

# Love, Cocaine and the Drug Rundown

*By Heidrun Beer, Austria*

**We needed a large place in May 1971 to make this photo of my whole family. I don't remember the newspaper headline exactly, but it said something about the biggest Austrian family ever (at that time). Not all children in my generation were already born when the photo was made, but in the end one couple, my grandparents, could be proud of 45 grandchildren, produced by their 7 children and these children's spouses.**

One daughter proved her fertility even without a

spouse; one son married twice; one spouse died early, leaving his wife with 11 under-aged offspring... So all these families met in front of the baroque castle "Belvedere" in Vienna, and we walked up the big stairs leading to the main entrance and stood in a huge group and had our photo taken. Good that it was a well designed stair, built from solid rock - a wood stair might have collapsed under the weight of then 51 people - the final number would have been 61! Of the next generation, which is also starting to have children already, I completely lost count.



*Author's relatives and family, 1971. She was only 17 at the time.*

Nature has its way of making sure that people procreate, doesn't it? Gigabytes have been written about love and attraction, science has found out all about the secrets of the odorless pheromone molecules that are absorbed through the nose and tell a man when a woman is fertile, about the genetic compatibility between partners that is also communicated through the sense of smell, and about the mysterious fact that women can least resist the seduction by men when they approach ovulation - the time when they are most fertile and it is more or less certain that they will conceive.

Whole books have been filled with the best chat-up lines to get girls, and the perfect make-up, fashion and perfume to get guys. There are even speed seduction courses to ensure that even if no procreation is planned, people don't forget how it's done. Somehow they enjoy the exercise as such. Hmm... why is that? We don't enjoy exercising typing or vocable learning - why do we enjoy exercising procreating? The fact is so well known of course that we don't question it anymore, but I question it now: why?

### All Life Is Chemistry

It is a platitude that all life is chemistry, but nevertheless it is true. All physical life at least: cells and organs, even organisms between them - they are talking and interacting in chemical language. Functions like hunger and thirst, digestion, tissue repairs, bone strength, temperature regulation, wound healing, fertility in women and the urge to mate in men, all is managed by thousands of chemical molecules that are produced by the body's glands and circulating in the blood stream. But for some reason, this chemistry is not perfect. We can speculate forever about the reasons - fact is that we are watching derailments of this chemistry everywhere. Many of these derailments are classified as diseases, and for some of them a treatment has

been found: malfunctions of the thyroid can be controlled by synthetic hormones; missing stomach enzymes can be substituted; overshooting immune system activity can be reduced. There are many more examples.

A special category of biochemical derailments are addictions, and of these we have again three categories: substance addictions, non-substance addictions, and a third and especially difficult category...

### Substance and Non-Substance Addictions

Some people get addicted to substances like alcohol, caffeine, nicotine, heroin or other drugs. Even though it looks dramatic and can be an extreme challenge, withdrawal from such substances is still relatively simple, at least in theory, because they are not needed by any actual biological system - so the body can be weaned from them without losing vital functionality. With enough discipline and motivation (for instance, to stay alive and healthy for one's kids or spouse), and with the support of a therapist or clearing practitioner and sometimes even certain non-addictive drugs it is possible to train oneself to never touch these substances again.

Another tedious and yet simple category is that of non-substance addictions like shopping, internet, TV, video games, betting in races, or gambling. Again these things are not needed by any actual biological system - well, shopping and internet to a degree in our current culture, but certainly not betting, gambling, or hitting the keys of a video console for 26 hours straight (at least one kid died because of this madness - simply dropped dead in front of the monitor). So any therapy or discipline that will cause us to never go near these activities again will be a successful cure.

### Complex Addictions

Where it gets really difficult is where a function derails that is actually needed by the physical body for its very survival. The classic example would be obesity. People can overeat to the point where their excess weight and the related changes in blood vessels, joints, spine, heart size etc. literally kill them. Poor Michael Douglas with his sex addiction is another classic example. Up to this day I have not found out how they cured him in the clinic where he checked in - probably not with the help of sexy girls - , but somehow they must have found a way to regulate his pathological libido back to a healthy level without eradicating it completely.

Same for overeating. People can be trained to stop smoking, but they cannot be trained to stop eating - even if some hospital has them on a zero diet for a few weeks, at some point before they turn into a skeleton they have to start eating again - this time without putting all the extra weight back on.

In these cases, completely deleting the addictive impulses and patterns does not do the trick. Both food and sex are actual needs for the physical body, and yet they can derail and devastate a person's health or family life. What is needed is a way to convert them back from excessive to useful. There is a common denominator to these things, and maybe understanding it can help us to get enough control over our biochemical derailments that they become manageable.

### The Instant Gratification Center

It all goes back to ancient times. Before we had supermarkets and dating websites, we needed much patience and endurance before we could eat or mate. We had to hunt an animal for hours before we finally had it between our teeth. Or we had to climb first a mountain and then a tree in order to harvest its fruits. Or we had to wrestle and bite our way through a whole row of competitors before

we could grab the mother of our future children long enough to inject our genes into her womb.

Who would do such an arduous thing without a reward? Actually our ancestors did, or we would not be here today. They did it for one reason: they were rewarded by their own brain! There is a brain area called the "Instant Gratification Center" which creates a sensation of intense pleasure when it is tickled by certain chemicals. These chemicals are produced by eating, by touching and by sex - nature's way of making sure that not very intelligent animals, who don't really have the concept of a future, or any planning capacity, will nevertheless eat, engage in social contact, and procreate: it feels so good - let's do it again!

Now there are also other chemicals which emulate these substances. First we found them in fermenting fruits that had fallen down from a tree and been exposed to the sunshine for a few days, in the leaves of the coca plant and in the green hull of the poppy seed capsule. Later we learned to synthesize them in the test glass from their chemical building blocks. Drugs emulate the biochemical behavior of our own gratification hormones - of course without ever fulfilling their actual role in the organism.

All drug taking gives the body the feeling of having done some non-existing pro-survival activity. The body feels just as good as if he had just slayed a prey animal or made a baby - but his stomach is still empty, and no grown-up son will come and pay his father's pension 40 years later - it's an empty promise, like eating a cardboard pizza with zero nutritional value - a big delusion, and a dangerous one!

Anything that tickles the brain's "Instant Gratification Center" can be used as a drug by the naked monkeys called humans - animals who are clever enough to discover the pleasant effects of certain chemicals and then produce them in

hidden dirty laboratories, but not clever enough to understand the damage they are doing to themselves and the survival of their species. (We have not talked about spiritual beings yet, but that comes later...)

### Love Hormones - Drugs?

A whole package of hormones regulates eating. And six hormones are produced by the body around attraction, love and lovemaking. Amazingly, several of them have synthetic “twins” that produce the same ecstatic highs in the body! They are: Dopamine - produces highs similar to *cocaine* (and is just as addictive); Phenylethylamine (PEA) - produces highs similar to *speed*; Adrenaline - the well known action junkie hormone (action junkies are people who always need a dangerous kick like mountain climbing or bungee jumping to feel alive); Endorphin - produces *heroin* like highs; Vasopressin - a hormone that supposedly makes men monogamous (alcohol destroys it); Oxytocin - the “cuddle hormone” that is responsible for bonding between partners. Source: <http://hubpages.com/hub/Hormones-and-love>.

To the typical human person, the effects of this drug cocktail are instantly recognizable as “being in love”. It is the emotional rubber band that brings men and women close enough to fertilize eggs, and the glue that keeps families together long enough to raise a generation of children.

To the spiritual being it brings back some eternal questions: what pins us down into a body? Why are we so drawn to Earth life, and why is physical communication like sex so irresistibly fascinating, even though we know that the truth is that we are of a spiritual, not physical nature? Does the fact that we communicate through matter mean that we have lost the ability to communicate more directly through telepathy and energy flows? Is it simply

one more variation in our toolbox of brushes that we use as artists to add to the big painting of creation? Or are we using a physical language simply because we are dealing with physical bodies, and this is their natural way of communicating?

Finally to the clearing practitioner and case supervisor love and sex are big topics in every client’s life that need to be seen from every angle. The spiritual and emotional angles are normally considered by any good practitioner; the fact that there is also a biochemical angle, and that it has parallels with drugs and therefore also may need an approach parallel to drugs, will yet have to find its way into their training.

### What a Coincidence!

Through one of the coincidences that have accompanied me throughout my whole life, I happened to be involved with a man who was most beautiful to me, but with whom I had very little in common, and who had practically no affinity for me, at the same time where I got a re-run of the Scientology Drug Rundown. The lesson I learned about my weak points there was not pleasant.

We shared some interests like processing, a love for nature and classical music, and we were doing fine in the bedroom, but I clearly saw a glaring mismatch in many other relevant areas, and yet I could not stop wanting to build a future for him and me, and pulling him into my life with great persistency. Would an intelligent woman do such a thing? I had always thought of myself as intelligent. Was I losing my mind? Each time our realities clashed (and that was more or less each time we had any contact), I cringed with protest against what I perceived as awful nonsense. That was colliding with my passionate longings. Each time I projected similar events into the future I saw us move apart with intense disgust. Yet each time I looked at his face, I had an instant high and wanted more, more, more!



Nothing else in or on him seemed really desirable: body out of shape, health not good at all, education horizon narrow with very little interest to learn more, interaction patterns that had a spooky similarity with those of my ex-husband (with whom I spent 8 of 9 years of marriage in permanent war), erratic comm cycle, irrational mood swings, and a puzzling aversion against books (which are a major center of interest for myself)... with so many things looking unworkable, why in the world would I feel such an irresistible attraction when I looked at his face? Oh, the waves of ecstasy when I browsed through his photos on Facebook. What was happening there?

### Chemical Release

I kept burning up money for flight tickets, hotel bills and exquisite presents for him. I spent countless hours in Skype chats, hoping to improve our personal rapport - rather than looking for a new job, as it was obvious at the time that my employer had financial troubles. I got into financial troubles myself because I didn't react properly to alarm signals that somehow didn't really register. I gave more priority to his life than to my own and that of my kids. Because of all that, I kept insulting myself for being so stupid and irresponsible. On top of all the time and money I spent on this man, I also made less of myself and lost trust in my ability to assess people and make rational decisions. I was well on the way to destroying my relationship with the one person who was and is most essential for making my life a successful one: myself!

Today I know that my moments of Facebook ecstasy were *dopamine highs*, and that all the "relationship building" was aimed at getting more of these highs. There was simply no material to build a relationship from - he just happened to have the type of face that I treasure most in a man -

the very act of looking at a face of "our type" triggers the release of dopamine with its intense cocaine-like "feel good" effects.

As my auditor cleared the definition of "Chemical Release" with me - 30 years after I cleared it on my first drug rundown - , finally scales fell from my eyes. I realized that I was addicted - not to a relationship, not to a person, but simply to the highs that this hormone produced in my brain. Oh, how embarrassing! I had been so proud of always having stayed clear of drugs - never smoked, never drank, never into street drugs, very few medical drugs, I even got rid of my dependency on caffeine and handled my issues with overeating - and now I found myself completely hooked on dopamine highs!

From there on I knew that I did not have to improve a relationship (which looked absolutely hopeless once seen with sober eyes, so after the next irrational turn of events I quit cold turkey) - I had to handle a drug addiction. My auditor did not want to put a person onto a drug list, but I was just going through the drug rundown patterns with the other drugs we were running, so I simply ran a solo session, applied the same patterns to the beautiful face that kept me revolving around this person like a planet orbiting its sun; I added some sessions with tailormade creative processing, and oh! I so hated to get rid of the addiction, because "what is left when the love is lost?" So the line of an opera figure who also mistook her drug highs for genuine thetan rapport (Amelia in Verdi's "Ballo in Maschera").

I really have empathy with people who go through a withdrawal from nicotine or heroin or alcohol. Life looks so empty without the daily fix. Endless hours, and all of them empty! It took me quite a while to develop really substantial theta connections instead of just continuously

replenishing the drug levels in my blood.

### Solid Proof: Brain Scans

Brain specialist Daniel G. Amen, a man who has looked at 30.000 brain scans during his career as a doctor, once met a friend who was freshly in love. He seemed to be so different from his usual self that Dr. Amen asked his permission to do a brain scan with him (still so curious after 30.000 scans? Wow!).

He was so deeply impressed by what he saw that he mentions this spontaneous mini study in more than one of his books: the man's brain looked like that of a person on a full blown cocaine trip! Now we can debate whether this drug driven animal called "man" is a major stroke of genius by evolution or rather a major blunder - after all, humanity is flooding this planet

with offspring completely out of proportion, and is very much out of sync with the rest of ecology -, but it is a fact that seen from the viewpoint of one species alone, the combination of attraction drugs and bonding drugs has proven to be a very successful survival strategy - as long as it is well embedded in all the other patterns that are necessary for building a harmonious life.

### Addiction: a Major Derailment

Just what if one of the many biochemical

derailments happens that the human body seems to be so prone to? For some reason, doctors see the addiction to illegal street drugs, prescribed medical drugs and legalized social drugs like alcohol and nicotine as a medical situation; they also see obesity as a medical situation, which could also be called a "sugar addiction" - Dr. Joseph Mercola describes in his book "The No Grain Diet" how we can get into a fatal loop of always needing more and more food if we eat the wrong type of carbohydrates - , only the addiction to the cocktail of love drugs is not seen in the same way, and no withdrawal therapy equivalent to

cocaine or heroin withdrawal has been developed, even though the physiological mechanisms are exactly the same.

Similar in processing - drugs highs and drug addictions are a well known phenomenon and we have workable approaches to handling them in session, but the chemical "words" of love are not

counted into these drugs, so when running out drug highs, our highs on love hormones get skipped and the whole theme of chemical release remains unflat.

### Love is Essential

One thing is certain: while our life gets infinitely better if we can stop to inject heroin or inhale cigarette smoke, we cannot stop loving, or we would turn into soulless robots with no motivation



to live and create a future. Even without a body, love is the very essence of the relations between spiritual beings, and even more where the planning and care for future generations of human beings is involved. This requires so much commitment and persistency - without the constant weaving of love fibres into the tissue of existence people would simply have no reason to produce this commitment and persistency on a daily basis.

As long as we are incarnated as human beings, love is the emotional food on which we are thriving. So, feelings are necessary, and their chemical language needs to be spoken - spoken well and articulate. Now, if this has derailed and turned into the nightmare of an addiction, how do we find back from this situation of fixation to a viable scenario, where we can trust our feelings to lead us the right way and not into a trap?

### **One Parallel: Food and Eating**

There is one parallel in human life in a body, where a healthy need and an unhealthy addiction are neighbouring in a similar way as in mating: food and eating. Without food, a human being would die within a few weeks, maximally two months, depending on the reserves that were present when they started fasting. Without love, people may survive physically, but die at least an emotional death - often the emotional starvation will prepare the ground for a physical disease as well, which finally releases the person from the prison of a no longer viable environment (this happened to my mother, I am not thinking it up!)

Both are essential needs, and both can tilt over into an addiction. A majority of people has found a way to eat a balanced diet and maintain a healthy body weight, while some overeat so much that they develop obesity to a degree that damages their health really badly. Also most people are well embedded in loving families - really bad

addictions like the one I went through are the exception rather than the rule. So there is an ideal scene for both eating and loving. The question is how to get back to it after a major derailment?

### **Subject Illiteracy**

To me, the first thing to do in any non-optimum situation is always a thorough study of the subject. The specific cluelessness (lack of information) related to only one topic that Alan C. Walter called "Subject Illiteracy" is typically very much at the root of any situation we cannot manage.

Education about the biochemical factors involved in overeating is still not part of any school curriculum, even though some instructions about a healthy diet now slowly seep into the school books. Information about love hormones and their drug parallels is also not present in school books, so we have to be our own teachers if we want to be fully educated about the subject. The books exist, there are also web pages on the net - an hour on Google and we can have filled up our information deficit.

But of course the scene would be incomplete if we looked at the physical factors alone. It would be incomplete also if we looked only at the non-physical factors - so let's balance them well and look at them together.

### **Thetan Affinity**

The really crucial ingredient in any relationship, in my opinion, is genuine thetan affinity. That too has its expression in the body's chemical language: Science has found out that the stormy highs of a young love will subside after two or three years - the initial attraction hormones are less and less effective, and instead of them, bonding hormones start to work in a more quiet and reliable way. If two people establish a real union based on spiritual resonance, personal compatibility, mutual goals and a commitment to

the visions they have developed, and if they have so much affinity for each other that they truly want to be together (an urge to share the same space), they will also be able to ride out the tides of their hormonal ups and downs together and lovingly share, or at least understand with empathy their partner's pendulum swings.

I believe that a person with an addiction is basically alone, or has been alone at the time where the addiction was formed - possibly they have found someone later, but were not strong enough or motivated enough or educated enough to handling the addiction anymore. The artificial highs on substances, natural or synthetic, are needed as a substitute for the love energy they should ideally receive from another person or persons. Even the members of a couple could develop addictions, if their relationship is based on physical interaction only, and no loving energy is exchanged.

For me this certainly happened in that seriously derailed relationship - no thetan affinity, no love energy - I felt treated like a piece of furniture, kept around for the occasional sexual encounter, but never really looked at (remember the intense "I see you!" greeting from the Avatar movie), and not nourished by a partner's continuous loving attention and support. In contrast, I also had a blissful 9 year marriage with a totally loving husband that was only ended by death - I would never have left him. Our bond was woven from the daily actions of love and care going both ways, and neither one of us had any symptoms of addiction, quite to the contrary - he was able to stop smoking after 45 years of being hooked on nicotine, and I got a grip on my overeating issues.

### The Ideal Scene

This marriage started with dopamine highs too - for both me and Paul -, but it went a different way. We wanted more of these wonderful moments,

and we wanted them permanently! We booked plane tickets and hotel rooms in order to meet, and finally Paul moved from Canada to Austria. For a while we spent much time in bed. Listening to our beloved's tiniest impulse with all our senses, and finding always new ways of exciting and pleasing him/her became a passionate ambition.

First it just had to do with erogenous zones and secret spots in and on the body, but soon our lovemaking grew out of the bedroom, and the same pattern of listening and reacting to each other's wishes and impulses expanded into all other areas of life. Paul managed our mini-farm and encouraged me to make happen what I had only had been dreaming of - keeping bees, studying medicine. I re-built the scene of bike tours that had been so important for him in Canada, took care of the time consuming special diet that he needed for his celiac disease, and made sure that he always had a cat. There was no day where we did not say "I love you", but the same message travelled in all our other activities too. We cultivated love as a way of living. We had freed up the pathway for our innermost energy, our very life force, love as such, to express itself in everything we did.

We created a bubble of Heaven on Earth. We had our own atmosphere in there and nothing could disturb it. Paul's precious humor added the grain of salt that kept it from getting too sweet. He would bring me food, give me a smile so endearing that my breath caught, and in the next moment himself saying "The love is stirred in at the bottom!" And so it was wherever we looked. Cleaning, shopping, driving, gardening, making money, building a sane future and preserving the planet for future incarnations by processing people: All our actions had a golden heart-shaped sticker "For you!" on it, visible to our eyes only. And the happy response always reassured us that we were on the right track.



Many little highs every day. I have no doubt that there were also hormones involved in transporting the information and making it register with our bodies, but in this case they were just messengers, not a poor substitute for the real thing, running in loops because the real thing is missing. If such reassurance comes from the people in our life, we don't need any substitutes.

### Forming Teams

If my idea of drug highs being needed as a substitute for love is true, then the ideal handling of any addiction would be to form teams - at least some kind of twinning, friendship or group, if a spouse cannot be found. In such a team, love can grow even if it is not sexual. There are daily talks, cooperation in life matters, maybe co-processing - general co-processing, but especially co-processing of the addiction issues -, and the physical touch that is so important for our emotional well-being can happen in form of cuddling, hugging, dancing or massages.

A loving touch is the natural way of releasing the "feel good" hormones that we are substituting with drugs if they are absent. It tells us that we are embedded in a caring family or social compound, and that means we have good chances at survival. History has been very unhealthy in that regard - our culture is just emerging from the dark ages of an enormous hostility toward the body. But fortunately the times where sex was dirty and touching was a crime are slowly drifting to the past. It is becoming generally known that the only dirt about body communication is in the considerations that we are projecting at it, or at the people who are happily into it. Just whose considerations are they really? Are they truly our own?

### New Paradigm

Processing can answer this question for those who

have been subjected to cultural implanting, but mercifully the younger generations seem to grow up without that. Many of today's 60 and 70 year old people have surrendered to the insane idea that not touching and not being touched is the normal way of living. As a consequence, they have a "sunken in" appearance coming from their lack of reaching. Others have shells of crusty scar energy around them from being punished so much for their sensuality, if they were strong enough to keep it alive. It may need much processing work (or simply much love) to melt that away and free up the original impulsivity in body communication that they once had when they were babies.

The 50 year olds, coming from the 68's "all you need is love" revolution, have already more self-confidence in taking care of their physical needs even in the presence of cultural oppression, and among the 30 and 40 year old people a new culture is forming where the need of touch and physical intimacy is seen as natural and normal, and more flexible scenarios are arranged if the traditional marriage scenario leaves something to be desired. That also reflects in the mainstream media - TV documentaries, magazine articles. It was about time for a new paradigm, where individual needs and preferences have priority over rigid religious or social stencils!

### The Kingdom of Heaven

Look at these kittens - that's how we naturally feel about touching, before it is invalidated and beaten out of us with great violence (with the intention to break us into submissive slave spirits?) That's the innocence with which we are longing for closeness. Jesus Christ says that we need to become like children if we want to find back to the Kingdom of Heaven - is it that what he means?

In order to overcome addiction, we need teams which are encouraged to develop such a climate of closeness, so that the natural and substantial "feel

good” patterns are all in place, and the empty substitutes become dispensable. No more cardboard pizza where we still starve after eating it - actual emotional food!

If such a loose team finally evolves into a firm relationship complete with sexual intimacy, even better. If there are fireworks at the beginning, I hope they will be spectacular! If they later turn into more subtle caring and warmth, I hope it will be stable. With enough subject literacy in love matters, the partners will understand what they are

perceiving: the chemical language of love in a constantly evolving dialogue - rather than the desperate one-way craving of an addiction. They will enjoy the initial times of stormy feelings and excessive lovemaking and treasure them as the short-lived but precious flower that evolution has designed to blossom before it develops into a nutritious fruit. It is the fruit that feeds us, but what would life be without the flower?

