



# Altered States Shamanism Radical Transformation

Tanveer Chaudhry, MD

# Altered States

---

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

Psychiatric:  
Normal  
Manic  
Psychotic  
Dissociative  
Derealization  
Fugue  
Hypnotic

Shamanic:  
"Normal"  
Journeying  
Trance  
Ceremony  
"Intoxicants"



# Altered State

---

- ✦ Measure of Consciousness
- ✦ con- “together” and scio “to know”
- ✦ What is Consciousness

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

---

- ✦ 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?

---

## + Altered state vs. Perceptual State

Understanding water:  $H_2O$  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

---

- ✦ Mythic maps to the unseen
- ✦ ? Fiction, ? Fantasy
- ✦ 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.





# Shamanism

*Courtesy: Dr. Alberto Villoldo*

## Brief Introduction

---

- ✦ 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 Spirit.

Judaic concept of time  
Why not tonight?



# Fundamentals

---

## ✦ 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.

# Fundamentals

---

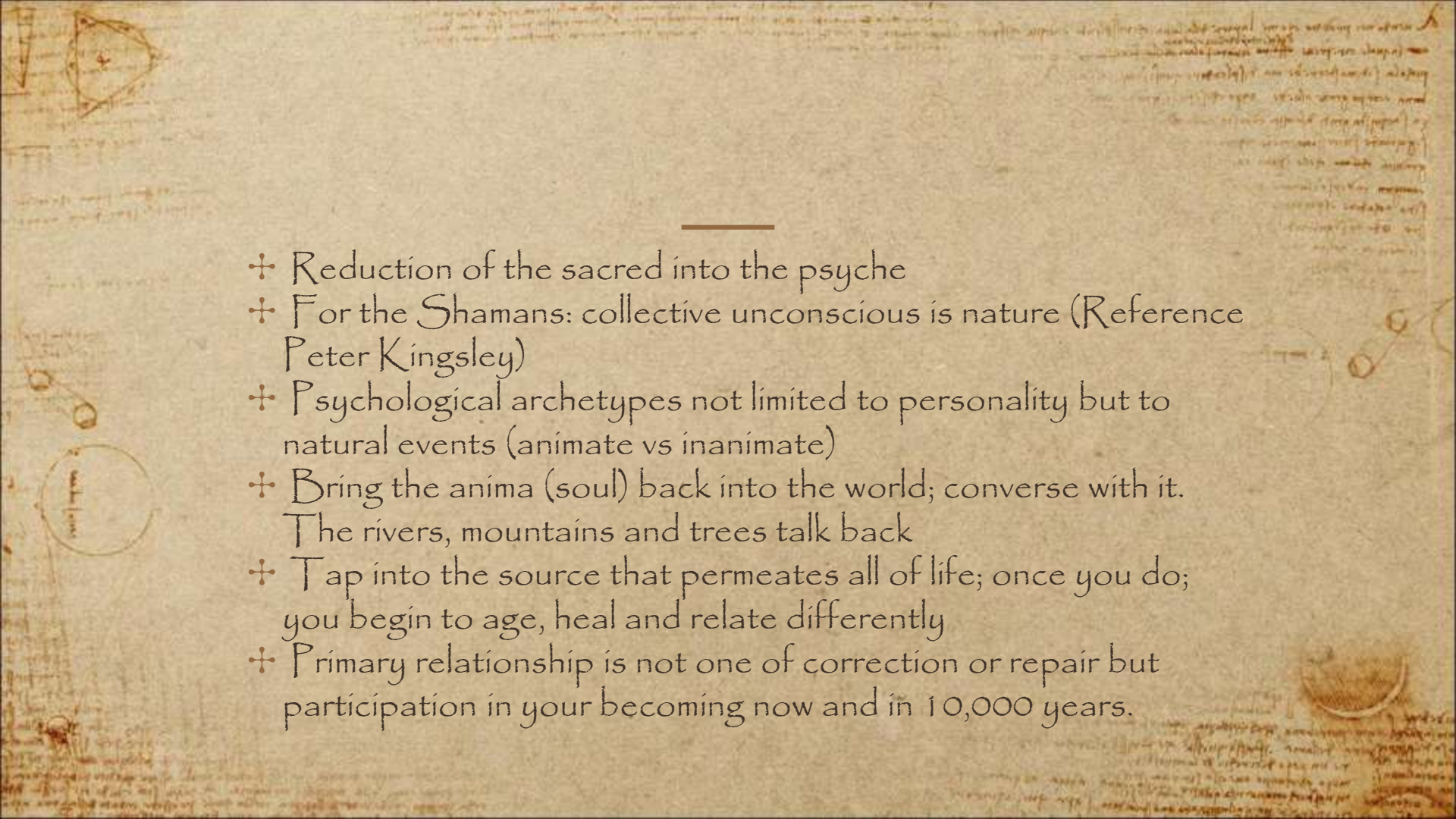
- ✦ Benevolent vs. Predatory Universe
- ✦ Participating in Creation ( $E=mc^2$ ) but that which is not tempered by greed, anger, violence or pride.
- ✦ Percept vs. Precept vs. Concept. Shamans use a shift in perception to make a shift in a relationship.  
E.g. microbe vs. Jaguar
- ✦ Shamans live in an 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



# Shamanic Intervention

---

- ✦ 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

- 
- 
- ✦ 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.





3.

## Radical Transformation









# Experiences of a CSU

---

- ✦ Cognitive distortions “I didn’t REALLY want to kill myself”
- ✦ Complete the story..... “I believe you”
- ✦ Now convince me otherwise.....
- ✦ Find the secondary gain
- ✦ Hold them accountable
- ✦ Change their core belief
- ✦ Get off the Triangle
- ✦ Let go of Story: Not using the woundings and battles to inform today.



# Reverse Engineer Radical Transformation

---

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

# Radical Transformation

---

- ✦ 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.



# Alchemy of Radical Transformation

---

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

# Freedom

---

- ✦ Freedom of choice
- ✦ 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



# Destination

---

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

# Death

---

- ✦ 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

---

- ✦ One of the most instantaneous transformative practices
- ✦ Breath work
- ✦ Grounding work (particularly PTSD)
- ✦ Letting go of Story

# Surrender

---

- ✦ 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



# Environment

---

- ✦ Energetic environment
- ✦ 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 .....

- Diana Mimms, MD

- ✦ What needs to die
- ✦ Healing vs. Curing: eg. Broken bone.



# Spirit

---

- + Tied to the concept of benevolence
- + Surrender to 'It'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

## Conclusion

---

- ✦ You gain your particular medicine from your healed wounds
- ✦ Everyone has their own medicine
- ✦ 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
- ✦ I encourage 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.



The background of the image is a detailed reproduction of Leonardo da Vinci's 'Vitruvian Man' drawing. It features the central figure of a man inscribed within a circle and a square, surrounded by various architectural and mechanical sketches. In the top left, there is a drawing of a domed building. To the right, there are several mechanical diagrams, including what appears to be a pump or a water-raising device. In the bottom left, there is a drawing of a horse's head and neck. In the bottom right, there is a drawing of a city or fortress. The entire image is rendered in a sepia or brownish tone, typical of old manuscripts.

Thank You!!!