

AWAKENING THE HEALING SOUL

Indigenous Healing Ingenuity
with
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1



2

TYPES OF PREVENTION

PRIMARY -- INTERVENE BEFORE HEALTH EFFECTS OCCUR

SECONDARY -- SCREEN TO DETECT EARLY ON

TERTIARY -- MANAGE DISEASE POST DIAGNOSIS

QUATERNARY -- GUARD AGAINST PSYCHOLOGICAL & MEDICAL HARM WHILE USING BEST PRACTICES

Iatrogenesis: When the “solution” is deemed more harmful than the original presenting problem.

3

THEORETICAL MODELS

- * Healing vs. Treating
- * Feminine Creation Medicine
- * Relational Medicine
- * The Original Instructions
- * Sacred Psychology
- * Heartful Medicine
- * Indigenous Healing
- * Placebo Medicine
- * Psychedelic Medicine

4

HEALING VS TREATING

- A lifelong journey to wholeness
- Restoring connection, unity and interdependence among all living beings
- Approaching and embracing what we fear
- Opening what has been closed off, softening what has been hardened
- Entering the transcendent – experiencing the Divine
- Expressing passion, love and creativity
- Seeking and expressing life in its fullness, its light and shadow, its male and female
- Learning to trust life from an enlarged perspective

5

PROMISE OF THE ANCIENT FEMININE

“Healing relates not so much to techniques as to philosophic and spiritual foundations. The bond that is established between the healer and the healee is life-giving and life **enriching for both**. The **relationship** itself is held in reverence made up of trust, love and hope. They are working in *sacred space*.”

“The emergence of women whose consciousness blends with the ancient themes of healing is the single most promising event in health care.”

Jean Achterberg in *Woman as Healer*, former director of research, SW Medical School, Dallas.

6

DOING AND BEING TECHNIQUE AND ARTFUL PRESENCE

“In a balanced viewpoint that includes both the masculine and feminine perspective, healing is seen not as technique, but as [a relational] process.”

Jean Achterberg, PhD, in *Woman as Healer*

7

RELATIONAL MEDICINE

Treatment techniques are minimally helpful; a sacred community of heartsoft people heals. Our “work” is *love made visible*.

“Don’t send us your white medicine. We don’t need it. We need medicine that walks.”

Red Cloud, Oglala Lakota, circa 1868

8

EFFECTIVE HEALING

"If you want to lift yourself up, lift up someone else."

Booker T Washington

"Good therapy is an engagement of two people that leaves both changed. If only one changes, therapy has been a failure."

Jonas Robitscher MD, in *The Powers of Psychiatry*

9



10

SMALL PICTURE VS MAYAN BIG PICTURE

"Our body is a natural entity, a micro-cosmos that reflects the macro-cosmos. All the information we require for our evolution is already in the universe, we just need to access and use it."

Maria Sagi PhD

11

NATIVE AMERICAN "ORIGINAL INSTRUCTIONS" (THE DIVINE SCRIPT)

To live in sacred accord with Nature, meaning to conform with our soul's intention and harmonize with the nature of the universe, the providential order. Or as William James termed it, the "unseen order" and "moral order."

To foster a pervasive interconnectedness and reciprocity in a world of fecund mystery.

To continually open ourselves to the widest window of consciousness possible even if we are, at least for now, incapable of even imagining it.

12

SPIRITUALITY AND NATIVE AMERICAN "ORIGINAL THINKING"

Spirituality:

Participation in the animating energy of creation – the Great Mystery – that cycles through time and space. Participating in this primal process we come to know ourselves as interdependent with the universe(s). We develop *radical responsiveness* to the needs and desires of others which causes us to grow in purpose, humility, reverence, awe, gratitude and relationships.

"If you want to know god, turn your face to your friend, and do not look away."

Rumi, 13th century poet

13

SACRED PSYCHOLOGY

"Sacred psychology assumes that the deepest yearning in every human soul is to return to its spiritual source, to experience communion and even union with the Beloved."

"Through sacred psychology, you become a citizen in a universe larger than your aspirations and more complex than all your dreams."

Jean Houston, in *The Search for the Beloved*.

Past president, Association for Humanistic Psychology

14

COMPASSION

In every person resides a royalty. Address the royalty and royalty will respond.

(Scandinavian Proverb)

Compassion: The ability to empathize with a person's pain, to speak humbly and lovingly from the heart, while sincerely wishing to relieve their suffering.

Compassion, like faith, love, and hope are good biological "tricks."

15

HEART MEDICINE (GOING SOFT)

"The art of medicine is rooted in the heart."

Paracelsus, 16th century Swiss physician

"One act of pure love in saving a life is greater than spending the whole of one's time in religious offerings to the Gods."

Pali Canon, Buddhist

"You don't need temples, you need a warm heart."

His Holiness, the Dalai Lama

16



17

RUMI ON BARRIERS

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.

18

- ▶ “When the heart weeps for what it has lost, the soul rejoices for what it has found.”

SUFI PROVERB

19

HEART RESONANCE

- Aesthesis, entrainment, coherence
- Himba bubble
- Quantum entanglement
(Einstein's “spooky action at a distance”)
- Potency Rule
(tuning fork effect)

20

REMOVING BARRIERS TO HEALING

“Doctors never cure patients, but simply help remove barriers that keep patients from curing themselves.”

Ernest Schweninger, MD

21

BARRIERS TO SEEING & KNOWING

“I’m spirit’s janitor. All I do is wipe the windows a little bit so you can see out for yourself.”

Godfrey Chips, Lakota Medicine Man

22

INDIGENOUS HEALING 101

- * Reciprocity
- * Tailor individualized rituals & ceremony
- * Remove all obstacles to healing
- * Collaborate with the patient
- * Heal in community of supporters
- * Back to Nature -- grounding/earthing
- * Facilitate altered states for "heavy lifting"

23

INDIGENOUS HEALING 101 (CONT'D)

- * Match confidence with humility
- * Invoke mystery
- * Sacralize (reverential rituals in ceremony)
- * Avoid assignment of limiting nouns/labels
- * Summon the ancestors and relatives
- * Awaken & empower the "Inner Healer"

24

SOUL LOSS/THEFT SOUL RETRIEVAL AND FUTURE RETRIEVAL

Soul:

The deepest **meaning, role, purpose, divine essence, significance, distinctiveness**, and **original home** a living being may hold in its unique place in the greater web of life.

It is precisely that which connects our human psyche – our **innate poetics** -- to the spirit of the universe. It is *our* story, our collective destiny.

25

“TRAUMA IS...AN EXPERIENCE THAT RUPTURES THE SENSE OF SELF. WE LOSE OUR UNDERSTANDING OF WHO WE ARE. AND SO, SOMETHING REMAINS UNFINISHED IN US. THERE IS A LAPSE IN OUR STORY.”

PUMIA GOBODA-MADKIZELA

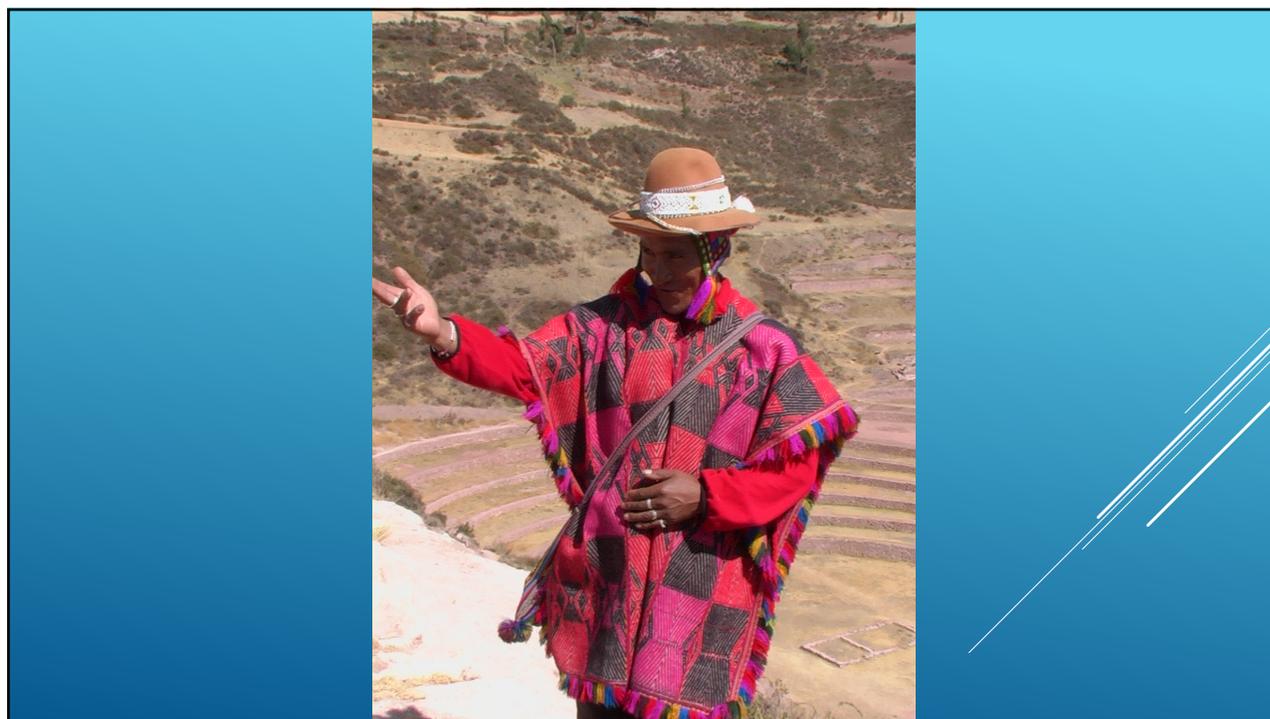
26

HEALTHY VS. UNHEALTHY TRAUMA UNEXPECTED VS. INVITED TRAUMA

“In all the ways we talk about trauma, what gets confused in the discourse is the difference between having an experience and having negative effects of that experience. The most important message is that we all experience trauma in our lives.”

Dr. Rachael Yehuda, Director of Psychedelic Psychotherapy and Trauma Research, Mount Sinai Icahn School of Medicine

27



28

HUMILITY

"There is a time in life when one learns >
Another time when one teaches what was learned
>

A later time when one learns what he does not
know – *humility* -- followed by research >
Then comes the time when one unlearns."

Claudio Naranjo, MD (and Middlebury College
psychology graduate)

29

COMMUNITY

I have no enemies left,
Only some friends who are late,
Come in, there is no lock, hang your coat
beside the fire and pull up a chair.
We shall drink tea and clear the path
leading back to the heart's first address...

Eugene Ruggles, poet

30

BELIEF

“It is not wrong for me to believe the statement ‘I will get well’ without evidence because my believing it may help make it true.”

WILLIAM JAMES

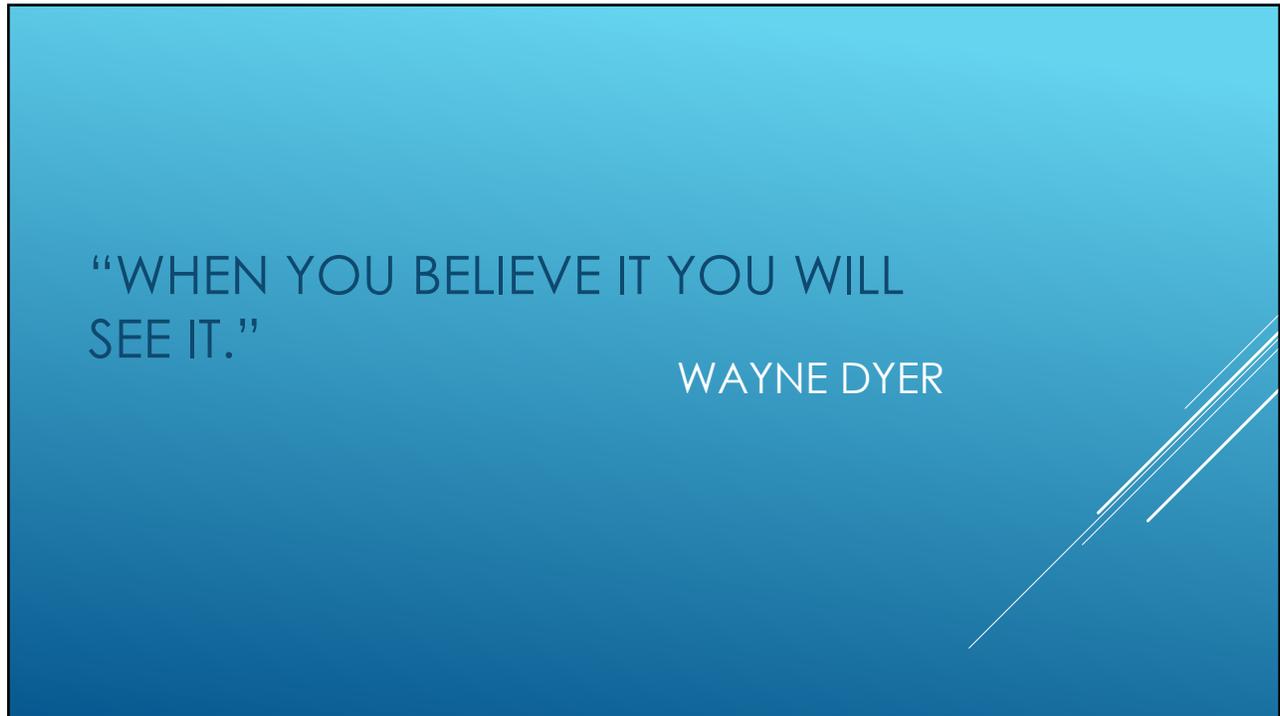
31

CULTURAL CONDITIONING

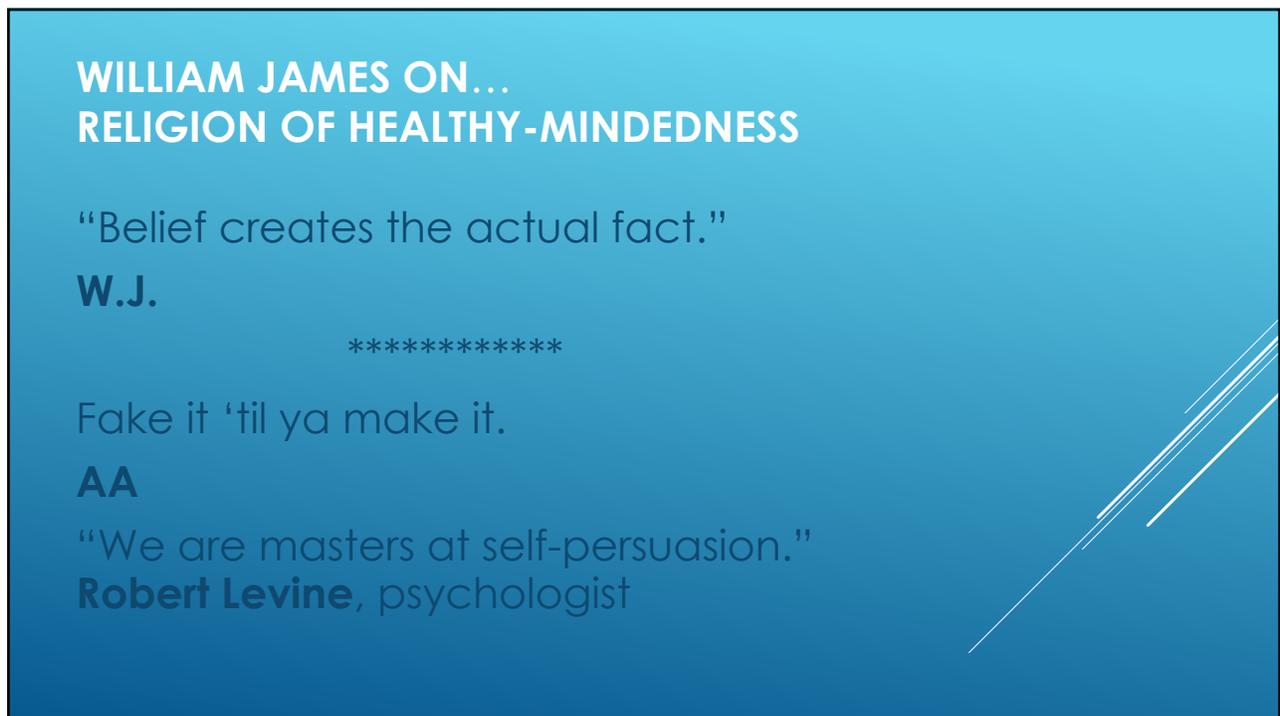
“At a cellular level, the terror that accompanies a cancer diagnosis can drive the pathogenesis of cancer, both precipitating and perpetuating the disease process. It is possible that our culturally conditioned *beliefs* about our vulnerability to cancer sow the seeds of symptoms that are ultimately diagnosed as disease.”

Sayer Ji in *Regenerate* (2020)

32



33



34

WILLIAM JAMES ON THE BODYMIND/SPIRIT

“Every emotion is physiologically saturated.”

in William James: His Life and Thought by Gerald Myers

35

MORE WILLIAM JAMES

“Something in his subjective experience strongly suggested the existence of an unseen order.”

“The brain merely transmits a consciousness already existent; consciousness need not depend on the brain for survival.”

“There is a continuum of cosmic consciousness against which our individuality builds accidental fences into which our several minds plunge as into a mother-sea reservoir.”

In His Life and Thought by Gerald Myers

36

THE DOCTOR WITHIN

AWAKENING THE INNER HEALER

LOCUS OF CONTROL

AXIS MUNDI

37

THE INNER PHYSICIAN

“[PSYCHEDELIC] GUIDES WHO UNDERSTAND THE CONCEPT OF AN **INNER HEALING INTELLIGENCE** ARE LESS ACTIVE AND MORE EMPOWERING THAN THERAPISTS WHO BELIEVE THAT IT IS THEIR INTERACTIONS WITH THE PARTICIPANT THAT RESULT IN THE HEALING PROCESS”

MARK HAYDEN, *MANUAL FOR PSYCHEDELIC GUIDES*

38

SPIRIT

- The energetic life force moving through us that is experienced as remembering via multi-dimensional conscious awareness.
- Life is far too complex to be lived from rational and linear intelligence alone.
- We have lost our wild indigenous spirit -- our *indigeneity* -- having been domesticated by the smothering spirit of "civilization" and technological "advances."

39



40

NATURE

"When you work for Creator, you go back to Nature,
You work in Her time."

George Goodstriker, Kainai (Blackfoot) Elder

"The Pueblos have no word that translates as 'religion.'
Religious beliefs permeate every aspect of a person's life;
it determines man's relation with the natural world and
with his fellow man."

Joe Sandow, Jemez Pueblo

"The Earth and myself are of one mind."

Chief Seattle, Nez Perce, 1879

"Your brain is part of a larger brain. Give thanks for that."
Glenn Aparicio Parry in *Original Thinking*

41

FAITH

"Faith...is a lasting reservoir of positive emotions
that can be drawn upon in future moments of
crisis."

George Valliant, MD, in *Spiritual Evolution*

Faith is more visceral than cognitive. It is not a
noun, it is a verb; we do faith.

Find it pounding right under your left nipple, in
your *heartbrain*.

42

JESUS AS SHAMAN & FAITH HEALER

“Your faith has healed you.”

Jesus as Magician by Morton Smith, historian,
Columbia University

43

WILLIAM JAMES ON FAITH

“Faith is simply a belief without adequate evidence [yet], and we cannot maneuver through our daily lives without some show of faith. This exercise of faith is rational, even necessary on occasion if one is to be rational.”

44

FOUR INGREDIENTS THAT ENHANCE FAITH

- 1) **Certainty** (in ourselves, our path and an authoritative healer)
- 2) **Trust** (in people, higher powers & processes)
- 3) **Community** (being surrounded by loving compassion while bearing witness)
- 4) **Observation**

There is little faith without having witnessed miracles. There are “miracles” where there is faith born of evidence.

45

SACRED MAGIC & MYSTERY

Magic:

Includes amazing and sudden healings that science has witnessed but as of yet is unable to understand and explain.

Mystery:

The most expansive and unlimited language-free “conversation” you can have with the universe(s). It entails curiosity, wonder, and the willingness to suspend disbelief. *Not knowing* heals.

This is not a trick of the mind but an opening of the mind.

46

MAGIC

“THE WORLD IS FULL OF MAGIC THINGS,
POTENTIALLY AWAITING OUR SENSES TO GROW
STRONGER.”

POET, EDEN PHILLPOTTS

47

IMAGINATION & HEALING

Man is a visible and invisible workshop. The visible one is his body, the invisible one is mind. Imagination is sun in the soul of man, spirit is the master, imagination is the tool, and the body becomes moldable material. The power of *imagination* is a great factor in medicine. *It may produce diseases and it may cure them.* Ills of the body may be cured by physical remedies or by the power of the *spirit* acting through the soul.

Paracelsus, circa 1520

48

EVOLUTION OF PLACEBO THEORY

“Every placebo is a lie, and in the long run the lie is found out. Placebo giving is quackery.”

Richard Cabot, Harvard Med School, **1903**

“The placebo surgery was not almost as good as real surgery – it was equally as good.”

Jeremy Howick, Oxford University, **2018**

49

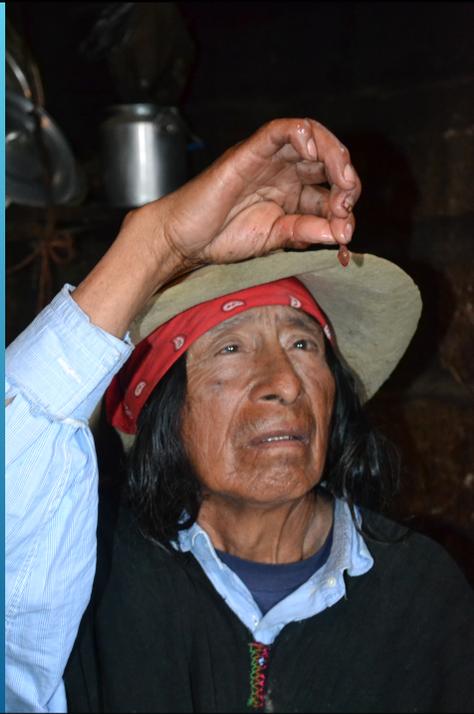
IMAGINATION, PLACEBO & NOCEBO

“The mythic imagination is what powers the placebo and the nocebo; it powers through meaning, which can literally change reality, mirrored in neuroplasticity of the brain that can be altered through the profoundly meaningful experiences on psychedelics.”

Jez Hughes in *The Wisdom of Mental Illness*

50

AMAZONIAN DIAGNOSIS



51

PLACEBO FACILITATION

Placebo: The psychotherapist's "communion wafers" that awaken *belief, imagination, faith and hope*.

Hope arises from an essential distraction from predominant left-hemisphere thinking (e.g. EMDR, MDMA) that interrupts a persistent cognitive focus on agony, allowing right-hemisphere healing energy to play and work.

Anticipation and **expectation** fuel a placebo response, releasing substantial amounts of dopamine in the process. T

he power of a **pilgrimage** alone can heal.

52

PLACEBO FACILITATION

- **Suggestion** results from *envisioning possibilities and outcomes* -- often delivered via **storytelling**.
- **Warmth** and an **authoritative focused presence** calms, encourages, assures, and ultimately heals.
- **Empathy** facilitates increased cooperation with the healer's methods.
- **Rituals** – some co-created -- facilitate the promise of cure, far more than a mechanical clinical treatment.

53

PSYCHOTHERAPY AS RITUAL & PLACEBO

The greater the accepted social meaning produced by a ritual, the better the effect.

Could it be that Western psychotherapy itself is little more than placebo hiding behind widely held theories, research claims, and sophisticated conjuring?

54

WHEN YOU PROVIDE A MEDICAL OR PSYCHOLOGICAL TREATMENT THERE ARE TWO CRITICAL INGREDIENTS:

- 1) A DRUG OR ADVICE
- 2) A STORY OF WHAT WILL OCCUR

The stories we tell are as important as any drug. From then on patients must be armed with a new story of their own imagination.

55

RITUALS: PREPARATION FOR CHANGE

“Chance favors the prepared mind.”

Louis Pasteur

56

RITUAL – NOT JUST A VERB

- * Tribal traditions & history reawakened
- * Our deepest memory of how to engage/dance with the world
- * A homecoming – the return to our roots.

57

PLACEBO SUSCEPTIBILITY

“The magnitude of a person’s healing depends less on the suggestibility and belief of the individual patient than on the *collective belief* of the culture and the ritual created to deliver that belief.”

Wayne Jonas MD, in *How Healing Works*

58

WHAT MAKES PLACEBOS WORK?

- Color of a pill
- Size of a pill
- Price of a pill
- Propriety brand vs generic
- Doubling the dose or creating an admixture
- Side effects
- Invasiveness of the procedure
- Authoritative demeanor
- Scientific setting (see CBC radio's: "magic, Medicine, and the Placebo Machine")

59

WHAT MAKES PLACEBOS WORK (CONT'D)

- 1) BELIEF/HOPE
- 2) IMAGINATION/VISION/DREAMS
- 3) FAITH IN PEOPLE, PROCESSES, OBSERVATIONS
- 4) SUGGESTION/EXPECTATIONS
- 5) PILGRIMAGE
- 6) FULL PRESENCE OF HEALER/EMPATHY/LOVE
- 7) SACRED RITUAL IN CEREMONY

60

CLEANING THE DOORS OF PERCEPTION – PREVENTING THE DEATH OF KNOWING

A **vision** is the soul drinking light from awareness of the Vast Self. In today's world, psychedelics and empathogens facilitate this *in-formation* process.

"Logic will get you from A to B. Imagination will take you everywhere."

Albert Einstein

61

AYAHUASQUERO SHAMAN



62



JUAN FIDEL

Six months after awakening
his inner healer

63

HOW THOUGHT INTERFERES WITH THINKING AND KNOWING

This is a technologically distracted, word-thought-language cluttered world that smothers intuitive voices.

Rational human thoughts (fact gathered knowledge) impedes wisdom from entering our consciousness.

Animal mind and nature speech are at the seat of long term memory, a gateway to the ancient past, and our deepest way of knowing. During altered states we access *supra-rational* thinking – advanced intuitive thought processes.

Tamarack Song in *Becoming Nature*

64

PLAGUE OF THE LEFT-BRAIN

"Rationalism and doctrinarism are the disease of our time."

Carl Jung

"The disease of reason, which William Blake warned of in the eighteenth century and Jung warned us of in the twentieth century, is now an epidemic, accelerated by the so-called information explosion."

Kurt Wild in *The Visionary: The Mystic Universe of Beautiful Painted Arrow* -- Picuris Pueblo (the verb people)

65

▶ MASLOW'S THIRD PSYCHOLOGY & TRAITS OF PEAK EXPERIENCES

- * UNIVERSE AS AN INTEGRATED WHOLE &
- * UNITIVE CONSCIOUSNESS
- * EGO-TRANSCENDING EVENT
- * ENTAILS DEEP NON-JUDGMENTAL CONCENTRATION &
- * LOSS OF PLACE & TIME
- * ENHANCED OBJECTIVITY &
- * HUMILITY
- * MEANING OF LIFE ISSUES RESOLVED
- * UNDERSTANDING & ACCEPTANCE OF WHAT IS
- * LOSS OF FEAR & ANXIETY
- * DIMINISHED SELFISHNESS
- * INCREASED SELF-DETERMINATION & FREE WILL
- * EFFUSIVE LOVE & INNOCENCE
- * INEFFABLE -- BEYOND WORDS

66

CEREMONY & RECONNECTION

"We are drinking inspiration from all the heavens and connecting the above realms with the physical plane. We may think we're sad because our physical needs aren't met or we need more success, but what we're really feeling is the natural hunger for the little self to connect with Vast Self. That can only come through ceremony."

Joseph Rael, Beautiful Painted Arrow

67

PLANT & MEDICINE CEREMONIES

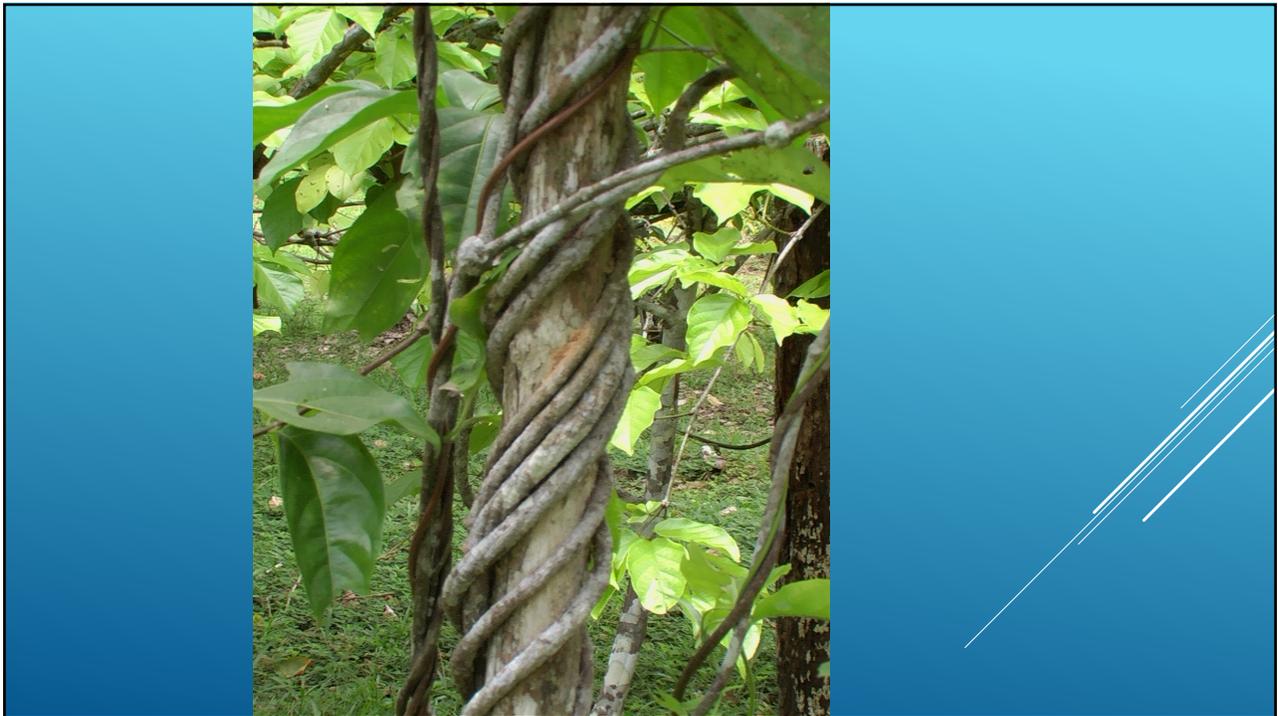
"Everything that exists is trying to unify itself with the Whole [quantum physics]. All ceremony exists to unify, to bring together, to bring into oneness. There is supernatural [*super natural*] power every human being has that cannot be cultivated by reading and writing alone. Native American ceremonies, some of which are very ancient, and many of the secret societies that we have, are based on this intention: to reconnect us over and over again to the land."

Joseph Rael, Beautiful Painted Arrow

68



69



70

PSYCHEDELICS, ENTHEOGENS, EMPATHOGENS, ENTACTOGENS, CLARIGENS & PSYCHOINTEGRATORS

- Hallucinations or enhanced (non-ordinary) consciousness
- Brain *reboot* or *reset*, especially around trauma
- Rely on proper *set & setting*
- Move patient's emotions
- Can address patient's life purpose & meaningful experiences
- Can reduce risk of anxiety, depression & addiction
- Require therapist & patient to get out of the way

71

HOW PSYCHEDELICS & EMPATHOGENS WORK

"Rituals for altered states of consciousness are found in over 90% of world cultures. This mysticism has empirical content spanning thousands of years and using rigorous methods to study mechanisms that underlie processes of the mind."

Mike Winkelman, anthropologist/neurotheologist, Claremont University

- * Build on tribal "crying for vision" (neurotheological searching)
- * Creates altered states of consciousness which lead to altered traits
- * Suspend disbelief
- * Removes obstacles to healing
- * Lower resistance & defensiveness
- * Heal in sacred community following a fast
- * Restore your place in the *One Tribe, Vast Self, Great Mystery*

72

NEUROGENESIS & NEUROPLASTICITY

Neurogenesis:

The formation of new brain cells -- especially when using entheogens/empathogens in combination with amino acids and nutrients.

Neuroplasticity:

A reshaping (rewiring) of the brain's landscape that allows it to change and evolve by making new neurons and connections.

These encouraging processes can be enhanced by "psychoplastogens": (MDMA, LSD, DMT & psilocybin).

73

COMMON MDMA OUTCOMES

- Expanded consciousness – a new conceptual lens
- Calm and comfort exploring & integrating trauma
- Heart opening – enhanced love, empathy & compassion
- Left-hemisphere takes a “time out”
- Multi-sensory awareness (synesthesia-like)
- Split brain vision
- Non-languaged intuitive *knowing*
- Profound spiritual awakening
- Synchronicity
- Ego dissolution (*me to we, to whee!*)
- Unity consciousness – moving from self to Self
- Healed and strengthened relationships

74

ETHICAL CONCERNS

- Care taken not to proselytize and force enthusiastic personal beliefs and predictions on patients
- Therapist must be personally experienced with and informed by the medicines, not just didactic training.
- Psychotherapy-assisted MDMA training required (MAPS, etc.) with a trained attendant.
- Medical and psychological screening required
- Safe and professional bedside manner – carefully monitored touch

75

► **Mark Hayden, Manual for Psychedelic Guides**

THE RESEARCH COMMUNITY AND INDIGENOUS COMMUNITIES AGREE THAT A GUIDE WHO HAS NEVER EXPERIENCED PSYCHEDELICS WILL LACK THE ABILITY TO UNDERSTAND, EMPATHIZE, OR HAVE RAPPORT WITH PARTICIPANTS.

76

PREVENTION OF SEXUAL ABUSE IN THE PSYCHEDELIC ERA

RISK FACTORS WITH MDMA

- * Patient vulnerability from past abuse
- * Quiet secluded setting
- * Blindfolded on bed for hours
- * Influence of bonding hormones
- * Common desire for physical contact
- * Transference and countertransference
- * Ingesting medicines with patients

77

EVOLUTION OF PSYCHEDELIC EXPERIENCES

If you can remember the 60s, you weren't really there.

Today we explore and expand use with much more intentionality and reverence.

78

THE INNER PHYSICIAN

“GUIDES WHO UNDERSTAND THE CONCEPT OF THE **INNER HEALING INTELLIGENCE** ARE LESS ACTIVE AND MORE EMPOWERING THAN THERAPISTS WHO BELIEVE THAT IT IS THEIR INTERACTIONS WITH THE PARTICIPANT THAT RESULT IN THE HEALING PROCESS”

MARK HAYDEN, *MANUAL FOR PSYCHEDELIC GUIDES*

79

Summary

“What I believe is happening is way beyond a paradigm shift. It is a whole-system transition. Traditional epistemologies and scientific understandings pale before the present mystery.”

Jean Houston, psychologist

Five Factors Explain the Current Evolution:

- 1) Broader participation
- 2) Rise of the feminine in healing
- 3) Miniaturization of technology
- 4) Expanding consciousness
- 5) Emerging global spiritual sensitivity

80

“DON'T LET ANCIENT KNOWLEDGE BECOME A THING OF THE PAST”

Qi: The Journal of Traditional Eastern Health and Fitness

81

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82