

Drugs and the Invisible Worlds by Jost Sauer

Natural therapies offer extremely effective solutions for drug recovery and repair, however, an important aspect of this work that is not often addressed is the influence of the 'invisible worlds' on both people who have taken recreational drugs and those who are in contact with them. This is particularly relevant for therapists who use energetic or spiritual techniques which can open up their energy fields to 'invasion'. I have been working in energy medicine for the past seventeen years and I have had my share of other-worldly experiences, both positive and negative. On the positive side, I often have an overpowering sensation that my work is being guided by benign or loving beings, but I have also had incredibly negative experiences, of feeling as if I have been attacked by negative forces or dark energies that are released from the patient's energy field during intense energy work. I never know when this will happen but I have observed that it is much more frequent when treating patients who have drug related conditions.

I believe that an essential part of holistic drug-repair, which aims to heal body, mind and spirit, is knowing how to deal with these hidden forces or energies but you can't learn this from a book and it certainly wasn't part of the curriculum when I was a student. In the West many mainstream educational institutions offer courses in Eastern forms of medicine and healing but they often only take what fits in with the Western worldview. In Traditional Chinese Medicine (TCM) for example, it is crucial to learn Chi techniques and undertake daily Chi training to be an effective practitioner but in many colleges across Australia TCM is offered as a purely theoretical course. Students are taught 24 different massage techniques but offered no experiential insight into Chi – the fundamental tool of the trade. Likewise, in Traditional Chinese Medicine it is considered that the invisible worlds have a huge impact on health and happiness but this is not addressed either in Western studies.

When I started doing hands-on work as a therapist I was totally unprepared for some of the experiences I had and it wasn't until I began serious training under a spiritual Master (Bhai Sahib Kirpal Singh Ji Gill) that I gained some insight or even a language to describe what had happened. He had a Sikh background and that classic blend of a passion for both science and spirituality that characterises many Indian gurus, and he led me step by step into the worlds which we can't see but many of us can sense. According to his philosophy, spirits who resist the divine plan aren't allowed to incarnate but they still desire the worldly experience or even intend to control the physical world. They need a power source for this though and accordingly, target those whose auras (what I would term Energy Fields) are damaged and thus left 'open'. This damage can occur through many contemporary lifestyle practices including recreational drug use. Initially this invasion concept was a bit hard to accept but given that we are in a universe which is now thought to be based on energies (an idea being proposed by both science and spirituality) it makes sense that there would be both beneficial and negative energies and an interaction between them.

From the perspective of my training in TCM and Energy medicine, if there are negative forces that seek some power source or energy from us, in drug-related cases this invasion would be connected to Jing. Jing is the life force given to us during conception and later during delivery. It is partially provided by parents and partially by the universe. Jing is the raw energy or fuel for all our physical and emotional activities. It is a kind of advance payment or savings account for the job ahead in the physical plane. Jing executes 'will', it is like material will. All recreational drugs unleash this force prematurely, this is how they make you feel so good. The incredible rush from a drug like cocaine comes from a massive freeflow of energy through your body but this is fuelled by your own Jing not the drug. This massive freeing of Jing or energy could attract weaker energies seeking strength and accordingly the Jing loss could be even greater. Jing determines the potential for experiencing joy in life. When you are young and you have plenty of Jing life is like a big party. As you grow older and you have consumed most of your Jing, life becomes duller manifesting in fatigue, loss of libido, inability to ejaculate in men, headaches, lower back pain, weak body and knees. The rapid decline of Jing resulting from drug abuse and possible metaphysical raiding leads to premature onset of these symptoms but it also accounts for the fact that any repeated drug experience is never as good as the previous one. I have seen countless people, myself included, who had a fantastic experience on a drug and sought to recapture that, but no-one ever does. It is definitely a downward cycle, not only will you never recapture that fantastic experience you will feel progressively worse. This is why it is so important for ex-heavy drug users to commit to replenishing their Jing and building body, mind and spirit. Particularly if there has been some metaphysical loss of Jing as well, you don't want to be left with a grim post-drug future of premature ageing while some spirit enjoys a 'stay' on earth courtesy of your Jing!

The spirit / energy invasion concept sounds really far-fetched but I know from various drug trips that I went on, particularly with LSD, that there definitely are other dimensions or invisible worlds, and they are not all necessarily nice. I know people who had such frightening experiences on hallucinogenic drugs that they were permanently affected. One, who dropped acid and was then followed by ghouls - which materialised from the walls and streets of an old town in Ireland - had flashbacks of the terror of the experience for years afterwards. Even scientific or medical studies are starting to enter this territory. A recent clinical study using hallucinogens (the first since the ban on psychedelic research) entered into the uncharted territory of the invisible worlds. The participants were administered the drug DMT (an hallucinogenic substance produced in the body) in a hospital environment, monitored and questioned closely afterwards about their experiences. When the vast majority of them reported passing through a wall or curtain of some sort and meeting 'aliens', most of whom had been expecting them and then proceeded to 'feast' or experiment on them, the supervisor had to abandon his scepticism and consider the possibility that there are other realms of existence and that we can access these (Strassman, R. 2001, DMT: the spirit molecule, Park Street Press, Rochester, Vermont). Last year I had a client, a teenager who had been shooting up speed daily for months. He sat before me with empty, dead eyes, not listening or responding to anything I said or did. I persevered and halfway through the counselling session there was a terrifying moment when I was looking into his eyes but seeing not him but a very dark

and frightening force which attacked me psychically. I felt locked in an enormous battle of wills. By the end the boy looked normal again. However, for days afterwards I felt terrible.

Once I would have thought that this sort of thing happened to me because I took too many drugs myself, but I have talked to many therapists, martial artists, spiritual seekers or just highly sensitive people who have had similar experiences. If you work energetically or spiritually with drug users, or indeed with other patients who have weakened their Energy Fields and been in situations where they were open to energetic invasion, the chance are that you will engage with unwanted entities. This is simply because the nature of the therapeutic work is to 'open up', to be in Chi and to feel the subtle Energy Field of the patient's body either for diagnosis, alterations, repair or channelling. As you do so, you in turn can become the target for entities who want your Jing as well, as this strengthens their presence further. Initially this attack manifests as feeling 'heavy' straight after the session. You feel aggravated by everything including your partner. You feel exhausted but can't sleep because as soon as you close your eyes a bright light burns into your mind. The only escape is to open your eyes but this disturbs the Hun, the spiritual resource of the Liver responsible for sleep and dreams. The Hun has no substance to lay your mind to rest and the battle with insomnia begins. After a couple of weeks of this, you no longer give a toss about compassion or your intent to help the world, you just want to give in and get some sleep. So what can you do? Getting a normal job is the easiest solution but if you want to continue the good fight, you need to actively arm yourself against spiritual attack. You need to go into battle prepared.

I believe the most important step towards this is to build your will as this directly counteracts the intent of the negative forces or energies. In TCM strength and willpower are associated with the Kidneys and, as the organs produce Chi and Blood, the best way to strengthen your Kidneys is by building your organ condition. If you build plenty of Blood and Chi by yourself, you develop what is referred to in TCM as 'post-natal' Jing. If this becomes the main fuel for your work, your emotions and your will, you can begin to preserve and to nurture your pre-natal Jing, the precious elixir the negative entities seek. Once your will and Jing become stronger you scare them away. Building Chi and Jing is relatively simple, it is about perseverance of daily practice of Chi-gung, endurance and weight training, proper diet, correct action and thinking and lots of herbs and supplements as well as a dedicated spiritual practice. In TCM of course, nothing is purely negative or positive and when consulting Bhai Sahib about my attacks he would say that I was being trained to become a strong fighter, an active tool of spirit as opposed to just talking about spirit. Looking back he was right. With every attack I became stronger and my Chi (which is derived from the Jing) eventually reached a quality where healing treatments became so intense that sometimes complex pathologies were transformed within the span of a couple of sessions. As healers this is what we aim to do but for all of us a Chi and Jing building lifestyle and daily spiritual practice will arm us to fight negative energies and stay on the path of health and happiness.