



The Art & Science of  
Transformational Change

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# Shifting Mindscapes in EP

Immersing Yourself in Non-Ordinary Visionary Experience

24<sup>TH</sup> INTERNATIONAL  
ENERGY PSYCHOLOGY CONFERENCE

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## ***Dynamic Energetic Healing™***

- Energy Psychology
- Process-Oriented Psychology
- Core Shamanic Healing

## **Altered States of Consciousness:**

- Visualization
- Active Imagination
- Core Shamanic Practices

## **Guided Visualization**

- Creating mental visual images.
- Calms the central nervous system.
- Mental rehearsal/Future Pacing (NLP).
- Engages all of the senses.
  
- Helpful in managing stress.
- Hypnotherapy uses imagery for positive outcomes.
- Based on the interconnection of mind and body.
- Guided usually means scripted and directed.

## **Active Imagination**

- Developed by CG Jung from 1913-1916.
- This followed his break with Freud in 1913.
- Jung fell apart and went into deep depression.
- He wrote he was “menaced by psychosis.”
  
- He acknowledged that his psychic survival required him to confront and engage his inner voices.
  
- It is a meditation technique wherein he interacted with his internal images, narratives, and inner figures personified as separate entities.
  
- His starting points were his moods, images and bodily sensations.
  
- Process-Oriented Psychology by Dr. Arnold Mindell.
- *Working on Yourself Alone; Inner Dreambody Work.*
  
- Jung interacted with numerous inner figures such as Elijah, Egyptian deities, Christ, Salome and a guide named Philemon (an archetype of the wise old man).

- Jung believed Philemon was real—yet somehow dead, and yet “talking” to Jung—to his mind.
- All this opened the way for his theory of the collective unconscious and archetypes, the “active principles” that interact between that “dimension” and ours.
- “Philemon and other figures of my fantasies...that there are things in the psyche which I do not produce, but which produce themselves and have their own life.”
- “Philemon represented a force which was not myself...In my fantasies I had conversations with him...for I observed clearly that it was he who spoke, not I.”
- Jung worked on *The Red Book* until 1930.
- Upon his death in 1961, his family locked it up in a cupboard. Jung feared it would compromise him professionally.
- His heirs eventually released it to a Jungian Psychologist at University of College London named Sonu Shamdasani who translated it and added commentary.

## **Shamanic Journeying and Healing**

- Reputed to be the world’s oldest healing system.
- Reintroduced in the West by Dr. Michael Harner.
- Cross cultural, practiced throughout the world.
- Animistic worldview—everything infused w/spirit.
- Shamans work in a “different” reality.

- Ordinary reality (OR) is our consensus reality.
  - Non-ordinary reality (NOR) is where Shamans work.
  - NOR is purely spiritual with beings called Spirits.
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- Also referred to as Dreamtime, a realm of Great Power.
  - Shamans access NOR to bring back *spiritual resources* for healing.
  - 90% of indigenous shamanic societies worldwide experience NOR as a tripartite multiverse.
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- NOR consists of the Upper World, the Lower World and our shared Middle World.
  - The beings in the Upper and Lower Worlds are purely compassionate, always willing to help.
  - The Middle World is more complicated with earth-bound spirits of the deceased who are trapped and looking for their loved ones.
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- Attachments can cause “possession illness.”
  - Middle World beings consist of elemental spirits of nature including plants, waterways and mountains.
  - Shamans learn how to recruit them. They are wild.
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- The primary methodology used by Shamans is The Shamanic Journey.
  - This is facilitated by percussive drive generating an intentional dissociation and access to NOR.
  - A constructive altered state is generated through mesmerizing drumming or rattling.
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- **Power** is composed of the Universal Life Force and incorporates Wisdom and Information.
  - Shamans *journey* in NOR to connect with Power and create passageways to bring Power back to OR for healing.
  - Shamans become adept at moving in and out of NOR.

- Through practice, shamans become sensitive to NOR phenomena in our everyday OR.
  - *Spiritual resources* such as power animals and anthropomorphic teachers become therapeutic alliances.
  - There are many tasks and skills shamans possess.
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- These include soul retrieval, power animal retrieval, extraction, infusion of power, divination and acquisition of diagnostic information as well as working as a psychopomp for the dead and dying.
  - Over time, a shamanic practitioner becomes very sensitive to subtle energies.
  - One can learn to integrate these skills into the psychotherapy session via frontal/occipital holding.\*
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- Like visualization and active imagination, shamanic journeying is done via altered states of consciousness.
  - Any mentally healthy person can learn these skills.
  - Journeying has ingredients of visualization as well as active imagination. It is process-oriented and non-scripted. Journeys unfold.
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- **The requirements for journeying include:**
    - Establish your intention.
    - Suspend your disbelief (boundaries w/inner critic).
    - Open up all of your senses.
    - Entertain all possibilities.
    - Stay focused and present to the experience.

## **Frontal/Occipital Holding\***

- Moving in and out of Dreamtime.
- Adapted to the psychotherapy context.
- An example of growing perceptual awareness of subtle energies.
- This intervention is a way to bring the spirits into the psychotherapy session.

## **Shamanic Journey Instructions**

- You will be thinking DOWN.
- You will start from an opening in the earth.
- You will emerge in a natural environment.
- After orienting, begin walking, calling forth for your power animal to be revealed to you.
  
- Small animals are just as powerful as large animals.
- Ask at least 3x, “**Are you my teacher?**”
- Be persistent but unattached. Be proactive.
- Once confirmed, let it know how grateful you are.
  
- **Ask your newly acquired teacher the following:**
  - 1) What do you want to teach me?
  - 2) What do you want to reveal to me & show me?
  - 3) Is there anywhere you would like to take me?
  - 4) Can you determine if I need any healing today?
  - 5) Will I benefit from your Power and if so, how?
  
- When you hear the call back, retrace your steps.
- Thank your teacher.
- Ask how you can honor it.
- Ask it if you can meet with it again.

- Begin ascending UP the same way you came Down.
- Continue ascending until you are all the way back.
- Begin writing down everything you remember.
  
- Scan yourself somatically and emotionally.
- Expect dramatic transformation in your life!

### **Evaluation Questions:**

1. What is the common thread among visualization, active imagination and shamanic journeying?

Answer: Constructive altered states of consciousness.

2. What is the stimulus that facilitates the shamanic journey?

Answer: Percussive drive (i.e., drumming or rattling).

3. What is the primary purpose for the Frontal/Occipital Holding intervention in the psychotherapy session?

Answer: To bring the power of the compassionate spirits for healing into the psychotherapy session.

4. After an initial diagnostic journey, what is typically the next journey that the shaman does for his/her client and why?

Answer: Power animal retrieval for augmenting the client's overall power and strength.

To contact me for questions or further instruction or information about trainings, please email me at [howard.brockman@gmail.com](mailto:howard.brockman@gmail.com).

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