



- 1
00:00:00,600 --> 00:00:09,240
[Music]
- 2
00:00:14,820 --> 00:00:12,330
medical materialism and the allopathic
- 3
00:00:16,859 --> 00:00:14,830
paradigm comparing that to shamanic
- 4
00:00:18,780 --> 00:00:16,869
practices I did a two-year fellowship
- 5
00:00:20,130 --> 00:00:18,790
with dr. while at the University of
- 6
00:00:21,839 --> 00:00:20,140
Arizona and integrated medicine and then
- 7
00:00:23,690 --> 00:00:21,849
moved into this PhD because I can't
- 8
00:00:27,060 --> 00:00:23,700
possibly get enough education I guess
- 9
00:00:29,760 --> 00:00:27,070
and my wife is is really upon me about
- 10
00:00:32,250 --> 00:00:29,770
that but you can't be satisfied she said
- 11
00:00:35,580 --> 00:00:32,260
we're both OBGYN so we share quite a bit
- 12
00:00:38,310 --> 00:00:35,590
so what this study was for me if you
- 13
00:00:40,049 --> 00:00:38,320

look at holger call weight and what he

14

00:00:42,840 --> 00:00:40,059

described as the current state now this

15

00:00:45,150 --> 00:00:42,850

was in 87 but I think it still rings

16

00:00:46,740 --> 00:00:45,160

true today is that the current state of

17

00:00:49,080 --> 00:00:46,750

our medical system is bureaucratized

18

00:00:51,060 --> 00:00:49,090

materialistic and a mechanical model

19

00:00:53,160 --> 00:00:51,070

with an active therapist meaning the

20

00:00:54,900 --> 00:00:53,170

doctor is telling the patient what to do

21

00:00:57,060 --> 00:00:54,910

and the patient is doing it now that is

22

00:00:58,470 --> 00:00:57,070

changing a little bit in my own practice

23

00:01:01,350 --> 00:00:58,480

I have many patients telling me what to

24

00:01:02,670 --> 00:01:01,360

do and where to go but but I think

25

00:01:05,400 --> 00:01:02,680

that's changing words in a shamanic

26
00:01:07,740 --> 00:01:05,410
practice the shaman is more of a passive

27
00:01:09,359 --> 00:01:07,750
participant and the patient is more of

28
00:01:12,600 --> 00:01:09,369
the active participate healing

29
00:01:16,109 --> 00:01:12,610
themselves and at the Marshall block who

30
00:01:18,140 --> 00:01:16,119
is a physician in Arizona there was a an

31
00:01:19,950 --> 00:01:18,150
issue of the Arizona Medical Society

32
00:01:23,359 --> 00:01:19,960
newsletter that came out and it was

33
00:01:26,640 --> 00:01:23,369
titled allopathic or allo pathetic and

34
00:01:28,530 --> 00:01:26,650
the gist of this newsletter was that

35
00:01:30,570 --> 00:01:28,540
spirituality and that type of healing

36
00:01:34,499 --> 00:01:30,580
has absolutely no place in medical

37
00:01:36,899 --> 00:01:34,509
practice and dr. block is basically it

38
00:01:38,310 --> 00:01:36,909

sounds like he's for spirituality but

39

00:01:39,510 --> 00:01:38,320

he's saying that the care of the patient

40

00:01:41,249 --> 00:01:39,520

community's been replaced with business

41

00:01:43,620 --> 00:01:41,259

reports in heaven and space medicine and

42

00:01:46,020 --> 00:01:43,630

evidence-based medicine cuts both ways I

43

00:01:47,550 --> 00:01:46,030

do think it has a great purpose in

44

00:01:49,560 --> 00:01:47,560

showing us what works and what doesn't

45

00:01:51,270 --> 00:01:49,570

work but it also throws a lot of things

46

00:01:56,340 --> 00:01:51,280

out that do work maybe on an even an

47

00:01:58,499 --> 00:01:56,350

anecdotal level and will block also was

48

00:02:00,330 --> 00:01:58,509

the one that basically said that we're a

49

00:02:02,520 --> 00:02:00,340

low pathetic and he did use the worm

50

00:02:04,429 --> 00:02:02,530

quite the word quack if you use

- 51
00:02:09,300 --> 00:02:04,439
spirituality in your medical practice
- 52
00:02:11,039 --> 00:02:09,310
ken wilber the basis of this comparison
- 53
00:02:12,810 --> 00:02:11,049
between shamanism and allopathic
- 54
00:02:15,150 --> 00:02:12,820
medicine is basically the pre trans
- 55
00:02:17,190 --> 00:02:15,160
issue the pre rational trans rational
- 56
00:02:19,650 --> 00:02:17,200
issues that Wilbur discusses in the pre
- 57
00:02:21,600 --> 00:02:19,660
trans fallacy where physicians and
- 58
00:02:23,070 --> 00:02:21,610
scientists tend to reduce things to a
- 59
00:02:26,040 --> 00:02:23,080
scientific level or a pre
- 60
00:02:27,870 --> 00:02:26,050
level and people that look at you know
- 61
00:02:29,790 --> 00:02:27,880
new age and maybe shamanic healing may
- 62
00:02:32,760 --> 00:02:29,800
elevate everything to a trans rational
- 63
00:02:34,770 --> 00:02:32,770

state and and discredit the science so I

64

00:02:36,270 --> 00:02:34,780

think that somewhere in between and

65

00:02:39,930 --> 00:02:36,280

that's where I was going with what this

66

00:02:42,330 --> 00:02:39,940

study was and then William James he

67

00:02:46,140 --> 00:02:42,340

didn't obviously say this in 2002 but it

68

00:02:48,300 --> 00:02:46,150

was a reprint medical materialism if we

69

00:02:50,340 --> 00:02:48,310

look at some of the some of our past

70

00:02:53,610 --> 00:02:50,350

people you know st. Paul was an

71

00:02:55,620 --> 00:02:53,620

epileptic st. Teresa was a hysteric and

72

00:02:58,200 --> 00:02:55,630

st. Francis was a hereditary degenerate

73

00:03:00,060 --> 00:02:58,210

that's what we make all of these

74

00:03:03,150 --> 00:03:00,070

experiences out to be and you're

75

00:03:05,070 --> 00:03:03,160

laughing with me I'm sure not at me but

76
00:03:07,440 --> 00:03:05,080
the purpose of my study and what I did

77
00:03:09,300 --> 00:03:07,450
was there's a rotation at the University

78
00:03:10,800 --> 00:03:09,310
of Arizona where medical students and

79
00:03:12,960 --> 00:03:10,810
residents come from around the United

80
00:03:14,460 --> 00:03:12,970
States to spend a month there and learn

81
00:03:16,140 --> 00:03:14,470
about integrated medicine and

82
00:03:19,320 --> 00:03:16,150
Integrative Medicine B is basically

83
00:03:21,570 --> 00:03:19,330
everything so they're they're going

84
00:03:23,370 --> 00:03:21,580
through ru Veda a little acupuncture

85
00:03:25,440 --> 00:03:23,380
their energy work they're doing all

86
00:03:27,690 --> 00:03:25,450
kinds of things and so what I did was I

87
00:03:29,160 --> 00:03:27,700
added a three-day thing at the end of

88
00:03:31,500 --> 00:03:29,170

their rotation if they wanted to go

89

00:03:36,420 --> 00:03:31,510

where I would take I took them up to

90

00:03:38,550 --> 00:03:36,430

Sedona for three days basically paid for

91

00:03:42,660 --> 00:03:38,560

it all myself too but we won't go into

92

00:03:46,710 --> 00:03:42,670

that and for two of those days we did

93

00:03:49,770 --> 00:03:46,720

shamanic work and basically what I then

94

00:03:52,199 --> 00:03:49,780

did after we we did these 48 hours where

95

00:03:53,580 --> 00:03:52,209

I didn't allow them to sleep which is

96

00:03:56,940 --> 00:03:53,590

basically the life of a resident

97

00:03:59,790 --> 00:03:56,950

physician anyways the that I used this

98

00:04:01,740 --> 00:03:59,800

in a grounded theory and basically where

99

00:04:03,930 --> 00:04:01,750

I just immersed myself in the data that

100

00:04:05,820 --> 00:04:03,940

I was collecting and from my own

101

00:04:07,380 --> 00:04:05,830

experiences from where they were at and

102

00:04:09,030 --> 00:04:07,390

going through not only the allopathic

103

00:04:11,910 --> 00:04:09,040

paradigm but into this integrative

104

00:04:13,590 --> 00:04:11,920

paradigm so what I looked at initially

105

00:04:15,270 --> 00:04:13,600

was the stages of shamanic training and

106

00:04:17,729 --> 00:04:15,280

comparing it to the stages of allopathic

107

00:04:19,650 --> 00:04:17,739

training and they're fairly similar

108

00:04:23,460 --> 00:04:19,660

Mirchi I'm going to try to pronounce

109

00:04:24,390 --> 00:04:23,470

this mere Chuck Iliad NYADA depending on

110

00:04:26,820 --> 00:04:24,400

where you want to how you want to

111

00:04:28,500 --> 00:04:26,830

pronounce it there's three levels that

112

00:04:30,990 --> 00:04:28,510

he came up with calling an election

113

00:04:33,510 --> 00:04:31,000

initiation and shamanic practice the

114

00:04:36,820 --> 00:04:33,520

calling for shamans can be anywhere from

115

00:04:40,900 --> 00:04:36,830

hereditary injury

116

00:04:44,290 --> 00:04:40,910

tragedy or tribal needs the the

117

00:04:46,809 --> 00:04:44,300

initiation rites basically come through

118

00:04:49,839 --> 00:04:46,819

different forms as well and they can be

119

00:04:52,240 --> 00:04:49,849

cultural in in one practice the

120

00:04:54,879 --> 00:04:52,250

initiation in Korea I believe they make

121

00:04:58,150 --> 00:04:54,889

shamans stand under a cold waterfall for

122

00:04:59,499 --> 00:04:58,160

11 hours and that sounds like residency

123

00:05:01,659 --> 00:04:59,509

to me I don't know if Larry would agree

124

00:05:04,120 --> 00:05:01,669

to that but there is some being pummeled

125

00:05:06,400 --> 00:05:04,130

in residency so there there were some

126
00:05:08,770 --> 00:05:06,410
similarities there they can also be

127
00:05:10,450 --> 00:05:08,780
initiated simply by instantaneous they

128
00:05:13,990 --> 00:05:10,460
may be struck by lightning or have a

129
00:05:15,730 --> 00:05:14,000
seizure the wounded healer archetype is

130
00:05:17,290 --> 00:05:15,740
there and dismemberment is obviously

131
00:05:18,730 --> 00:05:17,300
metaphorical if they were dismembered

132
00:05:20,649 --> 00:05:18,740
they probably wouldn't be doing much but

133
00:05:25,059 --> 00:05:20,659
the metaphorical dismemberment where

134
00:05:26,529 --> 00:05:25,069
they might go on a shamanic voyage into

135
00:05:28,180 --> 00:05:26,539
the wilderness for 3-4 days without food

136
00:05:29,620 --> 00:05:28,190
and then come back and they'll they'll

137
00:05:31,540 --> 00:05:29,630
go through this dismemberment where

138
00:05:33,100 --> 00:05:31,550

they're ripped apart metaphorically and

139

00:05:34,629 --> 00:05:33,110

then put back together and then the

140

00:05:38,469 --> 00:05:34,639

shamanic practice where they go out into

141

00:05:40,689 --> 00:05:38,479

the community there's a story of a

142

00:05:42,580 --> 00:05:40,699

tribal and an Asian tribe I can't

143

00:05:43,990 --> 00:05:42,590

remember the name where after they go

144

00:05:45,700 --> 00:05:44,000

through the initiative rites and they

145

00:05:47,980 --> 00:05:45,710

practice for a couple of years they have

146

00:05:50,499 --> 00:05:47,990

to sit in front of four elder shamans

147

00:05:51,909 --> 00:05:50,509

and actually heal patients and the

148

00:05:54,219 --> 00:05:51,919

elders then tell them whether or not

149

00:05:57,939 --> 00:05:54,229

they can join the club and that sounds

150

00:05:58,990 --> 00:05:57,949

like my boards so and then once you get

151

00:06:00,310 --> 00:05:59,000

the piece of paper that says you're in

152

00:06:02,260 --> 00:06:00,320

the club you don't know what to do with

153

00:06:04,480 --> 00:06:02,270

it after that but but yeah it's it's

154

00:06:06,070 --> 00:06:04,490

this it's this process of initiation and

155

00:06:08,649 --> 00:06:06,080

and working through things the

156

00:06:12,850 --> 00:06:08,659

allopathic training is similar we have a

157

00:06:14,920 --> 00:06:12,860

calling they can be called basically

158

00:06:16,540 --> 00:06:14,930

through your heritage or my my wife and

159

00:06:18,370 --> 00:06:16,550

I are both physicians my two oldest kids

160

00:06:20,529 --> 00:06:18,380

are 16 and 18 they want to be doctors

161

00:06:23,529 --> 00:06:20,539

despite seeing how miserable we are at

162

00:06:25,540 --> 00:06:23,539

times so I think that obviously that

163

00:06:28,330 --> 00:06:25,550

plays a huge factor but there's also the

164

00:06:29,980 --> 00:06:28,340

ideals of income job stability things of

165

00:06:32,409 --> 00:06:29,990

that nature the education and training

166

00:06:34,209 --> 00:06:32,419

is very similar like I talked about

167

00:06:37,629 --> 00:06:34,219

their stages of training medical school

168

00:06:39,850 --> 00:06:37,639

residency practice and then we also

169

00:06:41,230 --> 00:06:39,860

learned through you know physicians I

170

00:06:42,730 --> 00:06:41,240

think we take it for granted and maybe

171

00:06:44,620 --> 00:06:42,740

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

172

00:06:46,689 --> 00:06:44,630

ceremony and ritual and medicine and I

173

00:06:48,830 --> 00:06:46,699

have a paper that's coming out and I'm

174

00:06:52,670 --> 00:06:48,840

going to plug myself if there

175

00:06:54,770 --> 00:06:52,680

and explore in September that's on the

176
00:06:57,680 --> 00:06:54,780
rituals of basically it's the surgical

177
00:07:00,890 --> 00:06:57,690
suite as a sacred ritual and if you look

178
00:07:03,650 --> 00:07:00,900
at surgery what other place in healing

179
00:07:06,830 --> 00:07:03,660
do we have a patient laying on a table

180
00:07:09,500 --> 00:07:06,840
in a christ-like position unconscious in

181
00:07:11,660 --> 00:07:09,510
a basically close to death and then

182
00:07:13,220 --> 00:07:11,670
brought back to life at the hand I mean

183
00:07:15,140 --> 00:07:13,230
it's quite an amazing ceremony and I

184
00:07:17,180 --> 00:07:15,150
think we take it for granted

185
00:07:18,620 --> 00:07:17,190
and so there there are a lot of

186
00:07:20,440 --> 00:07:18,630
similarities with the ceremonies and

187
00:07:24,200 --> 00:07:20,450
ritual but I think we've lost it all and

188
00:07:25,940 --> 00:07:24,210

because we're you know we're into you

189

00:07:27,620 --> 00:07:25,950

know being here at 2 o'clock and I've

190

00:07:29,930 --> 00:07:27,630

got five surgeries today and things of

191

00:07:31,670 --> 00:07:29,940

that nature and then the initiation as

192

00:07:33,470 --> 00:07:31,680

I've spoken about is very hierarchical

193

00:07:35,600 --> 00:07:33,480

in medicine and I think that in shamanic

194

00:07:37,640 --> 00:07:35,610

training it's very similar so this is a

195

00:07:39,410 --> 00:07:37,650

pilot study and Julie by shal reminded

196

00:07:42,050 --> 00:07:39,420

me to say things are a pilot no I'm just

197

00:07:43,700 --> 00:07:42,060

kidding because it was a very small

198

00:07:46,640 --> 00:07:43,710

study and it can definitely be carried

199

00:07:48,770 --> 00:07:46,650

out farther but I had 32 students and we

200

00:07:51,830 --> 00:07:48,780

spent 48 hours in Sedona which is so

201
00:07:53,810 --> 00:07:51,840
horrible to be in Sedona but but

202
00:07:55,970 --> 00:07:53,820
basically we were outside and so for I

203
00:07:58,700 --> 00:07:55,980
think they we weren't staying at a great

204
00:08:00,380 --> 00:07:58,710
hotel and we we hiked up to some

205
00:08:02,750 --> 00:08:00,390
abandoned hopi ruins where they would

206
00:08:04,670 --> 00:08:02,760
you can see the fire varnish still on

207
00:08:07,130 --> 00:08:04,680
the rocks there's a lot of hieroglyphics

208
00:08:09,950 --> 00:08:07,140
still there so it's a pretty neat place

209
00:08:11,420 --> 00:08:09,960
with a lot of energy and we did drumming

210
00:08:13,930 --> 00:08:11,430
for four to six hours where we would

211
00:08:16,700 --> 00:08:13,940
just literally drum bang on rocks

212
00:08:19,730 --> 00:08:16,710
basically got cave Manesh if you will

213
00:08:22,130 --> 00:08:19,740

and and then with James Andretti who's

214

00:08:23,690 --> 00:08:22,140

an author he spent about 10 to 15 years

215

00:08:25,220 --> 00:08:23,700

living with the Huichol and he's gone

216

00:08:26,000 --> 00:08:25,230

through their initiation rites we did

217

00:08:29,420 --> 00:08:26,010

some healings

218

00:08:32,540 --> 00:08:29,430

of each other while we were drumming for

219

00:08:34,070 --> 00:08:32,550

another couple of hours we didn't do

220

00:08:39,829 --> 00:08:34,080

much in the way of talking we slept

221

00:08:41,959 --> 00:08:39,839

outside the next day we we I we went

222

00:08:45,020 --> 00:08:41,969

through a fire ceremony this is the

223

00:08:47,630 --> 00:08:45,030

picture of us drumming on the rocks and

224

00:08:49,850 --> 00:08:47,640

the next day the next evening when

225

00:08:51,380 --> 00:08:49,860

everybody was basically spent physically

226
00:08:53,540 --> 00:08:51,390
and emotionally we went through a fire

227
00:08:55,079 --> 00:08:53,550
ceremony which we all sit around a fire

228
00:08:56,980 --> 00:08:55,089
and

229
00:08:59,050 --> 00:08:56,990
everybody that's around the fire is

230
00:09:00,939 --> 00:08:59,060
actually a part of the fire so anything

231
00:09:03,879 --> 00:09:00,949
that said stays with the fire and goes

232
00:09:05,079 --> 00:09:03,889
up and people were going through their

233
00:09:06,670 --> 00:09:05,089
lives and we were going through all

234
00:09:09,490 --> 00:09:06,680
kinds of things and then after that

235
00:09:11,860 --> 00:09:09,500
interview after that I interviewed all

236
00:09:14,889 --> 00:09:11,870
the students now used grounded theory

237
00:09:17,860 --> 00:09:14,899
because basically the theory is grounded

238
00:09:20,199 --> 00:09:17,870

in your data and for me obviously

239

00:09:21,430 --> 00:09:20,209

there's a bias because I'm I was one of

240

00:09:23,889 --> 00:09:21,440

them I've been through what they've been

241

00:09:25,689 --> 00:09:23,899

through but I think that that bias which

242

00:09:28,360 --> 00:09:25,699

in grounded theory you have a bias

243

00:09:30,400 --> 00:09:28,370

because it's grounded in your data but

244

00:09:33,999 --> 00:09:30,410

it's both subjective and objective and I

245

00:09:35,620 --> 00:09:34,009

was basically able to come up with some

246

00:09:38,230 --> 00:09:35,630

theories based on what I was hearing

247

00:09:41,019 --> 00:09:38,240

from these students so what I got from

248

00:09:43,629 --> 00:09:41,029

the students was 16 of them had one or

249

00:09:45,490 --> 00:09:43,639

both parents that were physicians 16

250

00:09:47,050 --> 00:09:45,500

just claimed that the vocation itself

251
00:09:49,720 --> 00:09:47,060
they just wanted to be a doctor for

252
00:09:51,129 --> 00:09:49,730
whatever reason none of them actually

253
00:09:54,129 --> 00:09:51,139
stated that they felt like their

254
00:09:56,590 --> 00:09:54,139
personal wounds were part of why they

255
00:09:59,290 --> 00:09:56,600
became a physician and I think for

256
00:10:02,430 --> 00:09:59,300
myself a future study would be I think

257
00:10:04,900 --> 00:10:02,440
that I think that personal wounds do

258
00:10:07,540 --> 00:10:04,910
have a significant influence on why we

259
00:10:09,670 --> 00:10:07,550
do what we do and I think that it helps

260
00:10:12,069 --> 00:10:09,680
us choose why we go into what we go into

261
00:10:14,319 --> 00:10:12,079
as doctors and I'll tell you about why I

262
00:10:17,139 --> 00:10:14,329
went into OB that I discovered amongst

263
00:10:19,000 --> 00:10:17,149

this trip 50% stated that they were

264

00:10:22,150 --> 00:10:19,010

skeptical of shamanism when they started

265

00:10:23,379 --> 00:10:22,160

but at the conclusion most of them had

266

00:10:26,050 --> 00:10:23,389

an inked they said that an increased

267

00:10:28,210 --> 00:10:26,060

sense of self-awareness and they felt

268

00:10:29,980 --> 00:10:28,220

that the hearing healing ritual that we

269

00:10:32,290 --> 00:10:29,990

did that banging on the rocks being

270

00:10:33,819 --> 00:10:32,300

together made them feel like a group

271

00:10:35,230 --> 00:10:33,829

that they hadn't felt the whole month

272

00:10:37,449 --> 00:10:35,240

that they were doing this rotation

273

00:10:38,980 --> 00:10:37,459

together they also felt like their

274

00:10:40,750 --> 00:10:38,990

hearing and their sense of touch was

275

00:10:42,309 --> 00:10:40,760

heightened they it wasn't measurable but

276
00:10:44,679 --> 00:10:42,319
it was just something that they reported

277
00:10:46,809 --> 00:10:44,689
and that they felt like the that they

278
00:10:49,210 --> 00:10:46,819
definitely had a better sense of what

279
00:10:51,670 --> 00:10:49,220
shamanism or indigenous healing

280
00:10:53,559 --> 00:10:51,680
practices were and they felt that this

281
00:10:57,370 --> 00:10:53,569
helped them connect to their own healing

282
00:11:01,300 --> 00:10:57,380
practice indigenous shamans what I found

283
00:11:02,439 --> 00:11:01,310
in looking at my data was that what we

284
00:11:05,170 --> 00:11:02,449
saw some of the similarities between

285
00:11:06,639 --> 00:11:05,180
doctors and shamanic training but what

286
00:11:08,319 --> 00:11:06,649
was one of the main differences well one

287
00:11:10,329 --> 00:11:08,329
of the main differences that I saw was

288
00:11:12,189 --> 00:11:10,339

that shamans heal in the communities

289

00:11:13,689 --> 00:11:12,199

where they live they they grow up there

290

00:11:15,280 --> 00:11:13,699

they stay there they train there they

291

00:11:18,100 --> 00:11:15,290

know everybody they may live on the

292

00:11:21,790 --> 00:11:18,110

outskirts of town but they live there

293

00:11:23,290 --> 00:11:21,800

doctors what do we do we go somewhere we

294

00:11:25,689 --> 00:11:23,300

might move three or four times before we

295

00:11:27,100 --> 00:11:25,699

even go to medical school but we we go

296

00:11:29,199 --> 00:11:27,110

to medical school four years later we go

297

00:11:31,030 --> 00:11:29,209

to residency four years later we go and

298

00:11:33,400 --> 00:11:31,040

live somewhere else we may live 20 30

299

00:11:35,410 --> 00:11:33,410

miles from where we practice and so we

300

00:11:37,480 --> 00:11:35,420

really don't live in the community where

301
00:11:39,490 --> 00:11:37,490
we practice and and some of us may even

302
00:11:41,980 --> 00:11:39,500
change practices four or five times in

303
00:11:44,679 --> 00:11:41,990
locations so that's a huge thing that I

304
00:11:46,449 --> 00:11:44,689
think that what I recommend that doctors

305
00:11:47,860 --> 00:11:46,459
just live in the hometown where they

306
00:11:49,780 --> 00:11:47,870
grew up I don't know if that would work

307
00:11:51,850 --> 00:11:49,790
but I think that's definitely one thing

308
00:11:53,710 --> 00:11:51,860
that we could look at with our healing

309
00:11:57,629 --> 00:11:53,720
practices is maybe why we're

310
00:12:00,160 --> 00:11:57,639
disconnected as physicians and then

311
00:12:03,790 --> 00:12:00,170
basically the conclusions other

312
00:12:05,230 --> 00:12:03,800
conclusions Poland and Casa Vic's say

313
00:12:06,639 --> 00:12:05,240

medical schools have an important role

314

00:12:09,100 --> 00:12:06,649

in reducing the isolation of their

315

00:12:10,840 --> 00:12:09,110

students from alternative health beliefs

316

00:12:13,870 --> 00:12:10,850

like shamanism that are part of our

317

00:12:15,610 --> 00:12:13,880

community we need to try to somehow

318

00:12:18,009 --> 00:12:15,620

bring the scale I think dr. Weil has

319

00:12:19,990 --> 00:12:18,019

tried to do this to a certain extent but

320

00:12:21,579 --> 00:12:20,000

you know there's there's other ways of

321

00:12:23,769 --> 00:12:21,589

doing this Rachael remin has brought in

322

00:12:24,970 --> 00:12:23,779

compassion into medical schools but we

323

00:12:26,259 --> 00:12:24,980

don't really get a lot of this when

324

00:12:29,350 --> 00:12:26,269

we're training we definitely don't get

325

00:12:31,480 --> 00:12:29,360

this in residency residency you are

326
00:12:34,059 --> 00:12:31,490
dismembered almost literally at times

327
00:12:36,069 --> 00:12:34,069
and so I think that's part of why we

328
00:12:38,139 --> 00:12:36,079
have this disconnect but I think what I

329
00:12:40,720 --> 00:12:38,149
was looking at with this the the bonfire

330
00:12:42,220 --> 00:12:40,730
of the paradigms was that we are always

331
00:12:43,389 --> 00:12:42,230
looking forward at technology in

332
00:12:45,639 --> 00:12:43,399
medicine and maybe we should look

333
00:12:49,240 --> 00:12:45,649
backwards maybe where we came from and

334
00:12:50,799 --> 00:12:49,250
why we came from there the continuing

335
00:12:52,900 --> 00:12:50,809
continuation of spirituality and

336
00:12:55,059 --> 00:12:52,910
medicine I believe is a critical conduit

337
00:12:57,939 --> 00:12:55,069
to the healing of the physician and I

338
00:13:00,189 --> 00:12:57,949

think that we I think if you don't come

339

00:13:01,780 --> 00:13:00,199

into medicine wounded you probably leave

340

00:13:05,889 --> 00:13:01,790

wounded when you when you come out of

341

00:13:07,360 --> 00:13:05,899

residency young said that we could say

342

00:13:08,980 --> 00:13:07,370

without too much exaggeration that a

343

00:13:10,780 --> 00:13:08,990

good half of every treatment that probes

344

00:13:13,150 --> 00:13:10,790

at all deeply consists in the doctors

345

00:13:16,000 --> 00:13:13,160

examining himself for only what he can

346

00:13:18,249 --> 00:13:16,010

put himself put right in himself can he

347

00:13:20,949 --> 00:13:18,259

hope to put right in the patient it is

348

00:13:22,119 --> 00:13:20,959

it is no loss either if he feels that

349

00:13:24,009 --> 00:13:22,129

the patient is hitting him or even

350

00:13:25,210 --> 00:13:24,019

scoffing him it is his own hurt that

351
00:13:26,710 --> 00:13:25,220
gives the measure of his power to heal

352
00:13:28,719 --> 00:13:26,720
the more wounded you are the more

353
00:13:30,729 --> 00:13:28,729
powerful you might heal and robert rehme

354
00:13:32,799 --> 00:13:30,739
nishan at Pacifica I wrote a book called

355
00:13:34,569 --> 00:13:32,809
the wounded researcher and he talks

356
00:13:36,609 --> 00:13:34,579
about this as well that students can

357
00:13:38,259 --> 00:13:36,619
sometimes put out some really good

358
00:13:41,469 --> 00:13:38,269
research based on their own personal

359
00:13:44,079 --> 00:13:41,479
wounds sorry about that looking at this

360
00:13:46,509 --> 00:13:44,089
aspect of it at the end of this I I was

361
00:13:48,909 --> 00:13:46,519
doing a genogram which is where I was

362
00:13:51,909 --> 00:13:48,919
looking at my family tree and for three

363
00:13:56,349 --> 00:13:51,919

generations back and I in that genogram

364

00:13:58,079 --> 00:13:56,359

I was looking at the there was conflict

365

00:14:01,210 --> 00:13:58,089

lines I drew conflict lines between

366

00:14:04,359 --> 00:14:01,220

almost every maternal bond in my family

367

00:14:06,489 --> 00:14:04,369

and when I saw that I was like gosh you

368

00:14:08,379 --> 00:14:06,499

know why did I go into ob/gyn people

369

00:14:10,179 --> 00:14:08,389

always ask me you know why did you go

370

00:14:11,739 --> 00:14:10,189

into ob/gyn and I always say because I

371

00:14:17,019 --> 00:14:11,749

didn't like any of the other rotations

372

00:14:18,579 --> 00:14:17,029

but but you know sometimes you look at

373

00:14:20,739 --> 00:14:18,589

this and on a deeper level you really

374

00:14:22,900 --> 00:14:20,749

sometimes you can't answer it and so as

375

00:14:24,579 --> 00:14:22,910

I looked at this genogram and I saw all

376
00:14:27,099 --> 00:14:24,589
these connections between mothers and

377
00:14:29,619 --> 00:14:27,109
children that were just just conflict

378
00:14:31,989 --> 00:14:29,629
clown for conflict grandmothers and

379
00:14:33,489 --> 00:14:31,999
their kids and I said well there was one

380
00:14:35,470 --> 00:14:33,499
thing that I came up there was a little

381
00:14:36,939 --> 00:14:35,480
just could be potentially disturbing and

382
00:14:40,599 --> 00:14:36,949
another that made a lot of sense and the

383
00:14:44,559 --> 00:14:40,609
disturbing one is that in medicine in

384
00:14:47,109 --> 00:14:44,569
GYN I do hysterectomies and um you know

385
00:14:49,840 --> 00:14:47,119
I'm actually cutting out the maternal

386
00:14:51,400 --> 00:14:49,850
organ and the the birthing organ the

387
00:14:53,499 --> 00:14:51,410
organ that you know my mom and I did not

388
00:14:55,059 --> 00:14:53,509

have a good relationship and so that

389

00:14:56,710 --> 00:14:55,069

kind of disturbed me I'm saying well

390

00:14:58,569 --> 00:14:56,720

hopefully that's not the reason that I

391

00:15:01,199 --> 00:14:58,579

went into this but on a subconscious

392

00:15:03,460 --> 00:15:01,209

level you could see where that might be

393

00:15:06,399 --> 00:15:03,470

something to look at you know something

394

00:15:09,039 --> 00:15:06,409

to examine and the other thing that I

395

00:15:11,439 --> 00:15:09,049

saw though was that obviously if there's

396

00:15:12,759 --> 00:15:11,449

this maternal child conflict in my

397

00:15:15,340 --> 00:15:12,769

family at least for the last three

398

00:15:17,079 --> 00:15:15,350

generations me going into OB is probably

399

00:15:19,509 --> 00:15:17,089

a way for me to heal those ancestral

400

00:15:21,969 --> 00:15:19,519

wounds in my family I'm trying to figure

401
00:15:24,699 --> 00:15:21,979
out this whole I'm surrounded by women

402
00:15:27,729 --> 00:15:24,709
and I'm surrounded by women and children

403
00:15:29,529 --> 00:15:27,739
all the time and by immersing myself in

404
00:15:32,020 --> 00:15:29,539
that I think on a subconscious level I

405
00:15:35,770 --> 00:15:32,030
was trying to heal my wounded he

406
00:15:38,530 --> 00:15:35,780
and so I think that shamanic practice

407
00:15:40,600 --> 00:15:38,540
and the the wounded healer archetype can

408
00:15:43,120 --> 00:15:40,610
really give us some insight if not into

409
00:15:47,110 --> 00:15:43,130
anything else to maybe why we do the

410
00:15:48,880 --> 00:15:47,120
things that we do as doctors and so you

411
00:15:50,410 --> 00:15:48,890
know like I said it's a small study I

412
00:15:52,270 --> 00:15:50,420
would like to do something in the future

413
00:15:54,990 --> 00:15:52,280

looking at that wounded archetype and

414

00:15:58,750 --> 00:15:55,000

and and talking to physicians about that

415

00:16:01,450 --> 00:15:58,760

and and their stories out there my PhD

416

00:16:04,360 --> 00:16:01,460

is is on the life of Larry Dossey I'm

417

00:16:06,250 --> 00:16:04,370

doing interviews with Larry and I'll

418

00:16:08,170 --> 00:16:06,260

tell you just spending time with

419

00:16:12,460 --> 00:16:08,180

somebody like him has helped me

420

00:16:14,380 --> 00:16:12,470

immensely understand my medicine and and

421

00:16:16,900 --> 00:16:14,390

what I do and I think in all of our

422

00:16:18,550 --> 00:16:16,910

professions if we look to the people in

423

00:16:21,250 --> 00:16:18,560

our past that have come up the ranks

424

00:16:22,720 --> 00:16:21,260

before us that are the luminaries it can

425

00:16:24,130 --> 00:16:22,730

help us understand ourselves a little

426
00:16:31,780 --> 00:16:24,140
bit better and hopefully help us heal

427
00:16:41,440 --> 00:16:31,790
better thank you thank you questions

428
00:16:47,350 --> 00:16:45,160
mmm ritual reef we could go I had a

429
00:16:49,150 --> 00:16:47,360
female patient that was in labor

430
00:16:51,180 --> 00:16:49,160
prior to labor she was going to have the

431
00:16:55,330 --> 00:16:51,190
pubis symphysis bone separates so we

432
00:16:58,540 --> 00:16:55,340
convinced her to get a c-section and

433
00:17:00,520 --> 00:16:58,550
with the biome research coming out we

434
00:17:05,050 --> 00:17:00,530
actually convinced the OB in the

435
00:17:06,970 --> 00:17:05,060
hospital to allow us to swab birth canal

436
00:17:09,250 --> 00:17:06,980
fluids all over the baby an hour after

437
00:17:12,340 --> 00:17:09,260
it was born I just would like to comment

438
00:17:14,020 --> 00:17:12,350

on that approach I have the fact that

439

00:17:16,510 --> 00:17:14,030

you're able to convince an OB to do

440

00:17:20,380 --> 00:17:16,520

anything outside of the norm is amazing

441

00:17:22,000 --> 00:17:20,390

to me and I you know I consider myself

442

00:17:23,350 --> 00:17:22,010

pretty open-minded the fact that they

443

00:17:25,630 --> 00:17:23,360

were going to consider separating her

444

00:17:27,790 --> 00:17:25,640

pubis symphysis is fascinating to me I

445

00:17:30,670 --> 00:17:27,800

wouldn't ever even consider that in a

446

00:17:33,520 --> 00:17:30,680

million years but I guess your question

447

00:17:37,660 --> 00:17:33,530

about the after point of doing the

448

00:17:39,910 --> 00:17:37,670

fluids and things like that you know

449

00:17:42,280 --> 00:17:39,920

I've worked with a lot of nurse nurses

450

00:17:44,110 --> 00:17:42,290

tend to be very they're way better than

451
00:17:46,480 --> 00:17:44,120
doctors at being open towards different

452
00:17:49,870 --> 00:17:46,490
healing modalities I will greatly admit

453
00:17:53,710 --> 00:17:49,880
that we have nurses that do a lot of

454
00:17:56,050 --> 00:17:53,720
aromatherapy in the rooms and they'll do

455
00:17:57,400 --> 00:17:56,060
things like they'll put peppermint or

456
00:17:58,870 --> 00:17:57,410
something up by the shoulders and then

457
00:18:01,060 --> 00:17:58,880
they'll put it down on the perineum and

458
00:18:03,280 --> 00:18:01,070
it'd be so the baby's familiar with the

459
00:18:04,810 --> 00:18:03,290
smells and things are nice one of my

460
00:18:06,550 --> 00:18:04,820
partner said well they're coming out by

461
00:18:08,500 --> 00:18:06,560
the bottom why don't you put some of

462
00:18:11,980 --> 00:18:08,510
that up there too and so that's how

463
00:18:13,270 --> 00:18:11,990

that's the mentality but but I agree

464

00:18:15,430 --> 00:18:13,280

with you I think that you know if you

465

00:18:18,160 --> 00:18:15,440

look at things like placenta I had a

466

00:18:21,850 --> 00:18:18,170

family that was Navajo and and they put

467

00:18:23,320 --> 00:18:21,860

the blood on their faces after the baby

468

00:18:26,110 --> 00:18:23,330

was born and they put some on the baby

469

00:18:27,970 --> 00:18:26,120

and I think you know I don't know enough

470

00:18:29,620 --> 00:18:27,980

about the biome theory to be perfectly

471

00:18:31,510 --> 00:18:29,630

honest to make a comment about that but

472

00:18:33,250 --> 00:18:31,520

I do think that it helps with bonding I

473

00:18:35,110 --> 00:18:33,260

think that it can anything like that can

474

00:18:36,820 --> 00:18:35,120

help with bonding well there was a first

475

00:18:38,740 --> 00:18:36,830

for Northern Michigan if not mesh I

476
00:18:40,370 --> 00:18:38,750
can't imagine it was a first probably in

477
00:18:42,710 --> 00:18:40,380
the United States

478
00:18:45,139 --> 00:18:42,720
in an Obie Award maybe in a birthing

479
00:18:45,620 --> 00:18:45,149
center but an Obie Award for sure that's

480
00:18:53,659 --> 00:18:45,630
great

481
00:18:55,340 --> 00:18:53,669
thank you hello Emory Mort it's my name

482
00:18:57,350 --> 00:18:55,350
thank you I really enjoyed your

483
00:18:58,610 --> 00:18:57,360
presentation and thank you I think your

484
00:19:00,409 --> 00:18:58,620
works really courageous

485
00:19:02,210 --> 00:19:00,419
I just want to thank you and those who

486
00:19:04,519 --> 00:19:02,220
have helped you well I do have to look

487
00:19:07,759 --> 00:19:04,529
behind my back a lot so when I'm at the

488
00:19:11,240 --> 00:19:07,769

when I'm at the hospital so I'm actually

489

00:19:13,759 --> 00:19:11,250

gonna ask a fairly broad question I've

490

00:19:18,919 --> 00:19:13,769

been interested in healing through lucid

491

00:19:20,680 --> 00:19:18,929

dreams also healing through use of

492

00:19:24,169 --> 00:19:20,690

psychoactive substances let's say

493

00:19:26,149 --> 00:19:24,179

mushrooms and I was interested in the

494

00:19:29,779 --> 00:19:26,159

observation of the students who went on

495

00:19:32,570 --> 00:19:29,789

the Vision Quest with you who noticed an

496

00:19:35,299 --> 00:19:32,580

increase in their ability to in sensory

497

00:19:37,999 --> 00:19:35,309

feeling and also audio auditory ability

498

00:19:39,740 --> 00:19:38,009

this is actually something that's lucid

499

00:19:42,560 --> 00:19:39,750

dreamers and things often experience a

500

00:19:46,909 --> 00:19:42,570

very similar thing also this is a noted

501
00:19:50,330 --> 00:19:46,919
and documented product of mushroom

502
00:19:52,789 --> 00:19:50,340
intake have you noted this this kind of

503
00:19:54,680 --> 00:19:52,799
correlation and would you say that the

504
00:19:57,619 --> 00:19:54,690
shamanic journeying that you're able to

505
00:20:02,299 --> 00:19:57,629
do that you've noticed is akin to these

506
00:20:05,450 --> 00:20:02,309
other practices or I haven't taken

507
00:20:06,560 --> 00:20:05,460
mushrooms well yeah but I'd try them if

508
00:20:09,470 --> 00:20:06,570
I had somebody that knew what they were

509
00:20:13,220 --> 00:20:09,480
doing but no I I hear what you're saying

510
00:20:14,509 --> 00:20:13,230
I think that what happened I think when

511
00:20:15,980 --> 00:20:14,519
we were doing the drumming and I think

512
00:20:18,320 --> 00:20:15,990
you know if you look at Charlie Tarts

513
00:20:20,960 --> 00:20:18,330

work on altered states of consciousness

514

00:20:22,519 --> 00:20:20,970

that puts you into an altered states of

515

00:20:26,480 --> 00:20:22,529

state of consciousness I don't know that

516

00:20:29,749 --> 00:20:26,490

enough about the the way the brain waves

517

00:20:33,019 --> 00:20:29,759

to tell you which ones are being but I

518

00:20:35,869 --> 00:20:33,029

know after six hours you are not in your

519

00:20:39,860 --> 00:20:35,879

normal state of mind hungry and tired

520

00:20:41,539 --> 00:20:39,870

and then this rhythmic beating I I spent

521

00:20:43,879 --> 00:20:41,549

some time in Brazil in November and

522

00:20:46,669 --> 00:20:43,889

worked with the mediums there and John

523

00:20:48,110 --> 00:20:46,679

of God I spent some time there and one

524

00:20:49,549 --> 00:20:48,120

of the things that the mediums do when

525

00:20:51,680 --> 00:20:49,559

they start their work there is they do

526
00:20:52,470 --> 00:20:51,690
what's called a palma TRAI which is

527
00:20:55,260 --> 00:20:52,480
where they snap

528
00:20:58,500 --> 00:20:55,270
fingers to get into an altered state and

529
00:20:59,990 --> 00:20:58,510
I think that that altered state you know

530
00:21:02,310 --> 00:21:00,000
obviously if you're under the

531
00:21:04,710 --> 00:21:02,320
psychedelic you you're gonna be there

532
00:21:06,630 --> 00:21:04,720
for hours versus maybe if you're doing

533
00:21:10,350 --> 00:21:06,640
it with drumming and whatnot but I have

534
00:21:13,950 --> 00:21:10,360
a theory really quick you know Rick

535
00:21:16,440 --> 00:21:13,960
Strassman zhh work with LSD and you know

536
00:21:18,919 --> 00:21:16,450
the DMT yes with DMT that's why man

537
00:21:20,970 --> 00:21:18,929
thank you for correcting me and the

538
00:21:22,320 --> 00:21:20,980

interesting thing is you know shamans

539

00:21:24,780 --> 00:21:22,330

will talk about traveling the axis

540

00:21:28,740 --> 00:21:24,790

Monday to the spirit world when they do

541

00:21:30,060 --> 00:21:28,750

like ayahuasca or high bogar and when

542

00:21:31,440 --> 00:21:30,070

you when you're watching a woman in

543

00:21:33,510 --> 00:21:31,450

labor who's about seven or eight

544

00:21:35,220 --> 00:21:33,520

centimeters and she's unmedicated the

545

00:21:38,100 --> 00:21:35,230

pain kind of goes away for a little

546

00:21:39,419 --> 00:21:38,110

while and they I've seen their eyes roll

547

00:21:41,730 --> 00:21:39,429

up and they go somewhere I don't know

548

00:21:46,200 --> 00:21:41,740

where they go but they go somewhere and

549

00:21:49,080 --> 00:21:46,210

I wonder that there's some literature

550

00:21:51,180 --> 00:21:49,090

that shows that the DMT is released you

551
00:21:54,240 --> 00:21:51,190
know at times when there is intense pain

552
00:21:55,980 --> 00:21:54,250
or at birth things of that nature and my

553
00:21:58,020 --> 00:21:55,990
I'm curious and I don't think I could

554
00:22:01,560 --> 00:21:58,030
ever get an IRB to approve this but to

555
00:22:04,049 --> 00:22:01,570
draw levels of to look at that is is the

556
00:22:05,909 --> 00:22:04,059
mother traveling the axis Monday at that

557
00:22:08,909 --> 00:22:05,919
point in time to connect with her birth

558
00:22:10,590 --> 00:22:08,919
babies spirit and bring this kid into

559
00:22:11,970 --> 00:22:10,600
the world and it sounds kind of out

560
00:22:15,419 --> 00:22:11,980
there but where else could I say it but

561
00:22:17,010 --> 00:22:15,429
here right so but but I think there's

562
00:22:18,630 --> 00:22:17,020
something to that and I think that that

563
00:22:23,190 --> 00:22:18,640

altered state that you're talking about

564

00:22:24,900 --> 00:22:23,200

I don't know as being a physician if

565

00:22:27,659 --> 00:22:24,910

that would help me as a healer in the

566

00:22:30,390 --> 00:22:27,669

sense that I might lose my license

567

00:22:32,640 --> 00:22:30,400

but but I do think that if we can get

568

00:22:34,230 --> 00:22:32,650

there through other means and I've been

569

00:22:37,409 --> 00:22:34,240

invited to ayahuasca ceremonies in

570

00:22:39,299 --> 00:22:37,419

Tucson secretively and haven't been able

571

00:22:41,400 --> 00:22:39,309

to go but I do think it would be

572

00:22:43,260 --> 00:22:41,410

interesting to but I'm afraid of that

573

00:22:45,270 --> 00:22:43,270

you know Dan Pinchbeck wrote a book

574

00:22:48,240 --> 00:22:45,280

called breaking open the head and that's

575

00:22:51,180 --> 00:22:48,250

why I titled my talk that because I'm

576
00:22:54,299 --> 00:22:51,190
you know when you do a substance like

577
00:22:55,590 --> 00:22:54,309
that are you gonna go to heaven or hell

578
00:22:56,970 --> 00:22:55,600
I think what the hell does Huxley wrote

579
00:22:58,890 --> 00:22:56,980
that book you know where are you gonna

580
00:23:00,780 --> 00:22:58,900
go and so you got to have a guidance and

581
00:23:02,460 --> 00:23:00,790
I you know doctor we don't have that

582
00:23:03,379 --> 00:23:02,470
because we don't go that way usually but

583
00:23:07,789 --> 00:23:03,389
thanks for

584
00:23:11,419 --> 00:23:07,799
sorry for my long-winded answer I'm Paul

585
00:23:15,139 --> 00:23:11,429
Hansen and I just wanted to affirm the

586
00:23:16,759 --> 00:23:15,149
notion of knowing your own wounds 50

587
00:23:18,889 --> 00:23:16,769
some years ago I was doing an internship

588
00:23:20,329 --> 00:23:18,899

at the Topeka State Hospital and

589

00:23:22,849 --> 00:23:20,339

Menninger Foundation in Topeka Kansas

590

00:23:24,919 --> 00:23:22,859

and when the new crop of residents would

591

00:23:26,989 --> 00:23:24,929

come in the joke for the first week or

592

00:23:28,549 --> 00:23:26,999

so was well what what's your wound that

593

00:23:31,069 --> 00:23:28,559

brings you here what's your problem that

594

00:23:33,499 --> 00:23:31,079

brings you here and over many many years

595

00:23:35,930 --> 00:23:33,509

of doing psychotherapy being aware of my

596

00:23:38,779 --> 00:23:35,940

own woundedness and the nature of those

597

00:23:41,329 --> 00:23:38,789

and that awareness kept growing enabled

598

00:23:43,009 --> 00:23:41,339

me not only to keep on healing but to be

599

00:23:45,529 --> 00:23:43,019

a more powerful healer as you said for

600

00:23:48,889 --> 00:23:45,539

your patients thank you I wish we could

601
00:23:51,499 --> 00:23:48,899
I wish we could be a 30 year old doctor

602
00:23:53,539 --> 00:23:51,509
with a 60 year old experience level you

603
00:23:55,759 --> 00:23:53,549
know just like I said I wish I could

604
00:23:58,129 --> 00:23:55,769
have been a 40 year old father with a 20

605
00:24:00,529 --> 00:23:58,139
year old body but that doesn't work very

606
00:24:00,710 --> 00:24:00,539
well either all right thank you very

607
00:24:02,010 --> 00:24:00,720
much

608
00:24:04,010 --> 00:24:02,020
[Music]