



STOP

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The problem is not sex exactly, but how it is censored

Norberto R. Keppe*

I believe the problem does not lie in sex but in how it is censored by human beings.

- "Dr Keppe, I don't understand why Freud thought neurosis was based on sexual issues," said a client in his session of analysis.

- What do you think about sex?

- I believe it is an instinct like any other and should be seen that way

- So then, why do human beings give it so much importance?

- I think it's because of the pleasure it brings.

- Is that the only reason?

- Well, what other reason could there be?

- I think there is an enormous censorship about it.

What is most censored and forbidden doubles in strength.

In fact what is most censored and forbidden doubles in strength, just as trees become stronger when they are pruned.

- I don't understand why there are more problems with sex than with anything else.

- For example?

- Matters of homosexuality, pedophilia, frigidity and impotence.

Note that there are more economic problems than sexual ones, however there is much less censorship about problems of inflation and deflation, interest rates, and struggles between rich and poor and between countries.

- Why do human beings usually give so much importance to their sex lives?

- Why do you think?

- Isn't it because this has a lot to do with feelings of love?

- These days, people use sex to escape from the realities of life.

Society uses three elements to avoid caring for its true needs: 1) money (in the place of love), 2) food, drugs and alcohol and 3) mainly, in the physiological sense, sex. All three can

be summarized as inverted processes of considering the secondary to be fundamental, or better, considering material to be the basic source of energy rather than essential energy (or scalar energy as Tesla called it), an energy source upon which even the physical depends.

These days, people use sex to escape from the realities of life.

- I have a free sex life and I am never as happy as I should be.

- Why do you think this is?

- I believe that sex for the sake of sex is not enough to give complete satisfaction.

- What's missing then?

- It seems as if it's love.

- What you mean to say is that you are lacking something psychological, or rather lacking the energy that comes from the psychic field.

Both the libido (a term coined by Carl G. Jung) and physics have a similar problem. The belief is that sex only has physical value and not that it is fundamentally psychological—or that its main energy comes from the spirit which causes two human beings who are energetically incomplete to become attracted to and seek to complete one another through their union. In other words, the physical element is secondary, or rather is a consequence of a natural impulse that exists within each human being and creates the need to draw near the completing energy of another.

***Norberto Keppe** is the founder and president of The International Society of Analytical Trilogy (ISAT). He is a psychoanalyst, philosopher and author of more than 30 published books.

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The Benefits of Teaching-Therapy

Fabrizio Biliotti, is a journalist and musician from Italy, the former editor of the Italian edition of Bayerischer Rundfunk in Munich, Germany, and a professor at Millennium Language School.

The learning therapy created by Norberto Keppe, which we use at Millennium Language School is an educational method which is practically the opposite of traditional methods. For example, instead of moving from grammar to ideas, it moves from ideas and feelings to particular grammatical elements. This permits natural learning to occur, just as it occurs in children

who learn to speak their native language before they enter school. Therefore, the principal of this Keppean method is that it allows the student to reduce the stress of their daily life through self knowledge which simultaneously allows him to learn with greater ease not just language, but any subject he studies.

At the same time, the students say they notice improvement in the general state of their health, in their productivity, their enthusiasm, their relationships and life in general. The study and discussion of therapeutic books and texts such as these which are published in the STOP Journal, play a fundamental part in this type of teaching.

At the same time, contact with films, music, art, literature and philosophic, scientific and theological texts help the student not just to improve his general level of knowledge but also to improve his studies, his profession and his relationships, in short, his life in general.

Instead of remaining in theoretical technical and intellectual teaching, Keppe's therapeutic trilogical method starts from action and interiorization and attempts to help the human being conscientize the blockages and difficulties that prevent him from living with all the magnificence of his qualities and possibilities.

"Millennium helps me tremendously, not just with my English but in my career and in my life." (K.U., Department of Mining Engineering, University of Sao Paulo)

In our classes we study high level artistic productions (music, film, paintings, literature) because esthetics favors contact with the universals within the human essence (love, truth and

beauty) which comprise the psychic life. "Art is the basis of civilization," affirms the creator of the Psycholinguistic Method used at Millennium. "Its part is to precisely unmask the marvels and beauty of reality because it has the ability to clarify everything that exists that we do not yet know." (Norberto Keppe, Sociopathology, P 112)

It is hard to explain in a few words within the limits of an article all the richness and complexity of this methodology, which makes it possible to reconnect with the universality of psychic life or consciousness, the true source of knowledge. This therapeutic method can be experienced in our classes by people of all ages who want to live with more balance and better quality of life while overcoming learning difficulties.

www.millennium-linguas.com.br

The Myth of E Coli Bacteria

Roberto Giraldo, MD, Infectologist, Immunologist and specialist in Psychosomatic Medicine

The recent epidemic of a "fatal" strain of Escheriquia Coli in sprouts in Germany allegedly originated in Spain but seems to be more of a reprisal against farmers in that Iberian country. In the United States, supposed "fatal" epidemics of these bacteria—which are part of our normal intestinal flora—were announced like this: if you eat grapes from Chile and not California or if you eat spinach from Florida instead of New Jersey you will become sick. However, the bacteria whose "danger" in Europe was announced in screaming headlines appears to once again be a scapegoat.

Once again, the people are being fooled by a ghost epidemic—and to increase the Pasteurian paranoia (fear of germs and microbes derived from Pasteur's germ theory) some propose that the E Coli in the European vegetables was created by genetic engineering. However, for decades the United States and Russia tried to create biological warfare without success. Never has a virus, bacteria or fungus attacked a healthy human being.

All infection is primarily a consequence of an emotional and social imbalance which weakens the immune system due to negative emotions such as fear, anger, arrogance, unhappiness, lack of gratitude with life, or from expositors and other stress agents. As Norberto

Keppe explains, "All illness comes from the process of projection" "whereby we think we are attacked from outside rather than accepting that "all human suffering comes from man's inner life."

Similarly, the lucrative idea that vaccines are good, safe, that they rarely produce side effects and can eradicate illnesses does not stand up to any honest examination of the facts. Since the end of the 19th century, the number of cases of tuberculosis, for example, has increased worldwide despite the regular application of a vaccine against the Koch bacillus. Similarly, the only children who contract polio today have been vaccinated against it, as highly scientific and ethical research demonstrates.

For more than three decades many doctors, medical professors and serious scientists as well as respected research institutions have questioned the commercialization of science behind vaccines, showing that in general they do not prevent the illnesses they are supposed to prevent. In fact, they can even cause them. This data, however, is prevented from reaching the population through official channels because of the censorship promoted by pharmaceutical companies in the media and by Public Health institutions. That being the case, ethical and responsible people have formed dozens of sites on the Internet in many languages. See these sites at www.stop.org.br (click STOP Denounces) or visit <http://stopvacina.wordpress.com>.

Swedish Government Warning: Vaccines Cause Narcolepsy

Anna Lindquist, Swedish teacher at the Millennium Language School, Sao Paulo

The Swedish government has warned the public that the swine flu vaccine Pandemrix is causing narcolepsy in children and adolescents younger than 19 years of age. The news was published in Dagens Nyheter, the primary newspaper in Sweden, on June 30, 2011. Narcolepsy is a disturbance characterized by sudden and uncontrollable sleep which can occur various times throughout the day; the person suddenly and uncontrollably falls asleep no matter where he is, falling immediately into a deep sleep without passing through its lighter stages. Those who suffer from this side effect of the vaccine become functionally incapacitated, are unable to drive or work at high risk tasks and need to be careful while crossing the street

or shopping because they can suffer or cause accidents which may even be fatal.

According to Dagens Nyheter, "in 2010 the Agency of Medical Products in Sweden received many reports of cases of narcolepsy in children and young people whose symptoms began after they were vaccinated with Pandemrix. The departments of national health received criticisms and complaints because of their passivity. A study was then begun, ending in March, 2011, proving that there was a connection between vaccines and the symptoms. A similar study was concluded in Finland.

But the Swedish Agency of Medical Products still thought there were sufficient questions and continued to verify the cases of narcolepsy. On June 30 these results were presented. Between January 2009 and December 2010, the

Agency found 81 "suspected" cases of narcolepsy in children and adolescents younger than 19 years old.

Among these, 69 (or 85%) were vaccinated with Pandemrix before presenting symptoms. According to the health authorities the risk of becoming ill was greater for children and adolescents who took the vaccine than for those who did not take it.



Ingemar Persson, specialist from Agency of Medical Products, said the conclusion of the study was a total surprise. Margareta Eriksson, vice president of the Swedish Narcolepsy Institute said that the Agency of Medical Products did not evaluate all the cases of narcolepsy and that there were cases after December 2010 which had not been counted in the study.

The Pandemrix vaccine is produced by Glaxo Smithkline (GSK) and has been most used in mass vaccination campaigns against the Swine Flu. The work of the Swedish Government comes from the research of honest scientists around the world who sound the warning about the dangers of vaccines as well as being denounced by authors of articles in France, Columbia, the United States and Brazil in various editions of this newspaper.

Integral Psychoanalysis: Questions and Answers

Cláudia Bernhardt de Souza Pacheco*

1. IS IT GOOD TO DO HYPNOTIC REGRESSION?

Good afternoon, Dr. Claudia and thanks for your time. My teacher has had us studying the unconscious and I would like to know: is it truly possible to discover our past through hypnotic regression? I have certain things, attitudes and thoughts which I believe I have to consider being things from the past which remain in my unconscious and to this day, I don't know the right way to deal with them.

ANSWER: Dear Jordana: neurosis does not exactly come from forgotten unconscious facts, but from an attitude of incoercing or rather of repressing the consciousness of disagreeable facts and problems in general. Hypnotic regression is not recommended because what the person needs in order to be cured is to diminish the censorship of consciousness of his inner life, and hypnosis doesn't do this. If censorship diminishes, the memories will appear and this is healthy and long lasting.

2. HOW DO I DECIPHER MY DREAMS? WHAT INTERESTS ME A LOT ABOUT

PSYCHOANALYSIS IS THE ANALYSIS OF DREAMS. I AM VERY CURIOUS REGARDING INDECIPHERABLE THINGS. IT SEEMS AS IF I HAVE A DESIRE TO KNOW DIFFICULT THINGS.

ANSWER: Dreams are a means of contact with transcendence and a person's inner life. This contact is necessary for reestablishing balance in the personality because the censorship we have during the day diminishes in dreams at night, where we can then see in symbolic form what we need to see. People who are highly censored or who take medication can not remember their dreams or even feel as if they dreamed. It is very common for a person to begin analysis and from that time on begin dreaming or begin remembering his dreams. Dreams are a source of information that, if worked with in psychoanalysis, can be essential for a person's life for they represent another tool for self-knowledge.

3. HOW CAN I FIND A GOOD PROFESSIONAL TO ANALYSE MY DREAMS?

ANSWER: I suggest you do analysis (even by telephone if you live far away) with an analyst trained

in Integral Psychoanalysis because Keppe's method unifies spirituality and psychotherapy. Analyzing dreams using this method becomes a very rich experience. At the International Society of Analytical Trilog, we have psychoanalysts who attend people from all over the world in many different languages. If you study psychology, it's time to begin your analysis and develop your self-knowledge. This is the essential knowledge you'll need to become a psychologist in the future.

4. IS PSYCHOANALYSIS GOOD FOR HEADACHES?

I get frequent headaches. According to Analytical Trilog this problem has a psychological cause. I've tried everything and even went to a neurologist who couldn't find anything wrong with my brain. How can I resolve this problem through psychotherapy?

ANSWER: Headaches and migraines are usually purely psychosomatic; it's extremely rare for them to be linked to a physical cause. What we generally see is that headaches are connected with constant irritability, which is, in most cases, incoercing.



zed. There's a vague and continuous sensation of being ill-at-ease and in a bad mood. Beneath this symptom is a tangle of emotions that lie below the surface of the person's consciousness. lleva con frecuencia a la curación de esos síntomas tan desagradables e incapacitantes.

***Cláudia Bernhardt de Souza Pacheco, vice-president of the International Society of Analytical Trilog, psychoanalyst and writer.**

Questions for Dr. Cláudia: stop@stop.org.br

Emotional Tension and Cavities

Dr. Márcia Sgrinelli, dentist and Dr. Heloísa Coelho, dentist

During our practice of almost 30 years in Brazil, the U.S., Portugal and France, we have attended countless clients who have developed diseases in the mouth in a matter of days or even hours due to excessive emotional tension. For example: F.C. developed cavities during his school exam period. He was very tense because he had not studied sufficiently. I.N. developed cavities and canker sores soon after separating from his wife. F.M. suffered from new

cavities and inflammation of the gums while he was caring for his mother who suffered from a serious illness. D.S. developed many canker sores when he became irritated with his younger brother.

This illustrates Hipocrates' dictum that the illness doesn't exist, but the sick patient does. Or rather, as Cláudia B.S. Pacheco writes in her book, Healing Through Consciousness: Theomania and Stress, we are an inseparable link between the psychic and the physical that is dominated by the former because it is greater. A patient first becomes ill in his psyche and

his body follows as a consequence.

Therefore, Pacheco says that what matters is not the event itself but the attitude towards the consciousness that it brings. We can see in all of these examples that there's a resistance to see and deal with problems that affect the body, alter our salivation and give rise to diseases in the mouth.

Since the beginning of our careers in the dental field, we have been trained in Integral Psychoanalysis which has been a tremendous help in all areas – especially our professions. The psychosomatic orientation we adopt en-

courages a deeper questioning that permits a person with problems in their mouths to try to see as well what is going on in his or her emotional and social life.

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Happiness is living for goodness

Norberto R. Keppe*

Extract from his book *Slavery and Freedom*.

“Dr, Keppe, I have finally found a way to be happy,” said the client in his session of analysis

“What is that?” I asked

“To live for one’s fellow man.”

Note that we were created to live for the goodness of others, which frees us from the dreadful prison of our selfishness, for great suffering comes when we only want to live for ourselves.

— *When I think about dedicating my life to humanity, it seems as if my intelligence and feelings expand.*

— *And what do you think happens?*

— *I have the impression that it’s the starting point for understanding mankind.*

— *And for feeling well, I added.*

To live for oneself in this world is to go against life since we cannot manage to exist other than together

with our fellow man. That’s why the stories of Robinson Crusoe and other individuals who got lost in the forests and on islands show how hard it was for them to survive.

Social life does not come from a pact between citizens as John Locke believed (1632-1704) influenced by the volunteerist philosophy of the Englishman Duns Scot (1266-1308), for society itself is greater than man.

— *As long as the human being does not prove that he is not an enemy of the other, society will not improve.*

— *Or as long as the human being doesn’t perceive that he is an enemy of his fellow man, society will not improve?*

Everything is connected to the concentration of mistakes, and probably the effort not to perceive them is the fundamental mistake that disturbs social life. We must show that the basis of everything is love, beauty and truth and that

everything that is not that way is an aberration.

— *I always thought sex was the greatest sin.*

— *And now what do you think?*

— *I think that arrogance and greed are the worst.*

The belief that sexuality is the greatest sin of all was an idea that lasted for a long time. It served as an enormous excuse and allowed the lords of economic power to enslave the people yet still be considered magnanimous.

— *I always thought that society was wrong and I was right.*

— *In this case you placed yourself above society, just as Lucifer thinks the world needs him while in fact it is he who depends on creation.*

Every selfish individual carries great envy, arrogance and megalomania and believes that

he is above society. It is precisely because of this that he makes his environment a mediocre one.

— *I am furious that my daughter doesn’t participate in sports and now she has this headache.*

— *Why do you think she has a headache?*

— *I have no idea.*

— *Isn’t it because you pressure your daughter to become a great athlete and she doesn’t want to?*

— *I had never thought of that.*

Note that in general, immature parents lead their children to serve them by taking from them the freedom of who they are and who they can become. In this client’s case, both she and her husband had not achieved glory in life and now were obliging their offspring to accomplish what they had not.

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