

Transmuting Toxins in Non-Ordinary Reality

Shamans have always worked with the power of intent and vision. In our modern world, science validates the "felt" and "known" wisdom of our forebears with two quantum concepts: that parallel realities exist alongside the one we see, and that everything is a possibility until an observer chooses a particular outcome.¹

Knowing this is reassuring to me. When I witness the morphic resonance of a flock of birds, when I feel or see fields of energy, and when I step outside of time and space in visionary states, the validation of science enhances my courage to explore.

The existence of parallel realities carries essential meaning for shamanic work as well. The existence of parallel realities means that vision and healing in one place can affect the rest of the web of interconnections. It means that every effort to vision a positive future affects both the individual and Gaia consciousness. It means that the outcome of events is affected by what we believe, dream, vision, and intend.

Quantum physicists describe the space where everything is a possibility as a vacuum or "Zero Point" field; mystics refer to the void, or that which is empty but full. All agree that most of the universe, including our own bodies, is more space than matter. I suspect that most shamanic practitioners have experienced this space-void-field, yet haven't had the scientific background or a common language that would let us describe this space.

I suggest that it is in this space-void-field of unlimited possibilities that we can most powerfully birth our visions and let them take form in the world. I know that it is in this space-void-field that Medicine for the Earth practitioners work to transmute toxins of mind and of matter.²

Applying Medicine for the Earth Practices

A group of us around the country — anyone who has taken a Medicine for the Earth class and

wants to participate—has been using Medicine for the Earth practices to transmute toxins regularly for about four years. We do not meet in person, but journey to a designated location in non-ordinary reality, as did shamans of old. We are given a specific "time" to meet, and have learned that in the space-void-field, intention is enough: when this-world schedules conflict, we can journey ahead of or after the others, and still meet together in non-ordinary reality. We also meet on the new moon, the time of beginnings, to draw on the workings of the solar system to empower our intentions.

The process of transmutation employs dismemberment, transfiguration, and entering into divine light and vibration to focus intent and healing. When we transfigure, most of us journey to connect with our source energy, enter the internal void, and become light. We tone to hold the energy of the transfigured state, and to let our energy travel into the world as vibrational healing. In the transfigured state, we generally experience each other as light beings: we feel/see energy rather than identifying specific people.

While our new moon group focuses on environmental toxins (such as polluted waters in New Orleans and Lake Pontchartrain in fall 2005), some of us have also explored using Medicine for the Earth practices to respond to political/social/cultural toxicity. We have worked in Iraq after the US invasion in 2003, Guatemala before the 2003 elections, and the US before the 2004 elections. These explorations have generated an understanding that transmutation can be applied to states of energy in the world without conflicting with an individual's right to choose healing. *States of energy*, or energetic toxins—what's known as "heavy energy" in the Andes—include everything from feelings like despair, fear, and anxiety, to verbal expressions of rage, to physical expressions of violence. Transmuting states of energy involves the same process as transmuting physical toxins in the environment.

Our explorations have also generated a shift in our understanding of non-ordinary reality. Those of us trained by the Foundation for Shamanic Studies were taught that there are numerous worlds, and that we each enter the non-ordinary reality we need at a particular time. I believe that is true; and it is also true that we can intend to enter the same world (parallel reality) and work on the same issue together.

Transmuting Heavy Energies in Guatemala

In August 2003, friends in Guatemala were worried. One of the Presidential candidates, Rios-Montt, had been a major orchestrator of death squads during the 1980's, so the heavy energies of retribution, violence, power over, and conflict for everyone in Guatemala before the elections were exacerbated. They invited us to gather to seek healing for all Guatemalans—indigenous, Ladinos and Europeans—for thinking clearly and without fear.

Four of us met in August 2003 at the Central Park fountain in Guatemala City to work together in non-ordinary reality and transfigure into our divinity. We were aided by earthquake; joined by earth, air, and water, as well as indigenous shamans, old ones, and dogs; and saw circles of radiating light and balls of light spreading as we worked together to transmute heavy energies.

In our second gathering a month later, our intent was to "transmute pain into peace" in Solola, the home of Lake Atitlan, three volcanoes (Atitlan, San Pedro, and Toliman), and three indigenous groups (Quiche, Cakchiquel, and Tzutujil). In these journeys (September 2003), both the lake and volcanoes entered into the healing process with us. Images of drum and heartbeat, water and waves, heat and energy, and earthquakes, crevices, and lake bottoms threaded throughout our journeys. Again we were joined by indigenous beings.

These two sets of journeys are provided in full at the end of this article.

Affecting the World

The weavings of the world are too complex for us to fully know the effects of our actions, even while we do understand that it is who we become that changes the world. With this in mind, we marveled at the commonalities in our journeys—the deep resonating sounds (drum, orgasmic, earthquake rumbling, guttural toning); light emanating from the center accompanied by waves of energy; and the participation of lake, earth, volcanoes, and

elements.

It was also interesting for all of us that Rio-Montt was defeated in the November elections. In the December runoff, candidate Colom, a Maya Shaman spiritual guide, received 46% of the vote; Berger, the other candidate, won with 54%.

"The best example of the energy shift [after our journeys] was the massive voter participation at the polls," wrote a friend from Guatemala. "I have no doubt that the guiding spirits and the journeyers helped to transform fear into peace. After the elections, I did sense the power generated by the understanding that we can make things happen. However, Guatemala is plagued with so many problems, that soon after the elections we were back again face to face with poverty, criminality, depression, skepticism, and our ever-present inability to dream...we need an ongoing spiritual work to balance the energies..."

Our Dialogue about Intent

We who meet in non-ordinary reality on the new moon have had fruitful internal discussion about the appropriateness of healing people without their permission, and whether/how to apply healing to political situations. These have led to the refining of our intent and the principles we apply as we work:

- * We keep in mind the interconnectedness of all things and the mystery of the universe.

- * We ask for spirit guidance (our own as well as the spirits of the land where we meet) in each situation.

- * When we transfigure, we know and intend that our spiritual light and vibration affects energy, which in turn may allow the energies of people, water, emotions, or toxins to change their nature (transmute).

- *We work for "the highest good."

* We keep trying to share our work and learn from each other, knowing that we are all connected in our divinity.

There are enormous satisfactions in doing this work together. We spread (in ourselves, each other, and the world) seeds of peace, hope and renewal; we experience and strengthen our threads of interconnection; and we get to use, for good cause, this work that has profoundly changed and healed all of us.³

The Guatemala Journeys, August 2003

Our intent was to seek healing for all Guatemalans, indigenous, ladinos, and Europeans, and to help everyone have the ability to think clearly and without fear. We met on an auspicious day, 8 KAN on the Maya Calendar, the day of the Law of Spiritual and Material Justice, at the fountain in El Parque Central. Verbatim reports of our journeys follow.

J: In the plaza there were several divine beings. As we came into a circle, there was what appeared to be an earthquake, the cement broke and cracked, and we all went down into the Earth. We maintained our divinity as we were attacked by weapons from the beginning of time to the present: from rocks and stones to automatic weapons. The weapons had no power against us in our divinity. Each time the divine states couldn't be altered, the weapons became smaller until they finally disappeared like a balloon loosing its air. Then I saw the richness of the Guatemalan Earth. It was dark brown and black. The Earth came back together and as the divine beings were at the Plaza, Rios Montt, his son, and his daughter were invited by someone, not one of the divine beings, to join our circle. They did but they were not able to see us or feel our presence. I remained vibrating in my divinity and was not able to feel power from or fear of any of the Montts.

L: I arrived in El Parque Central at the fountain and found about six others there. There was a fairly ornate building on one side of the park that I assumed was the presidential palace, and on the opposite side of the park, a cathedral. We gathered around the fountain, held hands and transfigured, then turned outward with the fountain to our backs and sent out our divinity. My intent was to bring harmony and balance to Guatemala, its land and inhabitants. I was mainly focused on being in the transfigured state. I sensed the light coming from us forming a circle that spread outward and then rose and became a disc that rippled out from the group. At some point I was aware that the animals (mostly dogs) in the park were drawn to this light, as were a growing number of people. It was a wonderful in-body experience for me, feeling united with my creator, feeling love streaming out from all of us, feeling focused on my intent, and working very hard to concentrate and not be sidetracked by the activity in the park. I find that there is a special physical sensation that I have when I am transfigured,

so that I know that's where I am, and it feels wonderful. I lose all sense of having physical boundaries.

M: I arrived at the blue and yellow tiled fountain to find two others already transfigured. I dismembered in the fountain, transfigured, and became aware of ten big balls of light and other smaller ones. Some indigenous shamans and old ones joined us, and some of the Guatemalans in the park also connected with us. Air and water helped spread and carry our light. I began reweaving the fabric, and saw two strong star formations in the web, with threads running everywhere. More and more beings joined, and threads of light ran out of the city to Solola, Huehuetenango, Antigua, Nebaj, Chichicastenago, the cane fields in the west, Panajachel, and so on. The lights of us at the fountain went through each other, strengthening our connections. At the end a huge ball of light grows from the square, larger and larger, spreading out. Throughout, I had a sense of the light connecting with people's hope, clearing minds of fear and prejudice, and making space for peace and equanimity.

S: Everywhere around the plaza I saw metal masks in silver color with different expressions, all of them either sad, tired, evil, or ugly, and none happy or pretty. The water in the fountain in the middle of the plaza gave way to a beautiful and robust tree, called "matapalos" which grows over any other tree and asphyxiates it. The message I received was that we should work on transmuting pain into peace. I raised the objection some journeyer had expressed about not working on anybody's freewill, but I was told that the work should be performed on an abstract level, transforming the prevailing energy of pain into a strong energy of peace.

The Guatemala Journeys, September 2003

Our intent was to "transmute pain into peace." We met at the lake and its three volcanoes on September 11, 2003, El Dia de La Vida, the beginning of a new Siglo (260 days) and the end of the old, just two months before the elections. Verbatim reports of our journeys follow.

G: I joined you all on the shores of the lake. We were directed to encircle the lake and then start drumming. Soon the lake became a big drum and it was like we were beating on it as well as our individual drums. We looked up and found that the original inhabitants of the area were on top of the three volcanoes also beating their drums. This beat not only brought us all into a transfigured state but it also transfigured the lake. Soon our light moved into the hearts of all the people of Guatemala. We could see the light in their hearts...some light was very bright and some quite dim. We just stayed in that state, trying to bring light and love to all.

J: My strong will/intent was to start at the top of the volcanoes but it wasn't to be. I was pulled very hard down to the bottom of the lake and had to work from there up. My toning was very guttural. In the village of San Pedro at the foot of that volcano, I in my divinity was ghostlike to the people. I toned in the space between the people of the village. When I was taken to a coffee plant next to the town, I was shown a beautiful, red coffee bean growing on a plant. This bean grew, and grew and grew and became redder and redder and redder and Earth was proud. Next I went to the crevice between Toliman and Atitlan volcanoes. Here I

saw Earth in crumbled bits, with stones and rocks. The sound was that as described by people who say they hear an earthquake coming (I have never witnessed this sound in ordinary reality). The healing came in the form of colors of sky-blue pinks. Next, the Lake grew up to the crevice and covered it, but did not yet touch the two ends of the water. When the Lake covered the crevice, the volcanoes uttered an orgasmic sound; the water in the crevice was something they were yearning for. With higher toner and much concentration, the two ends of the Lake joined together and became waves.

L: After stating my intent to bring harmony and balance to the Department of Solala, its land, peoples and all the living beings there, I transfigured and was immediately at Lake Atitlan. As I circled above the lake, I requested permission from the spirits there to work and asked for their help. I was soon directed to watch the volcanoes. As my toning continued, I saw the volcanoes inhale what looked like soot-filled air. Then they would erupt in a fury of lava and ash. Then inhale and exhale over and over again. My sense was that they were transmuting negativity. Indeed, it seemed as though they were the focal point for clearing negativity from that area. I also sensed that there were many indigenous people joining us in directing energy to this process. I saw us all as glowing lights/energy/vibration. Once the volcanoes had cleared a certain amount of negativity, I realized that the lake was covered in ash. I watched to see what would happen to the ash, and as we continued to emit light/energy/vibration, the ash slowly disappeared and the lake was again clear. As I was watching all of this, the similarity to the Tibetan practice of chod struck me.

M: I flew down the west coast, across the sugar cane fields, up the back of the volcano collecting threads and rivers of pain. Your lights were dancing up and down the shore. We collected the heat/energy of the volcanoes and deep light in the lake to help us transmute. We pulsed with breath, light, and energy. Rivers of pain rolled down the road to Solola, hung like dense fog in San Lucas Toliman. It was very dense everywhere, and I realized that this density was not just Guatemala, it was the pain and fear in the world. I begged the earth to devour the pain, kept returning to breathing the light energy as a focus (this journey was as difficult for me as the journeys to the World Trade Center after 9/11 to cleanse toxins). I kept hearing that the earth is strong and people draw energy from her; and the sorrow is overwhelming.

S: I received the information that happiness, pain, fear, peace and even knowledge come in waves, and that waves would be the tool to transform pain into peace during the journey to Solola. I first saw a lot of individual eyes. I then saw water coming in huge cascades from the volcanoes onto the lake. The three volcanoes with their arms extended and intertwined, danced around the lake, and with their beat and pace formed rhythmical waves. I went into the bottom of the lake and saw a huge hole that connected the lake and the center of the earth. The energy made its way through the lake to merge with the rhythm of the volcanoes dance. The lake became quiet and parted in the middle forming a large crater with yellow light. I was instructed to dip in all of the 22 departments [like a state in the US] of Guatemala. Each department jumped into the crater and when all were done, everything was very quiet and the only thing present was an immense love for Guatemala that filled my heart.

Finally, in a follow-up journey a few days later, one of the participants saw a great golden

white light rise from the bottom of the lake and thread up the roads, into the villages and mountains, carrying forth the pregnant possibility of pure light, with this message: "The earth, the lake, and the people are holding the light, allowing the parallel reality of radiance to nourish and shine."

¹ See *The Field: The Quest for the Secret Force of the Universe*, by Lynne McTaggart, if you are interested in learning about the science of our interconnected universe.

² Medicine for the Earth practices are based on Sandra Ingerman's writing and teaching about the ancient principle, "it is who we become that changes the world." See *Medicine for the Earth: How to Transform Personal & Environmental Toxins* by Sandra Ingerman. NY: Three Rivers Press, 2000. Both book and workshops detail specific practices, journeys, and ways of shifting consciousness into the place of unlimited possibilities. For Kirlian GDV images of soil and water transformation, as well workshops and teachers worldwide, see www.medicinefortheearth.com.

³ The author, Meg Beeler, MAT, draws on her training in Andean and core shamanism, meditation, sound healing, feminist spirituality, and Medicine for the Earth work to feed her passion for helping people connect more deeply with spirit, source, and the natural world. See www.earthcaretakers.net.