

Jaya: This is really an exciting time for all of us that we are bringing the HLB work to Australia. I also wanted to announce that on April 19<sup>th</sup> we are going to have a new HLB start in New England and I want to invite anyone who is interested in joining that class in Omega in New England to get in touch with us in the office. We have early registration through March 31<sup>st</sup>. That's when the good deals are happening. I also want to let you know that Alberto is going to be in the Bahamas at the Shivananda Retreat Center speaking on April 12<sup>th</sup> and 13<sup>th</sup> so if you are nearby and want to take some time to go to the beach and hear Alberto, that would be an opportunity. Alberto will also be in London. He is embarking on a European tour which is going to include the UK, Germany and Switzerland. We are sending an email blast next week that will include the locations for our guests in the European area. He will be in London April 25<sup>th</sup> and 27<sup>th</sup> at the "Alternative". And please do check that email for all of the other dates.

Alberto: Hi Jaya.

Jaya: Hi Alberto. Good evening.

Alberto: Welcome everyone. Welcome to our evening call. This is our monthly conference call. We have a subject today which is healing emotional wounds.

Jaya: That is absolutely right. I think it's a wonderful topic, particularly at this time with everything that is going on.

Alberto: So the topic I had down, "Sex and the Single Shaman," we are not doing that?

Jaya: Not doing that. (laughing)

Alberto: We are talking about healing our emotional wounds which are usually mostly of a sexual, financial or self-esteem nature. The shaman is a man or woman who mediates between the visible and the invisible worlds; between the world of matter and the world of energy. She helps those things that are ready to be born into the world and helps those things that are ready to return, to die, to go back to spirit.

For the Shaman, all problems are caused by unhealed emotion. What happens is that these unhealed emotions cause us to mistakenly perceive a situation as real and then the universe in its infinite wisdom proves us right and continues to prove us right. I'd like to point out that there is a difference between emotions and feelings. Feelings are new; they are fresh and they pass through quickly.

Emotions are old, they linger; they are programmed. In fact, it is fascinating that the human brain and nervous system reset themselves within 20 minutes. It's ok to be angry for 20 minutes or joyous for 20 minutes or to be crying for 20 minutes. But if you are angry for 20 days or 20 years, you know you have what the shaman would say is an imprint in your luminous energy field. It predisposes you to experience life through that particular script that we have ingrained in our luminous blueprint.

From a brain perspective, what is happening is these emotions are standing waves in our limbic, primitive brain or Neanderthal brain and they create neural networks, pathways. These neural networks process information through the same old pathways so that we end up falling in love with a new person and we turn it into the old relationship or we are called to the new business venture or opportunity and we end up self sabotaging and we end up turning it into a disaster. We process all of the opportunities that present themselves to us through these ancient neural networks because neurons that fire together, wire together. They create information superhighways that we tend to process data through and then create stories around.

What I'd like to speak about tonight is how we can turn around our toxic emotions, particularly during times of crisis when all of our "stuff" comes up. It all bubbles up to the surface. It's like crisis is stirring up the well and all of the debris at the bottom of the well is being mixed in with the pure drinking water. It lands right in front of us, right in our plate. So the crisis that we are facing today which is a global crisis, financial crisis, personal crisis is stirring up the pot. For the shaman this is an opportunity, not only to heal, but to turn crisis into the possibility of a great initiation.

Every initiation is a call from spirit and when you don't say yes to the process of initiation, to the dying of the old and the birthing of the new, we enter into crisis. So crisis is really the result of not saying yes, not responding to a

calling that we have from spirit. And then we get caught in the emotional loops of the seven deadly emotions which are the seven subroutines of our Neanderthal brains. In the Middle Ages they were referred to as demons. They were called the Seven Deadly Sins and we are going to go into that a little bit later because the medieval church fathers were tremendously insightful but everything had an external reality. It was either demonic or angelic. Today we call these neurological processes.

But let's go back to initiation as a pathway to heal these emotional curses, these emotional demons that we get saddled by. By responding and saying yes to spirit, it heals us and brings us out of where we had been stuck in our journey whether it be around intimacy or around sexuality; whether it be around abundance or scarcity or hate we are able to turn it into an invitation. One of my favorite stories of how when we say no to spirit, we enter into crisis is the story of "Jonah and the Whale."

I love the biblical story because Jonah gets a call from God and God says to Jonah, "I want you to go to Nineveh. My people have lost their way and I want you to help them find their way again." And Jonah says, "No, I don't want to do that. I want to stay home and play with the grandchildren and have a good time." And God says, "Jonah, I'm calling you to go to Nineveh." Jonah gets on a fast boat in the opposite direction. He decides to go to Italy instead. In a boat crossing the Mediterranean, of course a huge storm begins to build up and the sailors in the ship realize that somebody in the boat has offended God. Jonah confesses

that it is him and they throw him overboard where he is swallowed by a whale. He spends four days in the belly of a whale and all he can see is whale stomach and teeth in front of him. Finally the whale spits him out on the shores of Nineveh. And he gets up on the shore full of whale spit and goo. The moral of the story to me is that eventually we end up going where we need to go anyway. But why end of going there in the belly of the whale which really represents our unhealed emotions.

Why do we have to struggle to be enlightened through our next relationship or our next job or through our next city that we move to. Why don't we say yes to spirit and embark on process of initiation, of a great awakening, that deeply heals the emotions that are in many ways a legacy that we inherited from our days where we were clubbing each other to death. Where in our Neanderthal days where we communicated with drums, we hoarded food and if we didn't like someone we simply whacked away at them. So when we don't say yes to spirit's calling we end up awakening the inner demons.

The inner demons are the seven deadly emotions. The seven deadly emotions that in Medieval days were known as the seven deadly sins. Each of these deadly sins was personified as a demon. Today we know that people have neural networks in their primitive limbic brain but the antidote was an angel that you could summon and that would help you heal from this demonic force. We know that when we are caught in the grip of one of these seven

deadly emotions they feel like inner demons that we are battling.

Let me go through them very quickly. The Seven Deadly Sins or seven deadly demons are the demons of wrath or anger. We know how anger can possess us. Greed. Lust. When you are caught in the demon of lust it is impossible to have an intimate relationship with anyone. Sloth; not caring, not giving a damn. Envy; envy is jealousy and how terrible that demon can be. Gluttony; which is a response to a sense of scarcity. And then pride; the demon of pride.

And each one of these seven demons had an antidote of calling on the corresponding angel. These angels, in effect, are the qualities or the attributes of our more evolved neocortex; the new brain that appears in homosapiens around 200 thousand years ago. Prior to that we had been ruled by the Neanderthal brain which is the old limbic brain which is the brain of the emotions, the emotional brain.

So let me go over quickly the seven demons and the seven angels. The demon of wrath is healed, banished by the angel of peace, by the practice of peace. If you look at the meditative traditions around the world you find that they embody the practice of stillness; of finding inner peace so you can practice and become peace and bring peace into your life. Wrath is healed by peace.

Greed is healed by the angel of generosity. In Medieval days these were called the seven virtues. So the demon of greed is healed through generosity. For me it has been

fascinating traveling through Andean villages. When I was doing my field research in the high mountains of the Andes, I would travel from village to village. Sometimes these villages would be 12 and 13 and 14,000 feet and I found that people were so generous. It was the poorest people who barely had enough to make a soup, who would share everything they had with me.

For us in our world, we have turned greed into a virtue. In the movie "Wall Street" one of the lead actors said, "In short, greed is good." And of course we are living in the age of greed. It's stunning to me how we have nationalized the debt that these incredibly greedy corporations have created. We've made them public by buying up all of that toxic debt, nationalized the debt and privatized the profits so that the \$5 million bonuses and the guys who earned them don't have to give that back.

So greed is offset by the angel of generosity. In fact, in the Andes the wealthier you are the more that you give. If you have a big party for the village and you cook a bull, for example, and you feed everyone in the village with your bull that means that you are rich. Where for us in the West, how rich we are depends on how much we hoard and how much we put away. In shamanic societies, which are the feminine societies, your wealth is measured by how much you give. The demon of greed is healed by the practice of generosity. Battling the demon of greed without having an active practice of generosity is self-defeating. Similarly, fighting the demon of anger or wrath without having an inner practice of peace is impossible.

The third is the demon of sloth and the angel that defeats this is practice of diligence. The practice of certainty, of knowing that no matter how insurmountable the odds may seem, you can make them work. It's your inner attitude and your inner strength that orchestrates the kind of results that you have.

The next is the demon of envy. It is healed with and by the angel of compassion. Envy is an absolutely horrible demon. I love that bumper sticker "Whoever dies with the most toys wins." Envy is healed through the active practice of compassion.

The following one is the emotion or demon of gluttony which plagues people who have a sense of scarcity and loss. If you feel that your best years are behind you, that your best adventures are gone, that you don't have time to start over again, that "I'm too old at 50 to embark on a new relationship," or that "I peaked when I was a cheerleader in high school." Then you are caught by the demon of gluttony. It's like the squirrel that keeps hoarding away walnuts.

You know I had a great experience with this emotion or demon of gluttony. Because when my father passed away he left me about 12 or 15 bottles of very, very good wine. I put them away. I took great care of them because it was one of the few things that I inherited from my father. I never wanted to drink one because I thought that if I drank one I might never be able to replace it. So finally about 5 years

ago, I decided to open one and found that it had gone bad and that most of the bottles that I had so carefully guarded and put away had spoiled. And I learned that adage that you don't drink bad wine. Don't save good wine for later, drink it now.

The practice of gluttony, of hoarding, of feeling that you don't have enough, that you've lost and will never recover is healed by the angel of temperance. Temperance means not only tempering yourself, measuring how much you eat, how much you consume and becoming aware of your carbon footprint, becoming aware of the impact of your actions, thinking seven generations down the line, but temperance also means tempering your inner steal.

Today we live in a culture where we are taught to be hard on the outside and yet we are soft on the inside, mushy on the inside. We are spineless on the inside in so many ways. Whereas for the shaman, the spiritual warrior, you want to be soft on the outside, gentle on the outside, gentle on others, gentle on yourself, yet tough on the inside. With a tough inner core that has been tempered by life, that it has been tempered by suffering, that it has been tempered by joy. And what it has done is it has refined your blade and your edge. So the practice of temperance is not only restraining yourself it is allowing life to make you not only instantly flexible and sharp like the sharpest of the Samurai swords.

And then the final demon is the demon of pride. To me, one of the manifestations of this Neanderthal brain emotion

is that I know I'm caught in pride when I tend to postpone saying to people I forgive you, I love you, I'm sorry. I tend to postpone dealing with things. I tend to think I will take care of them later or they will take care of themselves. So we cling to unfinished business and become terribly seduced by our self importance. And the path of the spiritual warrior is to heal that demon with the angel of humility and the practice of humility. I love the word humility because it comes from the Latin word humus. Not the humus that is so delicious and we eat, but the humus that is rich soil, the fertile soil. It is being earthy, it is being of the earth and not practicing an tremendously elevated personal sense of importance that is so boring in the end. And what happens is that we become terrified. When we don't practice humility we become terrified of our own death and our own mortality and our death begins to haunt us.

The sages of old understood that these emotions, that these neural networks in our primitive emotional brain, were activated at different stages in the course of our lives. So when we reached a certain age, these networks would kick in and you would have the opportunity of overwriting them and activating the higher consciousness of the neocortex. So they designed rites of passage, rites of initiation. The great rites of initiation were ritualized ways of healing the emotional programs, subroutines, and awakening the angels and awakening the possibilities of our neocortex which is the brain of Bach and of Mozart and of curiosity and of Einstein and of life as an exploration instead of life as a journey of healing my wretched childhood. It suddenly, when you activate the neural circuitry of your

higher brain, the entire brain begins to function synergistically so that we are no longer trapped and possessed by these demons. We are no longer dealing with anger that goes on for two years or ten years. So we can experience anger flushing through us and leaving us an empty vessel again and we can feel newly, as if for the first time. But these shamans of old, in every culture, recognized that there were seven initiations, that from the moment of birth to the moment of death you went through one of these initiations in order to heal and in order to break free from the grip of one of these seven demons.

I'd like to share these initiations briefly. The first one is the initiation of birth. It is a rite of passage of birth. And when you miss this rite of passage you struggle with belonging and you struggle with self worth and you feel that you don't belong in this life or in this world. And what happens is this awakens this demon of wrath and anger. The second rite of passage is the passage into manhood or womanhood. And if you don't succeed through puberty and young adulthood you awaken the demon of greed. You aren't able to step into generosity, you don't share your toys, you hoard. You become sinful for what you lack. You become narcissistic. And you become obsessed with power and materialism.

The next is the rite of passage of first love. And if we don't successfully go through the initiation, the demon of lust possesses us. And then the lover searches in vain for the perfect other, feeling lonely and incomplete. And what happens is that you are unable to have a sexual experience

in which you surrender to intimacy because the demon of lust has been awakened. And the angel that cures that demon is purity of intent.

The next is the initiation of marriage and when you don't go through that initiation you remain an eternally single person ambivalent about the relationship. In year four of a marriage you wonder if this is the right partner for you; still. And then you expect your partner to meet all your needs and are unwilling to create a genuine partnership. That awakens the demon of sloth.

The next is the initiation into parenthood. When we don't get initiated as parents we tend to live through our children. We become envious of those who seem to have more options and sometimes our own children who have wide-open vistas when we can no longer reclaim that innocence and that time of possibility and opportunity.

The next rite of initiation is the rite of sagehood. During sagehood you go through menopause. Men as well as women are invited to become a sage and to step out of the parenting mode and the princesses become queens because princesses don't age very well. They need to become queenly and the warrior has to become kingly, has to become sagely. You embrace your aging. And what happens when you don't do that is you awaken the demon of gluttony. And you begin to hoard and consume more than is your allotment and more than you need in order to feel better about yourself. You try to heal yourself by going shopping.

And then the final initiation is the great crossing, death. When we don't go through that we awaken the demon of pride.

These are seven biological initiations that are tied into biological processes: birth, manhood or first blood, first love, marriage and today we need to add the initiation of divorce probably. But these are not only biological processes.

What a shaman does is to notice that during any one of our crisis we have to go through all seven of these initiations: we have to be born newly, we have to parent ourselves newly because we will never have the parents that could have provided us with what we would have loved to have. We have to let the old die. We have to enter into a mystical marriage with ourselves, with God, with spirit. And for the shaman each one of these initiations is the opportunity for the great awakening. For becoming enlightened.

In fact, there were very elaborate and traditional ceremonies that were created around these times of puberty, birth, menopause, and parenthood. What has happened today is these ceremonies have become social events. Bar Mitzvahs and Quinceaneras happen when you are 13 years old and you have party. And we have forgotten the significance of these traditional rites. We miss the opportunities to say yes to our calling and we get swallowed by the whale like the whale swallowed Jonah. We miss our opportunity for the great initiation which is the

awakening to our immortal nature, our enlightened nature. The awakening of the circuitry of neocortex brings with it naturally and effortlessly the qualities of peace, generosity, purity, diligence, compassion, temperance and humility. We have to call on each of these angels to come. They won't come unless we are able to awaken the circuitry of a new brain that is awakened during our initiations when we say yes to spirit, when we surrender to a calling from God.

The task of the shaman and the healer has to do with working with a client in crisis, as are most of the people we know. When I work with them, I work with how we can craft a new map, a new sacred map that can turn their crisis into a new opportunity for great learning and great wisdom. And then we seize it as an opportunity for initiation. Then we are able to clear the imprints in the luminous energy field, through the illumination process, that feed the seven demons and that activate the seven neurological networks in our Neanderthal brain. And then we are able to activate the circuitry of the new brain through the experience of illumination, of infinity and of great initiation. In fact, every healing journey, I believe, is a journey to infinity and to the awakening of our unlimited human capability and potential.

Today when we find ourselves in global crisis, no longer in personal crisis, we find that it is stirring up the pot and stirring up the well for so many people around us. The opportunity here is not to bail out the banking system, not to go back to the old way of life, but to take it as a great initiation, to allow the old to die. To re-envision ourselves.

Not just merely reinvent ourselves because that is simply new packaging but to re-envision ourselves, to allow the old to die and to embrace that which is being born today courageously and fearlessly. All of our initiations are terrifying and we feel that we are going to lose everything that we love the most whether it be the children, the job, the house, the bank account or the life. And when we surrender to our calling from spirit we don't have to be swallowed by the whale. We don't have to arrive at our destination full of whale spit and goo. We can go graciously to where we are going to end up going anyway, which is to the experience of our illumined and awakened nature. And I think that is a possibility for our planet today; the illumination of the human spirit and the human race. So in the midst of all of the challenges that we are facing, I'm incredibly optimistic because I see us collectively going through the great initiation.

So embrace it boldly now that we are going into spring and have gone through the solstice March 21<sup>st</sup>, this is the time of the bursting forth of seeds for those in the northern hemisphere. For those in the southern hemisphere, it is a time of beginning to go into fall and of going within. So embrace those journeys courageously and turn these months and weeks into a journey of great initiation.

Thank you so much for joining us this evening. I hope you can join us again next month for another evening of journeying together. Many blessings to you and goodnight.

Jaya: Thank you so much Alberto.