

Altered States

Medical:
Alert
Sleep
Dreaming
Hyperalert
Intoxicated
Lethargic
Delirium
Obtundation
Stupor
Coma

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Psychiatric:
Normal
Manic
Psychotic
Dissociative
Derealization
Fugue
Hypnotic

Shamanic:
"Normal"
Journeying
Trance
Ceremony
"Intoxicants"

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Altered State

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- + Measure of Consciousness
- + con- "together" and scio "to know"
- + What is Consciousness

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Understanding unconsciousness

Simple, Self and Cosmic Consciousness

+ Psychiatry/Psychology/Hypnotherapy

The Blackwell Companion to Consciousness: "Anything that we are aware of at a given moment forms part of our consciousness, making conscious experience at once the most familiar and most mysterious aspect of our lives."

The Lure of the Altered State

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- + Innate awareness that something is getting in the way of healing
- + Tired of being reliably, consistently and perpetually uncomfortable
- + Something outside the cause and effect relationship
- + Something?? Thought, our own consciousness, awareness, riveted fascination of ourselves??
- +and by removing said block.....what will happen?

Altered State?

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as made their seeing depress

- + Altered state vs. Perceptual State
 Understanding water: H₂O vs. Making it rain
- * What is a 'Trance State'

 "a way for the mind to change the way it filters information in order to provide more efficient use of the mind's resources"
- + Perpetual Perceptual State?

 Dreaming with eyes open: Mystic traditions

 Can you really ever go back?

 Hedonic vs Spiritual experience
- + Multiple Perceptual States?

 Shamanic Perceptual States: literal, symbolic, mythic and energetic (accessed through language, symbol=object, ceremony, energy)

Journeying

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- + Mythic maps to the unseen
- + ? Fiction, ? Fantasy

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- + Except when it is predictable, reliable and reproducible.
- + Associated with an altered state; an altered perceptual state.
- + Means to accessing information through non traditional means.



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Shamanism

Courtesy: Dr. Alberto Villoldo

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Brief Introduction

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- + The mediator between the seen and the unseen
- + Spiritual Journey of reclaiming one's power and knowledge
- + No God in Shamanism; BYOG
- + Fundamentally changing one's relationship to one's past, emotions (anger, fear), death
- + At the level of the psyche but also at the level of the energetic
- + Done through working with energetic imprints, working with non-linear time, ceremony and deep communion with Spirt.

Judaic concept of time Why not tonight?

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Fundamentals

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+ Mythological Fundamentals: Masculine/Feminine Forbidden knowledge Cast out of the Garden Theology/Psychology of Redemption (based on past, forgiveness) + Our Mythologies are invisible to us. Matter = Mother Biology = Spirituality Engagement Power (Shaman concept of power is healing) Western = Prayer, Meditation/Contemplation Shaman = Direct engagement; a healing journey is a journey

of power, inner which is reflected outwards.

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Fundamentals

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+ Benevolent vs. Predatory Universe

+ Participating in Creation (E=mc²) but that which is not tempered by greed, anger, violence or pride.

+ Percept vs. Precept vs. Concept. Shamans use a shift in perception to make a shift in a relationship.

E.g. microbe vs. Jaguar

- + Shamans live in an animate world; not an inanimate one.
- + Intrapsychic vs. Extrapsychic processes.
- + Information vs. Knowledge: Embody the quantum universe
- + Empowered vs. Disempowered construct
- + Get some skin in the game

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Shamanic Intervention

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- + Supported by our quantum universe
- + Chaos Theory

Intervene at the level of the butterfly

Much harder to intervene at the level of the hurricane

- + Non Locality: Time: constant?
- + Entanglement
- + Newtonian laws: Limits of cause and effect; past/present
- + Black holes; energetic grids
- + Intervention at the level of the energetic, mythic
- + Practice of Harmony, balance and alignment
- + Communion with the forces of nature: Creates the possibility of healing
- + Once observed; surrendered to spirit

THE WAS INCOME WHEN THE PROPERTY OF THE PARTY OF property of the property of the party of the LEAST COURSE VESSES SPENNING as many allege and the deprivate + Reduction of the sacred into the psyche + For the Shamans: collective unconscious is nature (Reference Peter Kingsley) + Psychological archetypes not limited to personality but to natural events (animate vs inanimate) + Bring the anima (soul) back into the world; converse with it. The rivers, mountains and trees talk back + Tap into the source that permeates all of life; once you do; you begin to age, heal and relate differently + Primary relationship is not one of correction or repair but participation in your becoming now and in 10,000 years.

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- + Cognitive distortions "I didn't REALLY want to kill myself"
- + Complete the story...... " | believe you "
- + Now convince me otherwise.....
- + Find the secondary gain
- + Hold them accountable
- + Change their core belief
- + Get off the Triangle

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+ Let go of Story: Not using the woundings and battles to inform today.

Reverse Engineer Radical Transformation

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- + Euphoric sense of relief
- + Freedom/escape from said problem, past, story
- + No pound of flesh

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Radical Transformation

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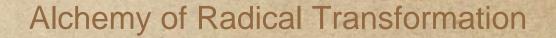
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- + Minutes, hours, weeks, months or years??
- + Volition

Suggestion/hypnosis Core belief shift

Surgery

- + Past is not prelude to the future
- + Radical is that which is beyond our comprehension
- + Localized to time, place and cultural beliefs (Mythology)
- + Can you grow corn with it?
- + Magic (LEF): a shift in the nature of your energetic reality
- + Mandalas: Dealing with things in the symbolic/energetic before they organize into matter.



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- + Perceptual shift: Draining the momentum from an experience so it doesn't inform reality today
- + Awareness of your projections
- + Intention
- + Destination
- + Integrity
- + Skill
- + Love

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Freedom

+ Freedom of choice

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- + Freedom from bindings
- + Freedom to choose your beliefs
- + Freedom to change and rewrite the story

"And what is it but fragments of your own self you would discard that you may become free?"

-Gibran

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Destination

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- + Do NOT spend time on the past
- + Who do you want to be when you stop bleeding?

 "Everyone has a future; only a few people have a destiny"

 Alberto Villoldo
- + Concrete, specific target; define the block; all that is left is the bridge
- + Let them choose the tools

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- + Example of Rapid Resolution
- + Shamanism: Extrapsychic/Intrapsychic: Engaging a power archetype; the hunter becomes the hunted

Death

All the second s

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contained tradapa and

- + Death is constantly stalking us. Rite of passage.
- + Fear and death are intertwined.

Neuroses, Anxiety

- + Part of every religious, mystical tradition
- + Death of that which no longer serves you
- + Death of relationships, beliefs, identity, story
- + Untethered Soul: Michael Singer
- + Shamanism: Death is happening all the time; not all at once as in the West. It begins to fester and grow within us.

Death of our dreams, aspirations, connection and love to fear, greed, ego and pride. Wall Street full of the walking dead!

No longer claimed by death but by life (gratitude, benevolence, love)

Need to step beyond violence and anger (Monk Story)

Living in the moment

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- + One of the most instantaneous transformative practices
- + Breath work

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- + Grounding work (particularly PTSD)
- + Letting go of Story

Surrender

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completed and

- + The Surrender Experiment: Michael Singer
- + Surrender to that which has created and destroyed galaxies and life.
- + Let this flow through you and inform you.
- + Letting go of judgement.
- + Faith/Belief: Can you truly surrender?
- + To that which stalks you

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Environment

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+ Energetic environment

are arregable states while of both all or annual arrest above against after

- + How do you interact with it; how does it inform you
- + Why do bad things keep happening to me??

Transformation

- + Fundamentally, it is a shift in momentum
- + What is it about you that NEEDS to

+ What needs to die

of a new dealing statem, regularly beat without an appelling regularity against after

+ Healing vs. Curing: eg. Broken bone.

- Diana Mimms, MD

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- + Tied to the concept of benevolence
- + Surrender to 'lt's' plan
- + Show up without judgment, fear or emotion
- + Crafting a journey for your soul bringing you to an inch of your possibilities.
- + By looking into our destinies and possibilities; we increase the probability of it's existence. (Heisenberg's)
- + Miracles

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Conclusion

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+ You gain your particular medicine from your healed wounds

+ Everyone has their own medicine

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+ It is said that you cannot walk into the shadows with another person until you have mapped the way for yourself

+ Become familiar with those dark places for yourself so you don't become caught in them with your client

+ lencourage you all of you to look into the deep, dark, damp places that are calling to you.

+ To listen to the cries of the parts of yourself that need attention, the lost pieces asking to be reunited

+ To continually work to become whole and thus be a reflection of the wholeness in others.

