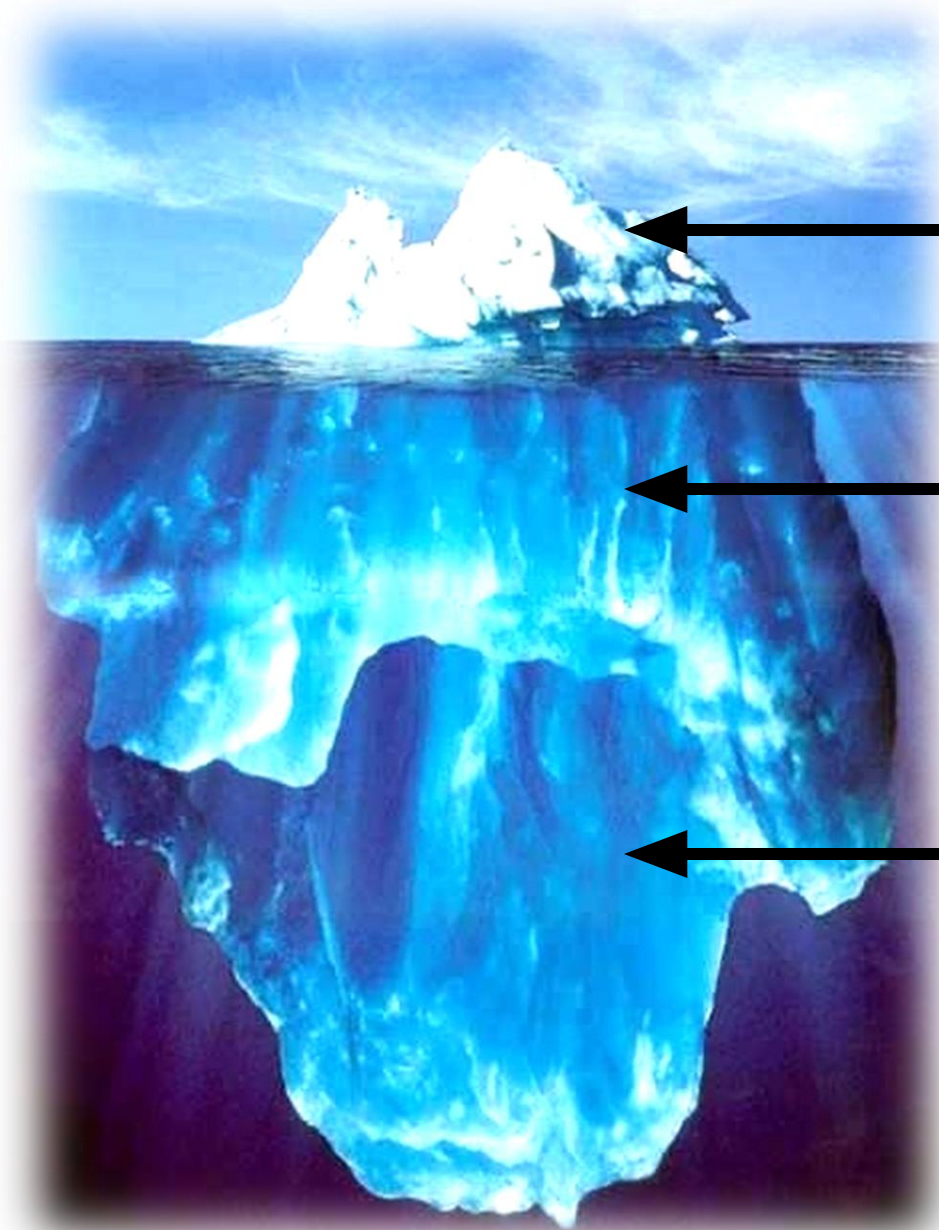


CONSCIOUSNESS

Freud's Iceberg



conscious

Current thoughts

What is in our mind at the present

preconscious

Memories

Stored knowledge

Can be brought into consciousness

unconscious

Fears

Unacceptable desires & urges

Bad experiences that we repress

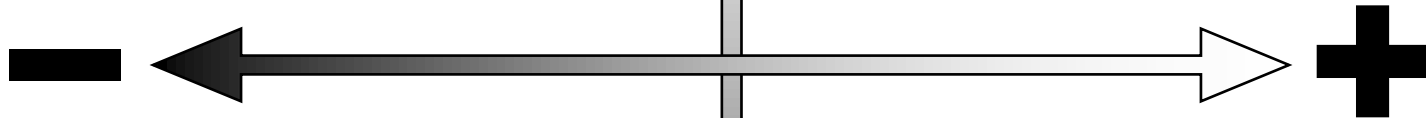
Things we don't want to face

Usually inaccessible

high arousal

scared

excited

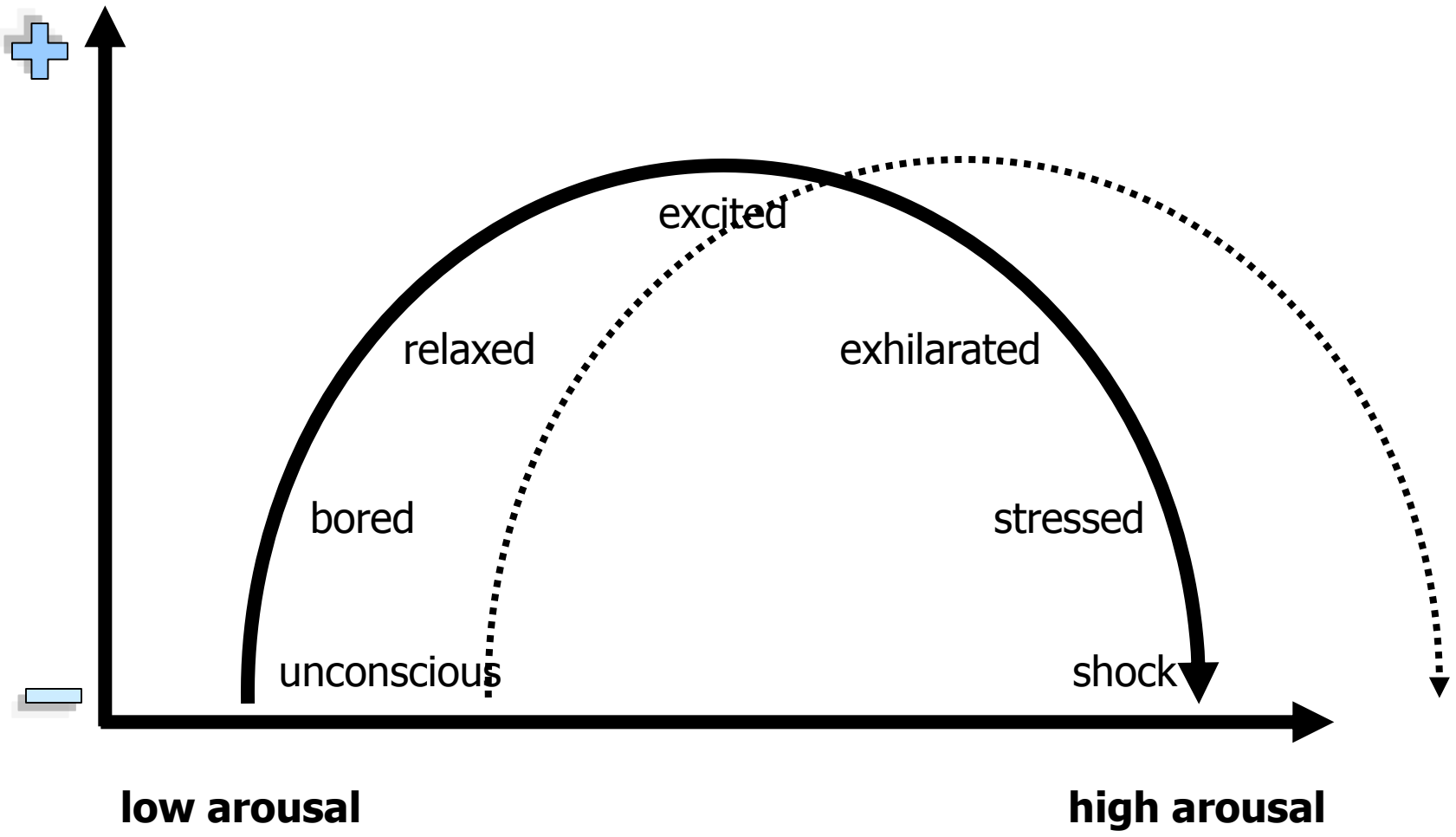


bored

relaxed

low arousal

optimal arousal



narcotics

Opiates

Heroin

Morphine

Codeine

Opioids

Darvon

Demerol

Percodan

Analgesia

(reduced pain)

Brief euphoria

(the "rush" or feeling of well-being)

Nausea

Sedation or Drowsiness

Reduced Anxiety

depressants

- ➔ relaxation
- ➔ reduced tension
- ➔ lowers inhibitions
- ➔ impairs concentration
- ➔ slows reflexes
- ➔ impairs reaction time
- ➔ reduces coordination

stimulants

Short term Effects:

- ❖ Increased heart rate
- ❖ Increased blood pressure
- ❖ Reduced appetite
- ❖ Dilation of the pupils
- ❖ Feelings of happiness and power
- ❖ Reduced fatigue

Long term effects:

- ❖ Insomnia, restlessness
- ❖ Paranoid psychosis
- ❖ Hallucinations
- ❖ Violent behavior
- ❖ Weight loss
- ❖ Tremors

hallucinogens

- ❖ Feelings of *strangeness*
- ❖ Vivid colors, tracers, honeycombing, etc.
- ❖ Hallucinations
- ❖ Confusion, panic, anxiety
- ❖ extreme fear or extreme happiness (euphoria)
- ❖ Distortion of the senses and of time and space
- ❖ PSYCHOSIS

A **psychedelic experience** is a journey to new realms of consciousness... Such experiences of enlarged consciousness can occur in a variety of ways: sensory deprivation, yoga exercises, disciplined meditation, religious or aesthetic ecstasies, or spontaneously. Most recently they have become available to anyone through the ingestion of psychedelic drugs such as LSD, psilocybin, mescaline...Of course, the drug does not produce the transcendent experience. It merely acts as a **chemical key** - it opens the mind, frees the nervous system of its ordinary patterns and structures.

Timothy Leary