

Pogledi/Views

THE DIVIDED SELF AS UNDERSTOOD BY
SHAMAN NATURAL HEALERS!
AN EFFORT OF TRANSCULTURAL
RESEARCH TO UNDERSTAND ALTERED
STATES OF MIND

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Ključne reči

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Abstract.

Schizophrenia is a delusional state where the victim is haunted/controlled by voices in the mind, often taking the shape of separate personalities (Divided Self) that may in the end take over and become the victim for long periods of time. Shamanism is an age old tradition devoted to a scientific-like exploration of altered states of consciousness where voices are heard, spirits seen and one even travels in other dimensions. The Shamans experiences and explanations are according to the writer helpful to understand the Schizophrenic states. Shaman therapies may even be used to heal at least the delusional type schizophrenics by simply talking to the "spirit" as if was a real entity and dismantle it over time. This type of transpersonal therapy may not fit the needs of intoxication type of Schizophrenia where therapy is detoxification and correction of inborn errors of metabolism. The author argues that exploration of Shaman territory may be highly fruitful for quantum field network analysis, since paranormal states involve quantum field like phenomena such as Shamanistic claims to enter territories where one experiences dissolution of time and space giving Shamans access to trance-phenomena as telepathy and seeing without eyes.

A Thank to Professor Raković

By his major work Professor Dejan Raković [1] has opened the avenue to quantum field theories in the understanding of the human mind, thereby facilitating the possible understanding of how the mind operates. No longer need we fear condemnation for exploring a very interesting landscape that in the past was condemned by medical science in particular as being the home-land of the "crazy", the "occultists", "mystics" and "shamans". Today more and more scientifically trained persons dare to enter these realms of experience to explore the nature of the mind operating outside the normal! This lecture is a small contribution to such an exploration and it must not be taken as the truth per se, but more like quick notes taken along the path to a wider scope of understanding.

PART I:
SOME GENERAL CONSIDERATIONS OF
ALTERED STATES

Schizophrenia - An Unresolved Challenge

The divided self in medicine is named Schizophrenia and is regarded as a very serious mental affliction in need of medication and in 30% of the cases for life long incarceration in a mental hospital. 30% of Schizophrenics can live outside hospitals on medication, and the rest are returned to normal life after successful psychotherapy (if they have resourceful families and are lucky enough to get admission to a qualified psychotherapist). The classical (read commonly accepted by doctors) theory is that schizophrenia is a genetic defect in the brain that affects the production of certain neurotransmitters, such as dopamine. There is ample proof this may be a major contributing factor; and indeed

many get help from antipsychotic drugs; but compliance with Schizophrenic outpatients may be as low as 20%, meaning up to 80% only use their drugs sporadically or not at all; and still seem to function; somehow. On the other hand those forced to incarceration in a closed ward and forcefully medicated, very rarely get healed. Professor Yngvar Løchen [2] still stands as a valid conclusion: most of what happens on the ward is just coercing the patient to obey what doctors and nurses want them to do.

Maybe some better understanding is to be found in recent progress concerning Dr. Reciheltz's research in Oslo on gluten-peptides in certain types of patients with digestive disorders who turn Schizophrenic when fed on gluten containing flour. The gluten peptides seem then to work as hallucinogens, and when fed gluten free food they gradually regain their senses. Other food related problems are related to the inability to utilize Zinc and B-vitamins leading to accumulation of neuro-toxic substances in the brain [3].

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Look for true healing in the sense: return to the state of premorbid innocence, is thus a non common situation, except for the minority with true identified allergies or mineral/ vitamin problems who turn sane when given proper food and food supplements. Most linger in a limbo in mental hospitals. According to former Schizophrenic patient Arnhild Lauveng, now a practicing psychotherapist in Oslo, in her biographic work [4], getting out of the fangs of the disease was like belonging to a lucky minority who discovered that her disease was a brain programming problem that was eventually dissolved by clever therapists and a supportive team who helped her from the closed ward to becoming a respected psychotherapist of the day.

It is for this minority this lecture is meant: those whose biological computer system is not biochemically malfunctioning, but more misprogrammed due to a insufficient quality input in childhood or later on religious practices meant to create hallucinations. I will go on to present a model for understanding these phenomena by exploring a little known practice called Shamanism; a secret world of mystics spread all over the world where hallucinations and reality blend, where paranormal experiences is a part of the daily work of a Shaman and where there are methods to create separate personalities, that is indeed the nightmare of the Schizophrenic! The lecture may seem somewhat jumpy; but that is why the topic is vast; time is limited and words often fail to describe in detail what is going on in a satisfactory manner.

The Voices in My Head

Did you ever talk to yourself? Oh, what is this all about? Like you expected a good answerer. And did you answer come to you as from a secondary person either in your own mind (Oh I was inspired!) or did you even felt it came to you from other source (I felt God told me!). Did you ever get appraisal for such abilities as listening to your "conscience" or even receive message from saints or God? Well luck you. You probably belong to the 99% of all humans who have such experiences, at least talking to yourself, once in a while [5].

But what if what you asked suddenly turned alive and became an alien entity inside you or in your environment who started to talk you; not with nice advices but with scorn, hatred or malice. Unlucky you, you are in for Schizophrenia.

Arnhild Lauveng describes it like this: "loneliness came in the form of a blue lady", not metaphorically, but visually. She and the more demanding Captain was two of her audiovisual entities. And then there were wolves, threatening and terrible animals lurking around. Scared? Oh, yes if you are a lone, young girl fighting to remain sane.

Such entities are not ordinary religious type visions. Usually they speak telepathically and give what the sufferer wants most: answers. As a fellow therapist of me once said: the brain is an organ used for getting answers! But for the Schizophrenics answers usually are out of context and even malicious. There starts the problems: "The voices in my head are out of synchronicity with reality as perceived by the majority and my real needs; but they are in accord with some of my deeper hidden needs, so I dare not leave them". Like this more sober psychotics and Schizophrenics speak when in good periods. With these stories from the modern world, we will move to a more unknown and exotic world of

the natural healers and Mystics called the Shamans (Sorcerer) where talking to not material entities, seeing visions and hearing voices, even being two separate persons at one time is if not commonplace; so at least regarded as a "ordinary day at work". If we take Shamanistic practice as a model, maybe we as scientists if we dare enter such territory as partakers and as practitioners of the craft, will we one day be totally capable of healing the delusional type Schizophrenics in their own world [6].

Learning from Shaman Territory

Shaman tradition is probably the oldest of all mental training systems in the world. Pictures of shamans have been found in sacred caves in Australia and are estimated to be at least 25-30.000 years old. Here we see men lying on their backs and having visions of a different kind of world. According to Hungarian born researcher and shaman Dr. Felicitas D Goodman (born 1914-), author of more than 40 scientific works and 7 books, prehistoric drawings of shamans show that they used the same trance inducing postures as today's shamans do all over the world; from aboriginals in Australia to the Mexican sorcerer as described by Carlos Castaneda [7] and the North Norwegian Noaide (to mention a few)! They also still use rhythmic breathing; use drums held to the left ear beating to an average 200 beats per minute or more, and the age old postures. After an extended period of time (10-50 minutes) the Shaman falls into trance and starts to express his shamanistic Self. Some describe it as leaving this world where one talks to spirits. Some lose total consciousness of their own being and seem to be "taken over" by some alien entity and starts to speak in tongues (glossolalia); while others are more or less consciously "transformed" into some animal Self uttering howls, groans of their animal identity while an interpreter explain what the possessing animals spirit wants to tell the listeners [8].

Apart from such transformative practice, these humans, men and women, also serve as healers, herbalists, predicting the weather and taking care of tribal lore; to mention a few duties of the shaman [8].

Despite all advances in materialistic science, quite a number of modern day people flock around shamans to listen and to learn the ancient ways.

The Schizophrenia Nightmare Unexplained?

To the medical society these beings are at best laughed at; or in worse cases compared to schizophrenics; who also have a split Self. However, contrary to the shamans, their other Self is not a helper, but usually a malicious entity criticizing and scaring the poor person in question, and at times the secondary Self may take over the body and turn the poor person into a "different" person altogether. Biochemical explanations often with inherent genetic predispositions have been mentioned, we have also mentioned software mal-programming of otherwise normal brains.

The latter has for decades been a minority view introduced in the 1960s by British psychiatrist Ronald David Laing claiming Schizophrenia to be a transcendent problem; in other words a mind problem [9]. The Laing story was as follows: schizophrenia arises in families where parental doublespeak lets the child understand one thing through actions and another thing by words. The left hemisphere worldview based on intellectual talk collides with totally sensory input

that tells you your parents are not at all consequent, kind and logical! The result is the establishment of a parental based Self that is fighting the child's self-preserving Self. Or the Child will create a secondary Self that is a helper in times of need. In cases like Lauveng's book there may be multiple entities and voices: helpers, healers and terrorists.

The Laing's book [10] and the film *The Case Janice* claimed that schizophrenia is internalisation of parental abuse on the defenceless child whereby a part of the child's mind carries the program of the parent, fighting the rest of the brain where the program of the child as an individual is stored. The brain is thus programmed into two distinct parts: the parental brain and the submissive child brain. It is like a computer running on parallel software. One moment in operational mood A dominating B, then B dominating A. And in between A and B communicates depending on where the most of the I-feeling is placed!

This theory not only explained certain basic traits of the Divided Self, it also divided psychiatry to such a degree that Laing himself had to flee England for several years to come! Such situations indicate that even therapists may need some therapy.

Unknowingly to him at that time, Laing had touched the forbidden land of Shamans. Their worldview was so much in accord with Laing. According to their experiences the mind can be divided in two parts: the eternal, immortal Self (the spirit Self) and the Material Self, the Material Brain often called the Animal Mind or Animal Man. By training, use of certain rituals, sounds, even drugs, the Material Self and the Spirit will separate and the Shaman will not be one person but two persons. By certain methods the Material Self's normal expressions can be totally subdued and the spirit Self can use the Brain to express its true nature. Why does this not normally happen? Because in daily consciousness the Spirit must obey the Material Self to be able to live in a 3D world.

Shaman Training!

A major part of Shaman practice is how to operate the animal brain. These practices gives us a clearer understanding of the Schizophrenia states.

A Shaman must be properly trained from young age by an older teacher. He can start midlife or even as old, but most are trained by an older teacher; man or woman. Training is to learn certain facts about life; basically that there are not one reality, but at least two realities: the reality of the common man, and the other world that is close to the ordinary man, but open to the well trained Shaman [11].

To enter the other world he or she must train to enter it; in other world one must reprogram the brain! Programming the brain is what all life is about, it is nothing new. Men tell each other all the time what to do, what emotions are acceptable, which points of view are acceptable, what is moral, what is immoral and so on. The whole lifecycle of a human life form is noting but an eternal programming situation where we are bombarded with often dogmatic and unintelligent commands: Do! Don't! From the most absurd: Buy this soap! in the supermarket to the order: Kill! given to soldiers learning to hate other life like their own as alien.

The Shaman knows all this: he say - so that is the world as it is. We must somehow accept it, but not partake in it too much, for it is a danger to the mind. The Shaman thus lives somewhat apart from his society all his life; and in old times

he was allowed so due to his function as a healer and a seer. So the Shaman learns this: the world around you is but one kind of experience, probably not so very "true", but just a place to exist [12].

To enter the other world you must train in a similar way as in this world, but on the premises that what you train for is to get control over your Transcendent Self that is capable of leaving the body behind. Most you would say: what the clue is what is to come, so please have some patient.

The Divided World!

The first step is thus to imprint in the student: there are two worlds, even more Each world corresponds to a certain state Shaman training and those systems that followed like Indian Yoga, Chinese Taoism, Buddhism and Christian Mystics all agreed: the mind can be in certain states, each state gives access to certain realities until finally the mind separates from the body-brain system and can operate totally not physical reality [13].

The teacher explains all this to the student and as time goes the student's mindset accept the fact: there are two roads, the physical here and the non-physical there. They consists of many various worlds, some low, some high, some very far away. The here-world is the world of the Brain (Animal Man). The other reality however, called the Spirit World can only be perceived by the Spirit Self.

To enter the Spirit World, I, the student, must change my body-brain and mind so that the I in me, can access reality by an altered state! An altered state is a state where the Shaman by mental training and use of external means such as sacred postures, dancing, singing, even drugs, alter the Animal Brain so that he starts to see the world differently. Then there appears a break in consciousness, which could fit the sudden change in states as proposed by Rene Thom in his Catastrophe Theory [14]. The Animal Mind is now subdued, the experience goes into a second mind, called the mind-body or body of pure energy, and through this second body the experiencer, the I am, enters a totally different world, called the Spirit World, or World of Energy where beings are energy forms that can take on any form they like from humans to animals to even frightening demonic shapes.

In the Spirit world thoughts are truly forms, it is the world where we literarily are what we think! An idea only: could Schizophrenics by their altered chemistry or by sheer fear or working of their minds "enter such states" that some even end up "contact the Spirit World"? I do not say it is like this: I only say that Shamans think it is like this! For those who want to explore this world as seen through the eyes of a trained Shaman and psychiatrist I recommend the book by Olga Kharitidi MD [15]. Disbelievers may be tempted after reading her works with Siberian Shamans and doing Shamanism herself in work with patients; to at least temporarily accept "that there is something there".

Going into Trance

The material part of Shamanism is not as much a belief system like our current adopted religious beliefs promoted through a church: it is more to the practical side of working in the dark exploring the mind. As explained above the methods available are all meant to enter other realities where the mind opens to forces that can help him to work. These

forces take on the shape of voices, sometimes as animals and birds, sometimes a humanoid helper, sometimes as light, and sometimes he enters states where he himself sees himself as a different personality all together with immense powers to roam the uncharted territory known as the mind-field or the "other world".

The access method is to alter the conditions of the brain; reprogram it and teach it to work in states known as trances or even in states of physical manifestations of forces from beyond his control known as ecstasies [16].

When studying Shamanism from the outside, I myself as a parallel study used mind altering techniques developed by The Monroe Institute in USA where one by gentle training over a long time learns to enter these states and see them from the inside. I therefore want to make a statement of my own: on the path to mastering the mind as a thing, it is necessary to have guides and helpers in the form of loving personas who have walked the path before. It is therefore a very safe path for those working in a system of acceptance of changes as the brain starts to evolve in a predictable way. This has been the tradition of Shamans: a system of learning.

It seems possible that people accidentally enter the same development due to chemistry of their brain, use of drugs, terror of unhealthy upbringing or when dabbling with religions, occultism and even Oriental magic like Yoga as sold wholesale to the West in recent years and because they are weak of mind, untrained, physically sick, they turn out delusional. Since ordinary psychiatrists have no inside experience of such states like the Shamans have, they are onlookers from the outside; and it is here I would recommend professionals to enter controlled training such as that of the Monroe Institute to see the mind in altered states for themselves [17].

Professionals would then be better adopted to work along with the patient as described in the classic work of Dr. Karitidi as mentioned above.

PART II: SOME WARNINGS OF HOW THINGS GO WRONG!

When Thoughts Become Living Things!

Schizophrenics hear voices and sometimes see apparitions, that doctors call mis-conceptions and hallucinations. According to neuroscience and clinical attitudes these voices and visions are considered diseases in the brain, a notion the sick do not agree upon in their bad periods, but go along with as a reasonable position in their sane periods. Having dealt with Schizophrenics for years as an MD, my clear impression is that it is as often frightening for family members as for the sufferer to be under the subjugation of the voices. It is equally problematic to experience with what distance doctors and their staff treat these poor people by insisting upon the non-existing nature of what patients claim is as real as real life of the sane.

Strange as it may seem the Shaman approach seems more human when the Shaman will tell the patient that such thought forms are discarnate entities who live in his "aura" (thought field) and that one must fight them as one fight real enemies to get rid of them. At least for the sufferer these attitudes may be of some solace that someone agrees with him/her and is believed to be so strong as to fight the enemy!

In accord with their role the Shaman therefore take the stance of a warrior who dismantles the entity bit by bit until the entity is removed [18].

So when he sees another person who is sick from schizophrenia or schizophrenia-like states he will "know how to fight" these entities if he believes them to be discarnate spirits from the other world by using various techniques. More enlightened Shamans also recognize ordinary psychological problems but if patients believe the thought forms to be spirits he wisely go along with the territory of the patient.

Due to lack of time I will not go into detail of all these techniques: but one technique is actually to let the patient go into trance either by music, breathing or in some cases herbal drugs. When I attend a trance, the normal mind goes into sleep while the possessing entity (read "other brain program") starts to talk and act through the patient now in a stupor. By talking to the entity the Shaman usually negotiates a deal with the entity and explains that he or she is in a wrong place and after several sances the entity is gone.

Amongst natives in different parts of the world it is accepted as a fact that such entities are real individuals who has once lived, and when hearing about them both the Shaman and local people may even recognize the entity as someone who has lived, but probably that is just an "after-effect" and rationalization! To the rational mind such entities are just constructions of the poor person who has the problem.

Upon Lions and Gods!

I have already mentioned psychologist Lauveng from Oslo who has explained the problem very much like more enlightened Shamans do: "The voice in the head" is a constructed secondary personality created in your own brain for the simple need to have someone to talk to in times of great need. In her book *Tomorrow I Was Always a Lion* [4] she explains that most children who are in need of a companion tend to talk to their dolls and that the doll answers back. This game usually dies off as children learn to cope with the world; but for some sensitive individuals the doll never dies; it gains a real existence in the head and establishes itself as a living entity.

This mind game is probably the explanation for many religious experience people have, but if not all, at least a certain number of them. Praying and contemplating before quite lively pictures and statues of saints, demi-gods and gods in dimly lit churches and temples around the globe, such figures if "talked to" for long enough may become real entities in the mind of the believer. For some they take over during sances given advices in accord with the expected tradition of that religion. But interesting enough never outside that religion! I have talked with a number of believers and never did Jesus, the saint or God(sic!) express anything different than what that religious scripture claimed to be the truth! At least a single critical remark could be expected; or not? It is up to you to judge [16].

Tulku: How to Make a Ghost at Home!

In certain Shamanistic traditions like Tibetan Lamaism, which is far from being Buddhist, but actually more an ancient Shamanistic tradition known as Bön Po later turning Buddhists, Shamanistic rituals and practice are still highly regarded. The well known Orientalist Professor Alexandra

David Neel, who lived in Tibet in the 1930thies disguised as a Tibetan nun for years, speaking fluent Tibetan, tells about a certain ritual called the Tulku ritual. Due to the lonely nature of the hermit, they often consciously sat down and created a second person in deep trance. After some time, a years hard work, the second person was alive to the hermit and they would converse and keep company. However, oftentimes the Tulku would rebel, claim a life of its own and even start to harass the poor hermit who either would go insane, commit suicide to get rid of the entity, or he would have to seek expert advice and use another year to dismantle the ghost [19]!

This is exactly what happened to professor Neel, after having worked hard for a year in solitude; she succeeded in creating a smiling, fat monk as her friend. At first only a mental construct, but as time went by more and more alive and could eventually be seen walking around in her solitary cave; just as any other person. When leaving her hermitage and walking amongst other Lamas, many of them very sensitive started to see the newly acquired companion and comment upon his existence. The success was soon to turn a nightmare. The newly created "ghost" turned rebellious and wanted to take over her mind and body forcing her to seek expert advice from an older and more well trained lama. Given some new tools of the mind she used a whole year to dismantle him!

Schizophrenia: A Western Tulku?

The Shaman experience with Tulkus may give us some deeper insight into the delusional states where willpower and imagination and going into trances actually seem to construct worlds and beings given us new insight into Schizophrenia. The ancient art of the Tulku, and the experience of thought-forms as not mere brain programs, but real living entities, is totally in harmony with psychologist Lauvengs recommendable biography of Schizophrenia as seen from the point of the sufferer [4]. Like the Shamans she too explains how a child can construct a helper or a judge in their mind to get some help in search for answers in a world that appears unintelligible and without comforting answers. The constructed "other" as time goes by, may one day start a life on its own, eventually taking over the normal person.

<i>Schizophrenics</i>	<i>Shamans</i>
Intoxication type due to influence of gluten opioids and Homocystein etc. All due to inborn errors of metabolism. Or the side-effects of drug abuse! Seeing ghosts, animals and demons. No control of situation.	Use of herbal hallucinogens. Seeing ghosts, animals, demonic beings. But in control of situation if properly trained.
Delusional types: R D Laing model: children mistreated and creating alternative personalities. Out of control; secondary personality takes over and mistreat the victim.	In altered states having contact with spirit helpers/ allies who assist in various situation. If in control good, if not the Shaman claims to be possessed! Amongst Christians either having help from saints, Christ or God, if things go wrong feeling attack from demons.
Extreme delusional type: sees his creations as external ghosts. Secondary personality starts to live its own independent life.	Shamans creating, willfully a Tulku: spirit person. If in control said to be helpful, according to David-Neel most cannot control it and may end up schizophrenics! Amongst Christians the state of seeing Christ and going into ecstasies.

Apart from chemically sick people, these secondary personalities are constant sources of irritation to doctors who do not understand them. They are scornfully called "misconceptions". I would say: they are not mere misconcepts or hallucinations: they are "real" sub-personalities that over time may grow into separate personalities and in the end become a dominant personality. Just read the story of saints and mystics: some do not only talk with God, in the Orient

<i>Schizophrenics</i>	<i>Shamans & Yogis</i>
Inborn errors of metabolism	Fasting for extended periods
Neglect by parents in their upbringing, seeking isolation	Sensory deprived states: living in solitude as hermit etc.
Repetitive movements	Dancing until falling in trance
Continuously talking to oneself, often as if as oneself was separate person	Repeating sacred mantras, praying to a god until going into trance
Hyperventilation	Breathing techniques
Glossolalia (unintelligent mumbling in trance)	Use of sounds like sacred mantras, drums, or different tone techniques of the Monroe Institute to go into trances
Gluten morphine in food, drug abuse, even side effects of legal medicines	Controlled use of herbs and animal poisons with hallucinogenic effects
Catatonic states	Sacred stances or deep relaxation often with sensory deprivation and use of sound

people become gods, and Christian saints like Padre Pio and Theresa Neumann literally became Christ on the Cross in their ecstatic moments when they felt so identified or taken over by their kind of Jesus that they started to experience his sufferings on the cross. And it was a deified moment. But had they been ordinary people in a ordinary social setting, most probable they would have been taken into psychiatric wards for a lifetime and their stigmata would have been recorded as self-inflicted wounds by a delusional person [20]. So, what can these traditions and stories of religious awakening teach us?

The mystics and Shamans into channelling create secondary personalities, they control or let themselves occasionally be controlled by, for the purpose of exploration of the other worlds, or when doing healing or performing other functions. According to Castaneda: the sorcerer uses his willpower to create realities and to control them. The ordinary man only tries to understand reality by reason. I would add; some degree of reason. Sorcerers, Shamans and mystics are thus constructors of realities for the purpose of doing things in the mental realms. Ordinary men are products of circumstances and realities they are forced to accept by others, Shamans are free souls who ultimately are producing themselves to go into a wider experience of a number of possible realities! This idea seems alien to doctors, but rings a bell to quantum physicists who by the sheer impact of mathematical formalism are lead to the concept of multiple possible realities and the non-locality of events [21].

In the same vein: the Delusional Schizophrenic is also a constructor either due to horrific social circumstances or religious delusional training and wishful thinking and day-dreaming his project goes astray. Lacking proper training, integrity, willpower and understanding and above all guid-

ance, he creates monsters he cannot control. These changes of his mind takes him into parallel realities, inhabited by monsters that take over his life.

Strange as it may seem they also bring solace. From my own practice I have heard stories like these: "Doctor what you call monsters are also wise beings!" They give answers in accord with the belief system of their creators. In their head the song goes on like this: "Oh mama I am so bad, I must be punished!" The monster answers: "Yes my boy (or girl) let me explain to you why you need to be controlled and terrorized a little more before we can love you here!" If religious, the monster may say "I am Jesus, I died for you, worship me and adore my wounds and suffer like me and I will let God accept you!"

Telling the latter type of story to your MD may bring you to a psychotherapist; tell it to your local priest of the old school, you may be in for blessings by your congregation.

Satan in My Head!

A weird story about how to construct a local nightmare. The software programming of neuronal networks for beginners as told to me by a very intelligent boy who ended up in the psychiatric ward because his environment did not understand his pure logic as taught him by his teachers in the orphanage:

He was one of those kids who grew up in a orphanage where he was mistreated from young age. Every day he had to pray to God since the nuns forced him to do so. But a fellow orphan told him: this world is evil, and the priest says it is ruled by Satan. (Logical thinking from a 10 year old kind). The patient then thought: I have prayed to God in heaven for years and still I suffer. But if Satan is the ruler, why should I not pray to him?

Over the years Satan became more and more real. He would come in his dreams (shamans say: what you worship you will create eventually). Finally the Devil took over the kid and demanded all sorts of weird things (like he had read Satan would do when he appeared).

When he was 19 years he left school, went to Sweden where he was initiated into Black magic and asked to part take in the killing of a new borne baby to please Satan. He fled, but too late. The Devil had him and he became a paranoid schizophrenic! The Devil he himself created and because he was taught that once Satan appears he will control you! Needless to say: no antipsychotic drug ever cured the poor fellow! Why? Satan is so strong you see, no one can destroy him or his devotee.

Unfortunately for me I was then a younger, less experienced doctor, unaware of the Shamans trick: acknowledge the reality of the created entity and start to converse with the entity as if the patient did not matter and then by slow work start to dismantle the entity so much at the same time strengthening the sufferer's sane personality so that he in the end can do the rest of the work!

Incidentally this is becoming an acceptable technique with certain therapists within the NLP communities [22].

PART III: SOME FIELD NOTES

Brief Comparisons of States Schizophrenics Shamans

This list is not complete; it is just a brief list. For more complete discussion one recommends Ginzberg's works [16] that deals with the Western witches and Shamans and the complete works of Castaneda [7,11,12,18] about shamanism of the more elevated type.

How to Enter Altered States

The difference between the two worlds is that while Shamans and Yogis are in control of altered states and have a normal metabolism, Schizophrenics have lost control over the altered state and is a victim of it: like a ship lost on the sea, with the boatman scared and disoriented. While the Schizophrenic attains nothing, Shamans and Yogis normally attain benefits from altered states if properly trained for years! Shamans and Yogis may exhibit extraordinary feats; but it is often forgotten that the success of a few often hides tragedies of many modern people who experiment with such methods alone or under the guidance of scrupulous "teachers" out to reap money from credulous New Agers or religious fanatics.

Shaman Concepts and Ideas

To cover the whole field of the Shamans would fill books. I will end with some of my own scientific field-notes collected over years of travelling and talking to people in search for the extraordinary. Maybe they can serve as topics for discussions. Maybe not?

Brain: Material part of the mind; consisting of various distinct parts often called names as: neocortex, mammalian brain, reptilian brain and of course cerebellum. Each part is subdivided into smaller parts; each with specific functions. These functions are discussed in textbooks on neuroanatomy, neurophysiology and neuropsychology and psychiatry. Pedagogically these days it is much a question of feeding the necortex with masses of data, mostly unrelated to the individual who is learning the masses of data. Ironically expressed: "Why do we create computers that think like humans; our school system is producing humans thinking like computers". Shaman education is totally different. Theories are not so important: stories are important. Stories about deeds of living human beings and their achievements and what they did, how they did and what they experienced. Most of the training is learning to operate the brain under various conditions. The Shaman uses the brain and the body as a tool. He is an excellent driver of the human "car", and certain Shamanistic cultures even went so far in their understanding of this tool as to understand the nature of the left-right hemisphere and how to operate the body through the automatic nervous system.

Mind: The brain is hardwired as neuronal networks; each network performing a certain function, and each network a part of a holographic whole. Mind in Western tradition is the union of the hardware: the brains neural networks plus the energy operating it/produced by it! To the Shaman the mind is energy manifesting in matter. He, the Shaman, is the core of the energy, the I am, the transcendent part who is con-

sciously shaping his mind to perform wonders in the human body. To him the brain in its various states is the material part of the mind, that manifests mind in its various expressions. To him mind is immortal consciousness seeking to be expressed through a medium. If the body-brain system is not trained, mind cannot express all its wonders!

Evolution: To train body-brain to express mind is a life long project, best started as a child and reaching maturity as age comes on. Certain cultures like the Indian cultures set a limit for evolution in the Shamanistic/philosophical teachings called Yoga, where is spoken about the highest evolution possible. The ancient Shamans of Asia and America however said: there is not limit at all, just a continuous ladder leading further and further away from ordinary man. Yoga is thus a basis for religious adoration; Shamans have no such adorations: they are explorers of ever-new avenues of explorations as the brain-body and mind alters as they interplay.

Beyond: As very central part of Shaman training-systems and experience is to operate completely without body contact. When in deep trance induced by use of sound and mental relaxation techniques or occasional use of hallucinogens (only for special occasions, never for daily use! Shamanism is not a drug culture at all!) the body becomes so distant that the mind is released from the body. Then the mind appears to the travellers as I am like a new energy body, a replica of his human form, in which he can travel. It is the OBE-body!

Energy: The interest amongst physicists of all sorts for the human brain-body system and the nature of the mind has brought us a vast input of theories and observation, usually not understood or used in ordinary medicine. The most fruitful field of harvesting information about the mind is the realization that the human nervous system is driven by electrical signals and what we call thoughts are as much electromagnetic patterns as they are nerve cells. The ancients know this. The pioneering works of scientists like Paul Devereaux in the UK has shown that Neolithic cultures and their Shamanistic energy-religions were centred around the interaction between human energies and earth energies. Shamans sought their experiences in places in nature with high intensity of geomagnetic radiation, and in Neolithic times one even built temples of mineral stones over geomagnetic "hot spots" to increase both electro-magnetic radiation and ionic concentrations. Under such circumstances both the body and the mind started to operate in a more intense manner facilitating what men in ordinary states of being, call paranormal experiences! Especially recommendable here is the book *Haunted Lands* by folklorist and geological investigator Paul Devereaux [23], who has charted the ritual places of Shamans and the corresponding geological sites of power. The very existence of Shamanism as also being an energy-cult is indeed one of the most remarkable rediscoveries of mans true nature as an energy being and most of what old Shamans handed down to us in the form of the location of sacred sites, buildings of Neolithic energy structures, building of spirit-roads (actually these roads were the prototypes of modern road system, but contrary to modern roads they did not lead to cities but to energy spots like mountaintops, very energy rich locales in nature etc.).

For the sake of interest I have for years used German produced microampere medical test equipment with filters [24], and recently a Norwegian nanoampere meter [25] that

measures the electrical grids of the human body. The nodes of the grid alters with state of mind, disease states and with atmospheric conditions, solar flares, phases of the moon and of course how the local geomagnetic locale where the measurements are done does change. Recently sadly enough also with interference from radio stations, mobile telephone base towers, radars and electrical heating system in the house where we do measurements. To this day I estimate app. 20.000 patients have been tested in our lab or in the fields this way!

For a network scientist who has realized the quantum nature of the mind the interaction between the states of mind (energy-levels/energy-patterns) and the energy patterns in the locale we move is maybe the most fruitful path to take to understand who we really are as energy beings. Sadly this knowledge is being lost at rapid speed as our forests die out, as fields are turned into roads and cities, as mountains are blown away to provide minerals and coal, as rivers die out. Gradually the old energy patterns are changed and according to our forefathers and confirmed by modern electromagnetic measurements; so our minds are altered. We are no longer the inheritors of the old traditions; we are the onlookers of the past; we do not partake in it anymore, because the past was also a landscape influencing our very way of being here.

In my opinion the alteration of the earth and the erection of technical electromagnetic radiations of all sorts are gradually reshaping minds and we are indeed the future beings, the techno-people. The path from cohabitation with nature as I myself experienced as a farm boy in my youth to modern city dweller is a painful path, like leaving your ancestral world. This path is for many people a sad deterioration of their lives creating sadness, anxiety and terror that I see reflected in the electromagnetic patters of my patients as I do measurements with my high-technology state of the art equipment.

Deeds: No story of the Shaman world is complete without at least one story of deeds. A major part of the Shaman deeds is seeing without eyes. In the ordinary waking state our visual input is through our eyes. It is assumed that our eyes sends pictures to the optical cortex where the pictures are formed. A more modern concept is that the eyes are electro-magnetic transducers sending a certain wavelength mixture to the brain, where the wave patterns are reconstructed into 3D patterns we call a picture. The picture of the world is as much a brain construction as it is a visual input! This has long been an accepted fact by Yogis and Shamans! Also they hold the same point of view based on analysis of the dream state where we see without eyes, often 360 degrees, in colours and the fact that one after some training can learn to see the outer world with closed eyes when in deep trance. In OBE Shamans and Yogis see perfect images of the world over extended distances. I have myself talked with very sensible people who in trance had OBE, left their homes, went to faraway places, collected information and went back. There is also a vast literature about the OBE, thanks to institutions such as The Monroe Institute [26] when students record simultaneous OBE experiences done from various locations. In the OBE they meet in a certain location, experience similar images and go back, record their experiences and have them verified later on when they meet. Such stories are today so well collaborated there is little doubt they happen. The great question is: how do we explain them? I

have given you some of the Shamans' answer for you to explore. Hopefully it has made some of your brain circuitry working and maybe some of you will talk to yourself and ask: what is this about? If you get an answer you are where the Shaman starts his journey, by simply asking the question: why do we talk to ourselves as we were two people and how come we sometimes get more magnificent answers than you could think out for ourselves in our ordinary state of mind.

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