

1
00:00:00,600 --> 00:00:08,509
[Music]

2
00:00:09,250 --> 00:00:14,830
medical materialism and the allopathic

3
00:00:12,339 --> 00:00:16,868
paradigm comparing that to shamanic

4
00:00:14,830 --> 00:00:18,789
practices I did a two-year fellowship

5
00:00:16,868 --> 00:00:20,140
with dr. while at the University of

6
00:00:18,789 --> 00:00:21,849
Arizona and integrated medicine and then

7
00:00:20,140 --> 00:00:23,699
moved into this PhD because I can't

8
00:00:21,849 --> 00:00:27,070
possibly get enough education I guess

9
00:00:23,699 --> 00:00:29,769
and my wife is is really upon me about

10
00:00:27,070 --> 00:00:32,259
that but you can't be satisfied she said

11
00:00:29,769 --> 00:00:35,590
we're both OBGYN so we share quite a bit

12
00:00:32,259 --> 00:00:38,320
so what this study was for me if you

13
00:00:35,590 --> 00:00:40,059
look at holger call weight and what he

14
00:00:38,320 --> 00:00:42,850
described as the current state now this

15
00:00:40,058 --> 00:00:45,159
was in 87 but I think it still rings

16
00:00:42,850 --> 00:00:46,750
true today is that the current state of

17
00:00:45,159 --> 00:00:49,089
our medical system is bureaucratized

18
00:00:46,750 --> 00:00:51,070
materialistic and a mechanical model

19
00:00:49,090 --> 00:00:53,170
with an active therapist meaning the

20
00:00:51,070 --> 00:00:54,909
doctor is telling the patient what to do

21
00:00:53,170 --> 00:00:57,070
and the patient is doing it now that is

22
00:00:54,909 --> 00:00:58,479
changing a little bit in my own practice

23
00:00:57,070 --> 00:01:01,359
I have many patients telling me what to

24
00:00:58,479 --> 00:01:02,679
do and where to go but but I think

25
00:01:01,359 --> 00:01:05,409
that's changing words in a shamanic

26
00:01:02,679 --> 00:01:07,750
practice the shaman is more of a passive

27
00:01:05,409 --> 00:01:09,368
participant and the patient is more of

28
00:01:07,750 --> 00:01:12,609
the active participate healing

29

00:01:09,368 --> 00:01:16,118
themselves and at the Marshall block who

30
00:01:12,609 --> 00:01:18,150
is a physician in Arizona there was a an

31
00:01:16,118 --> 00:01:19,959
issue of the Arizona Medical Society

32
00:01:18,150 --> 00:01:23,368
newsletter that came out and it was

33
00:01:19,959 --> 00:01:26,649
titled allopathic or allo pathetic and

34
00:01:23,368 --> 00:01:28,540
the gist of this newsletter was that

35
00:01:26,650 --> 00:01:30,580
spirituality and that type of healing

36
00:01:28,540 --> 00:01:34,509
has absolutely no place in medical

37
00:01:30,579 --> 00:01:36,908
practice and dr. block is basically it

38
00:01:34,509 --> 00:01:38,319
sounds like he's for spirituality but

39
00:01:36,909 --> 00:01:39,520
he's saying that the care of the patient

40
00:01:38,319 --> 00:01:41,258
community's been replaced with business

41
00:01:39,519 --> 00:01:43,629
reports in heaven and space medicine and

42
00:01:41,259 --> 00:01:46,030
evidence-based medicine cuts both ways I

43
00:01:43,629 --> 00:01:47,560

do think it has a great purpose in

44

00:01:46,030 --> 00:01:49,570

showing us what works and what doesn't

45

00:01:47,560 --> 00:01:51,280

work but it also throws a lot of things

46

00:01:49,569 --> 00:01:56,349

out that do work maybe on an even an

47

00:01:51,280 --> 00:01:58,509

anecdotal level and will block also was

48

00:01:56,349 --> 00:02:00,339

the one that basically said that we're a

49

00:01:58,509 --> 00:02:02,530

low pathetic and he did use the worm

50

00:02:00,340 --> 00:02:04,439

quite the word quack if you use

51

00:02:02,530 --> 00:02:09,310

spirituality in your medical practice

52

00:02:04,438 --> 00:02:11,049

ken wilber the basis of this comparison

53

00:02:09,310 --> 00:02:12,819

between shamanism and allopathic

54

00:02:11,049 --> 00:02:15,159

medicine is basically the pre trans

55

00:02:12,819 --> 00:02:17,199

issue the pre rational trans rational

56

00:02:15,159 --> 00:02:19,659

issues that Wilbur discusses in the pre

57

00:02:17,199 --> 00:02:21,609

trans fallacy where physicians and

58

00:02:19,659 --> 00:02:23,079

scientists tend to reduce things to a

59

00:02:21,610 --> 00:02:26,050

scientific level or a pre

60

00:02:23,080 --> 00:02:27,880

level and people that look at you know

61

00:02:26,050 --> 00:02:29,800

new age and maybe shamanic healing may

62

00:02:27,879 --> 00:02:32,769

elevate everything to a trans rational

63

00:02:29,800 --> 00:02:34,780

state and and discredit the science so I

64

00:02:32,770 --> 00:02:36,280

think that somewhere in between and

65

00:02:34,780 --> 00:02:39,939

that's where I was going with what this

66

00:02:36,280 --> 00:02:42,340

study was and then William James he

67

00:02:39,939 --> 00:02:46,150

didn't obviously say this in 2002 but it

68

00:02:42,340 --> 00:02:48,310

was a reprint medical materialism if we

69

00:02:46,150 --> 00:02:50,349

look at some of the some of our past

70

00:02:48,310 --> 00:02:53,620

people you know st. Paul was an

71

00:02:50,349 --> 00:02:55,629

epileptic st. Teresa was a hysteric and

72
00:02:53,620 --> 00:02:58,210
st. Francis was a hereditary degenerate

73
00:02:55,629 --> 00:03:00,069
that's what we make all of these

74
00:02:58,210 --> 00:03:03,159
experiences out to be and you're

75
00:03:00,069 --> 00:03:05,079
laughing with me I'm sure not at me but

76
00:03:03,159 --> 00:03:07,449
the purpose of my study and what I did

77
00:03:05,080 --> 00:03:09,310
was there's a rotation at the University

78
00:03:07,449 --> 00:03:10,810
of Arizona where medical students and

79
00:03:09,310 --> 00:03:12,969
residents come from around the United

80
00:03:10,810 --> 00:03:14,469
States to spend a month there and learn

81
00:03:12,969 --> 00:03:16,150
about integrated medicine and

82
00:03:14,469 --> 00:03:19,330
Integrative Medicine B is basically

83
00:03:16,150 --> 00:03:21,580
everything so they're they're going

84
00:03:19,330 --> 00:03:23,380
through ru Veda a little acupuncture

85
00:03:21,580 --> 00:03:25,450
their energy work they're doing all

86

00:03:23,379 --> 00:03:27,699
kinds of things and so what I did was I

87
00:03:25,449 --> 00:03:29,169
added a three-day thing at the end of

88
00:03:27,699 --> 00:03:31,509
their rotation if they wanted to go

89
00:03:29,169 --> 00:03:36,429
where I would take I took them up to

90
00:03:31,509 --> 00:03:38,560
Sedona for three days basically paid for

91
00:03:36,430 --> 00:03:42,670
it all myself too but we won't go into

92
00:03:38,560 --> 00:03:46,719
that and for two of those days we did

93
00:03:42,669 --> 00:03:49,780
shamanic work and basically what I then

94
00:03:46,719 --> 00:03:52,209
did after we we did these 48 hours where

95
00:03:49,780 --> 00:03:53,590
I didn't allow them to sleep which is

96
00:03:52,209 --> 00:03:56,949
basically the life of a resident

97
00:03:53,590 --> 00:03:59,800
physician anyways the that I used this

98
00:03:56,949 --> 00:04:01,750
in a grounded theory and basically where

99
00:03:59,800 --> 00:04:03,939
I just immersed myself in the data that

100
00:04:01,750 --> 00:04:05,830

I was collecting and from my own

101

00:04:03,939 --> 00:04:07,389

experiences from where they were at and

102

00:04:05,830 --> 00:04:09,040

going through not only the allopathic

103

00:04:07,389 --> 00:04:11,919

paradigm but into this integrative

104

00:04:09,039 --> 00:04:13,599

paradigm so what I looked at initially

105

00:04:11,919 --> 00:04:15,280

was the stages of shamanic training and

106

00:04:13,599 --> 00:04:17,738

comparing it to the stages of allopathic

107

00:04:15,280 --> 00:04:19,660

training and they're fairly similar

108

00:04:17,738 --> 00:04:23,469

Mirchi I'm going to try to pronounce

109

00:04:19,660 --> 00:04:24,400

this mere Chuck Iliad NYADA depending on

110

00:04:23,470 --> 00:04:26,830

where you want to how you want to

111

00:04:24,399 --> 00:04:28,509

pronounce it there's three levels that

112

00:04:26,829 --> 00:04:31,000

he came up with calling an election

113

00:04:28,509 --> 00:04:33,519

initiation and shamanic practice the

114

00:04:31,000 --> 00:04:36,829

calling for shamans can be anywhere from

115
00:04:33,519 --> 00:04:40,909
hereditary injury

116
00:04:36,829 --> 00:04:44,300
tragedy or tribal needs the the

117
00:04:40,910 --> 00:04:46,819
initiation rites basically come through

118
00:04:44,300 --> 00:04:49,848
different forms as well and they can be

119
00:04:46,819 --> 00:04:52,250
cultural in in one practice the

120
00:04:49,848 --> 00:04:54,889
initiation in Korea I believe they make

121
00:04:52,250 --> 00:04:58,160
shamans stand under a cold waterfall for

122
00:04:54,889 --> 00:04:59,509
11 hours and that sounds like residency

123
00:04:58,160 --> 00:05:01,669
to me I don't know if Larry would agree

124
00:04:59,509 --> 00:05:04,129
to that but there is some being pummeled

125
00:05:01,668 --> 00:05:06,409
in residency so there there were some

126
00:05:04,129 --> 00:05:08,779
similarities there they can also be

127
00:05:06,410 --> 00:05:10,460
initiated simply by instantaneous they

128
00:05:08,779 --> 00:05:14,000
may be struck by lightning or have a

129
00:05:10,459 --> 00:05:15,739
seizure the wounded healer archetype is

130
00:05:14,000 --> 00:05:17,300
there and dismemberment is obviously

131
00:05:15,740 --> 00:05:18,740
metaphorical if they were dismembered

132
00:05:17,300 --> 00:05:20,658
they probably wouldn't be doing much but

133
00:05:18,740 --> 00:05:25,069
the metaphorical dismemberment where

134
00:05:20,658 --> 00:05:26,538
they might go on a shamanic voyage into

135
00:05:25,069 --> 00:05:28,189
the wilderness for 3-4 days without food

136
00:05:26,538 --> 00:05:29,629
and then come back and they'll they'll

137
00:05:28,189 --> 00:05:31,550
go through this dismemberment where

138
00:05:29,629 --> 00:05:33,110
they're ripped apart metaphorically and

139
00:05:31,550 --> 00:05:34,639
then put back together and then the

140
00:05:33,110 --> 00:05:38,479
shamanic practice where they go out into

141
00:05:34,639 --> 00:05:40,699
the community there's a story of a

142
00:05:38,478 --> 00:05:42,589
tribal and an Asian tribe I can't

143

00:05:40,699 --> 00:05:44,000
remember the name where after they go

144
00:05:42,589 --> 00:05:45,709
through the initiative rites and they

145
00:05:44,000 --> 00:05:47,990
practice for a couple of years they have

146
00:05:45,709 --> 00:05:50,508
to sit in front of four elder shamans

147
00:05:47,990 --> 00:05:51,918
and actually heal patients and the

148
00:05:50,509 --> 00:05:54,229
elders then tell them whether or not

149
00:05:51,918 --> 00:05:57,948
they can join the club and that sounds

150
00:05:54,228 --> 00:05:59,000
like my boards so and then once you get

151
00:05:57,949 --> 00:06:00,319
the piece of paper that says you're in

152
00:05:59,000 --> 00:06:02,269
the club you don't know what to do with

153
00:06:00,319 --> 00:06:04,490
it after that but but yeah it's it's

154
00:06:02,269 --> 00:06:06,079
this it's this process of initiation and

155
00:06:04,490 --> 00:06:08,658
and working through things the

156
00:06:06,079 --> 00:06:12,859
allopathic training is similar we have a

157
00:06:08,658 --> 00:06:14,930

calling they can be called basically

158

00:06:12,860 --> 00:06:16,550

through your heritage or my my wife and

159

00:06:14,930 --> 00:06:18,379

I are both physicians my two oldest kids

160

00:06:16,550 --> 00:06:20,538

are 16 and 18 they want to be doctors

161

00:06:18,379 --> 00:06:23,538

despite seeing how miserable we are at

162

00:06:20,538 --> 00:06:25,550

times so I think that obviously that

163

00:06:23,538 --> 00:06:28,339

plays a huge factor but there's also the

164

00:06:25,550 --> 00:06:29,990

ideals of income job stability things of

165

00:06:28,339 --> 00:06:32,418

that nature the education and training

166

00:06:29,990 --> 00:06:34,218

is very similar like I talked about

167

00:06:32,418 --> 00:06:37,639

their stages of training medical school

168

00:06:34,218 --> 00:06:39,860

residency practice and then we also

169

00:06:37,639 --> 00:06:41,240

learned through you know physicians I

170

00:06:39,860 --> 00:06:42,740

think we take it for granted and maybe

171

00:06:41,240 --> 00:06:44,629

we don't realize it but we have a lot of

172
00:06:42,740 --> 00:06:46,699
ceremony and ritual and medicine and I

173
00:06:44,629 --> 00:06:48,839
have a paper that's coming out and I'm

174
00:06:46,699 --> 00:06:52,680
going to plug myself if there

175
00:06:48,839 --> 00:06:54,779
and explore in September that's on the

176
00:06:52,680 --> 00:06:57,689
rituals of basically it's the surgical

177
00:06:54,779 --> 00:07:00,899
suite as a sacred ritual and if you look

178
00:06:57,689 --> 00:07:03,660
at surgery what other place in healing

179
00:07:00,899 --> 00:07:06,839
do we have a patient laying on a table

180
00:07:03,660 --> 00:07:09,510
in a christ-like position unconscious in

181
00:07:06,839 --> 00:07:11,669
a basically close to death and then

182
00:07:09,509 --> 00:07:13,230
brought back to life at the hand I mean

183
00:07:11,670 --> 00:07:15,150
it's quite an amazing ceremony and I

184
00:07:13,230 --> 00:07:17,189
think we take it for granted

185
00:07:15,149 --> 00:07:18,629
and so there there are a lot of

186
00:07:17,189 --> 00:07:20,449
similarities with the ceremonies and

187
00:07:18,629 --> 00:07:24,209
ritual but I think we've lost it all and

188
00:07:20,449 --> 00:07:25,949
because we're you know we're into you

189
00:07:24,209 --> 00:07:27,629
know being here at 2 o'clock and I've

190
00:07:25,949 --> 00:07:29,939
got five surgeries today and things of

191
00:07:27,629 --> 00:07:31,680
that nature and then the initiation as

192
00:07:29,939 --> 00:07:33,480
I've spoken about is very hierarchical

193
00:07:31,680 --> 00:07:35,610
in medicine and I think that in shamanic

194
00:07:33,480 --> 00:07:37,650
training it's very similar so this is a

195
00:07:35,610 --> 00:07:39,420
pilot study and Julie by shal reminded

196
00:07:37,649 --> 00:07:42,060
me to say things are a pilot no I'm just

197
00:07:39,420 --> 00:07:43,710
kidding because it was a very small

198
00:07:42,060 --> 00:07:46,649
study and it can definitely be carried

199
00:07:43,709 --> 00:07:48,779
out farther but I had 32 students and we

200

00:07:46,649 --> 00:07:51,839
spent 48 hours in Sedona which is so

201
00:07:48,779 --> 00:07:53,819
horrible to be in Sedona but but

202
00:07:51,839 --> 00:07:55,979
basically we were outside and so for I

203
00:07:53,819 --> 00:07:58,709
think they we weren't staying at a great

204
00:07:55,980 --> 00:08:00,390
hotel and we we hiked up to some

205
00:07:58,709 --> 00:08:02,759
abandoned hopi ruins where they would

206
00:08:00,389 --> 00:08:04,680
you can see the fire varnish still on

207
00:08:02,759 --> 00:08:07,139
the rocks there's a lot of hieroglyphics

208
00:08:04,680 --> 00:08:09,959
still there so it's a pretty neat place

209
00:08:07,139 --> 00:08:11,430
with a lot of energy and we did drumming

210
00:08:09,959 --> 00:08:13,939
for four to six hours where we would

211
00:08:11,430 --> 00:08:16,709
just literally drum bang on rocks

212
00:08:13,939 --> 00:08:19,740
basically got cave Manesh if you will

213
00:08:16,709 --> 00:08:22,139
and and then with James Andretti who's

214
00:08:19,740 --> 00:08:23,699

an author he spent about 10 to 15 years

215

00:08:22,139 --> 00:08:25,229

living with the Huichol and he's gone

216

00:08:23,699 --> 00:08:26,009

through their initiation rites we did

217

00:08:25,230 --> 00:08:29,430

some healings

218

00:08:26,009 --> 00:08:32,549

of each other while we were drumming for

219

00:08:29,430 --> 00:08:34,080

another couple of hours we didn't do

220

00:08:32,549 --> 00:08:39,838

much in the way of talking we slept

221

00:08:34,080 --> 00:08:41,969

outside the next day we we I we went

222

00:08:39,839 --> 00:08:45,030

through a fire ceremony this is the

223

00:08:41,969 --> 00:08:47,640

picture of us drumming on the rocks and

224

00:08:45,029 --> 00:08:49,860

the next day the next evening when

225

00:08:47,639 --> 00:08:51,389

everybody was basically spent physically

226

00:08:49,860 --> 00:08:53,550

and emotionally we went through a fire

227

00:08:51,389 --> 00:08:55,088

ceremony which we all sit around a fire

228

00:08:53,549 --> 00:08:56,990

and

229
00:08:55,089 --> 00:08:59,060
everybody that's around the fire is

230
00:08:56,990 --> 00:09:00,948
actually a part of the fire so anything

231
00:08:59,059 --> 00:09:03,888
that said stays with the fire and goes

232
00:09:00,948 --> 00:09:05,088
up and people were going through their

233
00:09:03,889 --> 00:09:06,680
lives and we were going through all

234
00:09:05,089 --> 00:09:09,500
kinds of things and then after that

235
00:09:06,679 --> 00:09:11,870
interview after that I interviewed all

236
00:09:09,500 --> 00:09:14,899
the students now used grounded theory

237
00:09:11,870 --> 00:09:17,870
because basically the theory is grounded

238
00:09:14,899 --> 00:09:20,208
in your data and for me obviously

239
00:09:17,870 --> 00:09:21,440
there's a bias because I'm I was one of

240
00:09:20,208 --> 00:09:23,899
them I've been through what they've been

241
00:09:21,440 --> 00:09:25,699
through but I think that that bias which

242
00:09:23,899 --> 00:09:28,370
in grounded theory you have a bias

243
00:09:25,698 --> 00:09:30,409
because it's grounded in your data but

244
00:09:28,370 --> 00:09:34,009
it's both subjective and objective and I

245
00:09:30,409 --> 00:09:35,629
was basically able to come up with some

246
00:09:34,009 --> 00:09:38,240
theories based on what I was hearing

247
00:09:35,629 --> 00:09:41,028
from these students so what I got from

248
00:09:38,240 --> 00:09:43,639
the students was 16 of them had one or

249
00:09:41,028 --> 00:09:45,500
both parents that were physicians 16

250
00:09:43,639 --> 00:09:47,060
just claimed that the vocation itself

251
00:09:45,500 --> 00:09:49,730
they just wanted to be a doctor for

252
00:09:47,059 --> 00:09:51,138
whatever reason none of them actually

253
00:09:49,730 --> 00:09:54,139
stated that they felt like their

254
00:09:51,139 --> 00:09:56,600
personal wounds were part of why they

255
00:09:54,139 --> 00:09:59,299
became a physician and I think for

256
00:09:56,600 --> 00:10:02,440
myself a future study would be I think

257

00:09:59,299 --> 00:10:04,909
that I think that personal wounds do

258
00:10:02,440 --> 00:10:07,550
have a significant influence on why we

259
00:10:04,909 --> 00:10:09,679
do what we do and I think that it helps

260
00:10:07,549 --> 00:10:12,078
us choose why we go into what we go into

261
00:10:09,679 --> 00:10:14,328
as doctors and I'll tell you about why I

262
00:10:12,078 --> 00:10:17,149
went into OB that I discovered amongst

263
00:10:14,328 --> 00:10:19,009
this trip 50% stated that they were

264
00:10:17,149 --> 00:10:22,159
skeptical of shamanism when they started

265
00:10:19,009 --> 00:10:23,389
but at the conclusion most of them had

266
00:10:22,159 --> 00:10:26,059
an inked they said that an increased

267
00:10:23,389 --> 00:10:28,220
sense of self-awareness and they felt

268
00:10:26,059 --> 00:10:29,989
that the hearing healing ritual that we

269
00:10:28,220 --> 00:10:32,300
did that banging on the rocks being

270
00:10:29,990 --> 00:10:33,829
together made them feel like a group

271
00:10:32,299 --> 00:10:35,240

that they hadn't felt the whole month

272

00:10:33,828 --> 00:10:37,458

that they were doing this rotation

273

00:10:35,240 --> 00:10:38,990

together they also felt like their

274

00:10:37,458 --> 00:10:40,759

hearing and their sense of touch was

275

00:10:38,990 --> 00:10:42,318

heightened they it wasn't measurable but

276

00:10:40,759 --> 00:10:44,688

it was just something that they reported

277

00:10:42,318 --> 00:10:46,818

and that they felt like the that they

278

00:10:44,688 --> 00:10:49,219

definitely had a better sense of what

279

00:10:46,818 --> 00:10:51,679

shamanism or indigenous healing

280

00:10:49,220 --> 00:10:53,569

practices were and they felt that this

281

00:10:51,679 --> 00:10:57,379

helped them connect to their own healing

282

00:10:53,568 --> 00:11:01,309

practice indigenous shamans what I found

283

00:10:57,379 --> 00:11:02,448

in looking at my data was that what we

284

00:11:01,309 --> 00:11:05,179

saw some of the similarities between

285

00:11:02,448 --> 00:11:06,649

doctors and shamanic training but what

286
00:11:05,179 --> 00:11:08,328
was one of the main differences well one

287
00:11:06,649 --> 00:11:10,339
of the main differences that I saw was

288
00:11:08,328 --> 00:11:12,198
that shamans heal in the communities

289
00:11:10,339 --> 00:11:13,699
where they live they they grow up there

290
00:11:12,198 --> 00:11:15,289
they stay there they train there they

291
00:11:13,698 --> 00:11:18,109
know everybody they may live on the

292
00:11:15,289 --> 00:11:21,799
outskirts of town but they live there

293
00:11:18,110 --> 00:11:23,300
doctors what do we do we go somewhere we

294
00:11:21,799 --> 00:11:25,698
might move three or four times before we

295
00:11:23,299 --> 00:11:27,109
even go to medical school but we we go

296
00:11:25,698 --> 00:11:29,208
to medical school four years later we go

297
00:11:27,110 --> 00:11:31,039
to residency four years later we go and

298
00:11:29,208 --> 00:11:33,409
live somewhere else we may live 20 30

299
00:11:31,039 --> 00:11:35,419
miles from where we practice and so we

300
00:11:33,409 --> 00:11:37,490
really don't live in the community where

301
00:11:35,419 --> 00:11:39,500
we practice and and some of us may even

302
00:11:37,490 --> 00:11:41,990
change practices four or five times in

303
00:11:39,500 --> 00:11:44,688
locations so that's a huge thing that I

304
00:11:41,990 --> 00:11:46,459
think that what I recommend that doctors

305
00:11:44,688 --> 00:11:47,870
just live in the hometown where they

306
00:11:46,458 --> 00:11:49,789
grew up I don't know if that would work

307
00:11:47,870 --> 00:11:51,860
but I think that's definitely one thing

308
00:11:49,789 --> 00:11:53,719
that we could look at with our healing

309
00:11:51,860 --> 00:11:57,639
practices is maybe why we're

310
00:11:53,720 --> 00:12:00,170
disconnected as physicians and then

311
00:11:57,639 --> 00:12:03,799
basically the conclusions other

312
00:12:00,169 --> 00:12:05,240
conclusions Poland and Casa Vic's say

313
00:12:03,799 --> 00:12:06,649
medical schools have an important role

314

00:12:05,240 --> 00:12:09,110
in reducing the isolation of their

315
00:12:06,649 --> 00:12:10,850
students from alternative health beliefs

316
00:12:09,110 --> 00:12:13,879
like shamanism that are part of our

317
00:12:10,850 --> 00:12:15,620
community we need to try to somehow

318
00:12:13,879 --> 00:12:18,019
bring the scale I think dr. Weil has

319
00:12:15,620 --> 00:12:20,000
tried to do this to a certain extent but

320
00:12:18,019 --> 00:12:21,589
you know there's there's other ways of

321
00:12:20,000 --> 00:12:23,778
doing this Rachael remin has brought in

322
00:12:21,589 --> 00:12:24,980
compassion into medical schools but we

323
00:12:23,778 --> 00:12:26,269
don't really get a lot of this when

324
00:12:24,980 --> 00:12:29,360
we're training we definitely don't get

325
00:12:26,269 --> 00:12:31,490
this in residency residency you are

326
00:12:29,360 --> 00:12:34,068
dismembered almost literally at times

327
00:12:31,490 --> 00:12:36,079
and so I think that's part of why we

328
00:12:34,068 --> 00:12:38,149

have this disconnect but I think what I

329

00:12:36,078 --> 00:12:40,729

was looking at with this the the bonfire

330

00:12:38,149 --> 00:12:42,230

of the paradigms was that we are always

331

00:12:40,730 --> 00:12:43,399

looking forward at technology in

332

00:12:42,230 --> 00:12:45,649

medicine and maybe we should look

333

00:12:43,399 --> 00:12:49,250

backwards maybe where we came from and

334

00:12:45,649 --> 00:12:50,808

why we came from there the continuing

335

00:12:49,250 --> 00:12:52,909

continuation of spirituality and

336

00:12:50,808 --> 00:12:55,068

medicine I believe is a critical conduit

337

00:12:52,909 --> 00:12:57,948

to the healing of the physician and I

338

00:12:55,068 --> 00:13:00,198

think that we I think if you don't come

339

00:12:57,948 --> 00:13:01,789

into medicine wounded you probably leave

340

00:13:00,198 --> 00:13:05,899

wounded when you when you come out of

341

00:13:01,789 --> 00:13:07,370

residency young said that we could say

342

00:13:05,899 --> 00:13:08,990

without too much exaggeration that a

343
00:13:07,370 --> 00:13:10,789
good half of every treatment that probes

344
00:13:08,990 --> 00:13:13,159
at all deeply consists in the doctors

345
00:13:10,789 --> 00:13:16,009
examining himself for only what he can

346
00:13:13,159 --> 00:13:18,259
put himself put right in himself can he

347
00:13:16,009 --> 00:13:20,958
hope to put right in the patient it is

348
00:13:18,259 --> 00:13:22,129
it is no loss either if he feels that

349
00:13:20,958 --> 00:13:24,018
the patient is hitting him or even

350
00:13:22,129 --> 00:13:25,220
scoffing him it is his own hurt that

351
00:13:24,019 --> 00:13:26,720
gives the measure of his power to heal

352
00:13:25,220 --> 00:13:28,729
the more wounded you are the more

353
00:13:26,720 --> 00:13:30,739
powerful you might heal and robert rehme

354
00:13:28,729 --> 00:13:32,809
nishan at Pacifica I wrote a book called

355
00:13:30,739 --> 00:13:34,579
the wounded researcher and he talks

356
00:13:32,808 --> 00:13:36,618
about this as well that students can

357
00:13:34,578 --> 00:13:38,269
sometimes put out some really good

358
00:13:36,619 --> 00:13:41,479
research based on their own personal

359
00:13:38,269 --> 00:13:44,089
wounds sorry about that looking at this

360
00:13:41,479 --> 00:13:46,519
aspect of it at the end of this I I was

361
00:13:44,089 --> 00:13:48,919
doing a genogram which is where I was

362
00:13:46,519 --> 00:13:51,918
looking at my family tree and for three

363
00:13:48,918 --> 00:13:56,359
generations back and I in that genogram

364
00:13:51,918 --> 00:13:58,088
I was looking at the there was conflict

365
00:13:56,359 --> 00:14:01,220
lines I drew conflict lines between

366
00:13:58,089 --> 00:14:04,369
almost every maternal bond in my family

367
00:14:01,220 --> 00:14:06,499
and when I saw that I was like gosh you

368
00:14:04,369 --> 00:14:08,389
know why did I go into ob/gyn people

369
00:14:06,499 --> 00:14:10,189
always ask me you know why did you go

370
00:14:08,389 --> 00:14:11,749
into ob/gyn and I always say because I

371

00:14:10,188 --> 00:14:17,028
didn't like any of the other rotations

372
00:14:11,749 --> 00:14:18,589
but but you know sometimes you look at

373
00:14:17,028 --> 00:14:20,749
this and on a deeper level you really

374
00:14:18,589 --> 00:14:22,910
sometimes you can't answer it and so as

375
00:14:20,749 --> 00:14:24,589
I looked at this genogram and I saw all

376
00:14:22,909 --> 00:14:27,108
these connections between mothers and

377
00:14:24,589 --> 00:14:29,629
children that were just just conflict

378
00:14:27,109 --> 00:14:31,999
clown for conflict grandmothers and

379
00:14:29,629 --> 00:14:33,499
their kids and I said well there was one

380
00:14:31,999 --> 00:14:35,480
thing that I came up there was a little

381
00:14:33,499 --> 00:14:36,949
just could be potentially disturbing and

382
00:14:35,480 --> 00:14:40,609
another that made a lot of sense and the

383
00:14:36,948 --> 00:14:44,568
disturbing one is that in medicine in

384
00:14:40,609 --> 00:14:47,119
GYN I do hysterectomies and um you know

385
00:14:44,568 --> 00:14:49,849

I'm actually cutting out the maternal

386

00:14:47,119 --> 00:14:51,410

organ and the the birthing organ the

387

00:14:49,850 --> 00:14:53,509

organ that you know my mom and I did not

388

00:14:51,409 --> 00:14:55,068

have a good relationship and so that

389

00:14:53,509 --> 00:14:56,720

kind of disturbed me I'm saying well

390

00:14:55,068 --> 00:14:58,578

hopefully that's not the reason that I

391

00:14:56,720 --> 00:15:01,209

went into this but on a subconscious

392

00:14:58,578 --> 00:15:03,469

level you could see where that might be

393

00:15:01,208 --> 00:15:06,408

something to look at you know something

394

00:15:03,470 --> 00:15:09,048

to examine and the other thing that I

395

00:15:06,408 --> 00:15:11,448

saw though was that obviously if there's

396

00:15:09,048 --> 00:15:12,769

this maternal child conflict in my

397

00:15:11,448 --> 00:15:15,349

family at least for the last three

398

00:15:12,769 --> 00:15:17,089

generations me going into OB is probably

399

00:15:15,350 --> 00:15:19,519

a way for me to heal those ancestral

400
00:15:17,089 --> 00:15:21,979
wounds in my family I'm trying to figure

401
00:15:19,519 --> 00:15:24,709
out this whole I'm surrounded by women

402
00:15:21,979 --> 00:15:27,739
and I'm surrounded by women and children

403
00:15:24,708 --> 00:15:29,538
all the time and by immersing myself in

404
00:15:27,739 --> 00:15:32,030
that I think on a subconscious level I

405
00:15:29,538 --> 00:15:35,779
was trying to heal my wounded he

406
00:15:32,029 --> 00:15:38,539
and so I think that shamanic practice

407
00:15:35,779 --> 00:15:40,610
and the the wounded healer archetype can

408
00:15:38,539 --> 00:15:43,129
really give us some insight if not into

409
00:15:40,610 --> 00:15:47,120
anything else to maybe why we do the

410
00:15:43,129 --> 00:15:48,889
things that we do as doctors and so you

411
00:15:47,120 --> 00:15:50,419
know like I said it's a small study I

412
00:15:48,889 --> 00:15:52,279
would like to do something in the future

413
00:15:50,419 --> 00:15:55,000
looking at that wounded archetype and

414
00:15:52,279 --> 00:15:58,759
and and talking to physicians about that

415
00:15:55,000 --> 00:16:01,460
and and their stories out there my PhD

416
00:15:58,759 --> 00:16:04,370
is is on the life of Larry Dossey I'm

417
00:16:01,460 --> 00:16:06,259
doing interviews with Larry and I'll

418
00:16:04,370 --> 00:16:08,179
tell you just spending time with

419
00:16:06,259 --> 00:16:12,470
somebody like him has helped me

420
00:16:08,179 --> 00:16:14,389
immensely understand my medicine and and

421
00:16:12,470 --> 00:16:16,910
what I do and I think in all of our

422
00:16:14,389 --> 00:16:18,559
professions if we look to the people in

423
00:16:16,909 --> 00:16:21,259
our past that have come up the ranks

424
00:16:18,559 --> 00:16:22,729
before us that are the luminaries it can

425
00:16:21,259 --> 00:16:24,139
help us understand ourselves a little

426
00:16:22,730 --> 00:16:31,789
bit better and hopefully help us heal

427
00:16:24,139 --> 00:16:34,840
better thank you thank you questions

428

00:16:31,789 --> 00:16:34,839
[Music]

429
00:16:41,450 --> 00:16:47,360
mmm ritual reef we could go I had a

430
00:16:45,169 --> 00:16:49,159
female patient that was in labor

431
00:16:47,360 --> 00:16:51,190
prior to labor she was going to have the

432
00:16:49,159 --> 00:16:55,339
pubis symphysis bone separates so we

433
00:16:51,190 --> 00:16:58,550
convinced her to get a c-section and

434
00:16:55,340 --> 00:17:00,530
with the biome research coming out we

435
00:16:58,549 --> 00:17:05,059
actually convinced the OB in the

436
00:17:00,529 --> 00:17:06,980
hospital to allow us to swab birth canal

437
00:17:05,059 --> 00:17:09,259
fluids all over the baby an hour after

438
00:17:06,980 --> 00:17:12,349
it was born I just would like to comment

439
00:17:09,259 --> 00:17:14,029
on that approach I have the fact that

440
00:17:12,349 --> 00:17:16,519
you're able to convince an OB to do

441
00:17:14,029 --> 00:17:20,389
anything outside of the norm is amazing

442
00:17:16,519 --> 00:17:22,009

to me and I you know I consider myself

443

00:17:20,390 --> 00:17:23,360

pretty open-minded the fact that they

444

00:17:22,009 --> 00:17:25,640

were going to consider separating her

445

00:17:23,359 --> 00:17:27,799

pubis symphysis is fascinating to me I

446

00:17:25,640 --> 00:17:30,680

wouldn't ever even consider that in a

447

00:17:27,799 --> 00:17:33,529

million years but I guess your question

448

00:17:30,680 --> 00:17:37,670

about the after point of doing the

449

00:17:33,529 --> 00:17:39,920

fluids and things like that you know

450

00:17:37,670 --> 00:17:42,289

I've worked with a lot of nurse nurses

451

00:17:39,920 --> 00:17:44,120

tend to be very they're way better than

452

00:17:42,289 --> 00:17:46,490

doctors at being open towards different

453

00:17:44,119 --> 00:17:49,879

healing modalities I will greatly admit

454

00:17:46,490 --> 00:17:53,720

that we have nurses that do a lot of

455

00:17:49,880 --> 00:17:56,060

aromatherapy in the rooms and they'll do

456

00:17:53,720 --> 00:17:57,410

things like they'll put peppermint or

457
00:17:56,059 --> 00:17:58,879
something up by the shoulders and then

458
00:17:57,410 --> 00:18:01,070
they'll put it down on the perineum and

459
00:17:58,880 --> 00:18:03,290
it'd be so the baby's familiar with the

460
00:18:01,069 --> 00:18:04,819
smells and things are nice one of my

461
00:18:03,289 --> 00:18:06,559
partner said well they're coming out by

462
00:18:04,819 --> 00:18:08,509
the bottom why don't you put some of

463
00:18:06,559 --> 00:18:11,990
that up there too and so that's how

464
00:18:08,509 --> 00:18:13,279
that's the mentality but but I agree

465
00:18:11,990 --> 00:18:15,440
with you I think that you know if you

466
00:18:13,279 --> 00:18:18,170
look at things like placenta I had a

467
00:18:15,440 --> 00:18:21,860
family that was Navajo and and they put

468
00:18:18,170 --> 00:18:23,330
the blood on their faces after the baby

469
00:18:21,859 --> 00:18:26,119
was born and they put some on the baby

470
00:18:23,329 --> 00:18:27,980
and I think you know I don't know enough

471
00:18:26,119 --> 00:18:29,629
about the biome theory to be perfectly

472
00:18:27,980 --> 00:18:31,519
honest to make a comment about that but

473
00:18:29,630 --> 00:18:33,260
I do think that it helps with bonding I

474
00:18:31,519 --> 00:18:35,119
think that it can anything like that can

475
00:18:33,259 --> 00:18:36,829
help with bonding well there was a first

476
00:18:35,119 --> 00:18:38,750
for Northern Michigan if not mesh I

477
00:18:36,829 --> 00:18:40,379
can't imagine it was a first probably in

478
00:18:38,750 --> 00:18:42,720
the United States

479
00:18:40,380 --> 00:18:45,149
in an Obie Award maybe in a birthing

480
00:18:42,720 --> 00:18:45,630
center but an Obie Award for sure that's

481
00:18:45,148 --> 00:18:53,668
great

482
00:18:45,630 --> 00:18:55,350
thank you hello Emory Mort it's my name

483
00:18:53,669 --> 00:18:57,360
thank you I really enjoyed your

484
00:18:55,349 --> 00:18:58,619
presentation and thank you I think your

485

00:18:57,359 --> 00:19:00,418
works really courageous

486
00:18:58,619 --> 00:19:02,219
I just want to thank you and those who

487
00:19:00,419 --> 00:19:04,528
have helped you well I do have to look

488
00:19:02,220 --> 00:19:07,769
behind my back a lot so when I'm at the

489
00:19:04,528 --> 00:19:11,250
when I'm at the hospital so I'm actually

490
00:19:07,769 --> 00:19:13,769
gonna ask a fairly broad question I've

491
00:19:11,250 --> 00:19:18,929
been interested in healing through lucid

492
00:19:13,769 --> 00:19:20,690
dreams also healing through use of

493
00:19:18,929 --> 00:19:24,179
psychoactive substances let's say

494
00:19:20,690 --> 00:19:26,159
mushrooms and I was interested in the

495
00:19:24,179 --> 00:19:29,788
observation of the students who went on

496
00:19:26,159 --> 00:19:32,580
the Vision Quest with you who noticed an

497
00:19:29,788 --> 00:19:35,308
increase in their ability to in sensory

498
00:19:32,579 --> 00:19:38,009
feeling and also audio auditory ability

499
00:19:35,308 --> 00:19:39,750

this is actually something that's lucid

500

00:19:38,009 --> 00:19:42,569

dreamers and things often experience a

501

00:19:39,750 --> 00:19:46,919

very similar thing also this is a noted

502

00:19:42,569 --> 00:19:50,339

and documented product of mushroom

503

00:19:46,919 --> 00:19:52,799

intake have you noted this this kind of

504

00:19:50,339 --> 00:19:54,689

correlation and would you say that the

505

00:19:52,798 --> 00:19:57,628

shamanic journeying that you're able to

506

00:19:54,690 --> 00:20:02,308

do that you've noticed is akin to these

507

00:19:57,628 --> 00:20:05,459

other practices or I haven't taken

508

00:20:02,308 --> 00:20:06,569

mushrooms well yeah but I'd try them if

509

00:20:05,460 --> 00:20:09,480

I had somebody that knew what they were

510

00:20:06,569 --> 00:20:13,230

doing but no I I hear what you're saying

511

00:20:09,480 --> 00:20:14,519

I think that what happened I think when

512

00:20:13,230 --> 00:20:15,990

we were doing the drumming and I think

513

00:20:14,519 --> 00:20:18,329

you know if you look at Charlie Tarts

514
00:20:15,990 --> 00:20:20,970
work on altered states of consciousness

515
00:20:18,329 --> 00:20:22,528
that puts you into an altered states of

516
00:20:20,970 --> 00:20:26,490
state of consciousness I don't know that

517
00:20:22,528 --> 00:20:29,759
enough about the the way the brain waves

518
00:20:26,490 --> 00:20:33,028
to tell you which ones are being but I

519
00:20:29,759 --> 00:20:35,878
know after six hours you are not in your

520
00:20:33,028 --> 00:20:39,869
normal state of mind hungry and tired

521
00:20:35,878 --> 00:20:41,548
and then this rhythmic beating I I spent

522
00:20:39,869 --> 00:20:43,888
some time in Brazil in November and

523
00:20:41,548 --> 00:20:46,679
worked with the mediums there and John

524
00:20:43,888 --> 00:20:48,119
of God I spent some time there and one

525
00:20:46,679 --> 00:20:49,559
of the things that the mediums do when

526
00:20:48,119 --> 00:20:51,689
they start their work there is they do

527
00:20:49,558 --> 00:20:52,480
what's called a palma TRAI which is

528
00:20:51,690 --> 00:20:55,269
where they snap

529
00:20:52,480 --> 00:20:58,509
fingers to get into an altered state and

530
00:20:55,269 --> 00:21:00,000
I think that that altered state you know

531
00:20:58,509 --> 00:21:02,319
obviously if you're under the

532
00:21:00,000 --> 00:21:04,720
psychedelic you you're gonna be there

533
00:21:02,319 --> 00:21:06,639
for hours versus maybe if you're doing

534
00:21:04,720 --> 00:21:10,360
it with drumming and whatnot but I have

535
00:21:06,640 --> 00:21:13,960
a theory really quick you know Rick

536
00:21:10,359 --> 00:21:16,449
Strassman zhh work with LSD and you know

537
00:21:13,960 --> 00:21:18,929
the DMT yes with DMT that's why man

538
00:21:16,450 --> 00:21:20,980
thank you for correcting me and the

539
00:21:18,929 --> 00:21:22,330
interesting thing is you know shamans

540
00:21:20,980 --> 00:21:24,789
will talk about traveling the axis

541
00:21:22,329 --> 00:21:28,750
Monday to the spirit world when they do

542

00:21:24,789 --> 00:21:30,069
like ayahasca or high bogar and when

543
00:21:28,750 --> 00:21:31,450
you when you're watching a woman in

544
00:21:30,069 --> 00:21:33,519
labor who's about seven or eight

545
00:21:31,450 --> 00:21:35,230
centimeters and she's unmedicated the

546
00:21:33,519 --> 00:21:38,109
pain kind of goes away for a little

547
00:21:35,230 --> 00:21:39,429
while and they I've seen their eyes roll

548
00:21:38,109 --> 00:21:41,740
up and they go somewhere I don't know

549
00:21:39,429 --> 00:21:46,210
where they go but they go somewhere and

550
00:21:41,740 --> 00:21:49,089
I wonder that there's some literature

551
00:21:46,210 --> 00:21:51,190
that shows that the DMT is released you

552
00:21:49,089 --> 00:21:54,250
know at times when there is intense pain

553
00:21:51,190 --> 00:21:55,990
or at birth things of that nature and my

554
00:21:54,250 --> 00:21:58,029
I'm curious and I don't think I could

555
00:21:55,990 --> 00:22:01,569
ever get an IRB to approve this but to

556
00:21:58,029 --> 00:22:04,058

draw levels of to look at that is is the

557

00:22:01,569 --> 00:22:05,918

mother traveling the axis Monday at that

558

00:22:04,058 --> 00:22:08,918

point in time to connect with her birth

559

00:22:05,919 --> 00:22:10,600

babies spirit and bring this kid into

560

00:22:08,919 --> 00:22:11,980

the world and it sounds kind of out

561

00:22:10,599 --> 00:22:15,428

there but where else could I say it but

562

00:22:11,980 --> 00:22:17,019

here right so but but I think there's

563

00:22:15,429 --> 00:22:18,640

something to that and I think that that

564

00:22:17,019 --> 00:22:23,200

altered state that you're talking about

565

00:22:18,640 --> 00:22:24,910

I don't know as being a physician if

566

00:22:23,200 --> 00:22:27,669

that would help me as a healer in the

567

00:22:24,910 --> 00:22:30,400

sense that I might lose my license

568

00:22:27,669 --> 00:22:32,650

but but I do think that if we can get

569

00:22:30,400 --> 00:22:34,240

there through other means and I've been

570

00:22:32,650 --> 00:22:37,419

invited to ayahuasca ceremonies in

571
00:22:34,240 --> 00:22:39,308
Tucson secretly and haven't been able

572
00:22:37,419 --> 00:22:41,410
to go but I do think it would be

573
00:22:39,308 --> 00:22:43,269
interesting to but I'm afraid of that

574
00:22:41,410 --> 00:22:45,279
you know Dan Pinchbeck wrote a book

575
00:22:43,269 --> 00:22:48,250
called breaking open the head and that's

576
00:22:45,279 --> 00:22:51,190
why I titled my talk that because I'm

577
00:22:48,250 --> 00:22:54,308
you know when you do a substance like

578
00:22:51,190 --> 00:22:55,600
that are you gonna go to heaven or hell

579
00:22:54,308 --> 00:22:56,980
I think what the hell does Huxley wrote

580
00:22:55,599 --> 00:22:58,899
that book you know where are you gonna

581
00:22:56,980 --> 00:23:00,789
go and so you got to have a guidance and

582
00:22:58,900 --> 00:23:02,470
I you know doctor we don't have that

583
00:23:00,789 --> 00:23:03,388
because we don't go that way usually but

584
00:23:02,470 --> 00:23:07,798
thanks for

585
00:23:03,388 --> 00:23:11,428
sorry for my long-winded answer I'm Paul

586
00:23:07,798 --> 00:23:15,148
Hansen and I just wanted to affirm the

587
00:23:11,429 --> 00:23:16,769
notion of knowing your own wounds 50

588
00:23:15,148 --> 00:23:18,898
some years ago I was doing an internship

589
00:23:16,769 --> 00:23:20,338
at the Topeka State Hospital and

590
00:23:18,898 --> 00:23:22,858
Menninger Foundation in Topeka Kansas

591
00:23:20,338 --> 00:23:24,928
and when the new crop of residents would

592
00:23:22,858 --> 00:23:26,999
come in the joke for the first week or

593
00:23:24,929 --> 00:23:28,559
so was well what what's your wound that

594
00:23:26,999 --> 00:23:31,078
brings you here what's your problem that

595
00:23:28,558 --> 00:23:33,509
brings you here and over many many years

596
00:23:31,078 --> 00:23:35,940
of doing psychotherapy being aware of my

597
00:23:33,509 --> 00:23:38,788
own woundedness and the nature of those

598
00:23:35,940 --> 00:23:41,338
and that awareness kept growing enabled

599

00:23:38,788 --> 00:23:43,019
me not only to keep on healing but to be

600
00:23:41,338 --> 00:23:45,538
a more powerful healer as you said for

601
00:23:43,019 --> 00:23:48,899
your patients thank you I wish we could

602
00:23:45,538 --> 00:23:51,509
I wish we could be a 30 year old doctor

603
00:23:48,898 --> 00:23:53,548
with a 60 year old experience level you

604
00:23:51,509 --> 00:23:55,769
know just like I said I wish I could

605
00:23:53,548 --> 00:23:58,138
have been a 40 year old father with a 20

606
00:23:55,769 --> 00:24:00,538
year old body but that doesn't work very

607
00:23:58,138 --> 00:24:00,719
well either all right thank you very

608
00:24:00,538 --> 00:24:02,019
much

609
00:24:00,720 --> 00:24:04,019
[Music]

610
00:24:02,019 --> 00:24:09,719
[Applause]

611
00:24:04,019 --> 00:24:09,719
[Music]