

PSYCHOPHARMACOLOGICAL PARALLELS
TO MEDIUMSHIP

EILEEN J. GARRETT (*U.S.A.*)

My experience with LSD has been that it enhanced the mediumistic experience as such, but not the guessing technique with cards and symbols which are not related in my mind to mediumship. When I go into a trance situation and withdraw, I breathe very deeply down into the solar plexus. The last thing I am aware of is a terrific cloud of yellow light. Within my trance state there are two personalities, both of them, fortunately, constructive. I have no control over them. I invite them once I enter the state of auto-hypnosis. What they are I cannot tell you. I think that somewhere in my infancy I may have laid the groundwork for them, why I do not know.

During that period of my life when I gave much time to analysis and being investigated, I worked with people of strong spiritualistic beliefs. They may have left these names in my subconscious, and subconsciously I may have liked their sounds, and clung to them. These personalities are still there. I have tried to dispose of them by various forms of hypnosis and analysis, but in vain. They remain their own length of time, permit themselves to be analyzed by all and sundry, and bring forth valuable material that sometimes gives great comfort, and is also used therapeutically.

There are two other states to which I would draw your attention: the clairvoyant state, and the hearing of voices. In order to be clairvoyant it is possible for me by breath, and by breath alone, to lift myself above the normal everyday being. The moment I make contact with those who seek my

help, I really, with animal understanding, "sniff" their atmosphere. Therefore, I think much of my clairvoyance could be a "leftover" primitive race faculty. I do exactly as the dog does when he catches the scent of a rabbit. I seize it and hold onto it until I know a good many needed facts about the personality of the inquirer. Sometimes I may touch him or her, and in that touch I seem to take something of that personality that serves as a guide. Although it may sound pedantic, I am not usually wrong. It has been said of me that my choice of associates is not conventional, but then I like people who are, so to speak, outside of too much convention. I do not like people who conceal themselves with too many masks.

Clairvoyant situations can be held and controlled for an hour, or as long as I am definitely interested. At the height of clairvoyance, I have a pulse rate of up to 114, and often get a cardiac acceleration, that is if I hold my breath a very long time. In holding the breath overlong, I can raise the pulse rate to 180. I mostly perceive all my clairvoyance in symbols and in color. What do I see? I may be looking at you, and you, the personality, will fade out. Into the picture will come what looks like a three-dimensional personality, or other personalities that may be deceased but are transparent. Nevertheless, if asked: "What does he wear or say, what is his height, how are his eyes?" I am able at once to examine these aspects of the personality and give adequate answers. Another phase of the work is one that gives me consternation and probably frustrates me, but also when frustrated, I am often an excellent medium.

I hear voices. For years, in conflict with myself, or when entering a conflict that has nothing to do with me, if I try to dominate it, I hear voices, sometimes long conversations. They are quite monotonous, and often take me to task. They are not voices that deal with the everyday matters of life, but with matters of growth. They advise me: "You have a certain amount of work to do and you must do it thoroughly and well." I have never yet found any analyst able to tell me whether these voices are hallucinations or what they may be. I think of them as inner direction.

I may point out that the difference between the LSD experience and the mediumistic experience is very marked. I have such a deep feeling about my LSD experience that I can go back to the red handkerchief and other aspects of reality which I carry throughout, and relive the moments. This is not true of the mediumistic experience. Once it has revealed itself, it is over and finished. No memory of it remains. It seems to me the mediumistic experience in a sense is directed by the one who asks the questions. I am not concerned with it and remain detached, and only know it because it has been brought to me. For my part, once I have looked in the mirror, which the psyche is, it can be taken away. This is not true with my psychedelic experience, on the evening of the first experiment which commenced at 10 a.m. At midnight, although I was given sedation, I was still in a deliciously happy mood and the colors in the room danced. Everything took on four or five dimensions. I would look at a mirror and it would become several mirrors while the color would continue to reproduce itself within the mirror. Something that moves me greatly is when I am able to travel through time. I enter into space, into old areas, places and countries with which I am scarcely familiar. If the inquirer is an architect, all the images take on shapes familiar to him. I have had psychic experiences which occur at the height of the LSD experience. I believe the drug has made me a better, more accurate sensitive when I perceive, hear, think and feel. I am completely at home in the LSD experience because of the world of color akin to my own inner world. Finally the LSD world becomes the world akin to my own states of exaltation.