

ASCH

2026

**ANNUAL SCIENTIFIC  
MEETINGS & WORKSHOPS**

New Frontiers in Hypnosis:  
Human Ingenuity, AI Innovation,  
and Ethical Boundaries

 **VIRTUAL**

**March 20–22, 2026**

## Advanced Workshop TOPIC:

# Imagination as the Regenerative Time Machine: Healing the Past and Spontaneous Imaginal Life Experiences in Clinical Hypnosis

# Presenters' Names:

**Marina A. Smirnova, PhD, & Eric K. Willmarth, PhD**



# Disclosures

**ASCH and ASCH-ERF jointly provided this program.**

**No staff or committee members involved in the development, planning or execution of educational content have any financial relationships or conflicts of interest to disclose.**

**We have no significant financial relationships or conflicts of interest to disclose.**

# Continuing Education & Accreditation Statement

This program has been approved by the American Society of Clinical Hypnosis Standards of Training Committee to be used toward Membership and Certification requirements.

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) designates this live activity for a *maximum of 57 AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program is Approved by the National Association of Social Workers (886386995-7390) for 57 continuing education contact hours.

This course is approved by the American Society of Clinical Hypnosis and as such is an approved continuing education course per Florida's AC-Rule 64B-4-6002 American Society of Clinical Hypnosis-ERF is designated as an Approved PACE Program Provider.



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## Overview

Imagination continues to claim its place in the 21st century healing. According to Albert Einstein, “Imagination is more important than knowledge. For knowledge is limited... while imagination embraces the entire world, and all there ever will be to know and understand.” This workshop explores human imagination as the time machine with regenerative potentials. It focuses on healing the past and spontaneous imaginal life experiences using hypnosis. Moreover, it examines the art of Hypnotic Regression Therapy (HRT) as delineated by C. Roy Hunter and Bruce N. Eimer (2014) in their modern classic, *The Art of Hypnotic Regression Therapy: A Clinical Guide*.

# Learning Objectives

**At the conclusion of this session, participants will be able to:**

1. Delineate and substantiate the central role of human imagination in healing within the contexts of clinical hypnosis (and transpersonal psychology);
2. Explore an expanded cartography of the psyche and the map of consciousness, as well as other key transpersonal considerations;
3. Examine the process of healing the past and spontaneously occurring imaginal life experiences in clinical hypnosis;
4. Explicate skillful hypnotic strategies, sound ethical considerations, and Hypnotic Regression Therapy (HRT) essentials for facilitating clients' process of healing the past and spontaneous imaginal life experiences in hypnosis.

# Educational Purpose:

To examine the role of human imagination, transpersonal considerations, and the skillful application of Hypnotic Regression Therapy (HRT; Hunter & Eimer, 2014) in healing the past and spontaneous imaginal life experiences in clinical hypnosis.

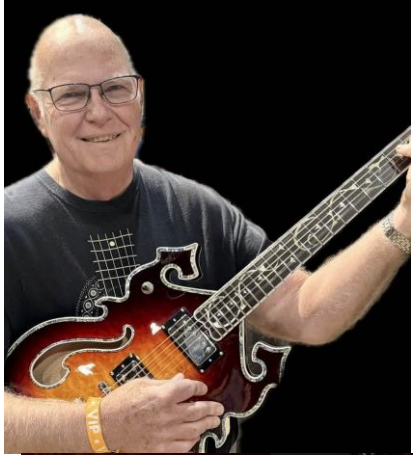
## Background and Playground (Marina)

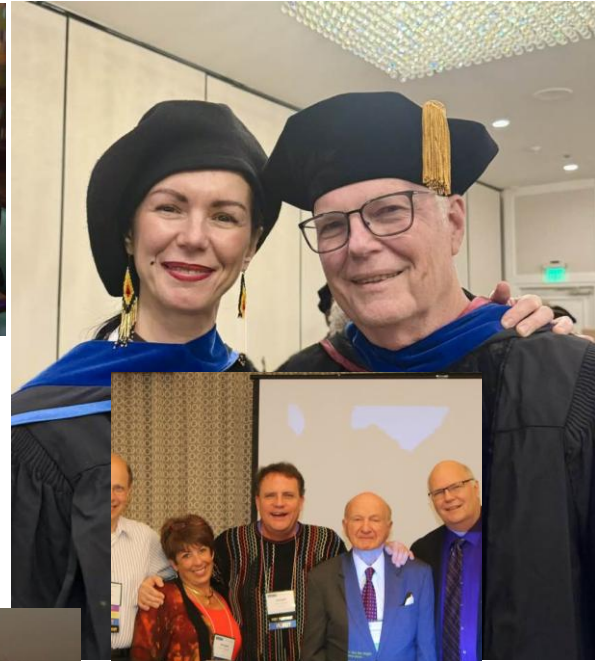
- **Bachelors in Music Education (1996); Master's in Counseling (2003)**
- **PhD in Psychology (2013; Transpersonal Psychology Concentration)**
- **GTT-Certified Holotropic Breathwork (HB) Facilitator (2012 cohort)**
- **ASCH-Trained in Hypnosis (since 2008); ASCH-Approved Consultant**
- **I've been teaching since I was 18.** For the past 12 years, I have been teaching and mentoring graduate students at Saybrook, where I serve as a Full Professor of Psychology and oversee Consciousness, Spirituality, and Integrative Health (CSIH) Specialization.
- **Outside of the halls of academia, I serves as a spiritual/transpersonal mentor and a Licensed Professional Counselor (LPC).**



## Background and Playground (Eric)

- Bachelor's in Social Relations, double major in Music (1976) Master's in Clinical Psychology (1977)
- **Ph.D. in Clinical Psychology (1999)**, Health Psychology focus.
- ASCH Approved Consultant. SCEH Certification in Clinical Hypnosis
- **Past President of ASCH**
- Past President of SCEH
- Past President of APA Division 30 (Society for Psychological Hypnosis)
- **Saybrook University, Full Professor**, Program Director: Applied Psychophysiology and Integrative Mental Health. College of Integrative Medicine and Health Sciences.
- **President, Michigan Behavioral Consultants**. Clinical Practice in Pain Management
- **Spare time**- Guitar, Banjo, Bassoon, Trombone, Saxophone, Cello, .....





F and the author.



**Gary Elkins   Jeff Zieg   Michael Yapko   Peter Bloom   George Glazer**

**Linda Thompson   David Reid   Stan Krippner**

**Phillip Lombardo   Donald Moss   Eric Willmarth**

**Carolyn Daitch   Cassandra Jackson   Akira Otani   Elgin Baker**

**Dan Handel   Bruce Elmer   Steve Kahn   Molly Delaney   Bridget Bongaard**

**Assen Aladin   Ian Wickramasekera II   Marina Smirnova   Ron Pekola**

**Norman Doidge   Louis Damis   Anita Jung   Phillip Colosimo   Joe Zastro**

**Helen Crawford   Harvey Zarren   Judy Thomas   Eric Speigel**

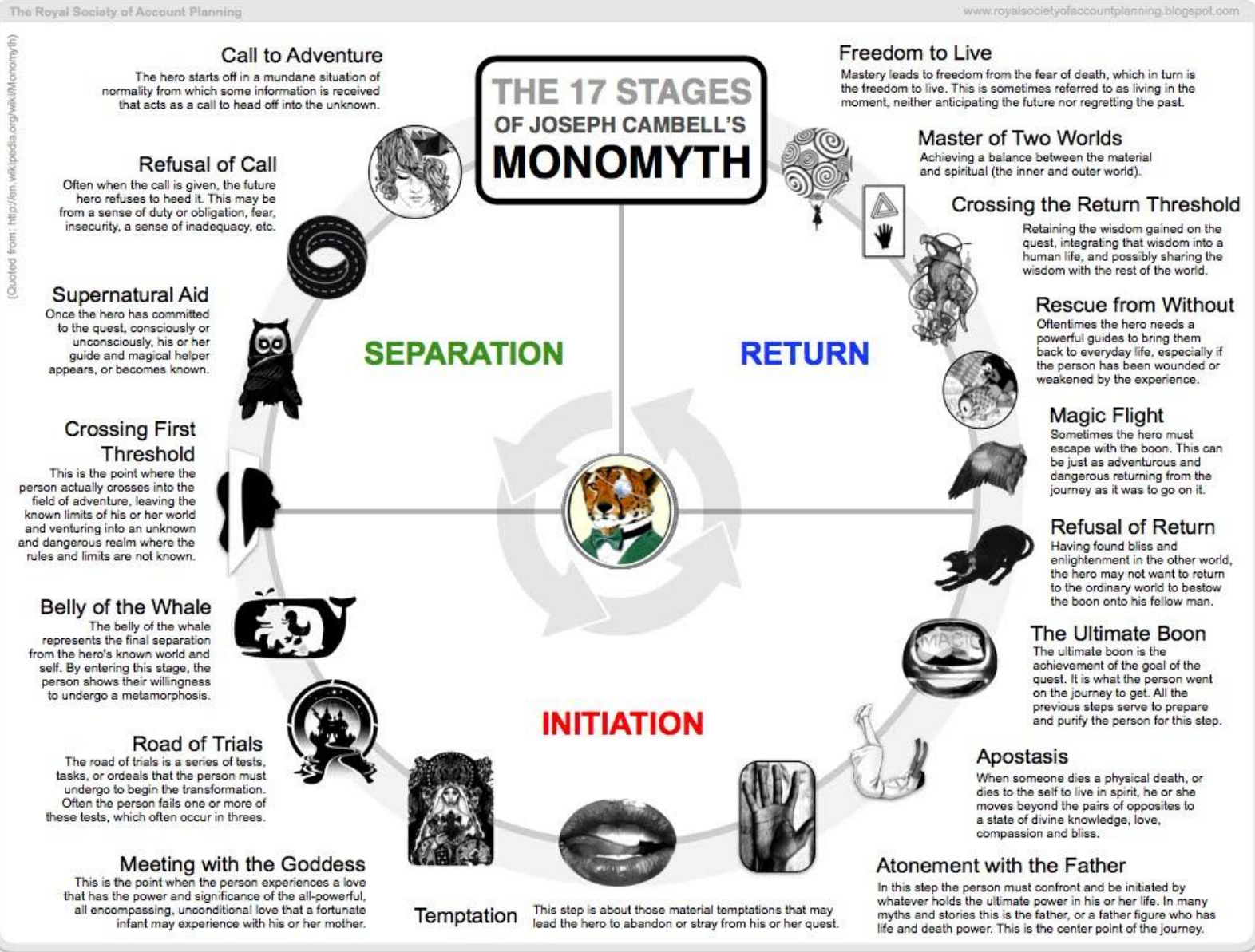
# Framing the Experience: Hero's/Heroine's/Heroic Journey (Joseph Campbell's legacy)

**1. SEPARATION** from the ordinary, conservative (biomedical) approach to holistic health, well-being, and health care. **[In Jeff Zeig's language, this is ORIENTING]**

**2. INITIATION** into the traditional and contemporary healing knowledge and practices (the biopsychosocial-spiritual cultural approach) that harness the therapeutic and *holotropic* ("moving-toward-wholeness") potentials of expanded/hypnotic states of consciousness and of *the imaginal*. **[Following Jeff Zeig's understanding, this is EXPERIENCING]**

**Imag·i·nal** (from Merriam-Webster Dictionary online): **of or relating to imagination, images, or imagery; First Known Use: 1647**

**3. RETURN (with a BOON)** transformed by the experience and equipped with empowering knowledge, skills, and practices that optimize health, healing, and a sense of well-being. **The boon is for sharing! 😊 [For Jeff Zeig, this is REALIZING]**



# **Section I:** **Imagination, transpersonal maps, hypnosis, and healing**

## According to Tarsani (2025):

- \* “Hypnotherapy, as a form of intervention combining suggestion techniques and therapeutic language, offers a new space to understand the body and mind as a field of social and symbolic interaction. ... [as] a subconscious communication-based approach [it] offers a more personalized healing opportunity” (Tarsani, 2025, p. 1);
- \* “In a society where verbal expression is deeply intertwined with emotional processing, the strategic use of language becomes a therapeutic tool” (Tarsani, 2025, p.2);
- \* “Hypnotherapy not only taps into unconscious patterns but also empowers clients ***renegotiate [and regenerate]*** their internal dialogues” (Tarsani, 2025, p. 2);
- \* Hypnotic “communication is not merely a tool for therapy, but ***a space for the co-construction of meaning essential in the healing process***” (Tarsani, 2025, p. 3).

## KEY APPLICATIONS of IMAGINATION & HYPNOTIC IMAGINATION

- (1) Spontaneous & Responsible Heuristic Exploration of the IMAGINAL, as well as of the expanded cartography of the psyche (Grof, 1988, 2000, 2010, as well as *Grof, 2022—The Way of the Psychonaut Vol. 1 and 2: Encyclopedia for Inner Journeys, Vol. 1-2*)
- (2) Skillfully ADDRESSING TRANSPERSONAL PHENOMENA of PERPLEXING VARIETIES (remember William James 1900/1902 lectures and his 1917 “Varieties of Religious Experience”?)
- (3) Potentiating & Integrating EXCEPTIONAL (HUMAN) EXPERIENCES
- (4) SPIRITUAL EMERGENCE & SPIRITUAL EMERGENCY (Grof & Grof, 1989)
- (5) Optimizing INTEGRATION-ORIENTED WORK related to REALITY-SHATTERING, TRANSPERSONAL EXPERIENCES (Mack, 1994, 1999)
- (6) Capitalizing upon the gifts of neuroplasticity to enhance healing & regeneration

## KEY APPLICATIONS of IMAGINATION & HYPNOTIC IMAGINATION

**(7) Optimizing Physiological Functioning; Inner Resources; a Sense of Relatedness and Resourcefulness; Well-Being and Well-Doing Attitudes, Behaviors, & Habits**

**(8) Supporting Self-Efficacy, Client Empowerment, Ego-Strengthening, Transformation, & Integration**

**(9) Epigenetic Optimizations & Gene Expression Modulation**

**(10) Holistic Well-Being, Health, & Healing (biopsychosocial-spiritual, ancestral, and cultural)**

**(11) Mind-Body and Lifestyle Medicine, as well as Personalized Medicine**

**(12) Regenerative Benefits = Enhancing Transpersonal Connections, Relatedness, Belonging, and Life-Affirming Engagement => ACTIVATING REGENERATIVE POTENTIALS of HUMANITY! (Mack, 1994, 1999; Grof, 1989, 2000, 2010, 2022; also see Rosi, 2009)**

## According to Taylor, Goehler, Galper, Innes, & Bourguignon (2010):

“It has become increasingly evident that bidirectional (“top-down and bottom-up”) interactions between the brain and peripheral tissues, including the cardiovascular and immune systems, contribute to both mental and physical health. Therapies directed toward addressing functional links between mind/brain and body [or “top-down” approaches and mechanisms to healing] may be particularly effective in treating the range of symptoms associated with many chronic diseases...

Indeed, *mind-body therapies* (including hypnosis, mental imagery, biofeedback, progressive muscle relaxation, yoga, meditation, and Tai Chi) have been found effective for reducing depression, insomnia, anxiety, post-traumatic stress, irritable bowel syndrome (IBS), nausea, and acute and chronic pain, and for managing impaired circulation, diabetes, and hypertension. Furthermore, controlled experimental studies have demonstrated physiological changes during and following mind-body interventions,

“With the rapid emergence of the field of epigenetics, it is now understood that the genes affecting behavior are switched on or off through complex interconnections and feedback among the body, behavior, and the environment (Gottlieb, 2000). **In brief, gene expression shapes behavior and behavior shapes gene expression. Emotions are particularly strong purveyors of signals to genes** (Isles & Wilkinson, 2008; Stuffrein-Roberts, Joyce, & Kennedy, 2008), **but virtually any experience may have an impact, including perceiving, thinking, moving, nurturing, being nurtured, or facing stress**” (Feinstein & Church, 2010, p. 284-285). Feinstein and Church (2010) remarked, **“Successful psychotherapeutic interventions have been shown to shift patterns of gene expression”** (p. 283).

“Research indicates that the ideo-plastic process of **therapeutic hypnosis** may be associated with

- (1) the heightening of a molecular-genomic signature for the up-regulation (heightened activity) of activity-dependent genes characteristic of stem cell Growth;
- (2) a reduction in cellular oxidative stress; &
- (3) a reduction in chronic inflammation associated with psychosocial stress” (Rossi, Schirmer, & Rossi, 2010, p. 9).

## Rossi (2009) informed,

“Many people still believe that genes are active only during biological reproduction and physiological activities. We now know, however, that special classes of genes called **‘activity-dependent’ (or ‘experience dependent’)** are activated or ‘turned on’ by many normal, creative, stressful life experiences, and associated psychiatric conditions...” (see Couzin, 2008; Lin et al., 2008).

**The psychological level can turn on the biological activity of gene expression and activity-dependent brain plasticity in our physical brain. This is the essence of psychosocial genomics and top-down mind-body therapy!” (Rossi, 2009, p. 289).**

# Bioinformatics of Therapeutic Hypnosis

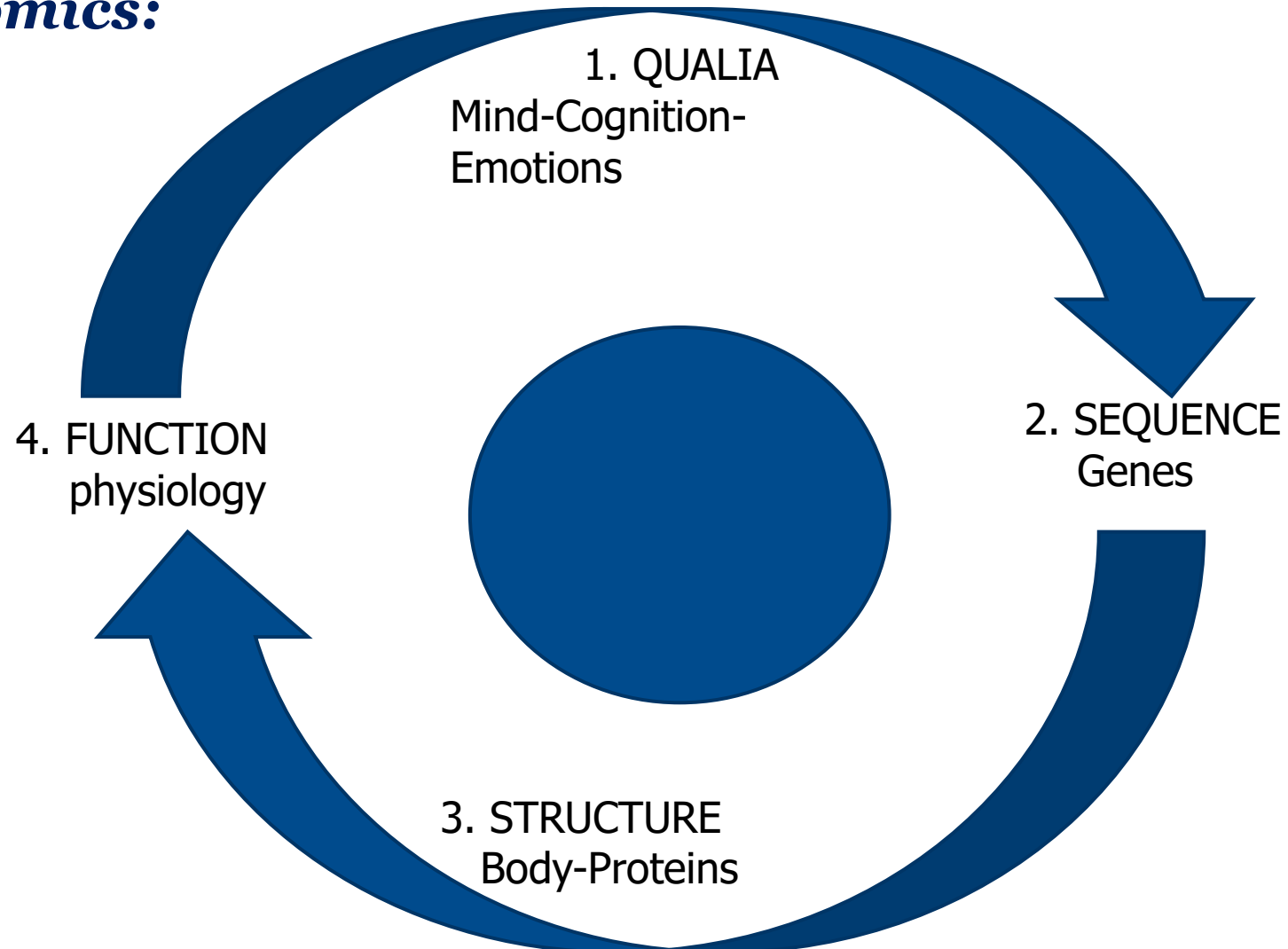
In 1953, Watson and Crick offered the so-called “the basic dogma of molecular biology” or a linear, molecular-genomic view that may be expressed as follows:

“(1) the linear DNA code of nucleotides that make up the *sequence* of our genes generates and (2) the *structure* of the proteins of our body, which in turn generates (3) all the physiological *functions* of the body and mind” (Rossi, 2009).

Thus, from a linear view of Watson and Crick (1953):

- (1) Sequence of genes →
- (2) Structure of protein →
- (3) Function of physiology

Rossi (2009) added to Watson and Crick's linear paradigm qualia of consciousness and psychological experiences, **transforming the paradigm into a non-linear, circular process of mind-body communication**. Rossi (2009) referred to this expanded mind-body communication process as *psychosocial genomics*:



**Rossi (2009) informed** that three particular types of behavior modulate activity-dependent gene expression and brain plasticity:

**novelty,**

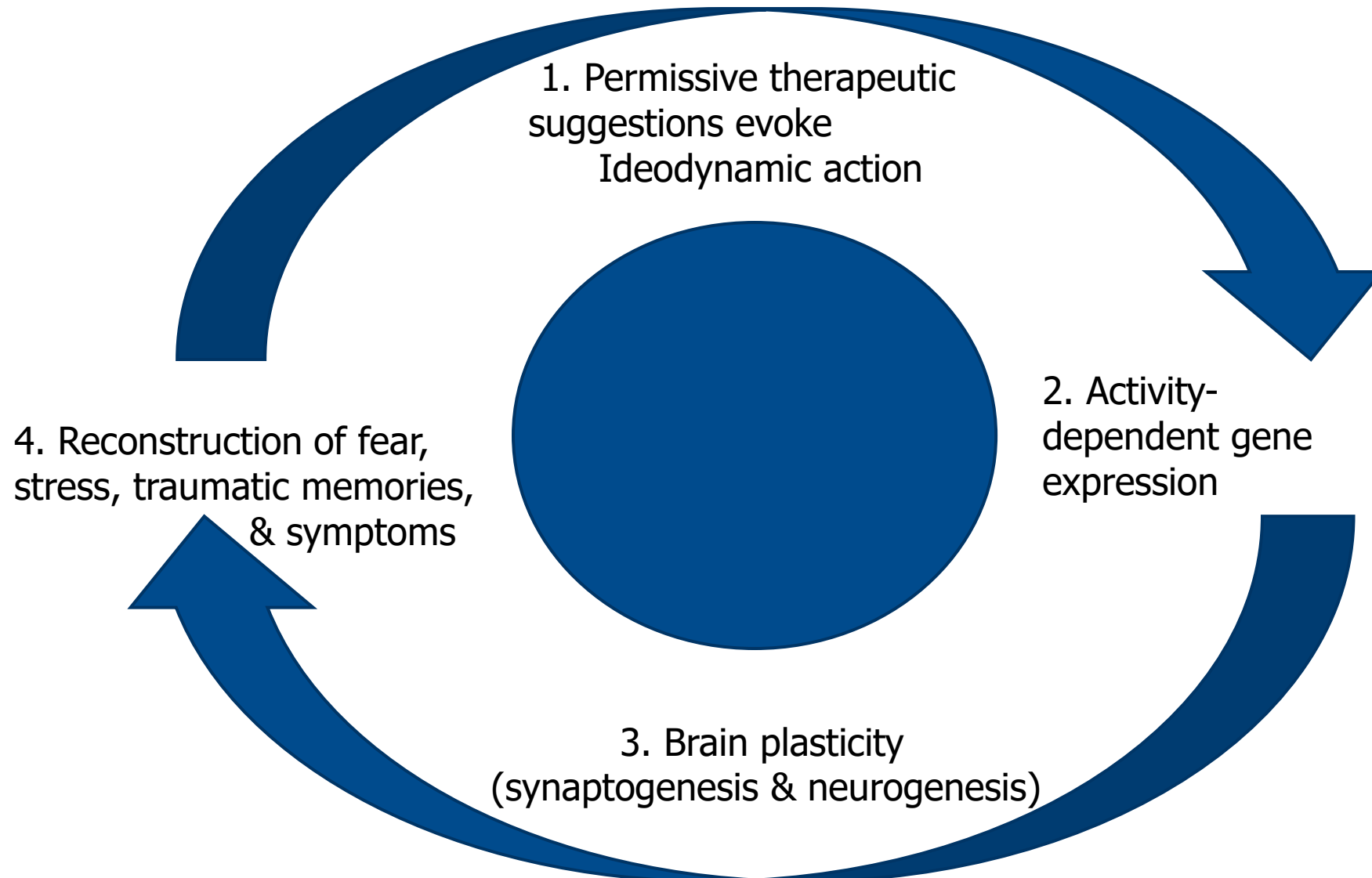
**enrichment, and**

**physical and mental exercise.**

**Rossi (2009) explained, “Think of it as the patient having a novel and numinous emotional experience narrating her story and getting some new insights about her life during therapeutic hypnosis” (p. 290)**

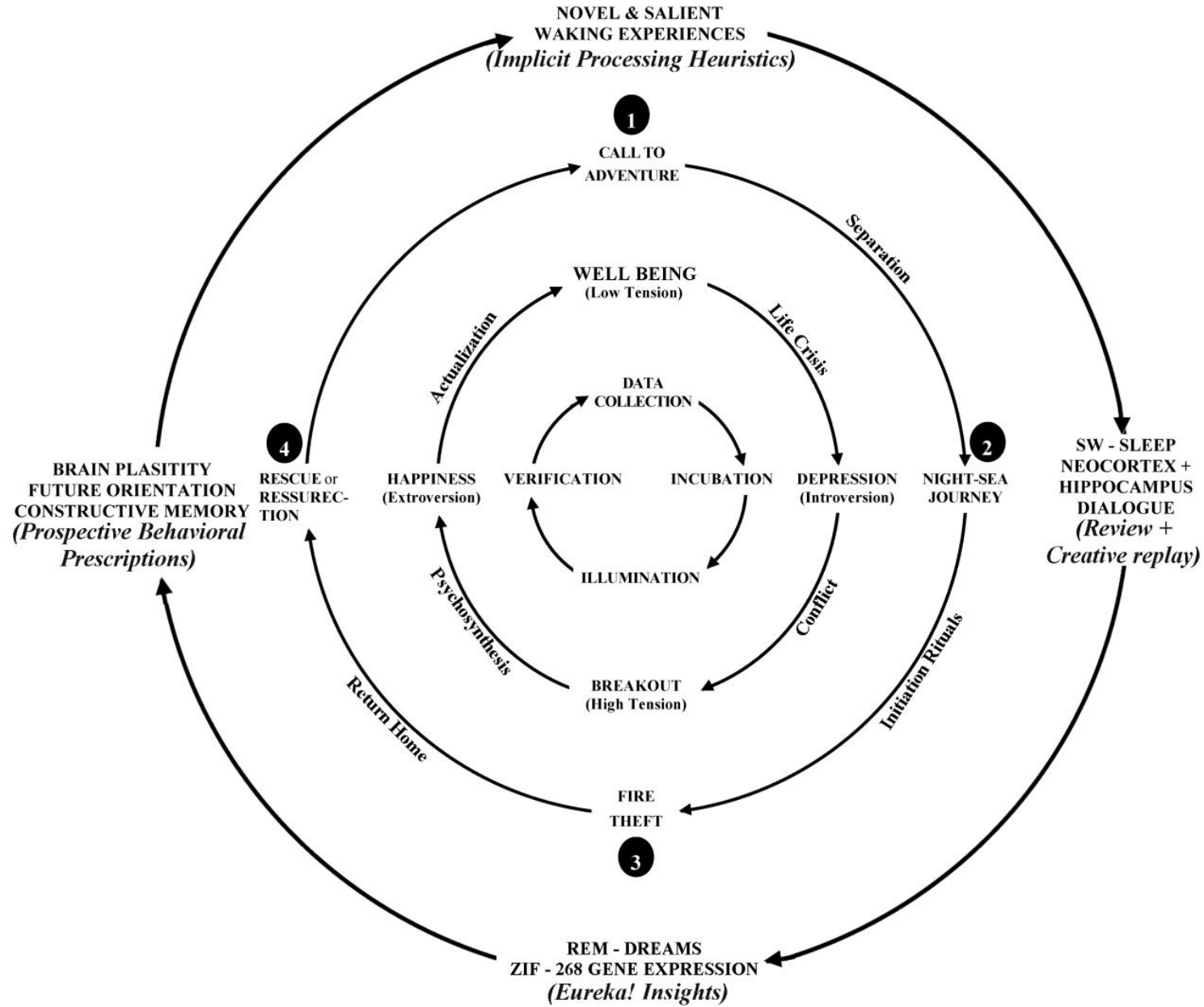
“Later during sleep the hippocampus repeatedly replays this novel experienced to the cortex during slow wave sleep (SWS), which stimulates the cortex to ‘turn on’ **‘activity-dependent’ gene expression and brain plasticity**’ to update the brain/mind in an evolutionary adaptive manner during rapid eye movement (REM dream) sleep. . . . a post-hypnotic process of how the brain/mind utilizes the therapist’s **permissive suggestions (which I now call ‘implicit processing heuristics’)** to facilitate mind/body healing” (Rossi, 2009, p. 290).

# Adaptation of Rossi's (2009) diagram:



The following non-linear algorithm comes from the article by Rossi & Rossi (2013) called “An Evolutionary RNA/DNA Psychogenomic Theory of the Transformations of Consciousness: The Quest for Therapeutic Mind/Gene Search Algorithms.”

It invites a healing of the dualistic Cartesian split between the mind and the body:



# For All Intents & Purposes...

- **Rossi & Rossi's (2013) Psychogenomic Theory/Non-Linear Algorithm of the Transformations of Consciousness** in general, and their insight into the necessity to engage **the NOVEL & SALIENT WAKING EXPERIENCES (or IMPLICIT PROCESSING HEURISTICS)** in particular, are informing the personal-and-transpersonal maps and the territories, as well as the mechanisms, engaged in the skillful utilization of:
  - (1) Imagination as the regenerative time machine &**
  - (2) The process of healing the past and spontaneous imaginal life experiences in clinical hypnosis!**

# WHAT SHALL WE KEEP IN MIND IN FACILITATING OUR EXPERIENCES AND THAT OF CLIENTS? CULTIVATING/PROMOTING/UTILIZING:

- (1) Novelty of biopsychosocial-spiritual and cultural experiences (including numinous and transpersonal experiences)
- (2) Multifaceted enrichment
- (3) Physical and mental exercise
- (4) Rossi's (2007) 4-stage creative process of the transcendent function emerging from genomic and proteomic levels of everyday life as well as the arts, sciences, and psychotherapy = **THINK NEUROESTHETICS and NEUROARTS!!!** [1. Data Collection (sensation); 2. Incubation (feeling); 3. Illumination (intuition); and 4. Verification (thinking)].



# APPROACHES

Understanding, considering, and skillfully utilizing:

- (1) **Rossi & Rossi's (2013) Psychogenomic Theory/Non-Linear Algorithm of the Transformations of Consciousness** in general, and their insight into the necessity to engage **the NOVEL & SALIENT WAKING EXPERIENCES (or IMPLICIT PROCESSING HEURISTICS)** in particular;
- (2) The expanded cartography of the psyche (Grof, 2020, 2022), the map of consciousness (Hawkins, 2006), & John E. Mack's (1994, 1999) hypnosis work with the Experiencers;
- (3) Quality interdisciplinary collaboration for health care delivery
- (4) Highest human potentials, Exceptional (Human) Experiences, Spiritual Emergency and Spiritual Emergency (the Crises of Transformation, see Grof & Grof, 1989), and the Mystery of Life
- (5) ***The Art of Hypnotic Regression Therapy: A Clinical Guide*** approach by **C. Roy Hunter, MS, CHt & Bruce N. Eimer, PhD, ABPP (2012)**

**“Transcending the Levels of Consciousness: Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture, Audible, Ch. 1)**

- **The map was calibrated by means of extensive kinesiological (muscle) testing that took place over several decades;**
- **Levels of and shifts in consciousness are reflected in the energy system changes and through individuals’ kinesiological responses;**
- **Not everyone can reliably do a kinesiology test (muscle test) for truth, and the full list of reasons is yet to be known.**

**“Transcending the Levels of Consciousness: Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture, Audible, Ch. 1)**

- For a reliable kinesiology test, the individual needs to calibrate over 200 on D. R. Hawkins’ map of consciousness, have integrity, favorable predisposition (not everyone can carry a tune, for instance :), and karmic elements/clearance (severe violations of truth in the past, for instance, may limit karmic clearance).**

“Transcending the Levels of Consciousness: Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture, Audible, Ch. 1)

## What is D. R. Hawkin’s Map of Consciousness?

It is a **logarithmic** scale/progression from 1 to 1,000, with **20** being a level of shame, **100**—of fear, **175**—of pride, **200**—of **COURAGE**, **310**—of willingness, **350**—of acceptance, **400**—reason, **500**—love, **540**—unconditional love/joy, and **600**—peace + **700 and up**—other levels of enlightenment...

**The LEVEL of COURAGE REPRESENTS a  
PARADIGM SHIFT:**

**“Courage 200-250: This is the level of  
empowerment. It is the first level where  
you are not taking life energy from those  
around you” ( Unknown, n.d., p. 4)**

# MAP OF CONSCIOUSNESS®

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| God-view    | Life-view     | Level          | Log       | Emotion       | Process            |
|-------------|---------------|----------------|-----------|---------------|--------------------|
| Self        | Is            | Enlightenment  | 700-1,000 | Ineffable     | Pure Consciousness |
| All-being   | Perfect       | Peace          | 600       | Bliss         | Illumination       |
| One         | Complete      | Joy            | 540       | Serenity      | Transfiguration    |
| Loving      | Benign        | Love           | 500       | Reverence     | Revelation         |
| Wise        | Meaningful    | Reason         | 400       | Understanding | Abstraction        |
| Merciful    | Harmonious    | Acceptance     | 350       | Forgiveness   | Transcendence      |
| Inspiring   | Hopeful       | Willingness    | 310       | Optimism      | Intention          |
| Enabling    | Satisfactory  | Neutrality     | 250       | Trust         | Release            |
| Permitting  | Feasible      | Courage        | 200       | Affirmation   | Empowerment        |
| Indifferent | Demanding     | Pride          | 175       | Scorn         | Inflation          |
| Vengeful    | Antagonistic  | Anger          | 150       | Hate          | Aggression         |
| Denying     | Disappointing | Desire         | 125       | Craving       | Enslavement        |
| Punitive    | Frightening   | Fear           | 100       | Anxiety       | Withdrawal         |
| Uncaring    | Tragic        | Grief          | 75        | Regret        | Despondency        |
| Condemning  | Hopeless      | Apathy, hatred | 50        | Despair       | Abdication         |
| Vindictive  | Evil          | Guilt          | 30        | Blame         | Destruction        |
| Despising   | Hateful       | Shame          | 20        | Humiliation   | Elimination        |



**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 1)**

**“A level 200—this is the critical level, level 200—made the deference between truth vs. falsehood [also force vs power], integrity vs. non-integrity. And people are often worrying about what their level of consciousness is, and they want us to calibrate them ... and I tell them, ‘The only thing you’ve got to worry about is to get over 200.’ Get over 200, and then forget about it...” (Audible, Ch. 1, 9:08-9:47). 😊 😊 😊**

**A paradox!**

**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006  
Lecture, Audible, Ch. 2)**

- **IMPORTANTLY**, **“A prevailing level of consciousness, however, influences how you see and experience the world, and, as perception ... becomes less and less dominant and, instead, **we have vision because we begin to discern the essence, which is the difference between the linear and the non-linear.** ... As you move up the scale [of consciousness], the field becomes more and more undifferentiated, it becomes diffused... **it becomes, eventually, a way of being”** (H.R. Hawkins, 2006, Audible, Ch. 2, 0:03-1:00).**
- **States => Traits**

**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 2)**

- **400s is the intellectual level (reason)**
- **At 500 paradigm shifts: from linear to non-linear (Dogs wag their tails at 500, and cats purr at 500 :)**
- **Various levels of enlightenment start at 600/700**
- **Archangels are calibrated at 50,000 and up**
- **78% of the world population calibrated below 200 (this is a 2006 estimate)**
- **Evolution of consciousness and balance: those who calibrate over 200 counterbalance the influences of those below 200 (NOTE: the progression/scale is LOGARITHMIC).**
- **Catastrophes and calamities [personal and transpersonal] may be viewed as potential catalysts of consciousness evolution of human beings**

# MAP OF CONSCIOUSNESS®

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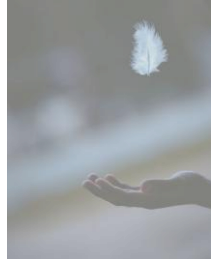
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| Despising   | Hateful       | Shame          | 20        | Humiliation   | Elimination        |



**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ Sedona 02/2006  
Lecture, Audible, Ch. 3)**

**CONTENT** is influenced by **CONTEXT**

**“THE OVERAL, INFINITE CONTEXT... to realize that that, which you are—the Self with a capital ‘S’—is the radiance of the infinite context of Spirit, which is totally unlimited, non-liner, experiential. ... How do you ... experience that source of Self within. That’s a potentiality, which is timeless, non-local, knowable” (Hawkins, 2006, Audible, Ch. 3, 6:07-6:49).**



**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 3)**

**From this system’s point of reference, what can we do to advance our consciousness?**

**WE CAN PROCEED by TAKING SIMPLE STEPS and CULTIVATING DAILY PRACTICES:**

- **Setting your intention mindfully, always**
- **Acknowledging others in daily living**
- **Being available and expressing appreciation to others**
- **Being honest, considerate, reliable, moral, ethical, friendly, thoughtful, kind, diplomatic, and tolerant**
- **Being respectful and being “nicely firm” (Hawkins, 2006, Audible, Ch. 3, 9:31)**

“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 4)

- **PERCEPTION VS REALITY [ESSENCE, TRUTH]**
- **No cause-effect relationships; potentiality is emerging as actuality**
- **We hold the attractor pattern(s) in consciousness and project them out**
- **“There are only two energy fields [that are] dominating mind—lower mind and higher mind. Lower mind calibrates at 155... it is concrete, skeptical, its very linear, its very reactive... physical and emotional survival... it is very big on thinking” (Hawkins, 2006, Audible, Ch. 4, 8:39-9:20).**



**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 5)**

- **The higher mind/field “is interested in essence and in meaning; it knows how to transcend the situation. It’s interested in the ethics and principles; it’s interested in intellectual growth and development; it’s interested in evolution, and it sees life as a process” (Hawkins, 2006, Audible, Ch. 5, 00:24-0:48)=**

**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 5)**

**= Growing and Evolving => Spiritual  
Students+ Values + Survival of Others+  
Esthetics + Cooperation + Merciful + Sensitive  
+ Empathic**

**“The lower mind is interested in desiring,  
controlling; it relies on force and is interested in  
being smart rather than in wisdom” (Hawkins,  
2006, Audible, Ch. 5, 1:01-1:12).**

**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 5)**

**Consider the Map from this perspective as well:**

**Force (under 200) vs Power (over 200)**

**“Potentiality actualizes as experiential reality based on intention. So intention, then, unleashes access to a greater power field. Potentiality within consciousness then manifests as an actuality within the world. ... The power of intention...**

“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 5)

(Cont.) The potentiality to become whatever is the possibility or karmic possibility in the future awaits intention, and once intention empowers it, then potentiality becomes an actuality, and we see that we have collapsed the wave function. **So, potentiality becoming actuality is what’s going on rather than causality.** ... Causality, which calibrates around 440 ... **What you hold intentionally... influences what happens”**

(Hawkins, 2006, Audible, Ch. 5, 2:29-4:15) =

**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 5)**

**= POTENTIALITY in Consciousness  
+ INTENTION  
+ other ADEQUATE CONDITIONS =>  
=> ACTUALITY in the WORLD**



**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 5)**

- **“Everything is actually happening spontaneously. ... The personal ego likes to take authorship and say, ‘Well, I decided that.’ Everything is actually happening spontaneously, of its own. ... In fact, when you try to be deliberate, you are just being **spontaneously deliberate**. So, you can’t even decide to be spontaneous nor can you decide. Then how do things come about? ... The event has already happened before the action-potential shows up in neurons. ... What about free will? ... The power is in the non-linear, the etheric body [etheric brain].”**

**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 5)**

**(Cont.)**

**So the spiritual prefrontal cortex is already pre-set by your committed level of consciousness... That’s what induction means: the power of the etheric field is such that it’s preset, and then the neurons, by induction, pick up the activation. ... That sort of explains ... the physiology of decision-making and intention” (Hawkins, 2006, Audible, Ch. 5, 4:19-8:27).**

**“Transcending the Levels of Consciousness:  
Experiential Reality” (D.R. Hawkins’ 02/2006 Lecture,  
Audible, Ch. 2)**

**HIGHLIGHTS and RECOMMENDATIONS**

- **Considering D.R. Hawkins’ Map of Consciousness as a navigational tool that allows us to understand the maps and the territories of our consciousness levels and associated God-View, Life-View, Emotions, and Processes;**
- **Comparing and contrasting this system with other systems and technologies of consciousness and that of the sacred;**
- **Creating a practice of setting intentions and navigating life with life-affirming (higher-mind) intentions, thoughts, acts, habits, and legacies.**



# MAP OF CONSCIOUSNESS®

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| God-view    | Life-view     | Level          | Log       | Emotion       | Process            |
|-------------|---------------|----------------|-----------|---------------|--------------------|
| Self        | Is            | Enlightenment  | 700-1,000 | Ineffable     | Pure Consciousness |
| All-being   | Perfect       | Peace          | 600       | Bliss         | Illumination       |
| One         | Complete      | Joy            | 540       | Serenity      | Transfiguration    |
| Loving      | Benign        | Love           | 500       | Reverence     | Revelation         |
| Wise        | Meaningful    | Reason         | 400       | Understanding | Abstraction        |
| Merciful    | Harmonious    | Acceptance     | 350       | Forgiveness   | Transcendence      |
| Inspiring   | Hopeful       | Willingness    | 310       | Optimism      | Intention          |
| Enabling    | Satisfactory  | Neutrality     | 250       | Trust         | Release            |
| Permitting  | Feasible      | Courage        | 200       | Affirmation   | Empowerment        |
| Indifferent | Demanding     | Pride          | 175       | Scorn         | Inflation          |
| Vengeful    | Antagonistic  | Anger          | 150       | Hate          | Aggression         |
| Denying     | Disappointing | Desire         | 125       | Craving       | Enslavement        |
| Punitive    | Frightening   | Fear           | 100       | Anxiety       | Withdrawal         |
| Uncaring    | Tragic        | Grief          | 75        | Regret        | Despondency        |
| Condemning  | Hopeless      | Apathy, hatred | 50        | Despair       | Abdication         |
| Vindictive  | Evil          | Guilt          | 30        | Blame         | Destruction        |
| Despising   | Hateful       | Shame          | 20        | Humiliation   | Elimination        |



## John E. Mack's Work with Experiencers

- “Dr. John E. Mack shed light on the need for profound human spiritual awakening, transformation, and transpersonal maturing. Thus, reflecting on the bewildering NHE phenomena he researched and contemplated, **Dr. John E. Mack decisively remarked, ‘This is an outreach program from the cosmos to the consciously impaired. There seems to be some effort to get through to us [humans]. Difficult...’** (Chiten, 2003, 57:04-57:15)” (Smirnova, 2024, *Transpersonal Bestowals and Legacy of John E. Mack, M.D.*)

- For this session, we define ***Reality-Shattering Experiences*** as **embodied, deeply evocative and energetically charged spiritual encounters** that afford us potent, paradigm-shifting opportunities to break through in our understanding of human nature, identity, origin-and-destination, and the perceptual reality.
- Often ***the mysterium tremendum et fascinans*** is at play (Rudolf Otto's *The Idea of the Holy*)



## John Edward Mack' with Experiencers

- “Reflecting on his 13-year-long, ground-breaking clinical practice with the experiencers, **Dr. John E. Mack professed and emboldened, ‘Maybe what I thought was possible wasn’t complete. It seems to me, it’s clinically and humanly more honest to do, to say, ‘There’s something I don’t know here,’ and to follow your clinical instincts’**” (Chiten, 2003, 28:17-28:32) (Smirnova, 2024, *Transpersonal Bestowals and Legacy of John E. Mack, M.D.*)
- **Perhaps, we can closely consider Dr. John E. Mack’s words and put them to work in our own lives as we experience and integrate our own reality-shattering spiritual encounters and support others in doing the same.**

**Allow me to express my deepest gratitude to and for John Edward Mack, MD, and his invaluable contribution to **utilizing hypnosis** in understanding and legitimizing the reality-shattering experiences of experiencers—that is individuals whose lives where forever changed through their perceived Encounter Experiences with Non-Human Intelligences (NHEs).**

**Please note that September 27, 2024, marked 20 years since his transition.**

**As we begin our conversation on *The Art of Spiritual Transformation through Embodied Vulnerability*, let us remember the words of C. G. Jung (1933) who, in his book *Modern Man in Search of a Soul*, noted:**

**“The spiritual journey is not a career or a success story. It is a series of small humiliations of the false self that become more and more profound.”**

## Stan Grof's Cartography of the Psyche:

**Grof, one of the founders of transpersonal psychology, emphasized that**

- (1) There are two basic types of consciousness: **holotropic** and **hylotropic** (Grof, 1988);
- (2) The **hylotropic consciousness**, “derived from Greek *hyle*=matter and *trepein*=to move forward” (Grof, 1988, p. 239), is defined as matter-oriented, cause-and-effect consciousness that is clearly demarked by linear time, three-dimensional space, and limiting assumptions;
- (3) **Hylotropic consciousness** “is the state of mind that we experience in everyday life and that Western psychiatry considers as the only one that is normal and legitimate—one that correctly reflects the objective reality of the world” (Grof, 1988, p. 239);

## Grof's Cartography of the Psyche

(4) The **holotropic** “literally translates as aiming for totality or moving toward wholeness (from Greek *holos*=whole and *trepein*=moving in the direction of)” (Grof, 1988, p. 239) and invites “**the experience of oneself as a potentially unlimited field of consciousness** that has access to all aspects of reality without the mediation of senses” (Grof, 1988, p. 239);

(5) The **holotropic consciousness** yields **holotropic states of consciousness**, a substantial subgroup of transformative nonordinary (expanded) states of consciousness “‘oriented toward wholeness’ or ‘moving toward wholeness’” (Grof & Grof, 2010, p. 9);

## Grof's Cartography of the Psyche

- (6) Grof (2000) identified the inner radar, commonly referred to as **the Inner Healer**, as the inner intelligence guiding the inner processes;
- (7) Grof's (1988) cartography delineated three domains of human embodied experience: **biographical, perinatal, and transpersonal**;
- (8) **The biographical domain** is marked by recollective-analytical content and the personal unconscious material (Grof, 1988);
- (9) While **the transpersonal domain** of the human psyche affords the subjective experience of expansion beyond the ego consciousness, connecting the individual with the cosmos, "**the perinatal dynamic** seems to represent an intersection or frontier between the personal and transpersonal" (Grof, 1988, p. 163);

## Grof's Expanded Cartography of the Psyche:

### **The transpersonal domain includes:**

- (1) experiences that fall within commonly understood reality and space-time**, namely, those signifying transcendence of spatial boundaries and transcendence of linear time boundaries, as well as physical introversion and narrowing of consciousness;
- (2) experiences that fall beyond commonly understood reality and space-time**, such as encounters with archetypal beings and manifestations, spirit guides and suprahumans, mythological and fairy-tale beings, blissful and wrathful deities, alien beings and worlds, Non-Human Intelligences, and symbols;  
&

## Grof's Expanded Cartography of the Psyche: The transpersonal domain (cont.)

**(3) transpersonal experiences of psychoid variety**, which unveil **synchronistic connections between consciousness and matter and spontaneous psychoid experiences**, as well as psychokinesis (Grof, 1988).

- Beginning with the late 80s, Dr. John E. Mack had and continued to cultivate direct experiences linked to the expanded cartography of the psyche through Holotropic Breathwork (HB). HB can be described as an experiential approach to self-discovery, self-exploration, healing, and wholeness that utilizes expanded/holotropic states of consciousness.

\* Individuals who are unable to engage HB due to contraindications, are advised to consider using **CLINICAL HYPNOSIS** in their experiential work!

## John E. Mack (1999): *Passport to the Cosmos*

- “For this awakening, the heightened awareness that grows out of the ego-shattering impact of the encounters, carries with it quite consistently certain interrelated psychospiritual changes, especially if the experiencers are enabled to work through the traumatic dimensions of what they feel certain has happened to them” (p. 297)

- THUS, a KEY TAKE AWAY:

Transpersonally or spiritually grounded, integration-oriented work with experiencers is essential. It benefits not only them, but also humanity and its spiritual evolution.

- Importantly, experiencers (1) become experientially aware of archetypes and archetypal realities, and this helps them to feel closer to the Divine Source; (2) “manifest particular psychic abilities” (p. 298);

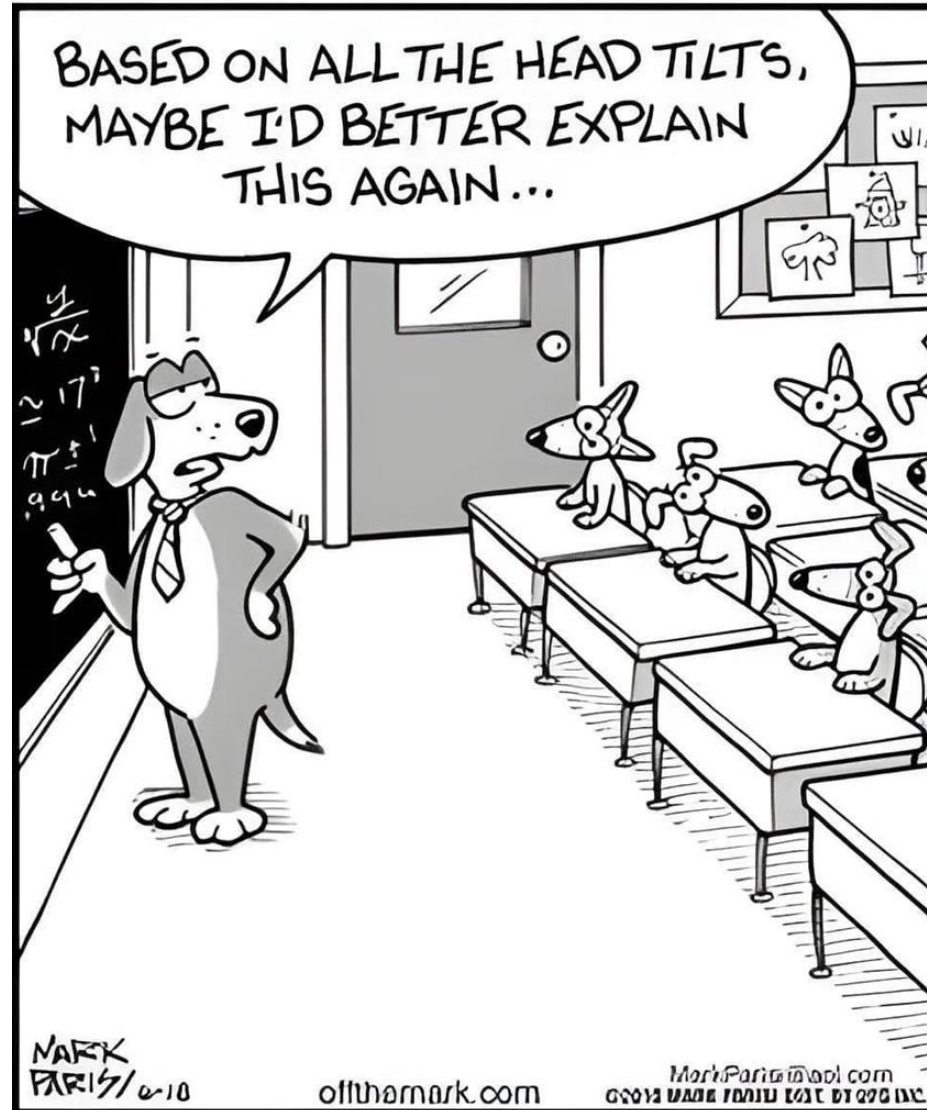
## John E. Mack (1999): *Passport to the Cosmos*

- (3) “experience a heart-opening, a sense of loving connection with living beings and creation” (p. 298) [which we may very well position in the 500s on David R. Hawkins’ map on consciousness]; (4) “experience a renewed sense of the sacred and a reverence for nature” (p. 298) and, thus, “many give up mainstream jobs... and become active in Earth-preserving projects” (p. 299); and (5) experience Divine Home Sickness and a sense of human/alien and/or alien identity.
- Importantly, “the abduction phenomenon seems to be one of a number of intrusions into our reality from other realms that are contributing to the gradual (at least so far) spiritual rebirth taking place in Western culture” (p. 299).
- Thus, the concepts of SPIRITUAL EMERGENCE and EMERGENCY are relevant.

## John E. Mack's Work with Experiencers

- “Dr. John E. Mack shed light on the need for profound human spiritual awakening, transformation, and transpersonal maturing. Thus, reflecting on the bewildering NHE phenomena he researched and contemplated, **Dr. John E. Mack decisively remarked, ‘This is an outreach program from the cosmos to the consciously impaired. There seems to be some effort to get through to us [humans]. Difficult...’** (Chiten, 2003, 57:04-57:15)” (Smirnova, 2024, *Transpersonal Bestowals and Legacy of John E. Mack, M.D.*)

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(Chiten, 2003, 28:17-28:32; Smirnova, 2024, *Transpersonal Bestowals and Legacy of John E. Mack, M.D.*)
- **Perhaps, we can closely consider Dr. John E. Mack’s words and put them to work in our own lives as we prepare for, experience, and integrate our own reality-shattering spiritual encounters.**

# Section II: Hypnotic Regression Therapy (Hunter & Eimer, 2012)

## *The Art of Hypnotic Regression Therapy: A Clinical Guide* approach by **C. Roy Hunter, MS, CHt & Bruce N. Eimer, PhD, ABPP (2012)**

- (1) Eimer acknowledged David Cheek, MD, who became his mentor; Bruce Eimer was introduced to David Cheek's work by Dabney Ewin, MD;
- (2) David Cheek, MD, was “a contemporary and peer of Milton Erickson” and “a courageous pioneer in the use of hypnotic regression therapy” (p. 11);
- (3) David Cheek and Leslie LeCron (1968) “developed the model of the seven psychodynamic causes or ‘keys’ to psychosomatic symptoms, and the use of ideomotor questioning to explore them” (p. 12; see ch. 4);
- (4) Hypnosis Regression Therapy (HRT) is a client-centered approach (Not a therapist-directed approach) to regression therapy; “We do not treat disorders. We treat the whole person” (Hunter & Eimer, 2012, p. 9);

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- (5) Emphasizes “the mind-body-spirit connection” as “a key to effective regression therapy today” (Hunter & Eimer, 2012, p. 6);
- (6) HRT protocol/process contains 5 phases: (1) client preparation, (2) regression techniques to discover the cause, (3) abreactions and release, (4) subconscious relearning (or reprogramming), and (5) concluding the session
- (7) HRT views sample scripts as “training wheels” (p. 8) only;
- (8) CHAPTER 8 (pp. 129-151) of Hunter & Eimer’s (2012) book is dedicated to Past Life Regressions;

*The Art of Hypnotic Regression Therapy: A Clinical Guide* approach by  
C. Roy Hunter, MS, CHt & Bruce N. Eimer, PhD, ABPP (2012)

- **KEY CONSIDERATION (from CHAPTER 8):**
- (1) Past Life Regressions (PLRs) remain a highly charged and highly debated topic;
- (2) Buddhism, Hinduism, & Judaism—traditions that accept reincarnation/past lives;
- (3) “Even clients who do not believe in former lives may, on rare occasions, trip out unexpectedly into real or imagined memories of a ‘past’ life during what was intended to be HRT back to an event from client’s present life. Regardless of whether a hypnotherapist chooses to facilitate past life regressions, we cannot ignore the fact that a PLR can sometimes occur spontaneously” (p. 130);
- (4) Life-changing (Brian Weiss, Arthus Winkler);

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**KEY CONSIDERATION (from CHAPTER 8, cont.):**

- **(5) Possible explanations offered: (1) Fantasy or Metaphor (false memories), (2) Soul Memories (reincarnation), (3) Soul-Tapping (into “the actual memories of another soul who lived in the past ... from the Universal Book of Life, Holy Spirit or from the Akashic records, or by telepathically reading (or channeling)” (p. 132); (4) through the connection to Universal Consciousness; and (5) Genetic Memory.**

*The Art of Hypnotic Regression Therapy: A Clinical Guide* approach by  
C. Roy Hunter, MS, CHt & Bruce N. Eimer, PhD, ABPP (2012)

- **ETHICS of Facilitating the Rare Spontaneous Past Life Regressions (PLR; Hunter & Eimer, 2012):**
- (1) “If a client experiences a spontaneous PLR, stay calm” (p. 134);
- (2) “If you are comfortable dealing with what emerges, guide the client through the experience” (p. 134);
- (3) **GUIDING vs. LEADING: The Risk of False Memories;**
- (4) **Past Life Abreactions: “remember to allow *but not force* the emotional discharge” (p. 147) + “forgiveness and release should be included among the therapeutic objectives whenever abreactions occur” (p. 149);**
- (5) **Bypassing abreactions of the death experience (watching it on a movie screen as described in CH. 5 or as an invisible observer);**

*The Art of Hypnotic Regression Therapy: A Clinical Guide* approach by  
C. Roy Hunter, MS, CHt & Bruce N. Eimer, PhD, ABPP (2012)

**ETHICS of Facilitating the Rare Spontaneous Past Life Regressions  
(PLR; Hunter & Eimer, 2012; cont.):**

- (6) “If you are not comfortable handling the spontaneous PLR, bring your client back to the present life quickly but gently; but do not re-alert from hypnosis yet. Guide him/her [them] to a safe place and ask the subconscious to disclose any possible relevancy to the present life” (p. 134);
- (7) IMPORTANT: “Before re-alerting (or awakening) the client, we should ask him/her [them] to return to the present and go to the peaceful place” (p. 150);

*The Art of Hypnotic Regression Therapy: A Clinical Guide* approach by  
C. Roy Hunter, MS, CHt & Bruce N. Eimer, PhD, ABPP (2012)

**ETHICS of Facilitating the Rare Spontaneous Past Life Regressions (PLR; Hunter & Eimer, 2012; cont.):**

- (8) “Under no circumstances should we criticize a client for regressing too far in time” (p. 134);
- (9) Refer or “become more comfortable with PLR techniques yourself” (p. 134); “assist subconscious relearning and enhance it with suggestions and imagery” (p. 150);
- (10) “ If you currently believe in past lives, please use caution in advertising past life therapy—as this invites criticism from skeptics. If you are totally against the concept, please remember to respect those who choose to maintain an open mind. If you are undecided, those who have already formed their opinions are advised to respect your open mindedness” (p. 151);

*The Art of Hypnotic Regression Therapy: A Clinical Guide* approach by  
C. Roy Hunter, MS, CHt & Bruce N. Eimer, PhD, ABPP (2012)

- **(11)** “Regardless of our own beliefs, let us all remember the bottom line: **If a client who believes in past lives is released from a problem after regressing into a real or imagined former lifetime, we have rendered a valuable service. Maybe it is time for us to change our paradigms**” (p. 151).

*The Art of Hypnotic Regression Therapy: A Clinical Guide* approach by  
C. Roy Hunter, MS, CHt & Bruce N. Eimer, PhD, ABPP (2012)

## **BOOK RECOMMENDATIONS** **by Hunter & Eimer (2012):**

- **(1) Brian Weiss (1993) *Through Time into Healing*;**
- **(2) Roger Woolger (1988) *Other Lives, Other Selves: A Jungian Psychotherapist Discovers Past Lives***

# Section III: Additional Considerations

## A FRIENDLY REMINDER...

- **Take in the loving care of those who surround you. Know that, when it comes to supporting your reality-shattering experiences, they may NOT have a suitable transpersonal/spiritual framework to be of optimal spiritual support, yet they care, and this matters;**
- **IMPORTANTLY, consider sharing with others about your deeply evocative spiritual experiences ONLY when you are ready. Discern when, how, how much, under which circumstances and contexts you will share because the EMBODIED PSYCHE REQUIRES UTMOST RESPECT, INTRICATE SUPPORT, and CONSCIOUS TENDING...**
- **Here is to LIFE!**



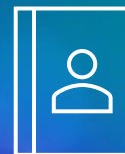
May Integrating Our Most  
Profound Spiritual  
Experiences Bring Us  
Many a Boon!



# Q & A

An icon depicting two stylized human figures in white. The figure on the right has a speech bubble above it containing a question mark, symbolizing a question and answer session.

# Contact Information



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