INSTITUTE OF ESOTERIC PSYCHOLOGY

SELF-DISCOVERY FOR WELLNESS

NEO-SHAMANIC TECHNIQUE FOR SELF-EXPLORATION

SDFW VIDEO #7

1. **Introduction to Neo-shamanic technique**
    - Definition
    - Drumming
    - Characteristics
        - Focus
        - Willed experience
        - Ability to abort at will and return to NWC
        - Stated purpose
2. **Neo-shamanism and Mental Health**
    - Excerpts from recorded journeys
    - Testimonials from participants about benefits of using technique
    - Good overview of phenomenology
    - Everyday people
3. **Neo-shamanism vs. traditional shamanism**
    - Community vs. non-community
    - Cultural inclusion vs. cultural exclusion
    - Traditional acceptance vs. societal anomaly
    - Animistic, mystic worldview vs. material, scientific worldview

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- Connection to imminent divinity vs. belief in transcendent divinity
- Acceptance of existence of spirit world beyond our physical senses vs. rejection of anything the physical senses cannot perceive
- Belief in nature spirits, ancestors vs. non-belief in these

4. The shaman's universe

- Mystic
- Animistic
- All inclusive
- Immanent divinity
- Existence of nature spirits, animal spirits, planet spirits, and ancestors and their ability to heal and intercede with the universe on behalf of tribe
- Acceptance of anomalous phenomena and experiences as part of life
- Belief in mutability of death

5. Using Neo-shamanic technique for self-exploration

- Non-traditional use of the technique
- Using it for self-exploration does not make someone a "shaman"
- Is completely self-directed and is not intended for healing or community benefit
- Needs to be undertaken with supervision
- Drumming can cause seizures so if you have a condition e.g., epilepsy you should avoid using a drumming CD or drumming to journey
- Must clearly state your destination and purpose e.g. "I am going to the lower world to find an animal spirit to help me in my life."

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6. **Benefits and pitfalls**
    - Connection with natural and spirit world
    - Peak experiences
    - Increased sense of wellbeing
    - Increased self-awareness through self-discovery
    - Enhanced identity and *Dasein*
    - Expanded consciousness
    - Integration of mystic and mundane
    - Spiritual bypassing
    - Cultural dissonance
    - Dysfunctional identity
        - Grandiosity
        - Fantasy proneness
        - Sleep paralysis
        - Schizotypy
7. **What is the journey?**
    - Altered state
    - Neuroscience of the journey state
    - Different room of the house
    - Perception of phenomena and experience outside of normal waking consciousness

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8. **Guided Meditation: Place in Nature**
9. **The "Lower World"**
    - Finding the tunnel
    - Traversing the tunnel
    - What you might see
    - Return to NWC
10. **Guided Meditation: Into the Lower World**
11. **Animal Spirit**
    - Not a reptile or any member of Class Anthropoda
    - Not a mythical creature
    - Will respond to your questions
    - First animal you see might lead you to the animal that is your animal spirit
    - Connects us to the physical world
    - Particularly effective in safeguarding our health and protection
12. **Guided Meditation: Finding Your Animal Spirit**
13. **How this technique will help you in Personal Mythology**

- Use to find weapon for defense
- Use to find teacher or spirit guide
- Use to find a part of yourself that you have "lost" through trauma or maturity
- Use to answer specific questions
- Once you ask the question, everything that happens in the journey is part of the answer

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