. There can be something spiritual about eating an awesome unhealthy dinner cooked by someone with care. However, you probably can't eat like that everyday. So I do believe that even alcohol can be spiritual. I've had some amazing times when I am faded and hanging out with my friends. Those are some of my most cherished moments in my life, I don't understand spirituality if that isn't part of it.*

*However, I do think that drugs have the ability to alter your perception, they allow you to see outside of the box (that we often don't know exists). This can be done in other ways too, an amazing book can change the way you view things, a convo with a good friend, traveling, drugs . . . a lot of things.*

*In sum, I think they can impact spirituality in two ways. First, they are a fun part of life. Second, they let you see outside of the box a bit easier. But like ladychef has said, the second it becomes not about choice, it loses all of its luster. If we are a slave to anything, that thing doesn't help us grow spiritually.*

- [EW August 2012](#)

Hrair

*Alan Watts on drugs: "When you get the message, hang up the phone"*

*(I love that quote.)*



### Part III: Alcoholism – Spiritual health effects of drinking alcohol

Lately I've not been having a good time when I get high, because it puts me so quickly into a flawed mind state, mind space whatever.

I get detached and withdrawn and my 'good ideas' that come with it so rarely involve other people. It's only to accompany a video game, a good movie, a book or to work on some musical composition. But it is not a good state to be in every day, so I'm working on cutting back, and slowing down.

And alcohol doesn't exactly make me more sociable, either. For me it's a great way to converse with somebody, or read a book and drown out distractions that otherwise fuck with my concentration. It makes my tongue faster, but doesn't make my mind smarter, or funnier. So that's my \$0.02.

Last night I was sober around people who had been drinking and it felt so good. It felt like I could be fully present in the conversation, enjoy their company, bring all my assets to the table etc. So when I'm alone and walking or just have a lot of time to think, that's when I'll do my boozing/using/whatever.

108

- [JayDP August 2012](#)

Hrair

Recently I've been going down a certain path with pot that although has definitely brought me to some interesting ideas and some kind of 'way' of living, doing it every day has definitely hindered me in some areas particularly in consistency. At a certain point there are too many "good" ideas. They just topple over each other and nothing ever actually gets down or implemented fully. 'Fuck yesterday's idea, today's is the real deal!'

Also, I have no doubt that sincerely interesting and informative ideas can be produced, but I wonder if sometimes it's just pressing that brain "Hey that's interesting!" button regardless of if there's really anything there.

My hope now is to take some of the stuff that I've come to (much of it aided by listening to Duncan and being on here) and really plug it in a permanent sense.

Joey Diaz for example seems like a guy who already knows how to take care of fuckin' business, and what he's doing and all that. Smokin' up everyday isn't going to affect that too much. Where as a guy like me who's a relatively recent "adult" kinda needs to put that mental infrastructure down first or I'll just compulsively get high and go back and forth between excitement & self doubt and ultimately be disappointing with what I'm doing.

- [Why August 2012](#)

Hrair

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I'm sure I'm not the only twenty something year old on these forums who can completely relate to that. I've heard a lot of people say leave the drugs alone until you're 30 and then enjoy them. Fuck that...but playing around with these things at a young age, particularly a daily weed habit does seem to affect consistency and progress in life.

Everyone knows smoking affects REM sleep and dreaming. It's been suggested that dreaming is a way to consolidate and compartmentalise the experiences of the day so the subconscious mind can

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

learn from and process them. Could be the reason why my stoner friends (and me when I smoke more often than I usually do) end up living quite stagnant lives, making the same mistakes over and over.

Post edited by Why at 2012-08-10 07:56:59



- [ledhead999 August 2012](#)

Banned

Taking the path of least resistance is about ENERGY flow - the goal of which is PEACE of MIND. It can be applied to both the mental & the physical aspects of our existence here, both of which are totally dependent on the spiritual.

WILL is a combination of either SPIRIT & MIND or ego & MIND & cannot be weakened or strengthened - only your perception of it can. Awareness always plays a key role.

Your WILL is just as powerful when you're following ego as it is when you're following SPIRIT b/c of what you truly are - only the experience is different.

You are the captain of your starship. You choose the guide you want to follow w/ every decision you ever make. The questions you should always ask yourself when using drugs & alcohol are "what is this for?" - "what is the purpose?".

There are habits that are to your advantage & habits that are not. All habits develop from thought systems accepted by the MIND as being in your best interests, whether they truly are or not. Through experience you learn & it is possible to learn from the experiences of others, if your MIND is willing to accept the experiences as universally true.

Habits that aren't doing you any good can only be corrected by changing your MIND about them - this will naturally change the behavior. Doing this actually requires very little effort, unless you choose to resist it & that's a decision you can always make. Only you can make it seem more difficult than it actually is.

Making the necessary change will effect your experience - mentally, physically & spiritually.

Post edited by ledhead999 at 2012-08-10 12:09:26

The only thing worth doing is that which I can do by will alone... everything else is just passing time. (\*)



- [ledhead999 August 2012](#)

Banned

"Pure Imagination" as seen on Willy Wonka and the Chocolate Factory.

<http://www.youtube.com/watch?v=r2pt2-F2j2g>

The only thing worth doing is that which I can do by will alone... everything else is just passing time. (\*)



- [robinsoncrusoe August 2012](#)

Hrair

[2na](#) said:

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### Part III: Alcoholism – Spiritual health effects of drinking alcohol

*I more or less agree with this. I think that all manners of drugs allow you a glimpse into a different way of directing your consciousness and often help make you aware of your blind spots. It is up to the user to take the drug experience and learn from it, and thus incorporate the benefits of it into their sober experience. In many ways it seems that drugs can foreshadow future stages, whether it be helping you to attain meditative states you otherwise might not be able to reach and then attempt to reach sober, or by permanently shifting your values so that you go down a different path of living than you would have otherwise.*

*I don't think that regular drug use is really the best because it reinforces the idea that in order to reach a certain state of being, you need the drug. In many cases, I believe the drug use acts as a ritual people attach to an opening of their mind and this same opening, minus some of the unwanted physical effects, can be recreated solely through concentration, relaxation, whatever. That's just, like, my opinion.*

*Also worth reading for anyone interested in Crowley is his piece on hashish. His theory is that it shakes up the mind and allows for spiritual teachings to be more readily assimilated, or something close to that. I am pretty sure he does not advocate for regular use, instead seeing it as a once a week/once a month thing to aid in regular practice.*

- [Mbeatrice August 2012](#)

Hrair

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*Making the necessary change will effect your experience - mentally, physically & spiritually.*

*I love this. Thank you*



- [alightmouse August 2012](#)

Hrair

*"Psychedelic experience is only a glimpse of genuine mystical insight, but a glimpse which can be matured and deepened by the various ways of meditation in which drugs are no longer necessary or useful. If you get the message, hang up the phone. For psychedelic drugs are simply instruments, like microscopes, telescopes, and telephones. The biologist does not sit with eye permanently glued to the microscope, he goes away and works on what he has seen..." - Alan Watts, (Joyous Cosmology Prologue, 2nd ed. 1970).*

*If i was a rich girl, na na na na na na na na na na na na*



- [superskeeter August 2012](#)

Hrair

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

you guys are pretty much right on...

I wish I could smoke in moderation..... The [Magical Powers](#) of cannabis are un-deniable... Its an amazing, beautiful plant, which sends you to another world inside yourself...

IF you rarely smoke...

The more you smoke the less magic it seems to have, (still amazing) but it seems to dumb you down, and become habit-forming... Its like sleeping with a beautiful vampire..... (thnxDTFH lol).. But many great activitis are habit forming too - i.e. cannabis is not evil....

Its just too hard for me use it in moderation!!! If only I could smoke once every two weeks or a month that would be perfect..... But I dont think I could.... It seems to be all in or all out..

Maybe cannabis effects you spiritually by the way/frequency you use it i.e. If your progressing spiritually and you only smoke once every 6 months, it would be an amazing tool for thought expansion, self xzmination and recreation..... When used habitually it seems harmful, dulling, and EXPENSIVE!!!!To me tho.. everyone's different

That being said.. If weed grew on tree's I'd be high all day! / [Thx Douchers in the office /](#)

this is all hypothetical, I do not condone illegal activity

Post edited by superskeeter at 2012-08-13 01:39:46

The Constant Critic



- [superskeeter August 2012](#)

Hrair

[alightmouse](#) said:

For psychedelic drugs are simply instruments, like microscopes, telescopes, and telephones. The biologist does not sit with eye permanently glued to the microscope, he goes away and works on what he has seen..." - Alan Watts

yess..

Post edited by superskeeter at 2012-08-13 01:42:11

The Constant Critic



- [Pat Hartman August 2012](#)

Hrair

Alan Watts quoted this line of a Protestant hymn as an example of everything unattractive and boring about traditional religion.

"What rapture it will be

Prostrate before Thy throne to lie,

And gaze, and gaze on Thee!"

And I felt the same way of course when they told me in Sunday School that eternity is standing around singing "Holy, holy, holy." No thanks.

But thanks to acid, I get it. The feeling, the knowledge, "of course, it's all perfect, it's all exactly as it's supposed to be," the absolute assurance that it's all good, all beautiful, when you see it for what it is, you can't help but praise it - a few seconds of that was enough to carry me through all the subsequent years.

There's a place from which you just look at it all and grok it - and want to keep on doing that forever. Which is the exact equivalent of "gaze and gaze" and "holy holy holy."



- [fnord August 2012](#)

Hrair

i have a tendency to not trust or be inspired by anyone that hasn't had entheogenic experiences. maybe that makes me short-sighted, but i just don't think it is possible for someone to really understand everything without seeing things through the eyes of a heavy LSD trip... or DMT or psilocybin.

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

having said that, for me personally, my trajectory is moving towards complete sobriety and abstinence from alcohol and other harmful drugs, and a sort of ritual-based use of psilocybin and cannabis (rarely... like a few times per year).

i am really enjoying complete sobriety right now - and it's leading to some fucking incredible things. like on Sunday... i fucking WON a 5k race. what the hell??? this is the first one i've ever run a 5k race... and i win (my age group... not overall). i feel like i'm glowing and growing and others are attracted to my energy - but i don't care if they are or not. i think all of this is due to 100% healthy nutrition and sobriety and leading a super-active lifestyle, along with keeping up with my reading and meditation.

this is what works for me.

Post edited by fnord at 2012-08-28 09:58:25

sunt lacrimae rerum

- [\[Deleted User\] August 2012](#)

[@fnord](#) - Congrats! I do think it is possible to access those states without drugs - some people are just wired differently. And I think meditation/sensory deprivation/sleep deprivation can all cause a person to trip pretty hard, too. All different tools on the same quest. There's quite a few artists that appear more naturally tapped into the psychedelic and beyond, which isn't to say they've never tried drugs, just that they aren't always needed to get insights.

I have a question and I'm not sure anyone can actually answer it but I think it's an interesting tie-in to this discussion. I realized a while ago that one of the things certain drugs can do is to clear the ego out of the path of the experiences the drug is opening doors to. I have really noticed this with acid, molly, and alcohol and to a lesser extent mushrooms. I have not ventured further into most other substances. I think that some of my experiences, especially with alcohol, are quite contrary to many people's experiences. I have only once become aggro on alcohol, even though my father was an alcoholic. The converse of this is that I don't get the positive effects from cannabis that most people seem to. I also am really lucky in that I am highly reactive and don't get addicted to these substances, I've only ever used them because I wanted to, and as soon as I was noticing the positives dwindling I have been able to stop taking them. I don't plan to test my luck with heroin in this life.

So why is it so different for everyone? One man's trip into heaven could be another's trip through hell or just something mediocre. Is it just the psychic state the person enters into the trip with? Is it the person's unique chemistry? Both? Is that even a series of questions that could be answered?

"the idea is to remain in a state of constant departure while always arriving" - Boat Car Guy



- [fnord August 2012](#)

Hrair

i think it is both. actually...

your headspace, your biology, your setting, your personal circumstances, and maybe most importantly - your readiness for the message.

the message can be such a shock to people that it frightens them beyond repair. usually the message has something to do with your personal utter and complete unimportance - to the point that "YOU" don't really exist - combined with the paradox that personal experience and adventure is the only thing that really matters.

people that open to it see it as a gift... people that try to protect themselves from it see hell, the devil, void, or whatever archetype fills them with fear.

sunt lacrimae rerum

- [cp842 August 2012](#)

Hrair

[JayDP](#) said:

....Joey Diaz for example seems like a guy who already knows how to take care of fuckin' business, and what he's doing and all that. Smokin' up everyday isn't going to affect that too much. Where as a guy like me who's a relatively recent "adult" kinda needs to put that mental infrastructure down first or I'll just compulsively get high and go back and forth between excitement & self doubt and ultimately be disappointing with what I'm doing.



### Part III: Alcoholism – Spiritual health effects of drinking alcohol

Great post. Made me think of Watts' description of Chinese culture seemingly having two separate periods in life. The first half, which incorporates Confucianism, is more-or-less about getting along in modern society, at least in a Western sense (the external). The second could be compared to retirement, at which point one withdraws from the "rat race" (generally in later years), focuses on Taoism (the internal), and in a sense purges the former mindset.



- [cutsman August 2012](#)

Hrair

addiction is the killing of ones spirit. SIMPLE. I had no fucking spirit before I got sober 7 months ago. I have found my spirit and am getting more spiritual every day. I am watching my brother wither and die from a meth/bathsalts addiction. I never in my life thought this would happen. His spirit is DEAD. His kid just got taken away by child protective services yesterday. His girlfriend came to my moms and had been drinking floor stripper... them bathsalts FUCK YOU UP. She went into the hospital though. She said she was ready. I cried with joy last night. I hope my brother follows her shortly.



- [orgone August 2012](#)

I'm a Troll. Don't Feed Me.

[@cp842](#)

It is said the wise man is Taoist in good times, Confucian in bad, and Buddhist in old age.

Post edited by orgone at 2012-08-28 14:39:06



- [chrisbones August 2012](#)

Hrair

In the story about Siddhartha, he was on the spiritual path as a child, then he got derailed to get laid, then he aquired weath and began drinking and gambling. He woke up one day and realized he had none of the spiritual spark he had when he was a child. He had hit rick bottom. He left his wealth and comfort behind and went to the forest where he found the river he had crossed on his way to the town he had just left. He tried to drown himself in the river but didn't. He heard the sound, OM and it brought a spark of his old spirit back. He then met back up with the guy who gave him a ride across the river years ago and asked to help him work on the river. The man accepted, and eventually they both found enlightenment from hearing what the river was saying. It had all different voices but combined the voices made the OM sound.

Anyway, I think drugs and alcohol can tear a person down, but if the person can rebuild themselves they will be better off for it in the end. Not many people are able repair themselves though.



- [NickG June 26](#)

Hrair

I think alcohol clouds the mind when thinking spiritually...right? or if you have a realization the next day you'll probably forget it



- [AN June 26](#)

Hrair

I'm am a rare drinker, but in my experience, no. In Vino Veritas holds true, but it's not a booster it's only a dissolver, breaking down the harder parts of yourself to let you flow out freely. The truth in

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

*alcohol is the truth already formed and urging to spill out of you; the only things you will learn are those which you've been hiding away but have been ready to be known to a more accepting you. Alcohol is one of the most basic conscious alterers, being a wide acting poison, and one of the first that stops being useful in that way.*

*If I'm not being perfectly clear, I'm experimenting with language or not talking to you or working on finding the connections that will allow us to communicate effectively. I am happy to clear anything up for whatever, or no, reason.*

*"My idea is a lot."*

-Slavoj Žižek

*"All I can do is small."*

-Chrisy/SeekerOfTheWay (paraphrased)



8008 June 26

*Hrair*

*As a teen weekends meant drinking.*

*Growing up as a young mother, babysitters meant drinking. Going out means drinking.*

*Since I have more time, I cant possibly drink that much without being an asshole, but I gave it a shot for a couple seasons!*

*Since ive pretty much quit drinking, Ive found the alcohol was the largest rock in my bag.*

*I agree that it is best to evaluate what it is you wish to accomplish or be, then choose accordingly what goes into your body.*

[illegible]

*! Oh Shit !*

 $\sim 10^5 \text{ y } D_1 \text{ \AA}$ 

Skittens June 26

*Hrair*

AN said:

*I'm am a rare drinker, but in my experience, no. In Vino Veritas holds true, but it's not a booster it's only a dissolver, breaking down the harder parts of yourself to let you flow out freely. The truth in alcohol is the truth already formed and urging to spill out of you; the only things you will learn are those which you've been hiding away but have been ready to be known to a more accepting you. Alcohol is one of the most basic conscious alterers, being a wide acting poison, and one of the first that stops being useful in that way.*

*I disagree with this. It might feel like "truth" if you are the drunken rambler, but go to a bar and listen to all the self-appointed beacons of truth while remaining sober. It's pretty clear that alcohol works almost selectively on our base instincts, or reduces us to them. It basically inhibits parts of the brain from working, and as we become more animalistic, I think the feeling of being more "true" can arise because those are some powerful urges.*

*I say many things I don't really feel when I'm heavily intoxicated. Usually in some strange bid to alter the social dynamic in my favor. It's hedonism at its finest but I would never equate alcohol to transparency. If there is any correlation to truth at all, I think it's at the moderate buzz level, where intoxication and relaxation intersect, and we feel comfortable and coherent enough to express deeper parts of ourselves.*

*In my experience, heavy bouts of drinking increase things like delusions, paranoia, depression, etc. I love getting drunk. Way too much. I think it's a good way to blow off steam, but maybe once a month or even 6 weeks. The negative aspects just aren't worth it for me in the long run.*

*Post edited by Skittens at 2014-06-26 18:16:59*

*bimpydoodle June 26*

*Hrair*

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

can we all just get drunk and high together already?



[AN\\_ June 26](#)

Hrair

[@Skittens](#)

Animalistic things are some of the more basic truths of us, hedonism too, but no, that's not the whole story.

And yes, it's a poison, of course it's bad for you.

[@bimpydoodle](#)

We aren't all immortal teenagers.

Post edited by AN\_ at 2014-06-26 19:08:02

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"My idea is a lot."

-Slavoj Žižek

"All I can do is small."

-Chrisy/SeekerOfTheWay (paraphrased)



[SeekerOfTheWay June 26](#)

Hrair

I'm not for or against drugs or alcohol, but neither work for me anymore. Here's a recent example.

I did my routine of yoga class on the beach. Afterwards, I did a meditation at home. For the past week or so I've felt some energy in the heart center. My heart has been closed and I can feel that center opening. It felt expansive and love radiating.

So, I haven't been drinking because I'm not a big drinker. I prefer sober and yoga and meditation. But today, there was so much ecstasy and I felt so high and light that I thought it would be a good time for a glass of wine.

But the wine seemed to... Like... Put out the fire that was rising. The chest and heart area got kind of numb. I felt relaxed which is fine, but not lifted and energized like I was before the glass.

Alcohol is a central nervous system depressant. The nervous system is the doorway to the Infinite. Therefore, it makes sense that an artificial tweaking of the delicate circuitry would not be conducive to a natural flow of ecstasy through the channels. It's kind of like banging a hammer on computer hardware and wondering why the software doesn't work.

As far as spiritual medicines, I used them when I needed to. I've found yoga and meditation to be more powerful, although slower. I would rather live in that space than just take a vacation there.

Kundalini Yoga and drugs don't mix. Drugs interrupt the natural flow of the energy of the chakras and the aura, and put strain on the nervous system to compensate.

Post edited by SeekerOfTheWay at 2014-06-26 20:04:00

[Because the sky is blue, it makes me cry.](#)



[AN\\_ June 26](#)

Hrair

Different strokes for different folks, different tools for different fools

If I'm not being perfectly clear, I'm experimenting with language or not talking to you or working on finding the connections that will allow us to communicate effectively. I am happy to clear anything up for whatever, or no, reason.

"My idea is a lot."

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

-Slavoj Žižek

"All I can do is small."

-Chrisy/SeekerOfTheWay (paraphrased)



- [NonEarthling June 26](#)

Hrair

Alcohol doesn't do much for me spiritually. Sure it makes me laugh at my own thoughts a bit more openly than usual, and relaxes my muscles a bit, but I don't notice any real difference in my perspective. I generally use it for the body high though because it's warm and fuzzy.

As for other drugs, I can't speak candidly because I'm under surveillance. But psychedelics seem to work a charm in opening up the spiritual realm if one hasn't ever delved into it. They also appear to do a lot of the same tricks as alcohol, plus some new stuff.

Perhaps some people use cannabis too often, then think they are addicted and have to quit forever, which I think is possibly a shame because it has some real therapeutic potential if treated with respect.

I think any alteration of the body chemistry can open a new door of experience, including exercise, depression, reading something new, drinking water, eating a new food. It's good to try new things.



- [SeekerOfTheWay June 26](#)

Hrair

@NonEarthling, alcohol relaxes my body a lot too! It also makes feel "normal" socially. It was good for me when those were priorities of mine. Who knows, I might have a SoCo again sometime. :)

*Because the sky is blue, it makes me cry.*



- [NonEarthling June 26](#)

Hrair

There's certainly nothing wrong with it. However is dictated by one's personal preference is ok with me.

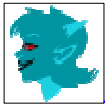
I know alcohol is renowned for loosening up social situations, but I'm learning how to tap into that mentality on my own, it's pretty liberating and saves a bit of money when I'm out, so I don't have to buy like \$30 in drinks. Maybe just one or two for the image and so as to not be a weird guy who hangs out at bars not drinking.



- [DraconianMunkateer June 26](#)

Hrair

They're all used for pacification and putting you in a cell.



- [AN June 26](#)

Hrair

Surety is a prison.

If I'm not being perfectly clear, I'm experimenting with language or not talking to you or working on finding the connections that will allow us to communicate effectively. I am happy to clear anything up for whatever, or no, reason.

"My idea is a lot."

-Slavoj Žižek

"All I can do is small."

-Chrisy/SeekerOfTheWay (paraphrased)

### Part III: Alcoholism – Spiritual health effects of drinking alcohol



-  DraconianMunkateer June 26

*Hrair*

*Tenacity is a gift.*



-  Skittens June 26

*Hrair*

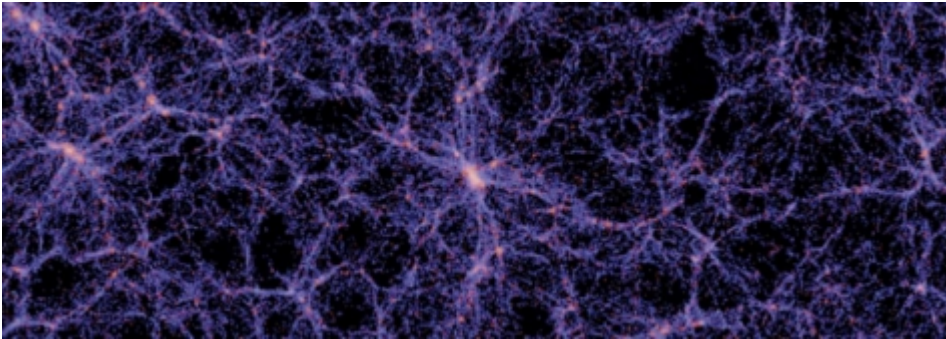
*Let's play a game and try to imagine the modern condition without the existence of alcohol. How many people still show up to work on Monday?*



-  DraconianMunkateer June 26

*Hrair*

*A cell?*



*This image has been resized to fit in the page. Click to enlarge.*

*A cell?*



*A sell?*



-  8008 June 26

*Hrair*

*When you get the cell hang up the phone*

[illegible]

*! Oh Shit !*



### Part III: Alcoholism – Spiritual health effects of drinking alcohol

~J0Σy D1AZ



- [AN\\_ June 26](#)

Hrair

[DraconianMunkateer](#) said:

Tenacity is a gift.

Yes

[DraconianMunkateer](#) said:

A cell?



*This image has been resized to fit in the page. Click to enlarge.*

A cell?



A sell?

Ahahahahahahah >XD

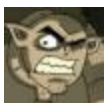
*If I'm not being perfectly clear, I'm experimenting with language or not talking to you or working on finding the connections that will allow us to communicate effectively. I am happy to clear anything up for whatever, or no, reason.*

"My idea is a lot."

-Slavoj Žižek

"All I can do is small."

-Chrisy/SeekerOfTheWay (paraphrased)



- [meatyogre\\_wiwichoker June 26](#)

Hrair



### Part III: Alcoholism – Spiritual health effects of drinking alcohol

Drugs are fine as long they're increasing the novelty of your life (in good ways). Of course, anything that becomes a habit has the opposite effect.



- [REGULARTOPS June 27](#)

Hrair

*i used to talk about DXM and meditation/self reflection a lot but nobody seemed up to try it. i still stand by that tho. its a disassociative, so, an ego remover.*



- [REGULARTOPS June 27](#)

Hrair

*alcohol is terrible for it tho. im gonna go off it for july and see how i feel about it after that, maybe not resume it.*

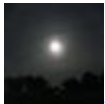
- [JayDP June 27](#)

Hrair

*In January I had a seizure while badly hungover. As a result I haven't drank since. To be honest it's been an incredible development and I'm very happy about it. I started a practice of meditation that would have been impossible for me otherwise.*

*I really wasn't even a big drinker in any capacity, but the 3-6 nights a month I would imbibe, and (more so) the resulting hangovers, were just giant holes. I'd drink- usually just to tolerate being at some AWFUL bar- and then be sidelined for the next day with a hangover that would, almost without exception, be the worst 3-6 days of my month. These were huge hiccups keeping me from any sort of psychological consistency. Completely unnecessary.*

*I do miss, to some degree, the 'novelty' because sometimes these nights can lead to some crazy and interesting circumstances. But in reality, since college, it's taken 9 nights of banal uninteresting drunkenness to get to one of these experiences. Not really worth it.*



- [PigBodine June 28](#)

Hrair

*This is going to sound strange, but I had a spiritual experience getting wasted on absinthe in Italy. I didn't experience any hallucinations, but it felt like a more lucid feeling of drunkenness. I remembered everything clearly when I got up the next morning. That night I feel like I purged myself of unfulfilled hedonistic desires and let go of inhibitions almost totally. When I got up the next morning I was so hung over I thought I would die, but I felt like getting my act together. It seems to me that alcohol, while it may not take you to a higher level, can help you to understand your primal instincts, and it's important to relieve oneself of the desire for excess. Artaud was right on about that.*

*"If the program's not the one you like / Get up, turn off the set," --Crass*



- [Paul87 June 28](#)

Hrair

*I think alcohol does the opposite of enlighten. (Probably why the satanic reptilian overlords have kept it legal)*

*"Happiness cannot be pursued, it can only ensue" -Viktor Frankl*

- [OGvoodoodude June 28](#)

Hrair

*fuck my will blows. Every second of my life is lived by habit. GOD DAMN REPTILIANS!! Although im pretty sure david icke is really a bastard child of the royal family who was exiled, but raped first. And is very angry he cant be in there sacrificing kidnapped babys from around the world to the reptilian lords.*

- [Awareness1111 July 12](#)

### Part III: Alcoholism – Spiritual health effects of drinking alcohol

*Hrair*

*There's a reason why alcohol has been referred to as "spirits". Alcohol opens you up in a way that invites not-so-great energies.*

*One of the reasons why people can change so radically when they drink.*

*Plants, yes. Alcohol, no.*



8008 July 12

*Hrair*

*it's a matter of ratios. Alcohol is amazing for extracting the constituents of plants, and can also serve as a digestive aid.*

*However the amount of alcohol in a dose of tincture can be from one eyedropper full to three drops, and as a digestive aid, one shot only.*

[illegible]

*! Oh Shit !*

$$\sim J0\Sigma y \text{ D1}\dot{A}Z$$


[NonasBigBrownBeaver July 13](#)

*Hrair*

*i think letting the id out to rampage once in a while is a healthy thing. i don't think the human experience is meant to be 100% sober though thats just my feeling. kind-of akin to mckennas idea of doing large doses of psychs infrequently. yin and yang and all that shit.*

<http://duncantrussell.com/forum/discussion/3980/drugs-and-alcohol-effect-on-spirituality/p1>

## What are the spiritual effects of chronic alcohol use/abuse?

Does anyone know the effects of chronic alcohol use on spiritual perception and discernment?  
I know someone whose behavior seems to be dampening their spiritual nature.  
Any links or studies you can point me to? I'd like to pass on some truthful information to this person.  
I'm at work/on my phone...may be a while before i can get back to the thread but Id really appreciate some expertise.  
Thank you!




...'n dat's da name a dat tune!

**Re: What are the spiritual effects of chronic alcohol use/abuse?**

Any ideas?

[SwampWitch](#) (OP)



User ID: 1532118  
 United States  
05/14/2012 12:43 PM



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...'n dat's da name a dat tune!

Anonymous Coward  
User ID: 10771535  
 United States  
05/14/2012 12:43 PM  
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**Re: What are the spiritual effects of chronic alcohol use/abuse?**

depression

**Re: What are the spiritual effects of chronic alcohol use/abuse?**


I hope this helps some...

The term “**spiritual bankruptcy**” is a word used in the rooms of 12 step programs to characterize addicts who have lost their connection to “higher power.” One dictionary definition describes spiritual bankruptcy as “a state of complete lack of some abstract property.” As we begin the year, I’ve been pondering what I believe “spiritual bankruptcy” means and how it appears in the people I know personally and treat in my practice.

If I were to think of the personal qualities of someone who seems to be spiritually bankrupt, what comes to mind is despair. The spiritually bankrupt person cannot envision a future different from the present. The spiritually bankrupt person has lost his/her moral compass and makes poor choices. The spiritually bankrupt person is self-absorbed and often oblivious of the effects of his/her actions on others.

[A Friend](#)



User ID: 16037851  
 United States  
05/14/2012 12:53 PM



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## Part III: Alcoholism – Spiritual health effects of drinking alcohol

The rest of the article...

[\[link to www.goodtherapy.org\]](#)

I would rather live my life as if there is a God and die to find out there isn't, than live my life as if there isn't and die to find out there is. -Albert Camus

My 3 new books with some art and photography being original works, enjoy... [\[link to www.slideshare.net\]](#)

### **Re: What are the spiritual effects of chronic alcohol use/abuse?**

Does anyone know the effects of chronic alcohol use on spiritual perception and discernment?

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Any links or studies you can point me to? I'd like to pass on some truthful information to this person.

Im at work/on my phone...may be a while before i can get back to the thread but Id really appreciate some expertise.

Thank you!

[Eternium](#)



Quoting: **SwampWitch**

User ID: 14343956



United States

05/14/2012 12:58 PM

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I can tell you from personal experience of walking down a certain path in my late teen years.

Letting go, forgiving, is ultimate. Because I punished myself for a "long" time to finally feel worthy of letting go. Then everything becomes crystal clear. So my advice? Forgive yourself and let go. You don't need to work your ass off for a "higher" state of consciousness, because it already is there. You just got to notice it. Namaste Brother ..err, or Sister

Last Edited by [Eternium](#) on 05/14/2012 01:06 PM

Tatvamasi. Empty and marvelous

Anonymous Coward

User ID: 1337468



United States

05/14/2012 01:00 PM

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### **Re: What are the spiritual effects of chronic alcohol use/abuse?**

Some people (spiritual beings) choose to destroy life (physical experience) in order to learn the value of it.

### **Re: What are the spiritual effects of chronic alcohol use/abuse?**

Some people (spiritual beings) choose to destroy life (physical experience) in order to learn the value of it.

Quoting: **Anonymous Coward 1337468**

[Eternium](#)



User ID: 14343956



United States

05/14/2012 01:02 PM

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Sounds like planet Earth.

Tatvamasi. Empty and marvelous

Anonymous Coward

User ID: 16029710



Australia

05/14/2012 01:04 PM

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### **Re: What are the spiritual effects of chronic alcohol use/abuse?**

It makes you a dick head and be a fuck head all the time

### **Re: What are the spiritual effects of chronic alcohol use/abuse?**

ever wonder why hard liquor was referred to as "spirits" in the old days? it's because when you get drunk, you open up a portal to negative influence through your pineal gland. that's why there's always dark negative entities hanging around bars, night clubs, etc. because of all the alcoholics.

Anonymous Coward

User ID: 16023466



United States

05/14/2012 01:09 PM

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### Part III: Alcoholism – Spiritual health effects of drinking alcohol

*in a physical way, alcohol kills brain cells because it's a toxin/poison. so you are literally poisoning yourself when you drink alcohol.*

[SwampWitch](#) (OP)



User ID: 1532118  
 United States  
05/14/2012 01:24 PM



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**Re: What are the spiritual effects of chronic alcohol use/abuse?**

*All valuable info, thanks!*

*I haven't checked out the links yet but i will ASAP.*

*My job is hands-on patient care, very little personal time available during my shift ~ checking the thread while rushing down hallways between pts is about all i can manage but i THANK YOU ALL and i will check it all out.*

*I know my friend is sad, using alcohol too much and too often, & now showing signs of spiritual bereftness.*

*It is frightening.*

*Thank you GLP for your input.*



*...'n dat's da name a dat tune!*

**Re: What are the spiritual effects of chronic alcohol use/abuse?**

*You guys ROCK, btw.*

[SwampWitch](#) (OP)



User ID: 1532118  
 United States  
05/14/2012 01:26 PM



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[Report Copyright Violation](#)



*...'n dat's da name a dat tune!*

<http://www.godlikeproductions.com/forum1/message1868045/pg1>





Part IV:

## *Rudolf Steiner on Alcohol and Alcohol abuse*

- |     |   |                 |
|-----|---|-----------------|
| 48. | <i>Problems of Nutrition – Except about Alcohol -</i><br><i>A Lecture By Rudolf Steiner, Munich, January 8, 1909 GA 68</i>  | <i>Page 337</i> |
| 49. | <i>The effect of the alcohol on man</i><br><i>Dornach, January 8th 1923 about “alcohol, blood circulation, passionus life.”</i><br><i>Die Wirkung des Alkohols auf den Menschen</i><br><i>Dornach, 8. Januar 1923 on 'Alkohol, Blutzirkulation, Leidenschaftsleben.' ... in German!</i> | <i>Page 339</i> |
| 50. | <i>Nutrition and the Evolution of Human Consciousness</i><br><i>Posted on <a href="#">October 26, 2009</a>; Written by: Sara Bowes</i>  | <i>Page 349</i> |

### *Healing*

- |     |   |                 |
|-----|---|-----------------|
| 51. | <i>THE ESSENE SCIENCE OF FASTING and THE ART OF SOBRIETY</i><br><i>Guide to regeneration in health and Disease</i><br><i>By Edmond Bordeaux Szekely</i> | <i>Page 355</i> |
|-----|---|-----------------|





## Part IV: Rudolf Steiner on Alcohol and Alcohol abuse

### Problems of Nutrition

A Lecture By Rudolf Steiner, Munich, January 8, 1909 GA 68

Schmidt Number: S-1902; On-line since: 23rd June, 1992

#### - Except about Alcohol -

... Let me mention a few more examples to demonstrate that men are indeed what they eat and drink.

Consider, for example, **alcohol**, which is obtained from plants. It would take too long to explain the spiritual scientific reason showing that alcohol produces physically and in an external way out of the plant, just what a man should develop physically within himself through his ego being centered within him. It is a fact inwardly perceived through spiritual science that when a person drinks alcohol, it takes over the specific activity that otherwise belongs wholly to the person's ego. A person who drinks much alcohol needs less food and his body will require less nourishment than is normally required in the process of combustion.

It calls forth forces that otherwise would be called forth by the ego's inner penetration. Thus, **a person can externalize the activity of his ego by infusing his body with alcohol**. Consequently, **alcohol imitates and copies the activity of the ego**, and you can understand why it is that people turn to it. To the extent, however, that a man **replaces his inner self** with such a substitute, to that extent does **he become its slave**. If otherwise qualified, **a man will be better able to unfold the best forces of his ego when he abstains from alcohol altogether**. **By drinking alcohol an inner hindrance is created behind which something takes place that actually should and would be accomplished through the activity of the ego itself if the hindrance had not been produced**.

Some foods have a specific effect of their own on the organism. Coffee is an example. The effect of coffee becomes manifest through its influence on the astral body. Through caffeine and the after-effects of coffee, our nervous systems automatically perform functions that we otherwise would have to produce through inner strength. It should not be claimed, however, that it is beneficial under all circumstances for a man always to act independently out of his astral body. Men are beings who are not dependent on themselves alone. Rather are they placed within the whole of life.

Coffee is also a product of the plant kingdom that externally has raised the specific plant process up a stage. Consequently, coffee can take over a certain task of man. Trained insight perceives that everything in the activity of our nerves that has to do with logical consistency and drawing conclusions is strengthened by coffee. Thus, we can let coffee take over in making logical connections and in sticking to one thought, but this, of course, is in exchange for a weakening of our specific inner forces. What I mean can be seen in the tendency of gossips at a coffee break to cling to a subject until it is completely exhausted. This is not only a joke. It also demonstrates the effects of coffee.

Tea works in a totally different and opposite way. When large quantities are drunk, thoughts become scattered and light. It might be said that the chief effect of tea is to let witty and brilliant thoughts, thoughts that have a certain individual lightness, flash forth. So we can say, coffee helps those, such as literary people, who need to connect thoughts in skilled and refined ways. This is the positive aspect of the matter. The negative aspect can be observed in coffee table gossip. Tea, which tears thoughts asunder, is the opposite. This is why tea is not without justification a popular drink of diplomats.

./..

It is a pity that the rest I was able to post in German is not available in English and the translation with google.translator is just horrible. So you must be satisfied with this short statement about alcohol, coffee and tea. All the rest about the permanent abuse of alcohol, the constant consume of alcohol in daily life – which includes also the consequences for the offspring and future generations – is therefore missed for you who only speak English.

Sorry.



Rudolf Steiner

## Ernährung und Bewusstsein

Themen aus dem Gesamtwerk Band 7, hrsg. von Kurt Theodor Willmann

### Beschreibung

Wie hängt unser Bewusstsein mit unserer Ernährung zusammen? Wie findet Ernährung statt und welche Wirkungen haben einzelne Lebensmittel auf unsere geistige Entwicklung? Rudolf Steiner schildert die vielfältigen physiologischen und psychologischen Zusammenhänge unserer Ernährung.

... der Mensch kann dadurch, dass er sich mit der Erkenntnis des geistigen Lebens durchdringt, danach trachten, dass er frei und unabhängig sei, so dass ihn dasjenige, was er isst, nicht hindert, dasjenige zu sein und zu werden, was ein Mensch werden kann. (Rudolf Steiner, 8. Januar 1909)

<http://www.geistesleben.de/buecher/9783772521072/ernaehrung-und-bewusstsein>

## Ernährung und okkulte Entwicklung

Den Haag, 20. März 1913

Pflanzenbildung – Pflanzennahrung – Tiernahrung.

Alkohol. Weintraube – Fruchtfleisch – Keimkraft.

Unser eigenes geistiges Ich und das Gegen-Ich. Gegenwirkung durch Alkohol.

## Die Wirkung des Alkohols auf den Menschen

Dornach, 8. Januar 1923

Alkohol, Blutzirkulation, Leidenschaftsleben.

Verstandes- und Seelenleben. Harnsäure-Ablagerung. Säuerwahnsinn.

Über Phosphor im Menschen. Bildung roter und weißer Blutkörperchen im Knochenmark. Erbliche Schädigung durch Alkohol. Kokaingenuss und Zerstörung der Fortpflanzungskräfte. Verfolgungswahn.

Aufklärung und Freiheit des Menschen. Sozialreform.

Wissenschaft und Menschlichkeit. Respekt vor der menschlichen Freiheit.

./..

**... Noch einige Beispiele seien hier angeführt, die uns zeigen werden, dass der Mensch das ist, was er isst und trinkt.**

Betrachten wir einmal den Alkohol!<sup>5</sup> Der Alkohol ist ja etwas, was allerdings aus dem Pflanzenreich erzeugt wird. Es würde zu lange dauern, wenn ich ausführen sollte, welche Gründe der Geisteswissenschaft es sind, die zeigen, dass der Alkohol äußerlich aus der Pflanze physisch schon dasjenige macht, was sich im Menschen gerade dadurch physisch vollziehen muss, **dass der Mensch im Ich seinen Mittelpunkt hat. Und es ist eine innerlich durch die Geisteswissenschaft erkennbare Tatsache, dass, wenn der Mensch den Alkohol genießt, der Alkohol gerade diejenige Tätigkeit abnimmt, die sonst ganz aus seinem Ich herausdringt.** Wer viel Alkohol zu sich nimmt, braucht weniger zu essen, und es brauchen dem Körper weniger Nahrungsmittel zugeführt zu werden, die sonst den Verbrennungsprozess herbeiführen würden. **Der Alkohol ruft diejenigen Kräfte wach, die sonst die innere Eindringung des Ich hervorrufen muss.** So also objektivieren Sie sich die Tätigkeit des Ich, indem Sie in den Körper den Alkohol einführen; daher ist der **Alkohol dasjenige Produkt, welches die Tätigkeit des Ich nachahmt, imitiert,** und Sie werden es nun begreifen können, warum die Menschen zum Alkohol greifen. Aber in demselben Maße, in dem man sich einen solchen inneren Selbstvertreter schafft, macht man sich abhängig, macht man sich zum Sklaven. Der Mensch würde, wenn er sonst dazu geeignet ist, die beste Kraft seines Ich in Tätigkeit bringen, wenn er sich überhaupt des Alkohols enthielte. So aber wird hinter dieser Wand dasjenige getan, was eigentlich das Ich selber tun sollte und tun würde, wenn diese Wand nicht erst geschaffen würde.

Manche Nahrungsmittel haben eben ihre ganz spezielle Wirkung auf den Organismus, z.B. Kaffee. Kaffee ist etwas, was eine bedeutsame Wirkung hat. Die Wirkung des Kaffees äußert sich dadurch, dass sie sich auf den astralischen Leib erstreckt. Durch das Koffein wird bewirkt, dass **durch die Nachwirkungen des Kaffees unser Nervensystem gewisse Tätigkeiten wie von selbst ausführt, zu denen wir uns sonst**

## Part IV: Rudolf Steiner on Alcohol and Alcohol abuse

**durch innere Kraft aufschwingen mussten.** Nun darf niemand sagen, es sei unter allen Umständen gut, wenn der Mensch alles aus seinem Astralleib heraus tun will. Der Mensch ist ein Wesen, das nicht von sich allein abhängt, sondern er ist hineingestellt in das Leben.

Kaffee ist wiederum solch ein Produkt aus dem Pflanzenreich, das äußerlich den eigentlichen Pflanzenprozess selbst schon um eine Stufe höher gebracht hat, und die Folge davon ist, dass der Kaffee eine gewisse Tätigkeit des Menschen abnehmen kann. Und da zeigt sich dem geschulten Blick, dass **alles dasjenige, was in der Nerventätigkeit von Folgerichtigkeit und logischem Zusammenhang ist, eine Unterstützung erfährt durch den Kaffee, so dass der Mensch die logischen Zusammenhänge, das Haftenbleiben an demselben Gedanken, sich abnehmen lassen kann vom Kaffee, – natürlich mit einer Schwächung der eigentlichen inneren Kraft des Menschen.** (Z.B. bei einem Kaffeeklatsch, da bleiben die Gedanken so lange an einem Gegenstand hängen, bis er ganz durchgehechelt ist. Und das ist nicht bloß ein Witz, sondern liegt in der Wirkung des Kaffees.)

**In ganz anderer Weise wirkt der Tee, er wirkt entgegengesetzt; namentlich bei etwas stärkerem Genuss werden die Gedanken auseinandergetrieben und hell gemacht.** Das Starkwirkende des Tees ist, sagen wir, witzige Gedanken, blendende Gedanken aufglänzen zu lassen, die aber in ihrer Einzelheit eine gewisse leichte Kraft haben. Daher wird derjenige sich durch Kaffeegenuss aufhelfen, der es nötig hat, einen Gedanken fein an den anderen zu reihen, wie z.B. Literaten, die den ganzen Tag im Kaffeehaus verbringen. Das ist die gute Seite der Sache. Beim Tee ist es das Entgegengesetzte; beim Kaffeeklatsch wirkt der Kaffee eben im schlechten Sinne logisch ein; beim Tee werden die Gedanken mehr auseinandergerissen. Der Tee ist daher nicht mit Unrecht ein beliebtes Diplomatengetränk.

./...

**... Der Mensch kann sich so ernähren, dass er seine unsichtbare innere Selbständigkeit untergräbt und dadurch zum Ausdruck dessen wird, was er isst.** Aber er soll so essen – und die Geisteswissenschaft kann ihm eine Anleitung dazu sein –, dass er **immer weniger und weniger der Sklave seiner Nahrungsweise ist; weil wir durch eine unrichtige Ernährungsweise leicht werden können das, was wir essen.**

Aber der Mensch kann dadurch, dass er sich mit der Erkenntnis des geistigen Lebens durchdringt, danach trachten, dass er frei und unabhängig sei, so dass ihn dasjenige, was er isst, nicht hindert, dasjenige zu sein und zu werden, was ein Mensch werden kann.

./...

Von einer anderen Seite werden wir ihn noch charakterisieren. Ich möchte als anderes Beispiel noch den Alkohol erwähnen. Auch das Verhältnis des Menschen zum **Alkohol** ist einer Veränderung unterworfen, wenn der Mensch sich innerlich lebendig, ernst mit Anthroposophie durchdringt. Der Alkohol nämlich ist ja etwas noch ganz Besonderes sozusagen in den Reichen der Natur. Er erweist sich nicht nur als eine Last-Erzeugung im menschlichen Organismus, sondern er **erweist sich direkt als oppositionelle Gewalt im menschlichen Organismus** erzeugend. Denn wenn wir die Pflanze betrachten, so bringt sie es in ihrer Organisation bis zu einem gewissen Punkt – mit Ausnahme der Weinrebe, die es über diesen Punkt hinausbringt. Was die übrigen Pflanzen sich einzig und allein aufsparen für den jungen Keim, alle die Triebkraft, die sonst nur für den jungen Keim aufgespart wird und nicht in das übrige der Pflanze sich ergießt, das ergießt sich bei der Weintraube auch in einer gewissen Weise in das Fruchtfleisch; so dass durch die sogenannte Gärung, durch die Verwandlung dessen, was sich da in die Weintraube hineinergießt, was in der Traube selbst zur höchsten Spannung gebracht worden ist, etwas erzeugt wird, was in der Tat innerhalb der Pflanze eine Gewalt hat, welche nur verglichen werden kann okkultistisch mit der Gewalt, die das Ich des Menschen über das Blut hat. Was also bei der Weinerzeugung entsteht, was bei der Alkoholerzeugung sich immer bildet, ist, dass in einem anderen Naturreich dasjenige erzeugt wird, was der Mensch erzeugen muss, wenn er von seinem Ich aus auf das Blut wirkt.

Wir wissen ja, dass eine innige Beziehung besteht zwischen dem Ich und dem Blut. Sie kann schon äußerlich charakterisiert werden dadurch, dass, wenn im Ich Scham empfunden wird, die Schamröte dem Menschen ins Gesicht steigt, wenn in dem Ich Furcht, Angst empfunden wird, der Mensch erblasst. Diese Wirkung von dem Ich auf das Blut, die aber auch sonst vorhanden ist, die ist okkultistisch ganz ähnlich derjenigen Wirkung, welche entsteht, wenn der Pflanzenprozess zurückgebildet wird, so dass das, was in dem Fruchtfleisch der Weintraube ist oder was überhaupt aus dem Pflanzlichen kommt, zum Alkohol umgebildet wird. Das Ich muss, wie gesagt, normal einen ganz ähnlichen Prozess im Blut erzeugen - okkultistisch gesprochen, nicht chemisch –, wie erzeugt wird durch das gleichsam Rückgängigmachen des Organisationsprozesses, durch das bloße Chemischmachen des Organisationsprozesses, wenn Alkohol erzeugt wird. Die Folge davon ist, dass wir durch den Alkohol etwas in unseren Organismus einführen, was von der anderen Seite her so wirkt, wie das Ich auf das Blut wirkt. Das heißt, **wir haben ein Gegen-Ich in dem Alkohol in uns aufgenommen, ein Ich, das direkt ein Kämpfer ist gegen die Taten unseres geistigen Ich.** Von der anderen Seite her wird auf das Blut gerade so gewirkt durch den Alkohol, wie von dem Ich auf das Blut gewirkt wird. So dass wir also einen inneren Krieg entfesseln und im Grunde alles das,

## Part IV: Rudolf Steiner on Alcohol and Alcohol abuse

was von dem Ich ausgeht, zur Machtlosigkeit verdammen, wenn wir ihm einen Gegenkämpfer entgegenstellen im Alkohol. Dies ist der okkulte Tatbestand. **Derjenige, welcher keinen Alkohol trinkt, sichert sich die freie Möglichkeit, von seinem Ich aus auf das Blut zu wirken;** derjenige, der Alkohol trinkt, der macht es gerade so wie jemand, der eine Wand einreißen will und nach der einen Seite schlägt, gleichzeitig aber auf der anderen Seite Leute aufstellt, die ihm entgegenschlagen. Ganz genau so wird durch den Genuss des Alkohols eliminiert die Tätigkeit des Ich auf das Blut.

Daher empfindet derjenige, welcher Anthroposophie zu seinem Lebenselement macht, **die Arbeit des Alkohols im Blute als direkten Kampf gegen sein Ich**, und es ist daher nur natürlich, dass eine wirkliche geistige Entwicklung nur leicht vor sich gehen kann, wenn man ihr nicht diese Widerlage schafft. Wir sehen gerade aus diesem Beispiel, wie das, was ja sonst auch vorhanden ist, durch das veränderte Gleichgewicht, welches eintritt im physischen Leib, für den Esoteriker oder Anthroposophen wahrnehmbar wird.

./...

Ich möchte nur bemerken, dass die Vorträge, die ich halten werde, als ein Ganzes zu nehmen sind und dass daher manches Bedenkliche, was beim ersten Vortrag in dieser oder jener Seele auftreten könnte, schon behoben werden wird.

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## Die Wirkung des Alkohols auf den Menschen

**Dr. Steiner:** Hat vielleicht jemand von Ihnen eine Frage auf dem Herzen?

(Fragestellung in Bezug auf die Wirkung des Alkohols, seine schädlichen Wirkungen und so weiter.)  
Sie meinen, inwiefern der Alkohol überhaupt schädlich ist für die Gesundheit?

Nun, nicht wahr, mit dem Alkohol ist es ja so, dass Sie seine erste Wirkung ganz offenbar sehen dadurch, dass er gerade auf dasjenige im Menschen wirkt, was wir jetzt immer beschrieben haben: auf die ganze Seelenverfassung. Das erste ist ja, dass der Mensch durch den Alkohol in eine Art geistiger Verwirrung kommt, die so stark wirkt, **dass vor allen Dingen der Mensch dann Leidenschaften ausgesetzt ist, die sonst schwach in ihm sind und leichter durch den Verstand unterdrückt werden können**, so dass er dann, wenn er nicht Alkohol getrunken hat, vernünftiger erscheint, als er erscheint, wenn er Alkohol getrunken hat. Dann wirkt der Alkohol zunächst anfeuernd auf sein Blut, und es tritt eine erhöhte Blutzirkulation ein. Das ist das erste; dadurch wird **das Leidenschaftsleben erregt**. Er kommt zum Beispiel leichter in Zorn, während er sonst den Zorn leichter zurückdrängen kann. Also Sie sehen, die erste Wirkung des Alkohols ist diejenige, die ausgeübt wird auf den Menschen in seinem **Verstandes- und überhaupt in seinem Seelenleben**.

Wenn der Alkohol dann eine Zeitlang im Organismus geblieben ist, dann bewirkt er ja auch eine Erscheinung, die Sie sehr gut kennen und die man **Katzenjammer** nennt. Gerade aus der Entstehung des Katzenjammers aber sehen Sie, dass der Alkohol zunächst so wirkt, dass sich der ganze Organismus dagegen sträubt. Was heißt das, der Mensch hat Katzenjammer? Das heißt eben nichts anderes, als dass der Mensch dadurch, dass er am Abend, sagen wir, betrunken war – der Katzenjammer tritt ja in der Regel am Morgen auf, nachdem der Mensch betrunken war am Abend – und sein Blut in einer besonders starken Bewegung war, sehr viel Kräfte verbraucht hat, die dadurch verbraucht worden sind, dass er schnell seinen Körper in Bewegung gebracht hat, während sonst dieselben Bewegungen sich viel langsamer vollzogen hätten.

Also merken Sie sich einmal diese Sache ganz genau. Nehmen Sie an, der Körper will in vierundzwanzig Stunden eine gewisse Tätigkeit verrichten. Wenn nun einer sein gehöriges Maß Alkohol trinkt, so wird dieselbe Tätigkeit vielleicht schon in sogar zwölf oder sechs Stunden verrichtet. Dadurch nimmt sich der Körper innere Tätigkeit weg. Es ist daher bei den Leuten, die gewöhnt sind, sich ab und zu ein kleines Räuschchen anzutrinken, eine instinktmäßige Handlung, dass sie dann hinterher, bevor der Katzenjammer kommt, kräftig essen. Warum tun sie das? Ja, wenn sie kräftig essen, so wird entweder der Katzenjammer ganz vermieden, er kommt gar nicht, oder aber er kommt mindestens schwächer, so dass sie nachher, am nächsten Tag, arbeiten können.

Was geschieht denn, wenn einer sich also ein wahrnehmbares Räuschchen angetrunken hat und nachher, sagen wir, eine Bratwurst isst? Dann bringt er seinen Körper wieder in Tätigkeit und ersetzt dasjenige, was durch die zu schnelle Tätigkeit aufgebraucht worden ist. Wenn aber der Mensch das nicht tut, wenn er also nicht schon ein ziemlich abgehärteter Trinker ist – die abgehärteten tun ja das –, wenn er das nicht ist, sondern vergisst, die Bratwurst zu essen, dann kriegt er den Katzenjammer, aus dem Grunde, weil dann sein Körper nicht mehr imstande ist, eine höhere Tätigkeit innerlich auszuüben. Wenn aber die Tätigkeit nicht richtig ausgeübt wird, so lagern sich überall **Unratsprodukte ab, namentlich Harnsäureprodukte**. Die **lagern sich** namentlich **im Kopfe ab**, weil der am schwersten zu versorgen ist. Und so geht dann ein



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Mensch, der in der Nacht seine körperliche Tätigkeit, seine innere körperliche Tätigkeit durch Alkoholtrinken verbraucht hat, am nächsten Morgen so herum, dass eigentlich sein Kopf so ist, wie sonst seine Gedärme sind: Unrat ist drinnen abgelagert. Und das schließt ein, dass der Körper sofort revoltiert, wenn ihm also durch den Alkoholgenuss zuviel Tätigkeit abgefordert wird.

Nun ist das ja so, dass der Mensch, wie ich Ihnen schon einmal bei den Vorträgen gesagt habe<sup>48</sup>, eigentlich viel mehr vertragen kann – ich meine jetzt nicht in Bezug auf Alkohol, sondern überhaupt –, viel mehr, als man gewöhnlich voraussetzt. Es kann das nämlich lange Zeit hindurch wiederum ausgeglichen werden. Und Sie finden ja sogar ein sehr trügerisches, ein sehr verdächtiges Gegenmittel gegen den Katzenjammer bei manchen Leuten. Wenn sie am nächsten Morgen mit einem riesigen Katzenjammer wieder aufstehen oder wieder nach Hause kommen – was tun sie dann? Nun, das werden Sie auch schon erlebt haben: sie saufen weiter nämlich am nächsten Morgen; sie machen den Frühschoppen zu einer besonderen Kur, sie saufen dann weiter.

Und was ist das, dass sie dann weiter saufen? Ja, sehen Sie, dem Körper ist in der Nacht Tätigkeit entzogen worden dadurch, dass das Blut in besondere Wallungen gebracht worden ist. Nun fehlt diese Tätigkeit am Morgen. Aber der Körper wird noch einmal aufgestachelt durch das Weitersaufen, dass die letzten Reste von Tätigkeit, die er noch haben kann, auch noch aufgebraucht werden. Weil die letzten Reste den hauptsächlichsten Unrat noch wegschaffen, geht der Katzenjammer bis zu einem gewissen Grade aus dem Kopfe fort, bleibt aber erst recht im übrigen Körper vorhanden. Nur, dasjenige, was dann erst recht im übrigen Körper vorhanden ist, das spüren dann die Leute weniger. So dass **das Weitersaufen am Morgen eigentlich dazu führt**, dass der Katzenjammer unbewusst in den übrigen Organismus übergeht. Und dann erst, wenn das geschieht, dann **fängt das wahre Elend für den Körper an. Diejenigen Säufer sind am schlimmsten dran, die den Katzenjammer mit Weitersaufen vertreiben. Denn dann wird nach und nach, wenn sich das wiederholt, der ganze Körper ruiniert.**

Aber noch immer ist es so, dass es fast unmöglich ist – weil der Mensch eben viel vertragen kann –, den Körper gleich ohne weiteres zu ruinieren. Daher ist das erste bei einem richtigen Säufer, dass er eine Art Delirium bekommt, den **Säuferwahnsinn**. Es geht da noch nicht ins Ruinieren hinein. Wenn dieses sogenannte Delirium tremens, wie man es in der Medizin nennt, eintritt, dann sehen die Menschen überall eine Art Tiere herumlaufen, Mäuse und so weiter. Sie kriegen **eine Art Verfolgungswahn**. Das Delirium tremens ist ja damit verknüpft, dass die Menschen sich überall verfolgt fühlen von kleinen Tieren, von Mäusen namentlich. Das ist ja etwas, was sogar geschichtlich geworden ist. Es gibt Mäusetürme. Die haben meistens ihren Namen davon, dass da in früheren Zeiten irgendeiner eingesperrt war, der Säuferwahnsinn hatte, und der da drinnen von Mäusen geplagt worden ist, die er sich bloß vorgestellt hat – es werden schon auch welche drinnen gewesen sein –, denn der, der drinnen war, hat überall um sich herum, überall, Tausende und Tausende von Mäusen gesehen, die nicht da waren.

Sie sehen also, man kann dasjenige, was im Menschen wirkt, wenn er sich durch Alkohol ruiniert, sogar sehr schwer in den Körper ganz hineintreiben. Es sträubt sich der Körper durchaus lange Zeit gegen diese Geschichte, die durch den Alkohol angerichtet wird.

Und das Interessante ist ja das, dass dann bei den Leuten sich das Gewissen regt. Sagen wir, sie haben eine Zeitlang gesoffen, frühmorgens weiter gesoffen, und dann regt sich plötzlich das Gewissen, und sie hören auf zu saufen, sie haben sich noch dieses bisschen Energie aufbewahrt, dass sie nun aufhören. Was geschieht dann? Wenn sie früher noch nicht den Säuferwahnsinn gehabt haben, kriegen sie ihn dann. Das ist die interessanteste Tatsache, dass manchmal derjenige, der lange Zeit getrunken hat, wenn er nun aufhört zu trinken, gerade den Säuferwahnsinn kriegt.

Das ist eines der wichtigsten Zeichen dafür, dass der Mensch so angesehen werden muss, dass **der Kopf anders wirkt** – ich habe Ihnen das in den letzten Vorträgen für viele Dinge angeführt – **als der übrige Körper**. Solange nämlich der Mensch die Säuferkrankheit im Kopfe erhält, da geht es ihm noch passabel; da hat er die Sache noch nicht im übrigen Körper drinnen. Wenn er sie aber drinnen hat und nachher den Alkohol sich abgewöhnt, dann revoltiert erst recht der übrige Körper durch den Kopf herauf, und dann kriegt er gerade durchs Abgewöhnen erst recht den Säuferwahnsinn.

So kann man sagen: **Im Blut des Menschen ist das körperliche Gegenstück für die wichtigsten Seelenverrichtungen**. Sie wissen ja vielleicht, dass manche Leute an Verfolgungswahn leiden dadurch, dass sie allerlei Gestalten sehen, die nicht da sind. In früheren Zeiten namentlich – und es war das eine ganz gesunde Kur – hat man ihnen dann zur Ader gelassen. Man darf gar nicht glauben, dass alle Leute früher so abergläubisch waren, als man es heute annimmt. Aderlassen ist nicht etwas, was vom Aberglauben gekommen ist. Man hat ihnen zur Ader gelassen; namentlich hat man ihnen irgendwo Blutegel aufgesetzt, die ihnen das **Blut abgezapft** haben. Dann ist das Blut weniger tätig gewesen. Nicht gerade bei Säufnern, aber bei anderen **Wahnsinnsanfällen** ist das Blut dann weniger tätig gewesen. Dann ist es ihnen besser gegangen.

Was außerordentlich verwandt ist mit alledem, was die Grundlagen der seelischen Eigenschaften des Menschen sind, das Nervensystem, habe ich Ihnen ja auch angeführt, aber das ist namentlich für den Willen

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des Menschen viel weniger wichtig; es ist wichtig für den Verstand, aber es ist für den Willen des Menschen viel weniger wichtig als das Blut.

Nun, wenn Sie aber gerade sehen, dass der Alkohol das Blut im eminentesten Sinne angreift, so ist daraus zu erkennen, dass das Blut, weil der Körper so stark revoltiert gegen das, was der Alkohol anrichtet, sehr geschützt ist dagegen. **Das Blut ist wirklich außerordentlich stark geschützt gegen die Angriffe des Alkohols im Menschen.** Und da müssen wir uns fragen: Wodurch ist denn eigentlich das Blut im Menschen so außerordentlich stark geschützt gegen die Angriffe? Da müssen wir weiter fragen: Wo entstehen denn eigentlich die wichtigsten Dinge, die im Blut drinnen sind?

Erinnern Sie sich, ich habe Ihnen gesagt: Das Blut besteht aus den roten Blutkörperchen, die eisenhaltig sind, die im sogenannten Blutserum herumschwimmen, und dann besteht es aus den weißen Blutkörperchen. Ich habe Ihnen gesagt, die wichtigsten Bestandteile des Blutes sind rote und weiße Blutkörperchen – diejenigen Blutkörperchen, die mit der Milztätigkeit zusammenhängen, die wir bei unseren Untersuchungen in Stuttgart die sogenannten Regulatoren genannt haben, berücksichtigen wir jetzt nicht. Es sind ja viele Körperchen drinnen im Blute; wir wollen jetzt nur auf die roten und auf die weißen Blutkörperchen sehen und wollen uns fragen: Wo entstehen denn im Körper eigentlich diese Blutkörperchen? Ja, sehen Sie, diese Blutkörperchen, die entstehen nämlich an einem ganz besonderen Ort. Wenn Sie sich hier einen Oberschenkelknochen denken vom Becken aus bis zum Knie, irgendwie einen Knochen denken, einen Armknochen, irgendeinen Hohlknochen, so werden Sie in diesem Knochen drinnen überall das sogenannte Knochenmark finden. Da ist das Mark drinnen, das Knochenmark. Und sehen Sie, meine Herren, in diesem Knochenmark entstehen die roten und weißen Blutkörperchen und marschieren dann erst ein in die Blutadern. Der menschliche Körper ist so organisiert, dass in den inneren Höhlungen seiner Knochen sein Blut erzeugt wird – eigentlich das Wichtigste in ihm.

Wenn das der Fall ist, dann können Sie sich sagen: Das Blut ist in seiner Erzeugung wirklich außerordentlich stark geschützt gegen die Ruinierung, denn da muss der Alkohol tatsächlich schon sehr lange genossen werden und sehr schlimm genossen werden, wenn er auch noch die Knochen soweit kaputtmachen soll, dass er bis in ihr Innerstes, bis in ihr Mark hineindringt und sie dort kaputtmacht, das Knochenmark ruiniert, so dass keine roten und weißen Blutkörperchen mehr erzeugt werden. **Und da beginnt erst für die Menschen, die den Alkohol genießen, die eigentlich verderbliche Sache, wenn sie so weit gekommen sind, dass der Alkohol bis ins Knochenmark hinein gewirkt hat.**

Nun ist es so, dass zwar die Menschen in Bezug auf ihren Verstand, in Bezug auf ihre seelischen Eigenschaften vielfach gleich sind, aber **in Bezug auf das Blut sind die Menschen nach Mann und Weib, nach Mann und Frau, sehr verschieden voneinander.** Das ist eine unbewusste Verschiedenheit, die aber sehr deutlich zutage tritt. Die Blutkörperchen nämlich, die da im Innern der Knochenhöhle erzeugt werden, also die roten Blutkörperchen und die weißen, die haben auf den Menschen einen solchen Einfluss, dass **die roten Blutkörperchen wichtiger sind bei der Frau, die weißen Blutkörperchen wichtiger sind beim Mann.** Das ist sehr wichtig: die roten Blutkörperchen sind wichtiger bei der Frau, die weißen wichtiger beim Mann.

Daher ist das so: Die Frau hat, wie Sie wissen, alle vier Wochen ihre Periode, die im wesentlichen in einer Tätigkeit des menschlichen Körpers besteht, etwas auszuschcheiden, was ausgeschieden werden muss an roten Blutkörperchen. Der Mann hat keine Periode, und Sie wissen ja auch, dass der Same des Mannes so ist, dass er nicht gerade vom roten Blut seine Abkunft verrät. Er hat seine Abkunft von den weißen Blutkörperchen. Die ändern sich vielfach um, aber sie werden zuletzt zu dem, was im männlichen Samen das Wichtigste ist. So müssen wir bei dem, was auf die menschliche Fortpflanzung Bezug hat, bis zu dem geschützten Knochenmark gehen, wenn wir überhaupt prüfen wollen, wodurch die menschliche Fortpflanzungsfähigkeit physisch beeinflusst werden kann. **Die menschliche Fortpflanzungsfähigkeit kann eben durch das Knochenmark im Innern der Knochen physisch beeinflusst werden.**

Nun kommen aber natürlich die roten und die weißen Blutkörperchen, wenn sie in den Knochen drinnen erzeugt sind, ins Blut hinein. **Wenn nun die Frau Alkohol trinkt,** so werden natürlich ganz besonders die roten Blutkörperchen beeinflusst. Die roten Blutkörperchen enthalten Eisen, sind etwas schwer, haben die Schwere der Erde in sich. Wenn also die Frau säuft, so bewirkt sie, dass zuviel Schwere in ihr ist. Die Folge davon ist, dass, wenn die Frau säuft, **das Kind, das sich ausbilden soll, zu schwer wird, also innerlich seine Organe nicht richtig entwickeln kann.** Es wird innerlich nicht ausgestaltet, hat seine innerlichen Organe nicht in Ordnung. Und auf diesem Umweg, meine Herren, geschieht der schädliche Einfluss durch den Alkohol bei der Frau.

Beim Manne ist es so, dass durch den Alkohol vorzugsweise die weißen Blutkörperchen beeinflusst werden. Und wenn dann unter dem Einfluss des Alkohols oder überhaupt unter dem Einfluss des Körpers, der alkoholisch verseucht ist, Befruchtung eintritt, dann wird der Same in der Weise ruiniert, dass er zu zappelig wird. Denn die Befruchtung geschieht ja so, dass vom mütterlichen Organismus dieses kleine Ei abgesondert wird. Das kann man nur mit dem Mikroskop sehen in dem Zustande, wie es ist, wenn die Befruchtung stattfindet. Also das Ei wird abgesondert. Vom Manne wird abgesondert eine ganze Menge

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solcher Samenkörperchen; die haben alle solch einen Schwanzfaden an sich. In der Samenflüssigkeit sind unzählige solcher Samenkörperchen drinnen. Und dieser Schwanzfaden, den sie da an sich haben, der ist ein Flimmerhärchen. Und durch diese Flimmerhärchen sind diese Samenkörperchen ohnedies furchtbar zappelig. Sie machen die kompliziertesten Bewegungen, und natürlich, eines muss zuerst ankommen beim weiblichen Ei. Dasjenige, das nun zuerst ankommt, das wird aufgenommen vom weiblichen Ei. Es ist viel kleiner als das weibliche Ei; trotzdem das weibliche Ei auch nur mit dem Mikroskop wahrgenommen werden kann, ist das männliche Samenkörperchen noch viel kleiner. Das wird aufgenommen. Und in dem Augenblicke, wo es in das Ei aufgenommen ist, bildet sich sogleich eine Haut um das Ei herum, und alle die, die nachkommen, werden zurückgestoßen durch diese Haut. Es kann nur eines herein. Denn sofort, wenn eins drinnen ist, wird eine Haut um das Ei gebildet, und die anderen müssen abziehen.

Sie sehen also, dass ist außerordentlich geistreich eingerichtet. Nun sind diese **Samenkörperchen** außerordentlich zappelig eingerichtet. **Durch den Alkohol aber werden sie noch viel zappelig gemacht.** So dass also die Befruchtung eintritt unter dem Einfluss des männlichen Samenwesens, das außerordentlich beweglich ist. Und die Folge davon ist, dass durch die Befruchtung beim Menschen dann **besonders auf sein Nervensystem und Sinnessystem gewirkt wird, wenn der Mann säuft. So dass, wenn die Frau säuft, die inneren Organe ruiniert werden durch die Schwere; wenn der Mann säuft, dann wird das Nervensystem des Kindes ruiniert.** Die ganze Tätigkeit wird ruiniert, die in der richtigen Weise da sein soll, wenn das Kind eben heranwächst.

Man kann also sagen: **Durch die Frau wird das Irdische am Menschen ruiniert**, wenn sie säuft, **und durch den Mann, wenn er säuft, wird das Bewegliche, das Luftige, was im Umkreis der Erde ist und was der Mensch auch in sich trägt, ruiniert.** So wird also von zwei verschiedenen Seiten her die Frucht ruiniert, wenn beide saufen. Natürlich, dann ist schon gar keine ordentliche Befruchtung, das heißt, Befruchtung ist wohl möglich, aber es ist wirklich kein ordentliches Wachstum der Frucht möglich. Denn auf der einen Seite will dann das Ei seine Schwere geltend machen, und auf der anderen Seite ist darinnen alles in einer Zappelbewegung, und es widerspricht eines dem andern. Das Männliche widerspricht dem Weiblichen bei einer solchen Befruchtung, wo alle beide saufen. So dass also bei demjenigen, der den ganzen Zusammenhang versteht, klar ist, dass bei **gewöhnheitsmäßigen Trinkern tatsächlich in die Frucht außerordentliche Schädlichkeiten hineinkommen.** Aber das glauben einem ja die Leute nicht, weil der Einfluss des Saufens der Männer und Frauen verhältnismäßig doch noch nicht so sichtbar ist. Aber dies ist eben nur deshalb, weil das Blut so geschützt ist, sogar im Knochenmark darinnen erst erzeugt wird, weil also die Menschen schon sehr viel tun müssen, wenn sie die Nachkommenschaft stark beeinflussen wollen. Und das schwache Beeinflussen, das gestehen sich die Leute heute eben einfach nicht.

Nicht wahr, **wenn ein Kind mit einem Wasserkopf geboren wird**, so prüft man in der Regel nicht, ob die Befruchtung gerade in einer Nacht war, nachdem die Mutter bei einem Souper war und dort **Rotwein getrunken** hat, währenddem es sich herausstellen würde, wenn man es nachprüfte, weil da die Schwere zu stark wird. Dann wird das Kind mit einem Wasserkopf geboren. Wenn dagegen das **Kind mit einem Gesichtsmuskelzucken** geboren wird, dann wiederum prüft man auch nicht, **ob der Mann etwa am Abend zu stark getrunken** hat. Die Dinge, die im kleinen, möchte ich sagen, sind, die prüft man eben nicht. Und daher kommt es, dass die Leute glauben, es sei kein Einfluss da. Er ist schon immer da. Aber **die ganz schädlichen Einflüsse, die geschehen bei Gewohnheitstrinkern.** Und da ist auch wiederum ein Auffälliges, ein sehr Merkwürdiges vorhanden.

Sehen Sie, wenn zum Beispiel, sagen wir, der Mann säuft, so kann es sich herausstellen, dass die Kinder irgendwo in ihrem Nervensystem schwach werden und, sagen wir zum Beispiel, Anlage haben zu Lungenschwindsucht. Es braucht gar nicht das, was auf die Kinder vererbt wird, zusammenhängen mit dem Alkoholenuss des Mannes. Sie brauchen zum Beispiel nicht Anlage zu haben zur Kopfverwirrung, sondern zu Lungenschwindsucht oder zu Magenverstimmung und dergleichen. Also **das ist eben das Heimtückische, dass dasjenige, was durch den Alkohol verbraucht wird, einfach auf ganz andere Körperteile beim Menschen übergeht.**

Nun muss man bei diesen Dingen wirklich immer berücksichtigen, wie großen Einfluss kleine Mengen von Stoffen auf die menschliche Entwicklung überhaupt haben. Und nicht nur das, sondern man muss überall berücksichtigen, wie diese Stoffe an den Menschen herangebracht werden. Bedenken Sie zum Beispiel das Folgende: Wir haben in unseren Knochen eine ziemliche Menge phosphorsauren Kalk. Wir haben in unserem Gehirn auch Phosphor, und Sie werden aus früheren Vorträgen wissen, dass der Phosphor nützlich ist, denn ohne Phosphor könnte man das Gehirn eigentlich gar nicht zum Denken benutzen. Also wir haben Phosphor in uns.

Ich habe Ihnen sogar einmal gesagt: Der Phosphor ist dann günstig, wenn er mit den Nahrungsmitteln in der richtigen Menge aufgenommen wird, damit er überall mit derselben Schnelligkeit verdaut wird, die in dem Menschen überhaupt ist. Wenn man dem Menschen eine Menge Phosphor in den Magen hineinbringt und er schnell hineingeht, dann ist er nicht nützlich, dann ist er schädlich.

Aber es kommt noch etwas anderes in Betracht. Sie wissen, dass man früher Phosphorzündhölzchen



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gemacht hat; sie sind jetzt etwas seltener geworden. Aber wenn man einmal Gelegenheit hat, so etwas zu beobachten, wie es zum Beispiel bei mir als Bube schon der Fall war, so kann man folgendes erleben: Von unserer Wohnung musste ich täglich eine Stunde zur Schule gehen, so mit dreizehn, vierzehn, fünfzehn Jahren, und in der Hälfte des Weges war eine Zündwarenfabrik. Da arbeiteten also die Arbeiter daran, die Zündhölzchen, die Phosphorhölzchen herzustellen. Ja, meine Herren, da erlebte man es, dass eine Anzahl dieser Arbeiter – das war in den siebziger Jahren des vorigen Jahrhunderts – immer mit zerfressenen Kiefern herumliefen, dass sie also zerfressene Kiefer kriegten, und vom Kiefer aus wurde ihr Körper zerstört. Am Ober- und Unterkiefer, namentlich aber am Oberkiefer fing es an, dass die Knochen zerfressen wurden.

Wer das weiß, was der Phosphor für einen schädlichen Einfluss auf den Menschen haben kann, der wird finden, dass eine solche Zündwarenfabrik tatsächlich zu dem Mörderischsten gehört, was man nur haben kann. Es ist bei den Dingen, die der menschlichen Zivilisation angehören, immer auch notwendig, dass man hinschaut auf die zahlreichen Schädigungen, die der Mensch dadurch zugleich erleiden kann. Immer ging eine Anzahl von diesen Arbeitern in diese Zündwarenfabrik hinein mit zugebundenen Kiefern. So fing die Sache an. Und dann, nicht wahr, breitete sich das aus. Nun, auch im Oberkiefer selbstverständlich ist ja der Phosphor schon drinnen gewesen. Aber was für ein Phosphor?

Sehen Sie, der Phosphor, der mit den Nahrungsmitteln zunächst in den Magen hineingekommen ist, dann den ganzen Weg von innen aus zu den Kiefern gemacht hat, der ist nicht schädlich, wenn er nicht zuviel eingetrieben wird. Dagegen werden die Zündhölzchen so fabriziert: Zuerst werden sie zu langen Stäbchen geformt, und dann werden sie mit Schneidemaschinen zu den kleinen Stäbchen gemacht. Dann werden sie in Rahmen gespannt, da bleibt ein kleines Stückchen heraus, und da werden sie dann zuerst in ein Schwefelbad getaucht, und dann in das Phosphorbad. Das hielt ja der Arbeiter einfach in seiner Hand. Es kamen also immer Spritzer auf den Rahmen. Nun denken Sie, wie oft im Tag sich der Mensch, da er sich nicht immer waschen kann, bei der Arbeit einfach hier irgendwie ins Gesicht streicht. Es sind ganz gewiss außerordentlich geringe Mengen von Phosphor, die da an den Menschen herankommen, aber sie kommen heran, jetzt nicht von innen heraus, sondern von außen hinein. Und das ist ja das Geheimnis der menschlichen Natur: **Dasjenige, was oftmals außerordentlich nützlich sein kann, wenn der Mensch es von innen aufnimmt und es erst durch den Körper verarbeitet wird, das kann das größte Gift sein, wenn es von außen an den Körper herankommt.** Sehen Sie, von innen ist der menschliche Organismus so weise eingerichtet, dass er dasjenige, was zuviel Phosphor ist, mit dem Urin oder mit den Fäkalien wieder absondert. Er lässt nur die kleine Menge, die notwendig ist, in die Knochen kommen. Er rangiert dasjenige aus, was überflüssig ist.

Aber um das, was von außen kommt, wieder abzusondern, dafür hat ja der Mensch kein Interesse. Gewiss, man kann ja nachhelfen. Man könnte zum Beispiel allerdings schon dadurch eine große Wohltat hervorrufen – aber denken Sie doch, wie wenig noch in den siebziger Jahren überhaupt an Humanität gedacht worden ist! –, man könnte schon dadurch Abhilfe schaffen, dass man ein heißes Bad einrichtete, in dem jeder Arbeiter sich baden müsste, wenn er weggeht. Durch eine solche Einrichtung würde natürlich schon ungeheuer viel erzielt werden können. Aber solche Sachen werden eben einfach nicht gemacht.

Nun, ich wollte Ihnen dadurch nur zeigen, wie der menschliche Körper eingerichtet ist, dass er so eingerichtet ist, dass durch ganz kleine Schädigungen von außen, sogar durch dieselben Stoffe, die er sonst zu seinem Aufbau braucht, durch ganz kleine Schädigungen dasjenige eintreten kann, was also dazu führt, dass die ganze Gesundheit des Menschen, überhaupt die ganze Organisation des Menschen untergraben wird.

Nun kann der Mensch viel aushalten. Aber von einem gewissen Momente ab jedoch versagt dann der Organismus. Und **beim Alkoholtrinken ist es so, dass der Organismus von dem Momente an versagt, wo der Alkohol irgendwie verhindert, dass die Lebenstätigkeit, die unsichtbare Lebenstätigkeit in der richtigen Weise verläuft.**

Wenn man den Menschen einer Phosphorvergiftung aussetzt, so weiß man, dass da einfach die innere Tätigkeit untergraben wird, die sonst den Phosphor verarbeitet; sie wird von außen untergraben. Nun, beim Alkohol ist es eigentlich, ich möchte sagen, ganz ähnlich. Beim Alkohol ist es so: Wenn der Mensch zuviel Alkohol trinkt, und immer wieder und wiederum trinkt, so dass, wie man sagt, **der Alkoholgenuss** nicht akut bloß ist, sondern **chronisch wird**, so kommt es eben so weit, **dass der Alkohol im Menschen als Alkohol wirkt.**

Wie wirkt er denn aber als Alkohol? Nun, da möchte ich Sie daran erinnern, dass ich Ihnen einmal gesagt habe: die Mengen Alkohol, die der Mensch braucht, die erzeugt er sich selber. Ich sagte Ihnen: In den Stoffen, die in den Gedärmen sind, wird immer eine gewisse Menge Alkohol erzeugt durch die gewöhnlichen Nahrungsmittel, weil der Mensch diese kleinen Mengen Alkohol braucht. Wozu braucht er diese? Nun, da brauchen Sie sich nur zu erinnern, wenn Sie einmal in irgendeinem anatomischen Kabinett gewesen sind und die Präparate gesehen haben: die sind in Alkohol, weil sie sonst verfaulen würden. Der Alkohol hindert dasjenige, was lebendiger Körper ist, vor dem Verfaulen. So wirkt aber der Alkohol, der im Menschen selbst erzeugt wird, auch im menschlichen Organismus: er hindert das Faulen gewisser Stoffe, die der Mensch

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braucht. So dass der Mensch durch seine innere Organisation eigentlich vorgeschrieben hat, wie viel Alkohol er haben soll, denn er hat einfach in sich gewisse Stoffe, die sonst faulen würden, die aber im Körper sein müssen, und die müssen eben konserviert werden.

Aber bedenken Sie jetzt: **der Mensch trinkt zuviel Alkohol. Dann wird zuviel konserviert, dann wird dasjenige, was eigentlich abgehen soll, konserviert und im Körper erhalten!** Wenn der Mensch jetzt immer wieder und wieder sein Blut, das im Körper zirkuliert, dem Alkohol aussetzt, dann konserviert er sich dieses Blut im Körper darinnen. Und was ist die Folge? **Die Folge davon ist, dass dieses Blut die Kanäle in den Knochen verstopft**, weil es gegenwirkt. Es wird nicht schnell genug wiederum durch die Poren und so weiter herausbefördert. **Es bleibt zu lange im Körper.** Dadurch wird das Mark in der Knochenhöhlung zu wenig veranlaßt, neues Blut zu bilden und wird schwach dadurch. **Dasjenige, was eintritt beim sogenannten chronischen Alkoholiker, das ist, dass das Knochenmark schwach wird mit der Zeit.** Und dann erzeugt es eben bei der Frau nicht mehr die richtigen roten Blutkörperchen und beim Mann nicht mehr die richtigen weißen Blutkörperchen.

Sehen Sie, ich muss immer wieder bei solchen Gelegenheiten eines sagen: Nicht wahr, es ist ja ganz schön, wenn die Menschen soziale Reformen ausdenken, sagen wir zum Beispiel Alkoholverbote und so weiter. Gewiss, es ist sehr schön. Aber ich meine folgendes: Sehen Sie, selbst solch ein gelehrter Mann wie der Professor Benedikt, von dem ich Ihnen einmal erzählt habe<sup>50</sup>, dass er die Schädel der Verbrecher sammelte, und dass dann die ungarischen Verbrecher gesagt haben, sie wollen ihre Schädel nicht nach Wien gesandt haben, weil sie dann nicht zusammenfinden mit ihren übrigen Knochen am jüngsten Tag – dieser Mann hat mit Recht gesagt: Nun ja, da reden die Leute gegen den Alkohol; aber viel mehr Leute sind durch Wasser zugrunde gegangen als durch Alkohol! – Das ist natürlich im allgemeinen auch wahr, weil das Wasser, wenn es Verunreinigungen enthält, gleich in viel größeren Mengen auftritt; so dass, wenn man es einfach statistisch betrachtet, man natürlich sagen kann: Viel mehr Leute sind durch das Wasser zugrunde gegangen als durch den Alkohol.

Aber es kommt etwas anderes in Betracht. Und da möchte ich sagen: Beim Alkohol ist es so, wie bei der Geschichte, die bei «Leberecht Hühnchen» steht; ich weiß nicht, ob Sie sie kennen. Es ist die Geschichte von einem armen Schlucker, einem armen Teufel, der sich nur ein Ei kaufen kann; aber er hat eine große Phantasie zu diesem Ei dazu, und da denkt er sich, wenn dieses Ei jetzt nicht beim Krämer gewesen wäre, sondern richtig gebrütet worden wäre, so wäre daraus eine Henne entstanden. Wenn ich also nun dieses Ei esse, so esse ich eigentlich eine ganze Henne. In seiner Phantasie stellt er sich das nun vor: Nun bin ich eigentlich doch ein richtiger reicher Kerl, der sein Huhn essen kann! – Aber seine Phantasie war damit noch immer nicht befriedigt, sondern er dachte weiter. Er sagte: Ja, aber das Huhn, das ich jetzt esse, das hätte ja wiederum so und so viele Eier legen können, aus denen wiederum Hühner hätten auskriechen können; und diese Hühner alle, die esse ich! Und schließlich rechnete er sich aus, wie viel Millionen und Millionen Hühner das wären. Dann sagte er sich: Hieße das nicht schlampampen?

Sehen Sie, so ist die Geschichte nun nicht im Spaß wie in dieser Erzählung, sondern im Ernst beim Alkohol. Gewiss, wenn man statistisch, sagen wir, die Zeit von 1870 bis 1880 aufnimmt und prüft, wie viele Menschen da an Wasser zugrunde gegangen sind auf der ganzen Erde und wie viele an Alkohol, dann überwiegt die Menge von Leuten, die an Wasser zugrunde gegangen sind. Dazumal starben ja die Leute an Typhus und so weiter viel mehr als heute; also der Typhus kann ja mit der Verunreinigung des Wassers vielfach zusammenhängen. Ja, meine Herren, da kann man leicht ausrechnen, dass viel mehr an Wasser zugrunde gehen.

Aber man muss anders denken. **Man muss wissen, dass der Alkohol nach und nach bis ins Knochenmark hineingeht und nach und nach das Blut ruiniert. Dadurch, dass er dann die Nachkommenschaft ruiniert, ist die ganze nachkommende Familie ruiniert!** Wenn ein Mensch also, sagen wir, drei Kinder hat, so sind diese drei Kinder zunächst ein bisschen ruiniert; aber diejenigen, die wieder von diesen dreien entstehen, die sind stark ruiniert. Und **so ruiniert man für lange Zeit hinaus die Menschen durch den Alkohol. Und vieles, was heute an Schwäche in der Menschheit vorhanden ist, ist einfach dadurch vorhanden, dass die Vorfahren zuviel getrunken haben.** Da ist es wirklich so, dass man sich vorstellen muss: Da ist ein Mann und eine Frau. Der Mann säuft; die Nachkommenschaft wird dadurch schwach im Körper. Nun denken Sie sich einmal, was das schon nach einem Jahrhundert bedeutet oder gar nach mehreren Jahrhunderten! Also da nützt es nichts, wenn man einfach die Zeit aufnimmt, sagen wir von 1870 bis 1880, und sagt: es sind da mehr Menschen an Wasser zugrunde gegangen als an Alkohol. Da muss man über Zeiträume hinüberschauen. Und das ist dasjenige, was die Leute heute nicht gerne machen, höchstens eben im Spaß, wie der Verfasser von «Leberecht Hühnchen», der natürlich auch über große Zeiträume hinüberschauen muss, wenn er sich denken will, wie er schlampamt.

Also solche Gedanken, die über das Allernächste hinausschauen, die muss man haben, wenn man über diese Sache sozial denkt. Und da, muss ich sagen, ist meine Meinung diese: Verboten kann man ja den Alkohol, aber sehen Sie, dann treten merkwürdige Erscheinungen auf. Sie wissen ja zum Beispiel, dass heute die Menschen in vielen Erdgegenden dazu gekommen sind, den Alkoholverkauf einzuschränken oder



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ganz zu verbieten; aber ich mache Sie darauf aufmerksam, was für ein Übel in der letzten Zeit eingetreten ist: der Kokaingenuss nämlich, der auch von den Leuten gemacht wird, um sich zu betäuben. Und gegen das, **was der Kokaingenuss anstellen wird, namentlich an Zerstörung der menschlichen Fortpflanzungskräfte, ist der Alkohol noch Gold!** Der eine oder der andere, der das Kokain frisst, wird das nicht einmal dafür verantwortlich halten. Aber schon an den äußeren Symptomen können Sie sehen, wie viel schlimmer der Kokaingenuss ist als der Alkoholgenuss. **Wenn einer durch den Alkohol das Delirium tremens kriegt, so äußert sich dies durch eine Art Verfolgungswahn. Er sieht überall Mäuse, die ihn verfolgen. Wenn aber einer Kokain genießt, dann kommen Schlangen überall aus seinem Körper heraus!** Wenn ein solcher Mensch, der Kokain genießt, sich selber anschaut, dann sieht er: Erst betäubt er sich – das ist angenehm, das ist eine Art Wollust –, aber wenn er dann längere Zeit kein Kokain gegessen hat, dann schaut er so aus (es wird gezeichnet): Überall kommen aus seinem Körper Schlangen heraus, und er läuft nur rasch, um wiederum Kokain zu genießen, damit die Schlangen für eine Zeitlang aufhören. Denn die Furcht, die er vor den Schlangen hat, die ist noch viel größer als die Furcht, die er vor den Mäusen hat im Delirium tremens.

Und so kann man wohl allerlei verbieten, aber die Menschen kommen dann auf allerlei anderes, was in der Regel nicht gescheiter ist, sondern schlimmer ist. Und da glaube ich, dass Aufklärungen, wie der Alkohol wirkt, in der Weise, wie wir es heute zum Beispiel vor uns hingestellt haben, wirklich viel mehr wirken können, gerade Aufklärungen, die den Menschen allmählich dazu bringen, den Alkohol selber zu lassen. Sie beeinträchtigen nicht die menschliche Freiheit, aber Sie erzeugen zugleich das, dass der Mensch sich sagt: Das ist aber unheimlich! **Bis in die Knochen herein werde ich ruiniert!** Das wirkt dann als Gefühl, während Gesetze nur für den Verstand wirken. **Die richtigen Wahrheiten, die richtigen Erkenntnisse, die sind eben solche, die bis ins Gefühl hinein wirken.** Deshalb ist meine Überzeugung: **Zu einer wirksamen Sozialreform – denn auf anderen Gebieten ist es ähnlich, fast geradeso wie hier – kommen wir doch nur, wenn wir in weitesten Kreisen für eine wirkliche Aufklärung sorgen.**

Aber diese wirkliche Aufklärung kann man ja erst dann schaffen, wenn etwas da ist, mit dem man aufklären kann. Denn, sehen Sie, wenn Sie heute sich irgendwo einen Vortrag halten lassen über die Schädlichkeit des Alkohols – so werden Sie die Sache nicht dargestellt finden, wie ich sie Ihnen jetzt dargestellt habe, obwohl das nicht einmal so besonders schwer ist; denn die Tatsachen kennen die Leute. Sie wissen nur nicht in der gehörigen Weise über die Tatsachen zu denken. Die Tatsachen kennen sie schon. Sie gehen meistens aus einem solchen Vortrag, der da gehalten wird von einem heutigen Dutzendgelehrten, heraus und wissen nicht recht etwas Besonderes damit anzufangen. Und wenn sie besonders gutmütig sind, so sagen sie: Na, Gott, man ist halt nicht vorbereitet, man hat die Geschichte nicht verstanden. Der gelehrte Herr weiß das alles. Man kann als einfacher Mensch nicht alles verstehen! – Aber der Grund ist, dass er selber es nicht versteht. Wenn man nämlich eine Wissenschaft hat, die wirklich auf die Fundamente geht, auf die Grundlagen geht, dann kann man es nämlich schon zum Verständnis bringen, auch den einfachen Menschen.

**Wenn heute die Wissenschaft so wenig wirklich ist, so ist es eben das, dass sie eigentlich mit Ausschluss der wirklichen Menschlichkeit entstanden ist.** Die Leute werden immer zuerst Privatdozent, dann außerordentlicher Professor, dann ordentlicher Professor. Die Studenten sagen dann: Ein ordentlicher Professor weiß nichts Außerordentliches, und ein außerordentlicher Professor, der weiß nichts Ordentliches. - Die Studenten haben das im Gefühl, meine Herren. So geht der ganze Schlendrian weiter. Und in sozialen Reformen wirkt die Wissenschaft eigentlich nichts, während sie in der allertätigsten Weise wirken könnte. Und deshalb muss jemand, der es ehrlich meint mit dem sozialen Leben, immer wieder darauf zurückkommen: Stroherne, papierene Gesetze sind viel weniger wichtig, natürlich braucht man sie auch, aber sie sind viel weniger wichtig als eine durchgreifende Aufklärung. Diese Aufklärung, die braucht man. Dann würden wir erst richtig weiterkommen.

Gerade so etwas, wie man es studieren kann beim Alkohol, das lässt sich überall begreiflich machen. Und dann kommt man zu dem, was ich immer sage zu den Leuten. Nicht wahr, die Leute kommen und fragen: Ist es besser, keinen Alkohol zu trinken, oder ist es besser, Alkohol zu trinken? Ist es besser, Vegetarier zu sein, oder besser, Fleisch zu essen? Ich sage überhaupt niemals einem Menschen, ob er den Alkohol lassen soll oder ob er ihn trinken soll, ob er Pflanzen essen soll oder Fleisch essen soll, sondern ich sage zu dem Menschen: der Alkohol wirkt so und so. Ich stelle es ihm einfach dar, wie er wirkt; dann mag er sich entschließen, zu trinken oder nicht. Und so mache ich es schließlich auch beim Pflanzen- und Fleischessen. Ich sage: so wirkt das Fleisch, so wirken die Pflanzen. Und **die Folge davon ist, dass der Mensch sich selber entschließen kann.**

**Das ist das, was man vor allen Dingen in der Wissenschaft haben muss: Respekt vor der menschlichen Freiheit.** So dass man gar nicht das Gefühl hat, man will irgendeinem Menschen etwas gebieten oder verbieten, sondern man sagt ihm die Tatsachen. Wenn er weiß, wie der Alkohol wirkt, dann kommt er von selbst darauf, was das Richtige ist. Damit kommen wir am allerweitesten. Da kommen wir dazu, dass freie Menschen sich ihre Richtung selber geben können. Und das müssen wir anstreben. Dann erst kommen wir zu richtigen sozialen Reformen.



## Nutrition and the Evolution of Human Consciousness

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Written by: Sara Bowes

Rudolf Steiner, lecturing on the subject of nutrition noted that “behind everything material is spirit. Thus, behind all the matter we take in through our nutrition, there is also spirit...By means of nourishing ourselves with this or that, we enter into a relation with something spiritual, with a substrate which is behind the material...” Sure, we can look at the food we eat, and classify it in certain ways. We can choose to nourish ourselves from the plant kingdom or from the animal world. We can strive for the perfect dietary balance of carbohydrates, protein, and fat. We can make an effort to support farmers who refuse to use harsh chemicals in their processes, or we can succumb to fast food and genetically modified corn. No matter the substance we put in our bodies, we must not overlook the fact that food indeed affects us on a level which is beyond that of simply the material. In terms of the route that modern nutritional science has taken, this approach sheds an entirely new light on what it means to nourish ourselves.

Of course a most integral piece of nutrition is digestion. It is this process that brings food in its recognizable form into the body, subsequently transforming it to something entirely different. Biochemistry has its explanations for how nutrients are assimilated, broken down, and rebuilt during our bodies’ metabolic processes. Anthroposophy, while taking into account the material aspect of the transformation, expands upon these notions in saying that “digestion is thus a spiritualizing of matter and a stimulating of the forces of personality to the creation of new human substance” (Hauschka, 15). This process entails the application of man’s ego, or the “I”, implying a particular self-awareness. The ego, as it is responsible for the transformation of material nutrients into both the body-building protein unique to humans as well as the spiritual substance existing within us, can be likened to the force of the sun, simply within the microcosm of man. Just as the sun works to bring cosmic energy down to earth, resulting in the sprouting, growth, and blossoming of plants, so do the personality forces, and therefore digestion as it is defined here, work to build us up, and allow us to blossom in a certain way.

A look at human history and the primary food sources during particular periods of time can help to illustrate this relationship between ego and digestion. Undeniable shifts in human consciousness have transpired over the course of history. Interestingly, a corresponding evolution in terms of the types of substances man has turned to for nourishment has taken place.

Let us take fresh, raw, unprocessed milk, which is both the oldest source of nourishment for humans, as well as the food most easily assimilated by our bodies. This profound relationship between humans and milk can be traced to the primordial “cosmic milk” that, according to anthroposophical spiritual science, once saturated the planet at a time when the moon and the earth together constituted a single cosmic entity. This protein-rich milky atmosphere, traces of which can be seen today as atmospheric nitrogen, nourished all beings on the planet: plants, animals, and humans. As the moon and the earth parted ways, organs of lactation evolved within animals and humans, giving rise to the ability to create milk as part of the reproductive process. The connection between milk and moon was not lost however, for we can see it today in the relationship between lunar and menstrual rhythms. It is this cosmic milk that bonded humans with one another, and it can be inferred that milk consumed today has a similar effect. According to Steiner, “milk prepares man for being a creation of the earth, without preventing him from being a citizen of both the earth and the whole solar system” (Hauschka, 83). It is this ability of milk to assist in our earthly incarnation that renders it the perfect food for children especially.

Hence, humans went from subsisting on this cosmic milk to nourishing themselves with milk produced by animals. Pre-Vedic society in India, for example, is characterized by milk as the primary food source. Consciousness during this period was something radically different from what constitutes our awareness today. These people lived an existence that was entirely unified with the divine, and any sort of impression of nature or matters of the earthly realm were simply dismissed as “Maya”, or “illusion.” Subsequently, there was simply no conception of self or individuality, “rather did they feel supported and guided by spiritual beings. Their souls were ‘in the lap of the gods’, their personalities childlike and undeveloped” (Hauschka, 22).

This state of consciousness, characterized by an undeveloped ego, that is in turn replaced by a remarkable sense of unity with the divine, goes hand in hand with the minimal demand put on digestion by the consumption of milk. Milk consists largely of protein, which due to its inherent organization and its relationship to humans as a primal form of nourishment, as in both the cosmic and mother’s milk, is most easily assimilated by the human organism. It follows that humans did not require any developed self-awareness in order to digest milk, and so the prevalence of this substance during this particular phase in the evolution of consciousness was quite perfect.

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It should be noted here, that although it is partly due to the protein that exists within milk that renders it so easily assimilated, not all protein will have the same effect. Milk, for instance, is said to merely border on being animal. Its effects in the human being are entirely different from those of consuming flesh. The consumption of meat burdens one with a particular heaviness and rouses within a person the passion and instinctual consciousness of the animal. As opposed to milk, the protein from animals has the effect of enchaining man to the earth, so much that he no longer has interest in the realm of the spiritual. According to Steiner, it "has the effect of making us feel quite satisfied to lose heaven if we gain the earth thereby" (Hauschka, 55).

Also bordering on animal, interestingly, are the legumes. Perhaps the most concentrated source of plant protein, legumes employ a process whereby they transform the otherwise dead nitrogen from the atmosphere into live protein. Again we must recall the cosmic milk that once permeated the earth, and consider the fact that during this period, plants were entirely different than those we know today. They were remarkably animal-like, and all organisms, humans alike, drank from the milky nourishment of the atmosphere. As the moon separated from earth, this cosmic milk lost its vitality, thus becoming the nitrogen remains. Legumes still rely on this now lifeless substance for subsistence, though they successfully transform it into live protein. It is for their high protein content, their atavistic grasping onto an animal-inspired existence, along with an uncanny semblance to the animal realm in the butterfly-shapes of their blossoms, that legumes are considered to be particularly animal-like. Consumption of legumes, forbidden by such figures as Pythagoras for these reasons, may have the tendency to weigh one down with an earthly heaviness in the same way that animal protein would.

As history went on, a gradual evolution took place in terms of consciousness. With the increased consumption of plant foods, man began to develop an awareness for earthly things, while at the same time creating a bigger distance between himself and the spiritual realms. It eventually became the case that the divine world man had long considered himself a part of, evolved into capacities that could now exist inside the human being, within his own spirit. This interiorization of the soul is a manifestation of the development of the human ego, entailing a sort of freedom from the guidance of divine forces. Agriculture and the adoption of plants as a primary food source are intimately linked with this evolvment in the consciousness of man. Not so easily assimilated are the nutrients from the plant world, as they must be transformed several times over in their digestion in the human organism. The increased demand put on digestion necessitates the stronger ego forces that we see during this evolvment in the direction of modern times.

Taking this further, a stage of abstract intellectual thinking emerged during the times of Aristotle, that "deserted the realm of essential being to become a shrunken shadow of itself, mere reflection; it grew 'root-like' and 'salty'" (Hauschka, 23). It is the consumption of foods with a mineral quality that have lead to this modern state of consciousness. This notion of minerality should be taken in a broad sense, to mean anything that has an essentially hardened or deadened quality to it, including roots, and also cooked and processed foods. Unlike plants, that maintain a considerable level of organization as they embody both life and form, mineralized substances are purely form. As the law of signatures would tell us, this type of food has a propensity for the nervous system particularly. We can see this in the similarity between the growth patterns root hairs and that of nerves. It only makes sense, then, that the move toward consumption of this type of food would lead to the mineralization of both thinking and body.

Plants as food play a particularly crucial role in the evolution of human consciousness. Comprised primarily of carbohydrates, they are essentially the manifestation of the sun's energy. In simple terms, they are the carriers of life, as opposed to human beings who carry not only life, but also soul and spirit. It is man's destiny to achieve a certain level of consciousness, whereby he must sacrifice life to a certain extent. To illustrate the distinctive way in which plants alone have influenced human consciousness, we can consider various sweeteners. Honey is perhaps the most ancient form of sugar. It is formed in the blossom of the plant, the place where the earthly and the cosmic realms unite. A manifestation of cosmic forces working on the plant, honey is therefore a spiritual substance. Its use prevailed during the same period when the ego was still less developed, and it was an entirely spiritual world that human beings experienced. The forces active in the blossom go to nourish the metabolism and the will, in particular, in the human being. Cane sugar, on the other hand, is derived from the stem of the plant, the place where heaven and earth unite. Its consumption corresponds to the period in which individuality was evolving, while religion was still a pervasive force on earth. This middle part of the plant corresponds to the central part of the human body, specifically those having to do with the rhythms of respiration and circulation. Beet sugar (as well as any modern refined sugar that has undergone processing rendering it denatured), in its earthiness and mineralized qualities, initiates a similar consciousness in its consumer, characterized by a logical and cerebral way of perceiving the world. We can see this in the initiation of its widespread use in Europe in the 1800s. It is this type of sweetener that nourishes, above all, the nerve-sense system, which is essentially the physical basis for spiritual functioning, if exercised in the appropriate manner.

And thus we are confronted with the challenge of resisting the urge to succumb to this abstract, intellectual, and hardened way of thinking that characterizes human consciousness today. Coming into touch with the

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*creative forces of the cosmos, the universal impressions and reflections of the world that recall the divine realm, we are able to nourish ourselves in a profound way. It is these very forces that are referred to collectively as the “cosmic nutritive stream.” Human consciousness has evolved in such a way that a great divide between the earthly and the cosmic spheres has arisen. However, today we are blessed with the capacity to freely access the divine realm, and it is our destiny to go forth, and to allow ourselves to thereby be nourished.*

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# *Healing*



**THE ESSENE SCIENCE OF FASTING and THE ART OF SOBRIETY**

GUIDE TO REGENERATION IN HEALTH AND DISEASE

By EDMOND BORDEAUX SZEKELY

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**FASTING AND SOBRIETY ACCORDING TO THE ESSENE GOSPEL OF PEACE**

*[Farming]*

**I Fasting**

*Renew yourselves and fast. For I tell you truly, that Satan and his plagues may only be cast out by fasting and by prayer. Go by yourself and fast alone, and show your fasting to no man. The living God shall see it and great shall be your reward. And fast till all evils depart from you, and all the angels of our Earthly Mother come and serve you. For I tell you truly, except you fast, you shall never be freed from the power of Satan and from all diseases that come from Satan. Fast and pray fervently, seeking the power of the living God for your healing. While you fast, eschew the Sons of Men and seek our Earthly Mother's angels, for he that seeks shall find.*

*The angels of air and of water and of sunlight are brethren. They were given to the Son of Man that they might serve him, and that he might go always from one to the other. Holy, likewise, is their embrace. They are indivisible children of the Earthly Mother, so do not you put asunder those whom earth and heaven have made one. Let these three brother angels enfold you every day and let them abide with you through all your fasting.*

*And it was by the bed of a stream, many sick fasted and prayed with God's angels for seven days and seven nights. And great was their reward, because they followed Jesus' words. And with the passing of the seventh day, all their sickness left them.*

**II Sobriety**

*So eat always from the table of God: the fruits of the trees, the grain and grasses of the field, the milk of beasts, and the honey of bees. For everything beyond these is of Satan, and leads by the way of sins and of diseases unto death. But the foods which you eat from the abundant table of God give strength and youth to your body, and you will never see disease. For the table of God fed Methuselah of old, and I tell you truly, if you live even as he lived, then will the God of the living give you also long life upon the earth as was his.*

*For I tell you truly, the God of the living is richer than all the rich of the earth, and his abundant table is richer than the richest table of feasting of all the rich upon the earth. Eat, therefore, all your life at the table of our Earthly Mother, and you will never see want. And when you eat at her table, eat all things even as they are found on the table of the Earthly Mother.*

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*Take heed, therefore, and defile not with all kinds of abominations the temple of your bodies. Be content with two or three sorts of food, which you will find always upon the table of our Earthly Mother. And desire not to devour all things which you see round about you. For I tell you truly, if you mix together all sorts of food in your body, then the peace of your body will cease, and endless war will rage in you.*

*And when you eat, never eat unto fullness. Flee the temptations of Satan, and listen to the voice of God's angels. For Satan and his power tempt you always to eat more and more. But live by the spirit, and resist the desires of the body. And your fasting is always pleasing in the eyes of the angels of God. So give heed to how much you have eaten when you are sated, and eat always less by a third.*

*Let the weight of your daily food be not less than a mina, but mark that it go not beyond two. Then will the angels of God serve you always, and you will never fall into the bondage of Satan and of his diseases. Trouble not the work of the angels in your body by eating often. For I tell you truly, he who eats more than twice in the day does in him the work of Satan. And the angels of God leave his body, and soon Satan will take possession of it. Eat only when the sun is highest in the heavens, and again when it is set. And you will never see disease, for such finds favor in the eyes of the Lord.*

*From the coming of the month of Ijar, eat barley; from the month of Sivan, eat wheat, the most perfect among all seed-bearing herbs. And let your daily bread be made of wheat, that the Lord may take care of your bodies. From Tammuz, eat the sour grape, that your body may diminish, and that Satan may depart from it. In the month of Elul, gather the grape that the juice may serve you as drink. In the month of Marchesvan, gather the sweet grape, sweetened and dried by the angel of sunshine, that it may increase your bodies, for the angels of the Lord dwell in them. You should eat figs rich in juice in the months of Ab and Shebat, and what remain, let the angel of sunshine keep them for you. Eat them with the meat of almonds in all the months when the trees bear no fruits. And the herbs which come after rain, these eat in the month of Thebet, that your blood may be cleansed of all your sins. And in the same month begin to eat also the milk of your beasts, because for this did the Lord give the herbs of the fields to all the beasts which render milk, that they might with their milk feed man. For I tell you truly, happy are they that eat only at the table of God, and eschew all the abominations of Satan. Eat not unclean foods brought from far countries, but eat always that which your trees bear. For your God knows well what is needful for you, and where and when. And he gives to all peoples of all kingdoms for food that which is best for each. Eat not as the heathen do, who stuff themselves in haste, defiling their bodies with all manner of abominations.*

*For the power of God's angels enters into you with the living food which the Lord gives you from his 'royal table.*

*And chew well your food with your teeth, that it become water, and that the angel of water turn it into blood in your body. And eat slowly, as it were a prayer you make to the Lord. For I tell you truly, the power of God enters into you, if you eat after this manner at his table. For the table of the Lord is as an altar, and he who eats at the table of God, is in a temple. For I tell you truly, the body of the Sons of Man is turned into a temple, and their inwards into an altar, if they do the commandments of God. Wherefore, put naught upon the altar of the Lord when your spirit is vexed, neither think upon any one with anger in the temple of God. And enter only into the Lord's sanctuary when you feel in yourselves the call of his angels, for all that you eat in sorrow, or in anger, or without desire, becomes a poison in your body. For the breath of Satan defiles all these. Place with joy your offerings upon the altar of your body, and let all evil thoughts depart from you when you receive into your body the power of God from his table.*

*Rejoice, therefore, always with God's angels at their royal table, for this is pleasing to the heart of the Lord; and your life will be long upon the earth, for the most precious of the servants of God will serve you all your days: the Angel of joy.*

*(These are excerpts from The Essene Gospel of Peace, Book One)*



## **Part One: The Essene Science of Fasting**

### **INTRODUCTION**

*Fasting is the most ancient therapy of humanity. Even our forefathers observed that after some days of fasting, a recrudescence of vitality and vigor shows itself in the organism. Nature turns it to account for the purpose of accelerating the functions of elimination, while the marvelous economy of the organism profits by the rest afforded to the digestive functions and by the vital machine's slackened activity resulting from the fast to cast off the impurities of the organism by every channel. In sickness, nature seeks to eliminate, then to eliminate more, and again more, until the choked-up ducts which are the vehicles of vitality and energy are made free and good health is re-established. And it is only when elimination is complete and all the embarrassing waste products of the organism have been evacuated, that hunger, exquisite and natural, appears.*

*On several occasions enthusiasts have embarked on a fast without having studied the question sufficiently or without having accurate ideas on the physiology of the body. They have injured the idea of therapy through fasting in the minds of people by incorrect application of an excellent method.*

*There are some kinds of fasts which must be wholly condemned: irrational fasts, fasts without preparation, fasts of long duration without an experienced guide, and fasts which are only inspired by the wish to follow a system momentarily in vogue.*

*The purpose of this book is to give a dialectical guide to all who want to profit by this most ancient therapy of mankind, without making mistakes in its application.*

### **HOW TO FAST**

*In general, official medicine looks on fasting as a bad and even dangerous thing for the human organism and regards it as the equivalent of starvation. There is some truth in the official viewpoint, but we cannot accept it in its totality, for as it stands it is extreme. At the other end of the pole, certain naturist systems consider fasting to be the high spot of therapeutics and as the best method of cure. I know some very good and reputable naturopaths who make all their patients fast, and who say that by fasting every disease is curable. This concept has a great deal of truth in it, but we must reject it also as extreme. It is true that very often fasting produces excellent results, but there are many cases when a fast, particularly a long fast, may result in accidents and even in disaster. We must therefore examine carefully the problem of fasting from the point of view of physiology.*

*What happens in the organism during a fast? We know that a great part of the energy of the organism is absorbed by the work of digestion. When we do not introduce food into the organism, then those forces of the organism which are generally absorbed by the work of digestion are freed. And the forces of the organism which are usually paralyzed by the struggle against waste products introduced into the system, and occupied with the elimination of superfluities and fermentations provoked by an irrational diet, are liberated by the rest which fasting secures.*

*The organism begins to feed upon its own reserves and the liberated forces begin to eliminate various old local accumulations and deposits of waste products, which the organism when occupied with the daily influx of superfluities has neither the energy nor the time to do. During a fast this eliminative process goes on with accentuated intensity. In view of all these useful physiological processes provoked by a fast, we can consider fasting as an excellent therapeutic method. Both from the point of view of the intensity of the metabolic processes which it occasions and from that of the results which it obtains, I do not know of any therapeutic method which can be so effective as the fast.*

*It is sad, but none the less true, that generally we eat very much more than is necessary for the organism as regards both quantity and quality. Fasting is a good counterbalancing factor against the various alimentary excesses which by our unnatural mode of life we accumulate in the organism. As a general rule more people die of overeating than from malnutrition. And even where the excess food material does not consist of toxic disease-forming material, there is, at the least, a great mass of starchy and fatty substance deposited in the body. Fasting is a radical cure which counterbalances the evil effects of overeating and unwise choice of food. If people were to feed upon a healthy diet and not to overeat, then I should not advise fasting as a therapeutic method, as it would be unnecessary. But since people do, fasting is a very valuable therapy. The value of fasting must always depend on the concrete case. The value and significance of the fast are relative. Those naturopaths who advocate fasting are right for the reason that people are over-nourished. But if they would eat exactly the right diet in quality and quantity, then these naturopaths would no longer be right. The value and significance of fasting thus depends on present habits of eating.*

*In the future, when man has a healthy diet in both quantity and quality, we shall perhaps no longer be able to*

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say the same of the value of the fast. But fasting is truly very valuable in cases of overeating and in the case of disease caused by over-nourishment.

Now let us consider how to fast. We must pay attention to certain factors which limit both the duration of the fast and its intensity.

First, we will deal with the question of the duration of the fast. When we fast, there are two chief parallel physiological processes going on in the organism. First, there is the dissolution and elimination of the excesses and superfluities of the organism, and secondly there is the exhaustion of the vital cells and reserves of the organism. These are two parallel processes. The most interesting thing in the physiology of the fast is that the organism first eliminates those parts of the organism which are unhealthy, and only when unhealthy tissues have disappeared, does it begin to consume healthy cells and tissues. This fundamental physiological law of fasting gives us the essential rule to be observed in the fast. We must only fast up to the moment when the elimination of accumulated waste products and diseased cells is complete. We must always stop the fast at this point, before the organism starts to exhaust its healthy cells and tissues, which are necessary for the vital functioning of the organism.

Those who exaggerate in fasting often go beyond this stage in the fast, with the result that progressive starvation and even death may ensue. This extremism is unfortunate, for it only brings prejudice against a method of cure which is really very sound. The number of enemies of fasting is unnecessarily increased.

There are also certain derivative rules which change with the individual case. Sometimes an organism is too intoxicated, and the dissolution and stirring up of waste products creates too strong and intensive an elimination. If this happens, the various excretive and eliminative organs cannot keep up with the accelerated rhythm of elimination, and it may happen that this very heightened elimination will exercise such an intensive chemical fermentative influence upon the organism that it can paralyze the activity of various important organs and so cause very serious irregularities and even death. Therefore a fast may be justified from one point of view, but not from another. The result of the over-intoxication of the organism may be that the manifested chemical energy of the latent toxins overcomes the power of resistance of the internal organs. In these cases, it is highly recommended, before undertaking a fast, to follow for a few months a well balanced, purifying and detoxifying diet, such as outlined in *The Essene Science of Life*.<sup>\*</sup> This is the second chief rule of fasting.

<sup>\*</sup>by Edmond Bordeaux Szekely, available from the International Biogenic Society.

The first law, as was mentioned above, is the quantitative law that the duration of the fast should depend on the quantity of unhealthy cells and tissues present in the organism, while the second law of fasting is the qualitative law which says that the intensity of the elimination should depend on the force of the latent chemical energies of the accumulated harmful waste products present in the organism.

If we examine those cases where fasting has resulted in accident or death, we shall find that they have invariably occurred from non-observance of these two fundamental laws of fasting.

The manner in which one fasts is also very important. I have seen individuals who have fasted remaining shut up in a room. This is not at all an optimal way of fasting. When the organism fasts, it does not receive its customary source of energy from the body, so it is necessary to utilize other sources of energy: deep inhalations of sun-irradiated air, which refresh the nerves, pulmonary cells and circulation of the blood. A large amount of oxygen introduced into the organism aids the oxidation of harmful waste products and increases the eliminative capacity of the lungs, thus preventing possible local accumulations of gas.

Similarly, frequent washing of the skin also increases the capacity for respiration of the epidermis. When there is a large amount of oxygen flowing through the skin, this has the same effect as oxygen inhaled through the lungs. And various noxious substances are likewise removed through the skin. The internal dynamic forces of the fast and the chemical and metabolic energies released by it drive from within to without the various superfluous and unfavorable substances of the organism. These all flow in the direction of the skin. If, during a fast, we wash the skin two, three or even four times a day, we shall always find that the color of the water is much darker than when we are not fasting.

The external washing of the skin also has a refreshing influence on the organism. Sun-baths alternated with water-baths also very greatly help the process of elimination. The sun's rays have a bactericidal and fermenticidal influence. Its chemical rays traverse the whole organism and, passing through the cells, greatly help the process of elimination. The rays of the sun, provided they are used always in moderation, also represent a source of thermic energy for the organism, which replaces the warmth generally supplied by food. It is very pleasant for the organism to have the sun as a source of warmth, for generally during a fast the person fasting is more inclined to feel the cold.

### IS THE ENEMA NATURAL?

Another application during the fast is the washing of the intestines. The question of the enema is a cause of great disputes among naturists and naturopaths. There are those who say that the enema is an entirely

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unnatural thing. They say that animals living in a state of nature never have such a thing. They also hold that enemas remove certain mucus material from the lining of the intestines and for this reason, too, they disapprove of them. To them I would answer: Is the consumption of refined and processed foods, laden with chemical additives and preservatives, a natural thing? Have we ever seen wild animals eating cooked food, or white sugar and white flour? We have not. It is natural, therefore, that they should not require enemas. Nor would human beings need them if we were to live naturally. But if we have introduced unnatural things into our bodies, then we have to eliminate them. One unnatural custom breeds another.

During a fast, a great quantity of harmful waste products and other superfluous substances enter the intestines and accumulate there. If they are not eliminated, these substances can create an intense fermentation which can exercise such a local pressure on particular organs and general pressure on the nervous system as to give rise to dangerous consequences, having regard to the general weakness of the organism during a fast.

If we take an enema during a fast, we cannot fail to remark the dense color of the liquid discharged, its contents and smell, from which it is easy to see that it would be less advantageous to leave such material in the intestines than to remove it with the help of a little plain water. If we do not take an enema, all this matter is left in the intestines, with the result that the organism must make a great effort to eliminate all these substances by the usual channels of excretion. This unduly taxes the strength of the organism and also immensely extends the duration of the fast. The longer such substances remain in the organism, the slower the metabolism becomes, and no complete elimination of additional poisons is possible for some time. But as soon as we eliminate them by the enema, then the internal forces of the fast immediately produce new eliminatory secretions. The enema may be repeated to advantage every day of the fast.

In view of our unnatural habits, I do not consider an enema at all unnatural. Fasting itself is not natural, for nourishment is a natural process and its suppression is not. But when we have been unnatural in our eating, then we must counterbalance and repair it by other unnatural applications, by fasting and enemas. Whether a thing is natural or unnatural is relative. If we did not have an unnatural diet, resulting in excess, superfluous matter clogging the organism, then fasting and enemas would both be unnatural. But since there is superfluous matter accumulated in the organism, then fasting and enemas must be regarded as necessary and even natural processes, for we must help nature get rid of the harmful waste products in the organism. Elimination is a natural process which we must always help. Of course we do not see animals in the forest fasting and taking enemas, but neither do they deviate from the laws of nature regarding their diet. For the completely denatured individual living in our present artificial civilization, an enema as an adjunct to successful fasting is a very necessary thing.

The effect of having an unnatural diet for some years is that the intestines are full of unwholesome matter and inferior fermentations. In such an environment, a large number of parasites, both visible and invisible, multiply constantly. In most cases, evacuation of the bowels is not regular or normal and the waste matter is never entirely discharged from the intestines. It is for this reason, particularly in the large intestines, but in the others as well, that inferior stratified layers are formed.

The nutritive juices are absorbed into the organism through the inner surface of the intestines and consequently they always reach the blood infected with this fermented liquid in the intestines. As a result, all the juices of our cellular life are infected in turn and this condition increases our liability to disease.

The microbes of the inferior fermentations multiply by division, and though they are due to a previous flesh diet, they and all their parasites continue to thrive even in the contents of the intestines derived from a vegetarian diet and may remain for several years. They can therefore form the permanent precondition of contagious diseases.

For all these reasons, the enema is necessary at the beginning of our new life. After the fermentations, former parasites and harmful waste products have been eliminated, the intestinal system will regain its vitality and elasticity, particularly if, at the same time as we adopt the new natural diet, we begin the renewal of the body. If we do, normal absorption of the nutritive juices is a certainty. Where reform of life follows on an unnatural diet extending over dozens of years, the intestines should be washed out every day for a week. At the beginning of a fast, the enema may be taken morning or evening, but not less than eight hours after the last meal. After only a few days there will be an improvement in the complexion, indicating the cleansing process within.

### ESSENTIAL POINTS AND WARNINGS

The next question is how to know when it is time to end the fast and also what food to eat before and after it. In order to give the answer to both these questions we must examine a little the physiology of fasting. During the first and second days of a fast we have a very good appetite, which makes fasting somewhat difficult, but usually on about the third day the appetite disappears and a white layer forms on the tongue. Nature is closing the road to foods. When the organism has eliminated all the superfluous substances then the white layer on the tongue disappears and a natural appetite returns. This event indicates the end of the fast. It



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means that we must start eating again. This is the symptom which marks the time when we should end the fast, but naturally this is only a general rule. There are certain special exceptions to it. In case of great weakness of the organism the fast must sometimes be interrupted earlier on. We must also suspend the fast in the case where the liberated chemical energy of the accumulated toxins necessitates a slackening of the elimination.

We must make certain preparations for the fast. A person eating all the usual "civilized" foods, including meat and other toxic substances, would, if he were to start a fast after such a meal, experience alarming symptoms. He would have intestinal gas, strong intestinal and gastric fermentations and other discomforts. In such a case the sudden commencement of a fast can cause severe irregularities and dangers. It would therefore be advisable to follow a wholesome, natural diet for a few months (as previously mentioned), and then begin the fast only after two or three days upon an exclusive diet of fresh juicy fruit. Nature does not like sudden changes, so between the customary digestive pattern of the stomach and the strong elimination occasioned by fasting, we should interpolate a transitional period of moderate elimination. In this way, alarming symptoms at the beginning of a fast can be avoided. Yet these will only be postponed, for it is very rare to be able to fast for many days without having symptoms, which are the punishment for our past sins. Through them we pay our debts we owe to nature. The person fasting may experience periodic dizziness, and strange black objects may appear in front of the eyes. He may feel extremely weak, or cold, or irritable, or even lose consciousness for a few seconds. Such symptoms very often accompany fasting.

What is the explanation of these phenomena? During a fast the most important role is played by the circulation of the blood. The circulating blood dissolves old accumulations in various parts of the body and in the skin. Its circulation becomes saturated with these chemical accumulations, which from time to time are carried by the blood through certain nerves, thereby occasioning these sensations of blackness, irritability, depression, or momentary loss of consciousness. There is no need to be afraid of these things, for they come and go.

Another symptom during a fast is a change in the color and texture of the urine: it becomes denser and undergoes strange permutations of color, turning yellow, red and sometimes green. And if the urine is left standing for a day, considerable deposits will be found at the bottom of the bottle. This shows the effect of fasting, providing proof that the organism requires a fast, and that elimination is going on within the organism. Similar accumulations form on the lining of the intestines and also on the surface of the skin, for which reason washing of the skin and of the intestines is recommended. Also, the breath has a bad smell, as there is a considerable elimination of various gases through the lungs. The salivary glands also take part in this elimination, and the person fasting feels compelled to spit. The saliva itself contains eliminative matter. The economy of the human organism does not desire that this should remain within, so it impels the patient to spit it out. All things considered, fasting is not exactly pleasant, but it is extremely useful and necessary, and the temporary inconvenience is more than compensated for by the anticipation of future vibrant health and well-being.

Those who undertake a fast should withdraw into a natural environment and fast in the open air, with sunshine in moderation and plenty of shade. They should get away from the temptations of the outer world, for the sake of both themselves and those around them. It is better to go away and fast by oneself, in order to avoid tempting foods, well-meaning interference, etc., which may cause one to break the fast. "When you are all alone, you are all your own," said Leonardo da Vinci. One should seek the company of fresh air, water and sunshine (in moderation), reading the various volumes of 'The Essene Gospel of Peace',\* in order to be psychologically and spiritually fortified. A fast is an excellent time to open oneself up to the absorption of new sources of energy, harmony and knowledge.

How should the fast be ended? It should end much as it began, but instead of taking juicy fruits for the first meal, simply a glassful of fresh fruit juice eaten with a small teaspoon should be taken. This should be thoroughly mixed with the saliva. The interruption or termination of a fast with meat or even any concentrated or nourishing food can have catastrophic results. It is most important to end the fast with fresh fruit juice, preferably from fruit which is organically grown and ripened in the sun. Such fruit contains the most superior water, rich in organic mineral salts, vitamins, enzymes and the accumulated energies of the sun. After two or three hours, one can take a second glass of juice, and so on. The following day, in addition to the fruit juice, one can add some fresh fruit, and a tender, vegetable salad, composed of ripe, juicy vegetables in season, such as cucumbers and tomatoes, in small amounts and chewed extremely well. It cannot be emphasized strongly enough that all the food taken immediately after the fast must be eaten in very small amounts, must be chewed and mixed with the saliva thoroughly, and must, above all, be fresh and raw. Following this pattern, gradually one can eat more nutritive foods until normal weight is reached. It is hoped that one might never return to pre-fast eating habits, but follow instead a diet of fresh, raw fruits and vegetables, whole grains, nuts, seeds, sprouts, fresh raw milk and eggs (these last only if available pure and fresh), and so keep the organism healthy.\*

\*Translated by the author, available from the International Biogenic Society.

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After fasting, the human organism is like a dry sponge; it has a more intensive capacity for absorption than at other times. It is, therefore, most important to pay great attention to what is eaten in the first days and weeks succeeding the fast. During the fast, the organism will have lost much superfluous weight. Afterwards it reconstructs, and the person who has been fasting will gain weight very rapidly. The organism absorbs everything for use in the reconstruction of new cells. If, therefore, unhealthy foods are eaten after fasting, the organism will be built of unwholesome material, and much of the benefit of the fast will be lost. On the other hand, if the organism is reconstructed after the fast with wholesome materials, then the new cells will be of the finest quality. In the few weeks succeeding a fast, raw foods rich in vitamins and enzymes should be eaten in preference to cooked, for in that way the organism can construct new cells more perfectly. Once the natural weight has been regained, then one can begin to eat in moderation the various cooked foods which one is accustomed to. I do not generally advise eating cooked foods at all. I am in favor of a raw diet. Those who read my numerous books on health and nutrition will realize the superiority of raw foods, containing all the valuable enzymes, plant hormones, vitamins and other imponderables. But those who are not in the habit of following a raw diet, and who do not have the will power to adhere to a completely raw regime, should at least do so during the week after the fast, in order that the reconstruction of the organism may be completed in the best possible way. After that, the disadvantage of eating cooked foods is less, for once the cells of the organism have been reconstructed, it can more easily eliminate the superfluous by-products of cooked foods. In later weeks, the organism is not using everything for reconstruction, but at the end of the fast it utilizes everything, absorbing like a dry sponge. This is why the new cells should be constructed with only the finest building materials from nature's table of wholesome raw foods.

\*See 'The Chemistry of Youth', by Edmond Bordeaux Szekely, available from the International Biogenic Society

The same foods have a very different effect upon the body before and after fasting. Before a fast, the organism uses a very small part of the food ingested and eliminates the major part, without much increase in weight generally taking place. But after a fast, a meal of juicy fruit will increase considerably the weight of the body. The organism has quite a different capacity for absorption before and after fasting. This increased absorptive capacity continues for some days.

Fasting is good for those who are healthy, provided it is not exaggerated. Extremes of temperature should be avoided. It is not advisable to fast in cold weather, for then it is necessary to stay in a warm room, which lacks fresh air. On the other hand, when it is very hot, excessive thirst is provoked in the organism and that, too, is not very agreeable for the person fasting. A pleasant temperature, neither too hot nor too cold, is best.

### THE DRINKING OF WATER

There is another very interesting problem. Should one drink water during a fast, or not? This is another great point of dispute amongst naturists. There are those who advise so-called "dry fasts," during which nothing is drunk at all, while others give the patient as much as several gallons of water a day. Without knowledge of the individual case, both extremes can be bad. A little water during the fast is very good, for it helps the dissolution of the accumulated toxins and cleanses the internal parts of the organism; but too much can be a mistake.

Those opposed to water drinking say that fasting provokes increased oxidation in the organism, with a resulting consumption of harmful waste products, and that drinking, as it were, puts out the fire. There are arguments for and against this view. Every problem has two sides.

The answer in every case depends on common sense and the particular individual. There are organisms which have an excess of liquid, and in such cases it would be folly to give more liquid during the fast, for the organism has sufficient work to do to get rid of its own liquid. Excess of water during a fast does indeed suppress the process of oxidation in the organism and gives it superfluous work to do. The organism is thereby prevented from using up its own accumulated liquid, which in the majority of cases is not at all a vital or wholesome liquid. In these cases, the effect of the fast is greater if no drinks are taken. The drying-up of the organism in these cases is very useful, for the excess liquid derives from overeating of highly concentrated foods. It is good to replace this surplus liquid of inferior quality with the fresh fruit juice taken after the fast. On the other hand, there are persons with comparatively dry organisms, and in these cases it is quite a good thing to help the organism with a little water. These cases can be allowed about four glasses of water a day, but not the gallons of water prescribed by certain naturopaths. When a small amount of water is permissible, it is important that it be pure, fresh and unchlorinated.

I have often observed a very great regeneration effected in the organisms of quite old people by proper fasting. Various symptoms occur. For instance, the color of the hair may change, becoming darker, while in the case of baldness, new hair may grow. Often in certain cases teeth are renewed. A good fast, properly commenced and properly terminated, followed by a proper reconstruction of the organism with superior new material (fresh, raw fruits and vegetables, whole grains, sprouts, etc.) often effects almost miraculous changes in the organism. I have observed this in a great number of cases of the almost 124,000 patients I



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treated during a third of a century of "The Great Experiment"\* at the 'Essene School of Life' at Rancho La Puerta, applying the Essene Biogenic principles of nutrition and fasting, without any adverse effect or accident.

\*See Search 'for the Ageless, Volume Two: The Great Experiment, by Edmond Bordeaux Szekely, available from the International Biogenic Society.

The person who fasts does not rely on doctors nor on drugs for a cure; he undertakes his own healing, relying on the powers latent in his own body, having complete faith in the laws of nature. Thus a fast may prove to be not only an ancient and time-tested method of healing, but also a bridge to greater awareness and self-knowledge.

### FASTING AND LONGEVITY

Saint Paul, the anchorite, who died at the age of 113 years, ate only dates and drank nothing but water. Saint Anthony died at the age of 105 and was content to live on bread, water and a few herbs for ninety years.

We may also refer to the cases of Calcas, from Peru, who died in 1761 at the age of 140; of Pari, from Chile, whom Alexander Humboldt relates having seen at the age of 143; of Louise Truxo, who died in 1780 at the age of 175; of Joss Moreira and Sabina of Lemos, both of Brazil, who died at the age of 115, in 1869 and 1872, respectively.

In our present day we have the remarkable example of the Georgian peasants of the Caucasus, a great many of whom have reached the age of 120 years in splendid health.

All the examples of long living, such as Thomas Carn and Jenkins, instinctively followed the laws of nature. They did not eat cooked foods at all, they ate very little, and their foods were simple and wholesome. In their rare falls from grace, their constant abstemiousness made their organisms immune and able to resist and eliminate inferior processes. The results they obtained were not in consequence of a knowledge of the laws of nature; they only partially followed the law according to the promptings of their organisms. Sobriety became their habit. Because they died only through accident, their age at the time of death was not the extreme limit of their possibilities, as Thomas Carn, for instance, lived to be 207. The Countess Desmond Catherine lived to the age of 145; she ate practically nothing but fruit, led a simple life, and kept her beauty till the last years of her life, according to Sir Walter Raleigh's History of the World. Of the books on longevity the most interesting works are Macrobiotics of Hufeland, and L'Almanac de la Vieillesse et des Centenaires ou Dur6e de la Vie Humaine, jusqu'd cent ans et au dela, d6montr6 par des exemples sans nombres, tant anciens que modernes, by Augustin, Marie Lottin, Paris, 1761 to 1772 (12 vols. each of 460 pages). it is here we find the biography of Jenkins who was born in Yorkshire in 1500 and died in 1670 at Bolton. At a very advanced age he was in excellent physical condition. His two sons both lived to be over a hundred. His life was of the simplest. He never ate in the morning, he always lunched between one and two o'clock on milk or butter with honey and fruit. In the evening he had only milk or fruit for supper, and once in a great while cooked corn meal with the milk. He drank river water, he was very abstemious, and he fasted on several occasions.

All the long-livers were vegetarians, eating very little and only once or at the most twice a day. Thomas Carn lived in the same way as Jenkins and exceeded even his age. His diet was milk products, bread and fruits. He was born in London in 1588 and died in 1795, surviving twelve kings of England. Of the opposite sex the oldest was Charlotte Dessen of Temesvar, the wife of Jean Rovin. The former was 164 and the latter 172 when they died. The marriage lasted 147 years. From childhood they were very frugal eaters and lived almost exclusively on milk and corn bread.

Generally speaking, all those who live long are altruists and optimists. They know neither hatred nor envy. In addition to their practice of periodic fasts, and their fine diet of natural foods, they also know the value of a good diet in thoughts and emotions.

### LONG FASTS

People without the necessary physiological knowledge, or unable to understand the language of their own organism, should not undertake a prolonged fast without the aid of someone skilled in the physiology of fasting. I have met people who, after reading a book on fasting, have embarked on a fast of undue length, without sufficient knowledge of the technique of fasting. Such people get bad rather than good results, and accidents are liable to occur. Experienced advice is very necessary where a long fast is contemplated.

I do not usually recommend long fasts. As a general rule, it is good to fast one day a week, unless there is some particular reason against it. But I do not advise long fasts for inexperienced people; they do much more harm than good, and afterwards raise a prejudice against natural methods and the therapeutics of fasting. There is an old Latin proverb which says: "One careless friend can do more harm than a hundred enemies." Similarly, fanatical naturists very often do far more harm to the reputation of natural methods than

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do those who openly declare themselves opposed to fasting and other natural therapies.

For instance, there is the type who, after reading a book on fasting, proclaims that he is going to fast for forty days, as Jesus did. When asked if he has already carried out long fasts, he replies that he has not, but that he is certain that he can manage it. Despite warnings, and advice to confine the fast to three days, he goes away and starts his fast. He fasts one day, perhaps two, three, four, five, or even six days; but on the seventh day a terrific hunger comes upon him and he begins to eat everything in enormous quantities. He practically eats the walls of the house-cooked foods, meat, etc., forgetting all his fine resolutions. The organism absorbs everything after a fast, so he reconstructs his organism with the same bad things as before. Then, after barely escaping serious illness from his post-fast eating binge, he declares that prolonged fasting is only for certain individuals, but not for him, and he never fasts again.

Then there is another type. This type comes along and says: "I am used to prolonged fasts of one or two weeks. Tomorrow I will start my two weeks' fast. I have done this

two or three times already." But if by chance you pay an unexpected call on him, you will either find him eating or else in the act of disposing of some half-eaten food. Such people only make a game of fasting, but they like to assume the role of being great fasters.

Then there are those who for religious and metaphysical reasons wish to fast. They imagine that the longer one fasts, the more perfect the organism will be. They think that their organisms will become more etheric and refined, and that finally they will become like the angels. As to this angelic transformation I cannot comment, but if they continue to follow such a program they will certainly become disembodied. This type can be really dangerous, for those numbered in it are very obstinate and refuse all food. They adopt the attitude that since Jesus fasted for forty days they also must fast for forty days. Besides the obvious fact that the individual capacities of these people are generally much lower than those of Jesus, they seem to ignore the fact that human beings were designed to partake of the wholesome and delicious foods from the table of nature, and while eating is a natural and joyous daily necessity, prolonged fasting is a radical therapy to be used only when absolutely necessary, and then only under expert supervision. I am reminded of a little slogan I saw during the second World War, at the time of gasoline rationing: "Is this trip necessary?" The medical term for this pathological loss of appetite is anorexia, and very often these people can continue to refuse food until they starve and die. In a world where famine is a stark reality for millions, such intentional starvation is not only tragic, but somewhat tragicomic. But these are the people who bring much prejudice to fasting. The allopathic physicians who are opposed to fasting catch hold of these cases and write articles attacking natural methods, which they make responsible for the antics of these illogical and senseless creatures. There are always fanatical and dogmatic individuals who exaggerate every good thing, thereby robbing it of its value.

## CONCLUSION

There is one last point on the physiology of fasting. Generally speaking, the more intoxicated the organism is, the harder it is for a person to fast, while the more detoxicated and more perfect the organism is, then the easier it is for that organism to fast. If a person has already fasted many times in the past, he can fast much more easily than one who has not fasted before. The more one fasts, the easier 'it is to fast, for each new renewal of the cells of the organism results in a greater capacity for fasting. On the whole, as I have already mentioned, I do not advise prolonged fasts for the majority of individuals, since they are not able to realize the right conditions for carrying them out. I therefore usually advise only periodic short fasts of two or three days' duration, and only in those cases where no special factors make them undesirable. In the majority of cases one day's fasting a week is quite feasible. It is best done on a day when the person is free and can seek out some sun, fresh air and fresh water, not so easy if one lives in a city (which is why cities are not ideal dwelling-places for human beings). Those who find it difficult to fast one day a week can begin by undertaking a half-day's fast. They can fast for lunch and eat only in the evening. Even a short fast helps the organism very greatly, and little by little they will become able to fast for a whole day. This is the most sensible and practical way of fasting in the circumstances of ordinary life, particularly when at work, or where it is impossible to have fresh air, sun and water.

In conclusion, I hope that I have made one thing above all very clear: that fasting must be adapted to the individual case, and each person is totally unlike another, each with a different background, a different medical history, different health conditions, heredity, etc., all having a bearing on how and when to fast, and for how long. But if common sense and reason are applied, it will be seen that every question can be answered.

## Part Two: The Art of Sobriety

### THE REVALUATION OF CORNARO

*There have been very few people in history so misunderstood and consequently misinterpreted by their contemporaries, as well as by posterity, as Luigi Cornaro.*

*His contemporaries looked with great astonishment on this vigorous, creative centenarian with his permanently benevolent, smiling face and countenance, so radically unlike themselves, at least those who were still alive when Cornaro celebrated his one-hundredth birthday, for the average life-span in the latter part of the 16th century was only forty to fifty years. The few who remained to wonder at Cornaro's well-being were vegetating in agonizing pains, chained to their beds, waiting only for death to release them from their sufferings. And this generally one-sided (though accurate) image survived all the centuries (he lived from 1464 to 1566). To many of his contemporaries, he was the respectable and highly esteemed administrator of the Bishopric of Padua and the intimate friend of the highly revered Cardinal Pisani. Several of his friends regarded him with even greater awe, knowing that two other long-lived celebrities, Pope Paul Farnese and Cardinal Bembo, both had become followers of Cornaro's way of living and eating. To the less knowledgeable citizens and neighbors of Cornaro, he was simply the wealthy and eccentric nobleman who lived in a pleasant house in the most beautiful quarter of the city of Venice, the grounds of which were enhanced by several beautiful gardens, intersected by running streams, "in which he always found pleasure of exercising, surrounded by pure air, water, sunshine, and beautiful trees and vegetation."*

*His niche of fame in the annals of posterity is also limited and not less one-sided. He was considered by many as a 16th century author of several classic treatises, most of which are still gathering dust in the ancient archives and libraries of Italy, holding no special interest for modern times. Regarding his literary form, the most fastidious critics extolled his beautiful style in both Latin and Italian. But concerning the rather "eccentric content" of his letters and treatises, very few comments were written.*

*Then, in the 19th and 20th centuries, something much worse happened to his image: he was suddenly acclaimed as the forerunner of Naturopathy and diet therapy, hailed as a fanatical, one-sided opponent of "orthodox medical science" of his age as well as the present one. "Selected" texts of his were atrociously translated in several languages and used as vulgar arguments for many one-sided medical sects and their representatives.*

*But the historical figure, the mind and personality of the great Luigi Cornaro cannot be evaluated from such one-sided interpretations. In the words of Lucretius, cognoscere est cognoscere causas. To know, we must know the origins. Therefore, let us analyze not only the character, the mind and the extraordinary erudition of Luigi Cornaro, but also the origin and sources of his remarkable philosophy of life.*

*The influences on the formation of his philosophy and way of living and eating were several. When I did my research in the archives of the Vatican and in the Benedictine monastery of Monte Cassino, I found very interesting material by and referring to Cornaro, as well as numerous letters and marginal notes on books and manuscripts in his own hand.*

*He was well acquainted with the writings of Hippocrates, the father of western medicine, who said, "let food be your medicine, and medicine be your food." After reading his marginal notes on the Treatises of Hippocrates on the airs, waters and nature, he does not seem so eccentric for spending so much time in his gardens. He also seemed to follow the advice of his favorite poet, Horatius, who said bene vixit qui bene latuit. He who hides well, lives well.*

*In one of his letters to Cardinal Bembo, he quotes Hippocrates several times, especially in these immortal words: "Life is short, and Art is long; opportunity fleeting, experiment dangerous, and judgment difficult." And again: "I will impart the Art of Healing by precept, by lecture and by every mode of teaching to all my disciples."*

*In another letter, criticizing the deviations of contemporary physicians from the basic principles of Hippocrates, he quotes the following words of the Father of Medicine, in order to keep his illustrious follower on the narrow path: "The regimen I adopt shall be for the benefit of my patients, according to my ability and judgment, and not for any wrong. I will give no drug to any, though it be asked of me, nor will I counsel such. Whatsoever house I enter, there will I go for the benefit of the sick, refraining from all wrongdoing. Whatsoever things I see or hear, concerning the life of men, in my attendance on the sick or even apart therefrom which ought not to be noised abroad, I will keep in silence thereon, counting such things to be as sacred secrets."*

*He also made very interesting annotations on the texts of Galenus, the greatest follower of Hippocrates. Among them: "So long as we follow these two rules: not to take of more than our stomach can easily digest, and to use only those things which agree with us, we shall not suffer from disease."*



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He also quotes Socrates in one of his letters to Pope Paul Farnese: "Whenever we follow the path of reason, everything will be satisfactory; but, as soon as we deviate from the path of reason, everything in our lives will go wrong." In another letter, this time to Cardinal Bembo he quotes extensively from Zeno, the classic Greek founder of the Stoic school of philosophy: "See that you live in harmony with your own reasonable nature, instead of acting unreasonably according to your own caprice. There lies your part and your happiness, for in that way you can avoid every collision with Nature and with the order of the Universe. Thus you can be assured of a pleasant and quiet life. We shall strive to achieve ataraxia, the undisturbed peace of mind before the turmoil of this world."

He also underlined in a manuscript this beautiful statement of Epicurus: "We shall seek temperance and a simple life."

Real wealth and freedom consists in a minimum of needs." But his favorite statement of Epicurus, which he quotes in a letter to Cardinal Pisani is this: "We shall avoid pain, always, and seek for pleasure. But of pleasures there are two kinds: for the first, and false, pleasures, we must pay too high a price: the sacrifice of our physical health and peace of mind. And without our health and peace of mind we are unable to enjoy any pleasures. The second kind of pleasures are our eternal companions, the right kind of pleasures. These noble pleasures are the enjoyment of all beautiful things in Nature: the mountains, the forests, the oceans, the colors of the sunrise and sunset. ... all that is beautiful in man's creation: great books, great music, great works of art, friendship and love. ... The wise man shall have as his program of living, the gradual replacement of the false pleasures with our eternal companions, the noble pleasures of life."

He also knew very well the two disciples of Zeno, founder of the Stoic philosophy: Epictetus, the slave, and Marcus Aurelius, the emperor. One of his notes from Epictetus: "Do not be concerned by anything independent of our will, but strive to improve all things which depend on your mind." A beautiful quotation of his from Marcus Aurelius may explain his serenity in the face of all his acquaintances and relatives, who lived their lives in violation of every rule of wisdom: "You cannot make people happy in your way; you must let them be happy, or unhappy, in their own way."

Now we arrive to the analysis of that crucial moment in Cornaro's life, his crossroads of decision, when he became deathly ill in the fifth decade of his "life of ignorance and dissipation." All of Cornaro's biographers, without exception, mention simply that it was "a physician" who led him to a new way of living, and thus to restored health, and never mention him again, leaving this most important influence on his life entirely in darkness. His notes and manuscripts published by his great-grandson, Antonio Cornaro, shed light on this most important person, who completely and radically changed the way of thinking, living and eating of Luigi Cornaro. The anonymous "physician" of Cornaro's biographers was the most respected member of the surviving brotherhood of the Salerno Medical School, and a renowned physician: Father Benedict, professor of natural regime and Cornaro's savior. He was sent to Cornaro's sick-bed by his superior, Cardinal Bembo, to save the life of the most efficient administrator of his Bishopric. It was Father Benedict, from the Benedictine monastery of Monte Cassino, who visited Cornaro at the height of his misery and converted him "from Saulus to Paulus." What happened then is common knowledge from the well-known treatises of Cornaro. The disciple outshone the master, who, according to the Benedictine ethic, intended to remain anonymous.

Let us now mention the greatest scholar of the famed medical school of Salerno: Constantin the African, who, after years of wandering in the eastern deserts, sought refuge in Salerno and then retired to Monte Cassino, the monastery founded by St. Benedict in the sixth century, there to translate many of St. Jerome's still surviving texts about the Therapeutae, an Essene Brotherhood from Lake Mareotis. Of enormous renown in their use of simple, natural nutrition in the greatest moderation. His best known work, a condensation of the regime and methods of fasting and eating in moderation of the ancient Essenes (the "Desert Way") was the *Regimen Sanitatis Salernitanum*, a handbook of domestic medicine, the most quoted couplet of which is the following: "Use three physicians still: first, Doctor Quiet, next Doctor Merryman, and Doctor Diet."

The medical school of Salerno, mentioned several times, was the earliest and most famous in Europe, and to it flocked students from Europe, Asia and Africa, to study and qualify as doctors of medicine. Father Benedict, the anonymous physician of Cornaro, was one of the most illustrious lights of this famous school, in the 16th century.

The most fascinating discovery I made concerning the life and teachings of Cornaro is this chain of transmission of knowledge: the ancient Essene Brotherhoods and the Essene Gospel of Peace, St. Jerome's translation of the Essene Gospel of Peace, the Benedictine monastery of Monte Cassino, Constantin the African, the remnants of the texts of St. Jerome, the Salerno School of Medicine, Doctor Father Benedict, and Luigi Cornaro, the prophet of moderation in all things and of Sobriety, the last echo of the ancient Essene teachings and traditions.

I think it will be appropriate to end this revaluation with a quotation of a great intellectual giant, Francis Bacon, confirming the ideas of Cornaro: "To preserve long life, the body of Man must be considered. Age is

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*nothing of itself, being only the measure of time. A sober diet according to strict rules and always exactly equal [as that of Cornaro] seemeth to be very effectual for long life. Certainly this is without all question: diet, well-ordered, bears the greatest part in the prolongation of life."*

*"Hope is the most beneficial of all the affections, as it doth much for the prolongation of life, if it be not too often frustrated, but entertaineth the fancy with an expectation of good; therefore, they who will fix and propound to themselves some end-as the mark and scope of the inner life-and continually and by degrees go forward in the same, are, for the most part, long-lived."*

*In conclusion, I want to emphasize my irresistible urge to overcome the prevalent one-sided image of Luigi Cornaro, who had one of the most all-sided, classic, eclectic minds of all time, with an encyclopedic erudition in all the available knowledge of his era. Most of all, he was a civilized human being, in the truest and finest sense of the word. Perhaps the feature which distinguishes him most markedly from 20th century man is his devotion to reason as the guiding force behind man's decisions, as opposed to our modern indulgence of feelings and emotions. Present-day man finds it extremely difficult to give up even the least of his bad habits, no matter how impressive the scientific arguments against it. Yet Cornaro wholeheartedly adopted a regime so strict that even today no physician would hope to keep a patient on it for more than a few weeks, adhering to it with a serenity and cheerfulness more akin to the ancient Greek ideal than to modern western man. ". . . w hen I had once resolved to live soberly, and according to the dictates of reason, feeling it was my duty as a man to do so, I entered with so much resolution upon this new course of life, that nothing since has been able to divert me from it." This may be what I admire most about Luigi Cornaro: he may have been the "man" whom Diogenes was looking for with a lamp in the marketplace of Athens in broad daylight, and was unable to find.*

### CORNARO'S IDEAS ON A TEMPERATE AND HEALTHFUL LIFE

*It is universally agreed, that custom, in time, becomes a second nature, forcing men to use that, whether good or bad, to which they have been habituated; in fact, we see habit, in many instances, gain the ascendancy over reason. This is so undeniably true, that virtuous men, by keeping company with wicked, often fall into the same vicious course of life. Seeing and considering all this, I have decided to write on the vice of intemperance in eating and drinking.*

*Now, though all are agreed that intemperance is the parent of gluttony, and sober living the offspring of abstemiousness; yet, owing to the power of custom, the former is considered a virtue, and the latter as mean and avaricious; and so many men are blinded and besotted to such a degree, that they come to the age of forty or fifty, burdened with strange and painful infirmities, which render them decrepit and useless; whereas, had they lived temperately and soberly, they would in all probability have been sound and hearty, to the age of eighty and upward. To remedy this state of things, it is requisite that men should live up to the simplicity dictated by nature, which teaches us to be content with little, and accustom ourselves to eat no more than is absolutely necessary to support life, remembering that all excess causes disease and leads to death. Many young men of the best understanding have recognized the necessity of following this way of life, because many of their pa rents have died in middle life, while I remain so sound and hearty at the age of one hundred and one.*

*The heavy train of infirmities which had made great inroads on my constitution, were my motives for renouncing intemperance, in the matter of too freely eating and drinking, to which I had been addicted, so that, in consequence of it, my stomach became disordered, and I suffered much pain from colic and gout, attended by that which was still worse, an almost continual slow fever, a stomach generally out of order, and a perpetual thirst. From these disorders, the best delivery I had to hope was death. Finding myself, therefore, between my thirty-fifth and fortieth year in such unhappy circumstances, and having tried everything that could be thought of to relieve me, but to no purpose, my physician gave me to understand that there was one method left to get the better of my complaints, provided I would resolve to use it, and patiently persevere. This was to live a strictly sober and regular life, which would be of the greatest efficacy. He further added that, if I did not at once ado pt this method of strict living, I should in a few months receive no benefit from it, and that in a few more I must resign myself to death.*

*These arguments made such an impression on me, that, mortified as I was, besides, by the thought of dying in the prime of life, though at the same time perpetually tormented by various diseases, I immediately resolved, in order to avoid at once both disease and death, to betake myself to a regular course of life. Having upon this inquired of him what rules I should follow, he told me that I must only use food, solid or liquid, such as is generally prescribed to sick persons; and both sparingly. These directions, to say the truth, I had been given before, but I had been impatient of such restraint, and had eaten and drunk freely of those things I had desired. But, when I had once resolved to live soberly, and according to the dictates of reason, feeling it was my duty as a man so to do, I entered with so much resolution upon this new course of life, that nothing since has been able to divert me from it. The consequence was, that in a few days I began to*



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perceive that such a course agreed well with me; and, by pursuing it, I found myself in less than a year (some people, perhaps, will not believe it), entirely freed from all my complaints.

### EATING LITTLE MAKES LIFE LONG

Having thus recovered my health, I began to seriously consider the power of temperance: if it had efficacy enough to subdue such grievous disorders as mine, it must also have power to preserve me in health and strengthen my bad constitution. I gave over the use of such meats and wines as did not suit me, and chose those which by experience I found agreed well with me, taking only as much as I could easily digest, having strict regard to quantity as well as quality; and contrived matters so as never to cloy my stomach with eating or drinking, and always rose from the table with a disposition to eat and drink more. In consequence, therefore, of my taking such methods, I have always enjoyed, and, God be praised, still enjoy, the best of health. It is true that, besides the two most important rules relative to eating and drinking, which I have ever been very scrupulous to observe (that is, not to take of either, more than my stomach could easily digest, and to use only those things which agree with me), I have carefully avoided, as far as possible, all extreme heat, Cold, extraordinary fatigue, interruption of my usual hours of rest, or staying long in bad air. I likewise did all that lay in my power, to avoid those evils, which we do not find it so easy to remove: melancholy, hatred, and other violent passions, which appear to have the most -profound influence on our bodies. I am a living witness, and so are many others who know me, and have seen me, how often I have been exposed to heats and colds, and disagreeable changes of weather, without taking harm. He who leads a sober and regular life, and commits no excess in his diet, can suffer but little from mental disorders or external accidents.

I conclude, especially from the late trial I have had, that excesses in eating and drinking are often fatal. Four years ago, I consented to increase the quantity of my food by two ounces, my friends and relations having, for some time past, urged upon me the necessity of such increase, that the quantity I took was too little for one so advanced in years; against this, I urged that nature was content with little, and that with this small quantity I had preserved myself for many years in health and activity, that I believed as a man advanced in years, his stomach grew weaker, and therefore the tendency should be to lessen the amount of food rather than to increase. I further reminded them of the two proverbs, which say: He who has a mind to eat a great deal, must eat but little; eating little makes life long, and, living long, he must eat much; and the other proverb was: That which we leave after making a hearty meal does us more good than what we have eaten. But my arguments and proverbs were not able to prevent them teasing me upon the subject; therefore, not to appear obstinate, or affecting to know more than the physicians themselves, but above all, to please my family, I consented to the increase before mentioned; so that, whereas previous, what with bread, the yolk of an egg, and soup@ I ate as much as twelve ounces, neither more nor less, I now increased it to fourteen; and whereas before I drank but fourteen ounces of liquid, I now increased it to sixteen. This increase had, in eight day's time, such an effect upon me that, from being cheerful and brisk, I began to be peevish and melancholy, so that nothing could please me. On the twelfth day, I was attacked with a violent pain in my side, which lasted twenty-two hours and was followed by a fever, which continued thirty-five days without any respite, insomuch that all looked upon me as a dead man; but, God be praised, I recovered, and I am positive that it was the great regularity I had observed for so many years, and that only, which rescued me from the jaws of death.

### GUIDE TO HEALTH THROUGH SOBRIETY

Orderly living is doubtless a most certain cause and foundation of health and long life; nay, I say it is the only true medicine, and whoever weighs the matter well, will come to this conclusion. Hence it is, that when the physician comes to visit a patient, the first thing he prescribes is regular living, and certainly to avoid excess. Now, if the patient after recovery should continue so to live, he could not be sick again, and if a very small quantity of food is sufficient to restore his health, then but a slight addition is necessary for the continuance of the same; and so, for the future, he would want neither physician nor physic; he would become his own physician, and indeed, the best he could have, since, in fact, no man should be a perfect physician to any but himself. The reason is, that any man, by repeated trials, may acquire a perfect knowledge of his own constitution, the kinds of food and drink which agree with him best. A man cannot have a better guide than himself, nor any physic better than a regular life. We should consider this regular life as our physician, since it preserves men, even those of a weak constitution, in health; makes them live sound and hearty, to the age of one hundred and upward, and prevents their dying of sickness. These things, however, are discovered but by few, for men, for the most part, are sensual and intemperate, and love to satisfy their appetites, and to commit every excess; and, by way of apology, say that they prefer a short and self-indulgent life, to a long and self-denying one, not knowing that those men are most truly happy who keep their appetites in subjection. Thus have I found it, and I prefer to live temperately, so that I may live long and be useful. He who thus lives cannot be sick, or but seldom, and for a short time, because, by regular living, he destroys every seed of sickness, and thus, by removing the cause, prevents the effect; so that he who pursues a

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regular and strictly moderate life, need not fear illness, for his blood having become pure, and free from all bad humours, it is not possible that he can fall sick. A regular life is so profitable and virtuous, it ought to be universally followed. If men have a mind to live long and in health, and die without sickness of body or mind, but by mere dissolution, they must submit to a regular and abstemious life, for such a life keeps the blood clean and pure.

### THE PRAISE OF LONG LIFE

Some sensual unthinking persons affirm, that a long life is no great blessing, and that the state of a man, who has passed his seventy-fifth year, cannot really be called life; but this is wrong, as I shall fully prove; and it is my sincere wish, that all men would endeavor to attain my age, that they might enjoy that period of life which of all others is most desirable.

I will therefore give an account of my recreations, and the relish which I find at this stage of life. There are many who can give testimony as to the happiness of my life. In the first place, they see with astonishment the good state of my health and spirits; how I mount my horse without assistance, how I not only ascend a flight of stairs, but can climb a hill with greatest ease. Then, how gay and good-humored I am; my mind ever undisturbed, in fact, joy and peace having fixed their abode in my breast. Moreover, they know in what manner I spend my time, so as never to find life weary: I pass my hours in great delight and pleasure, in converse with men of good sense and intellectual culture; then, when I cannot enjoy their company, I betake myself to the reading of some good book. When I have read as much as I like, I write, endeavoring in this, as in other things, to be of service to others; and these things I do with the greatest ease to myself. Nor are my recreations rendered less agreeable by the failing of any of my senses, for they are all, thank God, perfect, particularly my palate, which now relishes better the simple fare I have, than it formerly did the most delicate dishes, when I led an irregular life. I can sleep everywhere soundly and quietly, and my dreams are pleasant and delightful. Strict sobriety, in eating and drinking, renders the senses and understanding clear, the memory tenacious, the body lively and strong, the movements regular and easy; and the soul, feeling so little of her earthly burden, experiences much of her natural liberty. The man thus enjoys a pleasing and agreeable harmony, there being nothing in his system to disturb; for his blood is pure, and runs freely through his veins, and the heat of his body is mild and temperate.

### THE PHILOSOPHY OF MODERATION

Sobriety is reduced to two things: quality and quantity. The first consists in avoiding food or drinks, which are found to disagree with the stomach. The second, to avoid taking more than the stomach can easily digest.

Regarding young men, I am in no way surprised at their refusal to live such a life, for their passions are strong and usually their guide. Neither have they much experience; but, when a man has arrived at the age of forty or fifty, surely he should in all things be governed by reason. And this would teach men that gratifying the appetite and palate, is not, as many affirm, natural and right, but is the cause of disease and premature death. Were this pleasure of the palate lasting, it would be some excuse; but it is momentary, compared with the duration of the disease which its excess engenders. But it is a great comfort to a man of sober life to reflect, that what he eats will keep him in good health, and be productive of no disease or infirmity.

Now, if this sober and moderate manner of living brings so much happiness; if the blessings that attend it are so stable and permanent, then I beseech every man of sound judgment to embrace this valuable treasure, that of a long and healthful life, a treasure which exceeds all other worldly blessings, and, therefore, should be sought after; for what is wealth and abundance to a man who is possessed with a feeble and sickly body? This is that divine sobriety, agreeable to God, the friend of nature, the daughter of reason, the sister of all the virtues, the companion of temperate living, modest, courteous, content with little, regular, and perfect mistress of all her operations. From her, as from their proper root, spring life, health, cheerfulness, industry, learning and all those actions and employments worthy of noble and generous minds. The laws of God are all in her favor. Repletion, excess, intemperance, superfluous humors, diseases, fevers, pains, and dangers of death, vanish in her presence, as mists before the sun. Her comeliness ravishes every well-disposed mind. Her influence is so sure, as to promise to all a long and agreeable life. And, lastly, she promises to be a mild and pleasant guardian of life, teaching how to ward off the attacks of death. O thrice holy sobriety, so useful to man, by reason of the service thou dost render him! Thou prolongest his days, by which means he greatly improves his understanding and, by such knowledge, he can avoid the bitter fruits of sensuality, which is an enemy to man's reason. Thou, moreover, freest him from dreadful thoughts of death. How greatly ought we to be indebted to thee, since by thee, we enjoy this beautiful world, which is really beautiful to all whose sensibilities have not been deadened by repletion, and whose minds have not been blighted by sensuality! I really never knew till I grew old, that the world was so beautiful; for, in my younger years I was debauched by irregularities, and therefore could not perceive and enjoy, as I do now, its beauties. O truly happy life, which, over and above all these favors conferred on me, hast so improved and perfected my body, that now I have a better relish for plain bread, than formerly I had for the most exquisite dainties! Pure

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*bread is, above all things, man's best food, and while he leads a sober life, he may be sure of never wanting that natural sauce—a good appetite.*

*I am not so simple as not to know that, as I was born, so I must die. But the natural death that I speak of does not overtake one until after a long course of years; and even then, I do not expect the pain and agony which most men suffer when they die. But I, by God's blessing, reckon that I have still a long time to live in health and spirits, and enjoy this beautiful world, which is, indeed, beautiful to those who know how to make it so; but its beauty can only be realized by those who, by reason of temperance and virtue, enjoy sound health of body and mind.*

### HEAVEN ON EARTH AND ETERNITY: THE ESSENE INFLUENCE

*At the age of ninety-one, I am more sound and hearty than ever, much to the amazement of those who know me. I, who can account for it, am bound to show that a man can enjoy a terrestrial paradise after eighty; but it is not to be obtained, except by strict temperance in food and drink, virtues acceptable to God and friends to reason. During the past few days I have been visited by many learned doctors of this university, as well as physicians and philosophers who were well acquainted with my age, life and manners, also, that I was stout, hearty and lively, my senses perfect, also my voice and teeth, likewise my memory and judgment. They knew, besides, that I constantly employed eight hours every day in writing treatises, with my own hand, on subjects useful to mankind, and spent many more in walking and singing.*

*These doctors and philosophers told me that it was next to a miracle, that at my age, I should be able to write upon subjects which required both judgment and spirit, and added that I ought not to be looked upon as a person advanced in years, since all my occupations were those of a young man, and that I was altogether unlike aged people of seventy and eighty, who are subject to various ailments and diseases, which render life a weariness; or, if even by chance any escape these things, yet their senses are impaired, sight, or hearing, or memory is defective, and all their faculties much decayed; they are not strong, nor cheerful, as I am. And they moreover said, that they looked upon me as having special grace conferred upon me, and said a great many eloquent and fine things, in endeavoring to prove this, which, however, they could not do; for their arguments were not based on good and sufficient reasons, but merely on their opinions. I therefore endeavored to undeceive and set them right, and convince them that the happiness I enjoyed was not confined to me, but might be common to all mankind, since I was but a mere mortal, and different in no respect from other men, save in this, that I was born more weakly than some, and had not what is called a strong constitution. Man, however, in his youthful days, is more prone to be led by sensuality than reason; yet, when he arrives at the age of forty, or earlier, he should remember that he has about reached the summit of the hill, and must now think of going down, carrying the weight of years with him; and that old age is the reverse of youth, as much as order is the reverse of disorder; hence, it is requisite that he should alter his mode of life, in regard to the quality and quantity of his food and drink. For it is impossible in the nature of things, that the man who is bent on indulging his appetite, should be healthy and free from ailments. Hence it was to avoid this vice and its evil effects, that I embraced a regular and sober life. I endeavored gradually to relinquish a disorderly life, and to suit myself to strict temperate rules, and thus it came to pass, that a sober and moderate life no longer became disagreeable, though, on account of the weakness of my constitution, I tied myself down to very strict rules in regard to the quantity and quality of what I ate and drank. I had found it no easy task, but it did not become a man to shrink from a glorious and practical task, on account of its difficulties; the greater the obstacles to overcome, the greater the honor and benefit. Our beneficent Creator is desirous, that, as He originally favored human nature with longevity, we should all enjoy the full advantage of His intentions, knowing that when a man has passed the age of seventy, he may be exempt from the sensual strivings, and govern himself entirely by the dictates of reason. Vice and immorality then leave him, and God is willing that he should live to the full maturity of his years, and has ordained that all who reach their natural term should end their days without sickness, but by mere dissolution, the natural way; the wheels of life quietly stopping, and man peacefully leaving this world, to enter upon immortality, as will be my case; for I am sure to die thus, perhaps while chanting my prayers. Nor do the thoughts of death give me the least concern; nor does any other thought connected with death.*

*Thus, how beautiful my life! How happy my end! But none can be sure of these blessings except such as adhere to the rules of temperance. This security of life is built on good and truly natural reasons, which can never fail; it being impossible that he who leads a perfectly sober and temperate life, should breed any sickness, or die before his time. Sooner, he cannot through ill-health die, as his sober life has the virtue to remove the cause of sickness, and sickness cannot happen without a cause; which cause being removed, sickness is also removed, and untimely and painful death is prevented.*

*And there is no doubt, that temperance in food and drink, taking only as much as nature really requires, and thus being guided by reason, instead of appetite, has efficacy to remove all cause of disease; for since health and sickness, life and death, depend on the good or bad condition of a man's blood, and the quality of his humors, such a life as I speak of purifies the blood, and corrects all vicious humors, rendering all perfect*



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and harmonious. It is true, and cannot be denied, that man must at last die, however careful with himself he may have been, but yet, I maintain, without sickness and great pain; for in my case I expect to pass away quietly and peacefully, and my present condition insures this to me, for, though I have attained this great age, I am hearty and content, eating with a good appetite, and sleeping soundly. Moreover, all my senses are as good as ever, and in the highest perfection; my understanding clear and bright, my judgment sound, my memory tenacious, my spirits good, and my voice (one of the first things which is apt to fall us) has grown so strong and sonorous, that I cannot help chanting aloud my prayers, morning and night, instead of whispering and muttering them to myself as was formerly my custom. [Reference to the morning and evening Essene Communions which he learned of from the translations of St. Jerome.]

oh, how glorious is this life of mine, replete with all the felicities which man can enjoy on this side of the grave! It is entirely exempt from that sensual brutality, which age has enabled my reason to banish; thus I am not troubled with passions, and my mind is calm, and free from all perturbations and doubtful apprehensions. Nor can the thought of death find room in my mind, at least, not in any way to disturb me. And all this has been brought about, by God's mercy, through my careful habit of living. How different from the life of most old men, full of aches and pains and forebodings, whilst mine is a life of real pleasure, and I seem to spend my days in a perpetual round of happiness, as I shall presently show.

And first, I am of service to my country, and what a joy is this. Another great comfort to me is to think that my treatise on temperance is really useful, as many assure me by word of mouth, and others by letter, where they say, that, under God they are indebted to me for their life. I have also much joy in being able to write, and am thus of service to myself and others; and the satisfaction I have in conversing with men of ability and superior understanding is very great, from whom I always learn something fresh. Now, what a comfort is this, that old as I am, I am able, without fatigue of mind or body thus to be fully engaged, and to study the most important, difficult, and sublime subjects. [Here is a visible influence of St. Jerome's texts in the monastery of Mone Cassino, concerning the Sevenfold Peace of the ancient Essenes.] I must further add, that at this age, I appear to enjoy two lives: one terrestrial, which in fact I possess, the other celestial, which I possess in thought; [here is a strong influence of St. Jerome's translation of the Essene Gospel of Peace, referring to the Kingdoms of the Earthly Mother and Heavenly Father] and this thought is actual enjoyment, when founded upon things we are sure to attain, and I, through the infinite goodness of the Heavenly Father, am sure of eternal life. Thus, I enjoy the terrestrial life in consequence of my sobriety and temperance [here again the influence of the writings of Jerome on the Essenes of the desert], and I enjoy the celestial, which He makes me anticipate in thought; a thought so lively, as to fix me entirely on this subject, the fruition of which I hold to be of the utmost certainty. And I further maintain, that, dying in the manner I expect, is not really death, but a passage of the soul from this earthly life to a celestial, immortal, and infinitely perfect existence. Whence it is that I enjoy two lives; and the thought of terminating this earthly life gives me no concern, for I know that I have a glorious and immortal life before me.

**"Health is so necessary to all the duties, as well as to all the pleasures of life, that the crime of squandering it is greater than the folly."**

-Dr. Johnson Luigi Cornaro was a Venetian nobleman who was born in 1464. He died in 1566, having attained the venerable age of 102. This achievement was all the more remarkable considering that at the age of forty he was told by his doctors that he had not long to live. But he outlived his physicians and maintained himself in a state of excellent health and vigor for more than sixty additional years.

Up to his fortieth year, Cornaro lived a careless and dissipated life, like the majority of the young men of his day. The fact that he completely broke down as a result, and was given up by his physicians to die, is not surprising. What is surprising, and indeed, what makes the name of Cornaro synonymous with the virtues of moderation, sobriety and perseverance, is that he cured himself, and having done so, continued to practice his theories of sobriety and moderation for the rest of his life, never deviating from the path he had chosen for himself.

"A word to the wise is sufficient," and once he had heard the wise word of his physician, Cornaro reformed his life. He simplified his diet and cut down on the quantity of food to the very minimum. He limited himself to twelve ounces of solid food daily, and fourteen ounces of liquid. Soon he began to see the difference, and at the end of a year found himself completely restored to health. He continued this simple and austere way of living for the rest of his life, which was a very long one, indeed.

To quote Cornaro: "... and there is no doubt that if the one so advised were to act accordingly, he would avoid all sickness in the future; because a well-regulated life removes the causes of disease. Thus, for the remainder of his days, he would have no further need either of doctors or of medicines."

"Should a man, when ill, continue to eat the same amount as when in health, he would surely die; while, were he to eat more, he would die all the sooner. For his natural powers, already oppressed with sickness, would thereby be burdened beyond endurance, having had forced upon them a quantity of food greater than they could support under the circumstances. A reduced quantity is, in my opinion, all that is required to sustain the individual. Therefore, I accustomed myself to the habit of never fully satisfying my appetite, either

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*with eating or drinking, and always leaving the table when able to take more. In this I acted according to the proverb: Not to satiate one's self with food is the science of health."*

*According to Cornaro, mere prolongation of life is in itself useless unless that life is healthy and happy. A long life full of disease and misery is worse than no life at all. The object of health should be, rather, to enable us to forget the body, and to carry on our interests and life activities without impediment or interference, because of sickness or debility, thus permitting the free and full use of our faculties and talents. Through his sober diet, Cornaro regained and maintained his health, which shows us how important is the restriction of quantity of foods, as the most important single factor in the preservation of health and longevity.*

*Now, there are some men who embrace a spiritual and contemplative life, and this is holy and commendable, their chief employment being to celebrate the praises of God, and to teach men how to serve Him. Now, if while these men set themselves apart for this life, they would also betake themselves to sober and temperate living, how much more agreeable would they render themselves in the sight of God and men. What a much greater honor and ornament would they be to the world! They would likewise enjoy constant health and happiness, would attain a great age, and thus become eminently wise and useful; whereas, now, they are mostly infirm, irritable, and dissatisfied, and think that their various trials and ailments are sent them by Almighty God, with a view of promoting their salvation; that they may do penance in this life for their past errors. In my opinion, they are greatly mistaken; for I cannot believe that God desires that man, his favourite creature, should be infirm and melancholy, but rather, that he should enjoy good health and be happy. Man, however, brings sickness and disease upon himself, by reason, either of his ignorance or wilful self-indulgence. Now, if those who profess to be our teachers in divine matters would also set the example, and thus teach men how to preserve their bodies in health, they would do much to make the road to heaven easier; men need to be taught that a well-ordered life and strict temperance is the path to health of the body and health of the mind, and that only when the body and mind are healthy, can God's purpose in our lives be fulfilled. [In this last beautiful paragraph, Cornaro professes his knowledge of the Essene Way, learned from the writings of St. Jerome, a way of life completely contrary to the life-style of 15th century Italy, yet embraced by Cornaro with unprecedented courage, perseverance, and joy.*





*Part V:*

## *Caffeine and Alcohol – Alcohol mixed with Energy Drinks*

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## Fact Sheets – Caffeine and Alcohol

### Public Health: Impact of Excessive Alcohol Use

- Excessive alcohol consumption is responsible for about 88,000 deaths and 2.5 million years of potential life lost (YPLL) in the United States each year.<sup>1</sup>
- Binge drinking (consuming 4 or more drinks per occasion for women; 5 or more drinks per occasion for men) is responsible for more than half of the deaths and two-thirds of the YPLL due to excessive drinking,<sup>2</sup> and is associated with many health and social problems, including alcohol-impaired driving, interpersonal violence, risky sexual activity, and unintended pregnancy.<sup>3</sup>
- Most people under age 21 who drink report binge drinking, usually on multiple occasions.<sup>4</sup>

### Dangers of Mixing Alcohol and Energy Drinks

- Energy drinks are beverages that typically contain caffeine, other plant-based stimulants, simple sugars, and other additives.<sup>5</sup> They are very popular among young people and are regularly consumed by 31% of 12- to 17-year-olds and 34% of 18- to 24-year-olds.<sup>6</sup>
- When alcoholic beverages are mixed with energy drinks, a popular practice among young people, the caffeine in these drinks can mask the depressant effects of alcohol.<sup>7</sup> At the same time, caffeine has no effect on the metabolism of alcohol by the liver and thus does not reduce breath alcohol concentrations or reduce the risk of alcohol-attributable harms.<sup>7</sup>
- Drinkers who consume alcohol mixed with energy drinks are 3 times more likely to binge drink (based on breath alcohol levels) than drinkers who do not report mixing alcohol with energy drinks.<sup>8</sup>
- **Drinkers who consume alcohol with energy drinks are about twice as likely as drinkers who do not report mixing alcohol with energy drinks to report being taken advantage of sexually, to report taking advantage of someone else sexually, and to report riding with a driver who was under the influence of alcohol.<sup>5</sup>**

### Caffeinated Alcoholic Beverages

- Caffeinated Alcoholic Beverages (CABs) are premixed beverages that combine alcohol, caffeine, and other stimulants. They may be malt- or distilled-spirits-based and usually have higher alcohol content than beer (i.e., 5%–12% on average for CABs and 4%–5% for beer). The caffeine content in these beverages is usually not reported.<sup>9</sup>
- CABs experienced a rapid growth in popularity after being introduced into the marketplace. For example, two leading brands of CABs together experienced a 67-fold increase in sales, from 337,500 gallons in 2002 (the first year of significant CAB production) to 22,905,000 gallons in 2008.<sup>10</sup>
- CABs were heavily marketed in youth-friendly media (e.g., on Web sites with downloadable images) and with youth-oriented graphics and messaging (i.e., connected with extreme sports or other risk-taking behaviors).<sup>11</sup>
- In November 2010, the Food and Drug Administration (FDA) told the manufacturers of seven CABs that their drinks could no longer stay on the market in their current form, stating "FDA does not find support for the claim that the addition of caffeine to these alcoholic beverages is 'generally recognized as safe,' which is the legal standard."<sup>12</sup>
- Producers of CABs subsequently removed caffeine and other stimulants from their products.<sup>12</sup>

### Prevention Strategies

- States and communities have developed educational strategies to alert consumers to the risks of mixing alcohol with energy drinks. One community has enacted an ordinance requiring retailers to post signs warning of these risks.<sup>13</sup>
- Effective population-based strategies for preventing excessive alcohol consumption and related harms include increasing alcohol excise taxes, limiting alcohol outlet density, and commercial host (dram shop) liability for service to underage or intoxicated customers.<sup>14</sup>
- Youth exposure to alcohol marketing could be reduced by improving industry compliance with the voluntary industry standard governing the placement of alcohol advertising, and lowering the youth-audience threshold from the current 28.4% to 15% as recommended by the Institute of Medicine.<sup>15</sup>

## Part V: Alcohol and Caffeine

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800-CDC-INFO (800-232-4636) TTY: (888) 232-6348 - [Contact CDC-INFO](#)

<http://www.cdc.gov/alcohol/fact-sheets/cab.htm>

### Alcohol & Public Health

- [Frequently Asked Questions \(FAQs\)](#)
- [Fact Sheets](#)
  - [Age 21 Minimum Legal Drinking Age](#)
  - [Alcohol Use and Health](#)
  - [Binge Drinking](#)
  - [Caffeine and Alcohol](#)
  - [Excessive Alcohol Use and Risks to Men's Health](#)
  - [Excessive Alcohol Use and Risks to Women's Health](#)
  - [Preventing Excessive Alcohol Use](#)
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## Energy Drinks

### What are energy drinks?

Energy drinks are beverages like Red Bull, Rock Star and Monster, which contain large doses of caffeine and other legal stimulants like guarana and ginseng. The amount of caffeine in an energy drink can range from 75 milligrams to over 200 milligrams per serving. This compares to 34 milligrams in Coke and 55 milligrams in Mountain Dew. For more information on caffeine content of energy drinks and other products, [click here](#).

If a drink advertises no caffeine, the energy comes from guarana, which is the equivalent of caffeine. 5-hour energy drink advertises “no crash,” but this claim is referring to no “sugar crash” because the drink has artificial sweeteners.

Any vitamins or amino acids like taurine are better found by eating a variety of foods and taking a daily vitamin and mineral supplement.

### Are there short-term dangers to drinking energy drinks?

Individual responses to caffeine vary, and these drinks should be treated carefully because of how powerful they are. Energy drinks' stimulating properties can boost the heart rate and blood pressure (sometimes to the point of palpitations), dehydrate the body, and, like other stimulants, prevent sleep.

Energy drinks should not be used while exercising as the combination of fluid loss from sweating and the diuretic quality of the caffeine can leave someone severely dehydrated.

When used occasionally, energy drinks are not necessarily bad for you, but they shouldn't be seen as “natural alternatives” either. Some of the claims they make like “improved performance and concentration” can be misleading. **They are marketed as dietary supplements**, and the FDA does not approve or review the products before they are sold. Some energy drinks have no caffeine but instead use the stimulant guarana, which is the equivalent of caffeine. Others may say that 1 can is 2 servings so you have to calculate the correct amount of caffeine.

If you think of them as highly-caffeinated drinks, you'll have a more accurate picture of what they are and how they affect you. You wouldn't use Mountain Dew as a sports drink. And a drink like Red Bull and vodka is more like strong coffee and whisky than anything else.

### What happens when energy drinks are combined with alcohol?

Energy drinks are also used as mixers with alcohol. This combination carries a number of potential dangers:

- Since **energy drinks are stimulants** and **alcohol is a depressant**, the combination of effects may be dangerous. The stimulant effects can mask how intoxicated you are and prevent you from realizing how much alcohol you have consumed. Fatigue is one of the ways the body normally tells someone that they've had enough to drink.
- The stimulant effect can give the person the impression they aren't impaired. No matter how alert you feel, your blood alcohol concentration (BAC) is the same as it would be without the energy drink. People will misperceive their ability to perform complex tasks like driving or crossing a busy road. Once the stimulant effect wears off, the depressant effects of the alcohol will remain and could cause vomiting in your sleep or respiratory depression.
- Research has found that people drink more and have higher BACs when they combine alcohol and caffeine.
- Both energy drinks and alcohol are very dehydrating (the caffeine in energy drinks is a diuretic). Dehydration can hinder your body's ability to metabolize alcohol and will increase the toxicity, and therefore the hangover, the next day.

### What about drinks like Four Loko that are a pre-mixed combination of alcohol and caffeine?

Because of some serious intoxication incidents involving these drinks, several states and college campuses have banned alcoholic energy drinks like Four Loko and Joose. Like non-alcoholic energy drinks, it's important to have an accurate understanding of what's in these drinks:

- Most 23.5-ounce cans of Four Loko are 12% alcohol, which is the equivalent of 4-6 beers. (A standard beer is 12 ounces and 4-6% alcohol.) A 23.5-ounce can of Joose contains 10-12% alcohol.

## Part V: Alcohol and Caffeine

- Four Loko has 135 milligrams of caffeine per 23.5-ounce can, and a can of Joose has 54 milligrams of caffeine. By comparison, an 8.3-ounce can of Red Bull has 76 milligrams, 8-ounces of Starbucks coffee has 180 milligrams, and a 12-ounce Coke has 35 milligrams.
- Four Loko also contains guarana, but it's unclear how much is in the drink. Phusion Projects, the maker of Four Loko, does not publish information about the amount of guarana in the drink.
- Unlike non-alcoholic energy drinks, alcoholic energy drinks do not have to print nutrition facts on the can, so you have much less information about what you're drinking.

### Do drinks like Four Loko and Joose still contain caffeine?

These drinks originally contained caffeine, guarana and ginseng. Because of some dangerous intoxication incidents involving these drinks, the FDA has issued a warning letter to the manufacturers, stating that it is unsafe to combine alcohol and these stimulants. Subsequently, the stimulants were removed. It's important to know that most 23.5-ounce cans of Four Loko are 12% alcohol, which is the equivalent of 4-6 beers. (A standard beer is 12 ounces and 4-6% alcohol.) A 23.5-ounce can of Joose contains 10-12% alcohol.

### Links you can use

- [Energy drinks: hazardous to your health? \(WebMD\)](#)
- [Caffeine content for tea, soda and more \(Mayo Clinic\)](#)
- [Taurine in energy drinks: what is it? \(Mayo Clinic\)](#)

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## Alcohol Mixed Energy Drinks

### What's the Buzz About?

Recent hospitalizations have heightened attention concerning Alcohol Mixed Energy Drinks (AMEDs). Does this sound familiar to you? “Get It Up and Keep It Up” or “Party Like a Rockstar,” or perhaps “Party Up.” Energy drinks are widely consumed on college campuses, with claims that Monster, Rockstar, Amp, Red Bull, Full Throttle, and among others, provide a burst of energy from caffeine and other plant-based stimulants and vitamins. Thirty-four percent of 18- to 24-year-olds are regular energy drink consumers. The drinks have been aggressively marketed on college campuses.

The alcohol industry has used the popularity of energy drinks to promote its own products, introducing premixed alcohol and energy drink products such as Sparks, Rockstar 21, Tilt and Four Loko. The alcohol companies promote mixing energy drinks with alcohol products on their edgy websites.

### Who is at Risk?

More than 28 percent of college students report mixing alcohol and energy drinks. White male students, athletes, fraternity or sorority or new members, and younger students are more likely to consume AMEDs. Students who report consuming energy drinks tend to drink more than students who do not drink AMEDs (8.3 drinks vs. 6.1 drinks). Students also report not noticing the signs of intoxication (dizziness, fatigue, headache, and trouble walking) when they had consumed AMEDs.

### What is the Problem?

Students who reported drinking AMEDs had an increased prevalence of alcohol-related consequences of drinking. **They were more likely to be taken advantage of sexually, and twice as likely to take advantage of someone sexually.** They were also more likely to ride with a drunk driver, be hurt or injured, or require medical treatment.

### What You Need to Know

- Caffeine masks the depressant effects of alcohol, often making people believe they are functioning better than they actually are.
- Drinking AMEDs often keep a person awake longer, allowing them to drink more and/or stay up later which may increase a person's participation in other risky behaviors.
- Caffeine and alcohol are both diuretics, which means you're more likely to be dehydrated after drinking the combination... leaving you with a bad hangover.
- Caffeine alone affects individuals differently and may cause nervousness, irritability, restlessness, nausea, fast/irregular heartbeat, muscle tremors, anxiety and headaches. Many AMEDs contain undisclosed amounts of caffeine.
- Most AMEDs are very high calorie. Four Loko is estimated to have more than 660 calories in one can - five times the average 12-ounce beer!

### What You Can Do Now

- Educate yourself about what IS in your beverage (Percentage of alcohol? Milligrams of caffeine? High sugar content? Red dye #40?)
- Choose not to purchase or consume Alcohol Mixed Energy Drinks.
- Don't be an idle bystander – intervene if you see someone who has had too much.
- Call 9-1-1 if you are concerned about [alcohol overdose/poisoning](#).
- Know your limit – Check out what your [Blood Alcohol Level](#) might be after one Four Loko (one 23.5-ounce can equals approximately five standard drinks).
- Try other [harm reduction strategies](#) that students report using at OSU.

**Sources:** Thombs, D., O'Mara, R., Tsukamoto, M., et al. “Event Level analyses of energy drink consumption and alcohol intoxication in bar patrons.” *Addictive Behavior*. 2010. 35(325-330). (2)M. C. O'Brien et al., “Caffeinated Cocktails: Energy Drink Consumption, High-Risk Drinking, and Alcohol-Related Consequences among College Students,” *Society for Academic Emergency Medicine* 15 (2008): 1–8; Center for Science in the Public Interest, “Alcoholic Energy Drinks,” Alcohol Policies Project Fact Sheet (2009).

<http://studenthealth.oregonstate.edu/book/export/html/300>



[Jacoba Urist](#), Contributor

I write about financial, legal and health news for parents.

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# New Study Says Teens And Energy Drinks Are A Bad Combo



Chances are, you've had the big talk with your teen about drinking and driving, drugs and unprotected sex. But have you covered the dangers of caffeine?

A study, published today in the journal *Pediatrics in Review* says that the \$5 billion energy drink industry markets directly to adolescents and that high caffeine consumption is associated with a variety of teen health issues — like insomnia, anxiety, elevated blood pressure, and digestive problems.

Researchers also found that high school and college students who mix their alcohol with energy drinks fail to appreciate the strength of the caffeinated combo and underestimate how drunk they really are.

According to the authors, consuming a can of a caffeinated alcoholic beverage may be equivalent to drinking a bottle of wine and a few cups of coffee. So while young adults may feel less impaired, the alcohol-energy drink mixture can lead to potentially **dangerous consequences behind the wheel or on college campuses, where students may engage in riskier sexual**

**behavior under the dual influence.** The study instructs physicians to discuss energy drink use with their patients and to offer appropriate caffeine counseling where necessary.

Dr. Ebo Kwabena Blankson, a [Virginia](#) pediatrician who specializes in teen medicine, a Major in the [United States](#) Air Force and the study's primary author, currently runs the adolescent clinic at Naval Medical Portsmouth. He says he routinely sees teens come into his clinic with signs of over-caffeination and energy-drink withdrawal — part of what inspired him to conduct this study.

"These teenagers are having classic anxiety symptoms," Dr. Blankson explains. "Their hearts are racing, or they're jittery, or they're complaining of headaches, or that they can't sleep." And when he takes their histories, the culprit is clear: too much caffeine.

And he points out that unlike other substances we talk to our teens about, energy drinks are right on the shelves, with no ID required. A teen can buy five Red Bulls and cruise right out the door — to school, a party, or home to cram for a history test. But energy drinks and chronic caffeine consumption, he says, can really disrupt a child's home and school life.

For instance, if a kid guzzles a few Monsters every afternoon to amp for football practice, he can experience physical withdrawal symptoms when he tries to stop after the season ends. Or a child can come to rely on energy drink enhancers to make it through their school load every evening— and wind up with serious sleep issues.

"These products aren't regulated," says Dr. Blankson. "And we also just don't know the long terms effects of all these other additives that are in energy drinks either."

He believes we'll be seeing many more reports about the health hazards of energy drinks in the months and years to come, and it probably won't be good news.

But in a world where teenagers are increasingly over-scheduled, and face mounting academic and pre-college pressures, how can parents really persuade kids to put down their energy drinks?

In fact, [Jennifer Hartstein](#), a child and adolescent psychologist in [New York](#) City, says teens often get the message from adults that caffeine is the way to go to "get energy or feel good"— and so many of them turn to energy drinks to boost their productivity.

Her advice to young adults: just say no— to over-extending yourself.



## Part V: Alcohol and Caffeine

*"It's okay not to do everything," Dr. Hartstein explains. "The belief is the more that you do, the more desirable you are. Unfortunately, you are then spread way too thin." Instead, she tells teens: pick a few things to focus on. There's no reason to be overstretched and involved in everything.*

*And it turns out, popping energy drinks and pulling all nighters may actually hurt a student's academic performance, says [Barbara Greenberg](#), a parenting teen expert and author of "Teenage As a Second Language." Dr. Greenberg explains that cramming, or "massed learning," doesn't usually lead to successful information retention, and that most kids are better off taking breaks while studying. She also worries that teens can experience "state dependent learning," where they can only perform on a test when they're caffeinated-up since that's how they learned the material.*

*Over all, though, experts agree the best way for a teen to increase his or her energy level is with a steady exercise schedule and a good old-fashioned 8- hour night's sleep. Hard as it might be to convince them, in the long run, healthy habits really are more likely to make your teen feel like a rock star than a quick can of his or her favorite energy drink.*

[Jacoba Urist](#) Contributor

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*The author is a Forbes contributor. The opinions expressed are those of the writer.*

<http://www.forbes.com/sites/jacobaurist/2013/02/01/new-study-says-teens-and-energy-drinks-are-a-bad-combo/>

## Part V: Alcohol and Caffeine

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# Alcohol and Energy Drinks: A Dangerous Mix

Mixed drinks have always been a popular way to make a good weekend a great one. Just recently a new mix is getting a lot of attention for its unexpected and dangerous attack on unsuspecting students looking for a good time.



Experts agree that energy drinks and alcohol are a wildly dangerous combination. The majority of time energy drinks are used as a chaser or mixer for hard liquor. However, in the last couple of years there is a new market: **premixed alcoholic energy drinks**. These drinks come in 12-20 ounce cans and are most frequently a combination of alcohol, caffeine, ginseng, taurine, and other stimulant substances.

What's wrong with that?

Well, when alcohol, a depressant, is mixed with stimulants- such as caffeine- it creates a toxic combination. Although these mixed drinks usually contain the same amount of alcohol as draft beers and wines, the combination can cause a much more dramatic intoxication that experts have started to call the "wide awake drunk." Essentially, this means the individual will have the same Blood Alcohol Content, BAC, as they would have without drinking the energy drink, however the stimulants creates a more "sobering" effect. As a result, people tend to believe that they are sober enough to drive a car; in fact, **individuals who mix alcohol and energy drinks are four times more likely to drive a car than individuals who did not**. In a recent study it was found

that college students were **twice as likely to require medical attention, ride with an intoxicated driver or be on either side of sexual assault**. In addition to this, average caloric intake for premixed alcoholic energy drinks far exceeds that of its counterparts.

In general, mixing energy drinks and alcohol is a bad idea. Why? Because **the negative side effects of energy drinks and the negative side effects of alcohol are going to interact and hit you at the same time**. This type of intoxication makes the drinker believe that they are much more sober than they really are which sways them to drink more in order to feel the exhilaration of a good "buzz." This cycle can quickly take a turn for the worst, leading to alcohol poisoning, which is a serious emergency that can contribute to other major health concerns. Energy drinks and alcohol are both diuretics, leading to dehydration, aka a really bad hangover. Also, **the combination of the two has shown to make alcohol consumption more addictive**.

Alcohol alone has been shown recently to be more dangerous than the more hard core drugs, just because of these kinds of mental impairments. In a recent study, British experts concluded that alcohol is more dangerous and more damaging as a whole than other illegal drugs, including heroin and crack cocaine. Although alcohol is not considered the most lethal drug, **the study stated that the combination of alcohol's effects, including effects on the human body, environmental damages, economic costs, health care, social services, prisons, etc. are significantly higher than other illicit drugs**. Because of alcohol's consistently wide use, misuse, and abuse it's important to inform and target high-risks groups who abuse alcohol, and educate them about the serious effects and devastating consequences alcohol has.

Remember, alcohol companies only care about one thing, and it is not your safety! They are marketing products they know will sell. **Alcoholic energy drinks** are the new sensation in the drinking world, but this doesn't mean that they are safer than their non-energized counterparts. Keep in mind that alcohol and stimulants NEVER cancel out one another, you are still getting just as, if not more, intoxicated. So please, keep it safe!

Written by: Stephanie Dunbar, Naomi Ingram, Alex Ireland, Margo Valadao – Peer Health Educators

For more information, in regards to this issue please visit:

- <http://www.outsidetheclassroom.com/community/tools-resources/alcohol-and-energy-drinks.aspx>
- [http://www.mercurynews.com/health/ci\\_16486406?source=rss&nclink\\_check=1](http://www.mercurynews.com/health/ci_16486406?source=rss&nclink_check=1)
- [http://www.marininstitute.org/site/index.php?option=com\\_content&view=article&id=91:alcoholic-energy-drinks-faq&catid=7:alcoholic-energy-drinks&Itemid=4](http://www.marininstitute.org/site/index.php?option=com_content&view=article&id=91:alcoholic-energy-drinks-faq&catid=7:alcoholic-energy-drinks&Itemid=4)

[http://www.csuchico.edu/shs/health\\_education/alcohol\\_energy.shtml](http://www.csuchico.edu/shs/health_education/alcohol_energy.shtml)



## Alcohol and energy drinks

Find out more about the short and long term effects of combining alcohol and energy drinks.

They may make you feel like you can stay out all night but mixing alcohol mixed with energy drinks can be a dangerous combination. Energy drinks can mask the effects of alcohol, and make you 'Wide awake drunk', so you may underestimate how you're feeling and end up drinking more alcohol than you normally would. Mixing alcohol and energy drinks can mean you consume more sugar, calories and caffeine than drinking alcohol by itself. You could also experience increased physical and psychological side effects from drinking this combination.

Since 2006, sales of energy drinks have increased by around 12% year on year in the UK (1). At the same time, mixing spirits and liqueurs with them has become increasingly popular. It's common to see bars, pubs and clubs promoting these drink combinations, and you can buy energy drinks and bottles of alcohol separately in supermarkets and off-licences to mix at home.

But recent research has found that mixing energy drinks with alcohol could be more risky than drinking alcohol on its own, or with a more traditional mixer.

We took a look at the research and talked with our medical experts to find out the facts about alcohol and energy drinks. When you combine a lot of the two, we discovered that you:

- can drink more alcohol, become 'wide awake drunk' (2) and are more likely to take risks (3)
- are likely to experience increased physical and psychological side effects, such as heart palpitations, problems sleeping, feeling tense or agitated (4)
- can consume large amounts of caffeine, which in this quantity, can cause anxiety and panic attacks
- can consume a lot of calories and sugar, that can make you put on weight, adding to the risk of developing type 2 diabetes which you face when you drink alcohol on its own
- increase your chances of developing short and long-term health problems (5).

### Why you'll drink more alcohol

Drinking energy drinks with alcohol can trick your brain and lead to a state researchers have called 'wide awake drunk' (6). Of course, this is why many people mix them – so they can stay awake longer and drink more alcohol. But, though you might feel alert when you combine the drinks, your body is still experiencing the effects of alcohol (7). That means you can end up drinking more without realising that your judgement, balance and coordination are being affected. So, **you're more likely to risk doing things that you wouldn't normally do, like getting into a fight or crossing the road when there's a car nearby** (8).

"Wide awake drunk means **you're alert but you underestimate** how much you're drinking and don't know **the alcohol is still affecting your thinking and ability to react** in an emergency," says London-based GP Sarah Jarvis. **"It creates a false sense of security** which can be dangerous."

The combination has this effect because alcohol and energy drinks work in different ways. Alcohol is a depressant which means it slows down the brain's functions and can act as a sedative – drink a lot and you might slur your words, have slower reflexes and feel sleepy. The caffeine in energy drinks, on the other hand, is a stimulant, which produces the chemical adrenalin in the body, making you feel more alert (9). If you mix the two, you'll feel the stimulant effects of the caffeine more strongly, masking the interference caused by alcohol to reaction time, memory and other processes in the brain (10).

"This makes mixing alcoholic drinks with energy drinks a very risky thing to do, and a worrying trend," says Professor Paul Wallace, Drinkaware's Chief Medical Advisor.

### Lasting physical and psychological side effects

Evidence shows that if you combine alcohol and energy drinks you can experience physical and psychological side effects – more so than if you drank alcohol on its own. This includes heart palpitations, problems sleeping, feeling tense or agitated (11). This is a result of the high volume of caffeine in energy drinks.

"Caffeine is a long lasting drug," says Professor Jonathan Chick, a Consultant Psychiatrist. "In high quantities, it increases the heart rate and so does alcohol. And although alcohol sends you to sleep, it can cause you to wake up in the night. So people who consume both may well expect to have a doubling of their mid to late night insomnia."

### Caffeine in energy drinks

Young people are particularly susceptible to **caffeine** which is not good for you in excess. **Drink a lot of it, and you can feel very anxious and experience panic attacks.** Energy drinks are packed with caffeine. There's usually about 80 milligrams (mg) of caffeine in a small 250ml leading brand can – the same as three cans of cola or a mug of instant coffee (12). Medical experts suggest up to 450mg a day of caffeine is a safe upper limit (except in pregnancy) (12).

"With a large amount of caffeine in a single drink, it's frightening to think how many times this could be exceeded if someone is combining alcohol and energy drinks on a night out," says Dr Jarvis.

### Calories and sugar in alcohol and energy drinks

Combined with the large amount of calories in alcohol, the high sugar content in many energy drinks can mean you can put on weight if you drink them regularly. Putting on weight and drinking alcohol can increase your risk of **developing type 2 diabetes**. When you mix alcohol and energy drinks, the high sugar content you consume also adds to this risk.

The recommended daily allowance for sugar is about 70g for men and 50g for women (12) – a small can of energy drink contains around 30g (13). So just one energy drink can be about half of your daily sugar allowance. Alcohol can also be calorific, with a 50ml measure of the liqueur typically mixed with energy drinks containing 126 calories.

### Conclusion and advice

More research and larger studies are needed to establish the impact of mixing alcohol and caffeine. Energy drinks are still relatively new so research into them alone is limited, but reports link them to seizures, mania, stroke and sudden death. (14) (15) Some countries are restricting the sale and marketing of energy drinks because of health concerns like these. (16)

If you're combining alcohol with energy drinks, be aware that you might drink more than you thought you would and that the alcohol is still having an effect even though you might not be able to feel it much.

"The more alcohol you drink, the higher your risk of developing long-term health harms associated with alcohol, which include increased chances of developing cancer, liver disease and stroke," says Professor Wallace. "So people need to be particularly careful of an alcohol combination that encourages them to drink more."

### Alcohol and energy drinks – top tips

While we don't recommend mixing alcohol and energy drinks, if you do decide to drink them together, it is possible to reduce the risk of short and long term harms by:

- 1. Tracking how much you're drinking.** You can easily drink more than you realise when you combine alcohol and energy drinks. Try not to drink more than one over the course of a night. And keep a careful track of the number of units you're drinking to avoid exceeding the [lower risk guidelines](#).
- 2. Keeping tabs on your friends.** You're more likely to take risks when you combine these drinks so keep an eye on your friends as well as yourself.
- 3. Eating.** A full stomach helps to slow down the rate your body absorbs alcohol, so it won't go to your head so quickly. Starchy food like pasta or potatoes are the best foods to eat before or during your night out.
- 4. Keeping check of caffeine and sugar content.** Energy drinks contain high amounts of both which can have an effect on your health, including your weight and mood. So if you have access to the information about the calorie, sugar and caffeine contents of the drinks you are drinking, try not to exceed the daily allowances.
- 5. Avoiding drinking them before going to bed.** Alcohol and energy drinks can both cause insomnia so avoid drinking them if you know you'll be heading home soon.

<https://www.drinkaware.co.uk/check-the-facts/health-effects-of-alcohol/effects-on-the-body/alcohol-energy-drinks#>



## Mixing Alcohol & Energy Drinks May Spell Disaster

by Keith Cambrel

Energy drinks are reaching their peak in popularity and continue to sell mass quantities to their youthful target audience.

The most popular of the new wave of energy drinks is Red Bull, the drink that promises to give its drinkers wings. Venom, Adrenaline Rush, 180, ISO Sprint and Erektus are the names of some the other popular energy drinks out on the market.

These drinks claim to stimulate the mind and body plus provide a boost of energy but can have adverse effects when mixed with alcohol.

Lately college students and teens have been mixing these energy drinks with alcohol as a means of getting a high without getting sleepy.

Steve Clarke, director of the College Alcohol Abuse Prevention Center, said students need to be careful about mixing these energy drinks with alcohol.

Fatigue is the body's way of saying it's had enough to drink and it's dangerous to continue to try to fool your body that you're not as drunk as you really are, he said.

"Even though (the energy drink) has stimulants in it, the alcohol is still going to have similar effects on you," Clarke said. "You may feel more alert but actually the alcohol is having the same effect on you. So you might perceive that you are less impaired when in actuality you are not less impaired."

**According to the Red Bull website there is no indication that the drink has any negative effects related to alcohol consumption including the elimination of ethanol. However, Red Bull contains 80 mg of caffeine per can.** (But we know that on all cans there was the warning remark never to mix the liquid with alcohol. How does that fit with this statement now? Anm. D.Hg.)

**High levels of caffeine can boost heart rate and blood pressure, causing palpitations,** according to National Institute of Health. Mixing these drinks with alcohol further increases the risk of heart rhythm problems.

"Energy drinks have a lot of stimulants in them like ginseng and taurine, while alcohol is a depressant so by mixing the two you're sending mixed messages to your nervous system which can cause cardiac related problems," Clarke said.

Clarke said the appeal behind mixing energy drinks with alcohol is the promise of sustained rush that would allow people to go on drinking longer into the night and combat hangovers.

**Alcohol makes people dehydrated,** he said, which is one of the reasons why people have hangovers, and the caffeine in the energy drinks is a diuretic which also causes people to lose water. So it makes the effects of dehydration worse.

"You might feel that you can party for a long time, but in reality you are just going to have a greater hangover effect the next day," Clarke said.

He also said students are increasing their risk of having a bad reaction to the drinks by mixing them with alcohol.

Students need to try these energy beverages to see how body responds to them before consuming them with alcohol, he said.

"You might have some pre-existing medical condition or you might have an adverse reaction to some of the stimulants that are in those drinks," Clarke said.

For those students who decide to mix alcohol with energy drinks Clarke feels it's safest to limit your consumption to one of these mixtures to lower any risk of negative side effects.

He also said it would be more positive to alternate non-alcoholic and alcoholic beverages because it will keep you hydrated and decrease the negative effects of alcohol.

Keith Cambrel is a writer for the Collegiate Times, the student newspaper of Virginia Tech. Reprinted with permission of the paper

<http://www2.potsdam.edu/alcohol/HealthIssues/1043185105.html>

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## Blood Alcohol Level (BAL)

A person's blood alcohol level (BAL) - also referred to as blood alcohol concentration (BAC) - indicates the amount of alcohol in their system. There are four factors that are the most important in determining how alcohol affects you or your friends. Understanding these factors can help you stay safe as well as help you understand how intoxicated a friend may be.

### 1. Gender

Women are affected by alcohol more so than men. Generally, women are smaller, have a higher percentage of body fat, and have less of the enzyme in their body that breaks down alcohol.

### 2. Weight

Given similar amounts of alcohol consumed, smaller people get more intoxicated than bigger people. However, your body fat percentage plays a role. The higher your body fat percentage, the more you will be affected by alcohol.

### 3. Drinking Rate

How fast you drink can greatly influence the effect of alcohol on your system. Think of your body like a funnel, no matter how fast you pour liquid into the funnel, it will only come out the bottom at a certain rate. If you pour too much, the funnel (your body) can overflow (alcohol poisoning). On average, it takes roughly 20 minutes for alcohol to get into your system once you drink it. It takes roughly 45-60 minutes for each standard drink to be removed from your body.

### 4. Quantity

The following all contain the same amount (0.5 ounce) of pure ethyl alcohol and are considered a standard drink:

- 12 oz. standard beer
- 10 oz. of most microbrews
- 8 oz. malt liquor
- 4-5 oz. table wine
- 2.5 oz. of fortified wine (i.e. Mad Dog)
- 1.25 oz. of 80 proof hard liquor
- 1.0 oz. of 100 proof hard liquor
- .75 oz. of 151 proof hard liquor (i.e. Bacardi 151)
- .50 oz. of 180 proof hard liquor (i.e. Everclear)

#### **If you drink, keep to the ORANGE level**

**.02 - .03 BAL:** Slight euphoria and loss of shyness, minimal loss of coordination, decreased reaction time.

**.04 - .06 BAL:** Relaxation, lower inhibitions, some impairment of reasoning and memory, lowering of awareness.

#### **Be careful of the BLUE level**

**.07 - .09 BAL:** Slight impairment of balance, speech, vision, judgment and self-control.

**.10 - .12 BAL:** Significant impairment of motor coordination, judgment, balance, vision, hearing and slurred speech.

**.13 - .15 BAL:** Gross motor impairment and lack of physical control, blurred vision, loss of balance, anxiety, perception is severely impaired.

**.16 - .19 BAL:** Nausea and more anxiety, appears as a "sloppy drunk."

#### **Keep out of the RED level**

**.20 BAL:** Disoriented, needs help to stand or walk, nausea and vomiting, black out is possible.

**.21 - .29 BAL:** Mental, physical and sensory functions are severely impaired, risk serious injury.

**.30 - .34 BAL:** Stupor, may pass out, hard to awaken.

**.35+ BAL:** Coma and/or death is possible.

## Part V: Alcohol and Caffeine

### Men after 1 hour of drinking

NUMBER OF DRINKS	120	140	160	180	200	220	240	260
1	.02	.01	.01	.00	.00	.00	.00	.00
2	.05	.04	.03	.03	.02	.02	.02	.01
3	.08	.06	.05	.05	.04	.04	.03	.03
4	.11	.09	.08	.07	.06	.05	.05	.04
5	.14	.12	.10	.09	.08	.07	.05	.06
6	.17	.14	.12	.11	.10	.09	.08	.07
7	.20	.17	.15	.13	.12	.10	.09	.08
8	.23	.20	.17	.15	.13	.12	.11	.10
9	.27	.23	.19	.17	.15	.14	.12	.11
10	.30	.25	.22	.19	.17	.15	.14	.13

### Women after 1 hour of drinking

NUMBER OF DRINKS	90	100	120	140	160	180	200	220
1	.03	.03	.02	.02	.01	.01	.01	.00
2	.08	.07	.06	.05	.04	.03	.03	.02
3	.13	.12	.10	.08	.07	.06	.05	.05
4	.18	.16	.13	.11	.10	.08	.07	.07
5	.23	.21	.17	.14	.12	.11	.10	.09
6	.28	.25	.21	.18	.15	.13	.12	.11
7	.33	.30	.25	.21	.18	.16	.14	.13
8	.38	.34	.28	.24	.21	.18	.16	.15
9	.43	.39	.32	.27	.24	.21	.19	.17
10	.48	.43	.36	.31	.27	.23	.21	.19

### Men after 3 hours of drinking

NUMBER OF DRINKS	120	140	160	180	200	220	240	260
1	.00	.00	.00	.00	.00	.00	.00	.00
2	.01	.01	.00	.00	.00	.00	.00	.00
3	.05	.03	.02	.01	.01	.00	.00	.00
4	.08	.06	.05	.04	.03	.02	.01	.01
5	.11	.09	.07	.06	.05	.04	.03	.02
6	.14	.11	.09	.08	.06	.05	.05	.04
7	.17	.14	.12	.10	.08	.07	.06	.05
8	.20	.17	.14	.12	.10	.09	.08	.07
9	.23	.19	.16	.14	.12	.11	.09	.08
10	.26	.22	.19	.16	.14	.12	.11	.10

Want a personalized chart? Go to [studenthealth.oregonstate.edu/echug](http://studenthealth.oregonstate.edu/echug)

### Women after 3 hours of drinking

NUMBER OF DRINKS	90	100	120	140	160	180	200	220
1	.00	.00	.00	.00	.00	.00	.00	.00
2	.05	.04	.03	.02	.01	.00	.00	.00
3	.10	.09	.06	.05	.04	.03	.02	.01
4	.15	.13	.10	.08	.06	.05	.04	.03
5	.20	.18	.14	.11	.09	.08	.06	.05
6	.25	.22	.18	.14	.12	.10	.09	.07
7	.30	.27	.21	.18	.15	.13	.11	.10
8	.35	.31	.25	.21	.18	.15	.13	.12
9	.40	.36	.29	.24	.21	.18	.15	.14
10	.45	.40	.33	.27	.23	.20	.18	.16

Want a personalized chart? Go to [studenthealth.oregonstate.edu/echug](http://studenthealth.oregonstate.edu/echug)

### Men after 5 hours of drinking

NUMBER OF DRINKS	120	140	160	180	200	220	240	260
1	.00	.00	.00	.00	.00	.00	.00	.00
2	.00	.00	.00	.00	.00	.00	.00	.00
3	.01	.00	.00	.00	.00	.00	.00	.00
4	.05	.03	.01	.00	.00	.00	.00	.00
5	.08	.05	.04	.02	.01	.01	.00	.00
6	.11	.08	.06	.04	.03	.02	.01	.01
7	.14	.11	.08	.07	.05	.04	.03	.02
8	.17	.13	.11	.09	.07	.06	.05	.04
9	.20	.16	.13	.11	.09	.07	.06	.05
10	.23	.19	.15	.13	.11	.09	.08	.06

### Women after 5 hours of drinking

NUMBER OF DRINKS	90	100	120	140	160	180	200	220
1	.00	.00	.00	.00	.00	.00	.00	.00
2	.02	.01	.00	.00	.00	.00	.00	.00
3	.07	.06	.03	.02	.00	.00	.00	.00
4	.12	.10	.07	.05	.03	.02	.01	.00
5	.17	.15	.11	.08	.06	.05	.03	.02
6	.22	.19	.15	.11	.09	.07	.06	.04
7	.27	.24	.18	.14	.12	.10	.08	.06
8	.32	.28	.22	.18	.15	.12	.10	.08
9	.37	.33	.26	.21	.17	.15	.12	.10
10	.42	.37	.30	.24	.20	.17	.15	.13

<http://studenthealth.oregonstate.edu/blood-alcohol-level>

## Alcohol Poisoning

Alcohol poisoning occurs when a person drinks enough alcohol to cause the central nervous system to dramatically slow down. Breathing and heart rate become slower and slower, the person loses consciousness and may slip into a coma and die. Alcohol poisoning is most likely to happen when someone drinks a large amount of alcohol very quickly. Because the liver can only process one drink per hour, a person's BAC can continue to rise for several hours reaching a potentially deadly level.

### Remember CUSP

#### IF YOU SEE THESE SIGNS:

**C** - Cold, clammy, pale, or bluish skin

**U** - Unconscious (the person is semi-conscious or unconscious)

**S** - Slowed breathing (eight or fewer breaths per minute; eight or more seconds between breaths)

**P** - Pale

#### DO THIS:

- Call Emergency Medical Services (911 or 9-911 on campus) immediately
- Clear the person's airway
- Put the person on his/her side (prop up with pillows)
- Stay with the person until EMS takes over

Acute alcohol poisoning is an emergency. Make the call! Too much alcohol will kill a person. Never leave an intoxicated person alone.

### What is the difference between a blackout and passing out?

"Blackouts" (alcohol-related memory loss) have occurred when a person has no memory of what happened while intoxicated. These periods may last from a few minutes to several hours. During a blackout, someone may appear fine to others; however, the next day s/he cannot remember parts of the night and what s/he did. The person having a blackout does not know it. The cause of blackouts is not well understood but may involve interference in short-term memory storage. Blackouts shouldn't be confused with "passing out," which happens when people lose consciousness from drinking excessive amounts of alcohol. Losing consciousness means that a person has reached a very dangerous level of intoxication, could slip into a coma and could die. If someone has passed out and is nonresponsive, call EMS immediately (911). S/he needs immediate medical attention.

### Health Promotion

- [Alcohol and Other Drugs](#)
  - [up2u](#)
  - [e-CHUG](#)
  - [e-TOKE](#)
  - [Alcohol Presentations for Fraternities and Sororities](#)
  - [Collegiate Recovery Community](#)
  - [Alcohol Mixed Energy Drinks](#)
  - [Prescription Drug Abuse](#)
  - [Alcohol 101](#)
    - [Responsible Alcohol Use](#)
    - [Blood Alcohol Level \(BAL\)](#)
    - [The Drink Wheel](#)
- [Alcohol Poisoning](#)
- [Alcohol Myths](#)
- [Party Hosting](#)
- [Concerned About a Friend?](#)
- [IMPACT](#)
- [Outreach and Consultation](#)
- [Alcohol and the Law](#)
- [Alcohol and Other Drug Work/Advisory Group](#)
- [For Faculty and Staff](#)
- [For Parents](#)
- [OSU Drinking Statistics](#)
- [Alcohol Resources](#)

<http://studenthealth.oregonstate.edu/alcohol-poisoning>





## Responsible Alcohol Use

Responsible alcohol use can include **choosing not to drink alcohol** (especially if you are under the age of 21) and/or choosing to consume a moderate amount of alcohol based on your size and gender. Here are some other ways to use alcohol responsibly.

- **Know your limit.** If you do not already know how much alcohol you can handle without losing control, try it out one time at home with your parents or friend present. Explain to them what you are attempting to learn. Most people find that no more than a drink an hour will keep them in control of the situation and avoid drunkenness. Have your parents or friend videotape you while you are attempting to see what happens when you consume more than the recommended one drink per hour.
- **Eat food while you drink.** It is particularly good to eat high protein foods such as cheese and peanuts, which help to slow the absorption of alcohol into the circulatory system. Many cultures consume alcohol only with food to prevent various problems.
- **Sip your drink.** If you gulp a drink for the effect, you are losing a pleasure of drinking, namely tasting and smelling the various flavors. This is particularly true for wine. It takes approximately 20 minutes to feel one drink.
- **Accept a drink only when you really want one.** At a party if someone is trying to force another drink on you, ask for ice or drink a non-alcoholic beverage. Keep count of the amount of drinks you've drank.
- **Cultivate taste.** Choose quality rather than quantity. Learn the names of fine wines, whiskeys, and beers. Learn what beverage goes with what foods.
- **Skip a drink now and then.** When at a party, have a nonalcoholic drink between the alcoholic one to keep your blood alcohol concentration down. Space your alcoholic drinks out to keep the desired blood alcohol concentration. Have one "drink" per hour (two at the most). Know that all drinks are not created equal. For example, a Long Island Iced Tea may have as many as 3 to 7 shots of alcohol, which can take as long as 2 to 6 hours to metabolize!
- **Alcohol and sex don't mix.** The mixture can lead to humiliation, regret, embarrassment, STDs, or even pregnancy and sexual assault.
- **Don't take a drink from someone you do not trust with your life, literally.** You never know what they have put in your drink, whether it is an extra shot or two of alcohol or something worse, like GHB or "rohypnol." Also, beware of unfamiliar drinks, such drinks as zombies and other fruit and rum drinks can be deceiving, as the alcohol is not always detectable, and it is difficult to space them out.
- **Drink with people you know and trust.** Make sure that drinking improves social relationships rather than impairing them. Alcohol can affect someone's mood and personality. Serve alcohol as an adjunct to an activity rather than as the primary focus.
- **Don't drink and drive.** Plan ahead for transportation; Use a designated driver, the Beaver Bus, or call a taxi. Have someone available who will not be drinking and will drive all drinkers home. Law enforcement on and surrounding the OSU campus is very strict when it comes to drinking and driving.
- **Don't mix alcohol with other drugs.** Drug interactions can have fatal consequences. Use alcohol carefully in connection with other drugs. This includes over-the-counter drugs such as energy drinks, sleeping pills and cold or cough medicines. Alcohol should be avoided while taking certain antibiotics, arthritic, anti-depressant, and many other prescription medications. Check with your physician or pharmacy before you drink while on any prescription drug. Using alcohol in combination with legal and/or illegal drugs can have varied effects based on synergistic tendencies.
- **Respect the rights of individuals who do not wish to drink.** It is considered impolite to attempt to get people to drink who do not wish to. They may abstain for religious or medical reasons, because they are recovering alcoholics, or they just may not like the taste and effect it has on them.
- **Avoid drinking mixed drinks on an empty stomach on a hot day.** This might produce hypoglycemia, which can cause dizziness, weakness, and mood change.
- **Pair drinking with dining.** If you know that you will have to drive after consuming alcohol, limit your consumption to no more than one drink an hour **with your meal**. This allows time for the alcohol to be burned up and for it to be absorbed slowly into the circulatory system. Consuming no more than one glass of wine, beer or mixed drink with a meal in a hour is generally safe for driving.

## *Part V: Alcohol and Caffeine*

- **Pregnant or think you might be?** Alcohol goes straight from a mother's bloodstream to the unborn baby causing birth defects and other abnormalities.

<http://studenthealth.oregonstate.edu/responsible-alcohol-use>

Monday, 04 August 2014

## What are energy drinks?

A Summary given by Christopher Benjamin

Well, I was told that the recipe comes from shamans of the Golden Triangle: Cambodia, Laos, Thailand and they used it for generations, centuries and millennia for whatever goal. Nobody told us and nobody will also inform us for what it is good or it shall not be used for. But there is one thing certain: Shamans are connected with the earthbound spirits and they use certain drinks for certain, special effects ... Travelling with the soul, leaving the body, voodoo or people seem to be dead ... but they are not; shift of consciousness, etc ... but do we know for what this recipe was created and used for? No, we have no idea!

My observations and conclusions for using energy drinks are as follow:

Energy drinks mobilize energy reserves in the human body when coffee becomes insufficient ... this person is already too exhausted, weakened to remain awake, to work, to concentrate or whatever (s)he needs to be awake. His or her sleep was too little.

So – consequently – energy drinks mobilize the last energy reserves of the body. Other drinks stimulate only inadequate.

The consequences of this constant use are:

- 1) Total physical exhaustion. (With the physical exhaustion mental fatigue follows unavoidable ... physical 'burn-out'.)
- 2) The physical body is now open and unprotected of being taken from any spirit who is interested in possessing this person ... since this person has no mental defenses anymore against a takeover. This person or personality stops being himself and can start manifesting quite differently – to the surprise of his friends and family members.  
**=>Change of character, change of identity!**
- 3) These forces (in general demonic or diabolical forces) can now use this body for whatever they want. They are completely free to live and manifest their evilness in this world, spread fear and terror in the world!

And we shall also think about this:

The beverage industry sells billions and billions of cans in Europe and the United States. This stuff even became a social drink for our youth (I've even seen 8 or 10 years old kids with a can in their hand). Is it obligatory for them to drink it for not being old fashioned or also called 'OUT!'?

But how many adults consume this drink too? And in what quantity ... every day?

Are these drinks really as safe as the beverage industry wants us to believe?

Again: The recipe created and given by shamans and not just by a business man? Does nobody realize or observe that people who consume energy drinks regularly per day are different ... and even very difficult to "grab" for me?

It seems to be ... No. People are totally asleep and unaware. But the long-term effect will show us very well ... earlier or later. Only ... are we then able to deal with the consequences when we are confronted with them? (Remember the 'Law of Cause and Consequences'!)

Understand Life and myself anew:

clear Answers to Questions concerning Daily Life

- eBook 11: The Reasons behind Suffering
- eBook 23: 'Nutrition for a successful life'
- eBook 28: 'A new Understanding of Health'
- eBook 54: The Undesirables
- eBook 56: 'Wars – seen with a wider field'
- eBook 58: Science & Initiatic Science

(eBook-Edition "Thoughts of Eternal Wisdom"!)

<http://www.realpeacework-akademie.info/jena>

## Part V: Alcohol and Caffeine

Our world in the transit: The transition from a material world into a spiritual reality:  
A reinterpretation of the historical events & the current affairs  
... and everything gets suddenly a plausible, comprehensible background!  
[www.realpeacework-akademie.info/sofia](http://www.realpeacework-akademie.info/sofia)  
<http://www.amanfangwardaslicht.at/>

### **"Spiritual Influences on Human beings"**

Lectures given by 'Rudolf Steiner':

- *The Influence of spiritual Beings upon man* (11 Lectures)
- *The Spiritual Guidance of Mankind* (Munich, 20. August 1911)
- *Supersensible Influences in the History of Mankind – with special References to Cult in Ancient Egypt & in later Times* (6 Lectures)
- *Relationships Between the Living and the Dead* (Hamburg, 16.02.1916)
- *The Influence of the Dead on the Life of Man on Earth* (Zürich 03.12.1916)
- *Life Between Death & Rebirth – The active connection between the living & the dead* (16 Lectures)
- *The Work of the Angels In Man's Astral Body* (Zurich 09.10.1918)
- *Past Incarnations of the Peoples of Today* (Stuttgart 06.01.1921)
- *Man in the Past, the present and the Future – The Evolution of Consciousness* (3 Lectures)

[http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/ArchangelMichael\\_e.html](http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/ArchangelMichael_e.html)







*Project Real Peacework eAkademie – International Peace eSchool*  
*Institute for individual Peace work & Future Design*  
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Skype: [liverightrightnow](#)

[www.realpeacework-akademie.info/linz](http://www.realpeacework-akademie.info/linz)

[www.mayorsforpeace.org](http://www.mayorsforpeace.org)

[www.liveyourquest.com](http://www.liveyourquest.com)

[www.provegan.info](http://www.provegan.info)

[www.omaep.com](http://www.omaep.com)

## **Subjects or Themes to study:**

1.

Awareness – develop awareness – to be or to become conscious of myself

[www.realpeacework-akademie.info/2012](http://www.realpeacework-akademie.info/2012)

2.

Self-Realisation which includes knowing my personal Life-Goals

... and that of everyone who is important for me!

[www.realpeacework-akademie.info/giseh](http://www.realpeacework-akademie.info/giseh)

3.

Understand Life and myself anew:

clear Answers to Questions concerning Daily Life

[www.realpeacework-akademie.info/jena](http://www.realpeacework-akademie.info/jena)

4.

Health and nutrition ... and the keys for 'eternal' youth

[www.realpeacework-akademie.info/sofia](http://www.realpeacework-akademie.info/sofia)

5.

Understand the language of Life, my Soul, my spiritual Companions, the great Director of this life (Movie)

=> Signs, Meaning/Interpretation of Illnesses, Accidents, Daily Life Events, Nature and natural phenomena etc. and how we are led or accompanied through life!

[www.realpeacework-akademie.info/sofia](http://www.realpeacework-akademie.info/sofia)

6.

Why our traditional peace efforts fail and the world becomes worse than better!

About the necessity to correct our traditional conception of women

=> Women are neither possessions nor desire or sexual objects for so-called man'ly desires!

=> **Pornography of any manner needs to be abolished!**

You want to know why? Here you learn the FACTs!

[www.realpeacework-akademie.info/graz](http://www.realpeacework-akademie.info/graz)

[http://www.dailymotion.com/frivolle007/video/x4sqe1\\_unbornchildren14\\_lifestyle](http://www.dailymotion.com/frivolle007/video/x4sqe1_unbornchildren14_lifestyle)

7.)

Our world in the transit: The transition from a material world into a spiritual reality: :

A reinterpretation of the historical events & the current affairs

... and everything gets suddenly a plausible, comprehensible background!

[www.realpeacework-akademie.info/sofia](http://www.realpeacework-akademie.info/sofia)

<http://www.amanfangwardaslicht.at/>

8.)

The New-World-Order - State leadership according to highest principles!

[www.realpeacework-akademie.info/sofia](http://www.realpeacework-akademie.info/sofia)

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- o Man in the Past, the present and the Future – The Evolution of Consciousness (3 Lectures)

[http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/ArchangelMichael\\_e.html](http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/ArchangelMichael_e.html)

1

**The Construction of our new Society**

[www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO\\_TheNewSociety\\_e.html](http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO_TheNewSociety_e.html)

2

**The new Family:**

\* Men are from Mars, women from Venus ... and the children from Heaven!

\* The future Role of our future Parents

\* Partnership - A new understanding of Love & Sexuality

\* The creative Power of a pregnant mother, the importance of the father during that time

[www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO\\_Family\\_e.html](http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO_Family_e.html)

3

**The new Political Parties - The new Politicians**

[www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO\\_Politic\\_e.html](http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO_Politic_e.html)

4

**Learning, Education, acquire additional skills & knowledge**

\* easier, quicker, more successful & longer lasting than before - it doesn't matter if it is Mathematics,

\* Physics, Chemistry, Languages, etc. - it is a way of learning which guarantees fun AND success to both parties: teachers and pupils or students (even if they are very handicapped in learning!!!)

[www.realpeacework-akademie.info/sofia/German/D-Webseiten/NWO\\_Schule\\_d.html](http://www.realpeacework-akademie.info/sofia/German/D-Webseiten/NWO_Schule_d.html)

5

**Hospitality Club / Couchsurfing Club – traditional Hospitality discovered anew!**

A new, worldwide Community is coming into being: Travelling and staying with till now unknown friends -

Travelling, become acquainted with new cultures and people with little money and lowest costs!

[www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO\\_overview\\_e.html](http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO_overview_e.html)

6

**Living on Light – Dying of Hunger or Dying of Thirst ... Impossible!**

Essential, destructive fears disappear!

[www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO\\_LivingOnLight\\_e.html](http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO_LivingOnLight_e.html)

<http://www.amanfangwardaslicht.at/> (soon also in English!)

7

**The new Economy**

\* New Models of Cooperation between Employer and Employees

\* Ricardo Semler, Management-Buyout, Employee participations, etc.

\* Die GLS-Gemeinschaftsbank - the community bank for lending & give-aways

(The first bank with ethical & ecological principles in their financial policy)

\* Free Energy technologies, Water cars and Earth healing

[www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO\\_overview\\_e.html](http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO_overview_e.html)

8

**The new Agriculture - Ways out of the Crisis**

[www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO\\_Agriculture\\_e.html](http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO_Agriculture_e.html)

9

**The new Religion - solar & universal**

[www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO\\_overview\\_e.html](http://www.realpeacework-akademie.info/sofia/Englisch/E-pages/NWO_overview_e.html)