

ASCH

2026

**ANNUAL SCIENTIFIC  
MEETINGS & WORKSHOPS**

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

 VIRTUAL

**March 20-22, 2026**

**Altered States of  
Consciousness  
Experiences Related to  
Spiritual and Religious  
Aspects of Skin and  
Skin Disorders**

# Presenter name



- **Insert bio**

## **Philip Shenefelt, MD, ABMH**

Dr Shenefelt is a retired professor of dermatology, University of South Florida, ASCH Fellow, ASCH Approved Consultant, ASCH Past President, SCEH Fellow, SCEH Past Secretary, and has a deep interest in spiritual and religious influences on healing of skin disorders and other health issues

# Continuing Education & Accreditation Statement

- The program has been approved by 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.
- ASCH-ERF designates this enduring material for a maximum 3 of AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- ASCH-ERF is approved by the American Psychological Association to sponsor continuing education for psychologists. ASCH-ERF maintains responsibility for this program and its content.
- This session is approved by the American Society of Clinical Hypnosis and as such is an approved continuing education course.



# 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.**
- **Dr Shenefelt has no significant financial relationships or conflicts of interest to disclose.**

# Learning Objectives

- **At the conclusion of this session, the physicians and other participants will be able to:**

Explain the connection between building resilience and altered states of consciousness and spiritual and religious experiences.

Recognize the culturally specific contexts in which the spiritual and religious experiences occur.

Describe the interaction between skin and psyche and their spiritual and religious dimensions.

Assess the influence of spiritual and religious dimensions on personal and cultural ramifications of skin disorders

**The word Trance is derived from Latin transitus, which means passage.**

**Trance can be defined as a passage into another state of consciousness, a passing into an alternate state of mind\*. It is a qualitative alteration in the overall pattern of mental functioning, such that the experiencer feels his consciousness as radically different from the way it functions ordinarily^.**

**\*Peters LG and Price-Williams D (1983) A phenomenological overview of trance. Transcultural Psychiatric Research Review 20(5): 5**

**^Tart CT (1972) States of consciousness and state specific sciences. Science 176: 1203.**

# 12 KEY DIMENSIONS FOR MAPPING ASCs

1. DEGREE OF AWARENESS REDUCTION
2. ABILITY TO COMMUNICATE (CLEAR TO VAGUE)
3. CONCENTRATION FIXED VS FLUID
4. DEGREE OF CONTROL TO ENTER/EXIT ASC
5. DEGREE OF AROUSAL (HIGH TO LOW TO NONE)
6. DEGREE OF CALM (DEPTH OF CALMNESS)
7. SENSORY PERCEPTION DECREASED TO HEIGHTENED
8. SENSE OF SELF OR IDENTITY vs POSSESSED
9. TYPE OF AFFECT FROM PLEASURE TO PAIN
10. DEGREE OF OUT OF BODY EXPERIENCE
11. INNER EXPERIENCE FORMLESS VS DIFFERENTIATED
12. DEVELOPMENTAL LEVEL OF ASC

## Examples of four types of most often intentionally altered states of consciousness

Zulu Name	Type	Stim	Remembered
amadlosi	possession/channel	+	usually not
amakhosi	divining/healing	-	usually
amathongo	lucid dreaming	-	usually
umbilini	kundalini	+	sometimes

+ = hyperstimulated, hyperactive, e.g. vigorous dancing, twirling

- = hypostimulated, hypoactive, e.g. calmly meditating

# Intentionally Induced Altered States of Consciousness

Archaic—Shamanic

Eastern—Meditation

Concentrative

Mindfulness

Western—Hypnosis

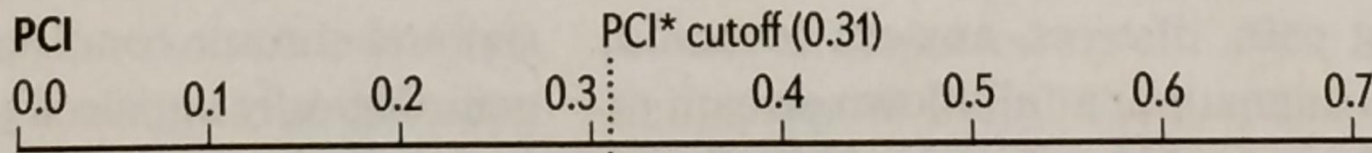
Focused

Alert-Awake

# Consciousness vs Unconsciousness

## Zapping and Zipping

In pursuit of a consciousness test, Silvia Casarotto of the University of Milan and her colleagues recruited 102 healthy subjects and 48 still responsive and awake brain-injured patients. Their brains were “zapped” with magnetic pulses (transcranial magnetic stimulation) in both conscious and unconscious states, and brain activity was detected with an EEG and analyzed with a data-compression algorithm—and so it was said to be “zipped.” A value known as a perturbational complexity index (PCI) was calculated for the EEGs—and participants were also interviewed about their state of mind. It was determined that a conscious person exhibited at least one value above 0.31 (PCI\*), whereas unconscious subjects all had lower scores. Using this value, the zap-and-zip testing was then performed on patients with severe disorders of consciousness (*results not shown*), finding some individuals who appeared to be conscious.

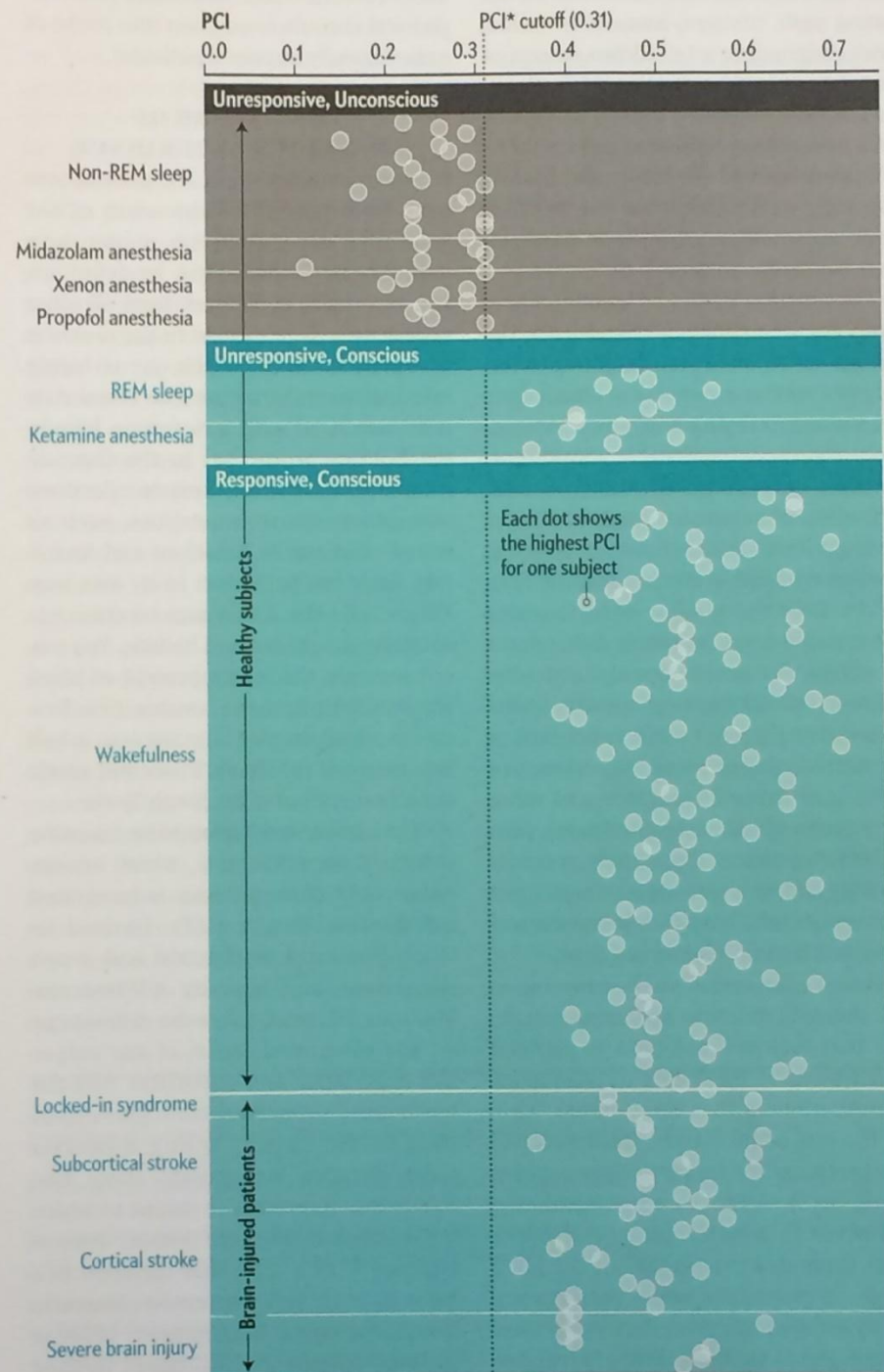


Scientific American November 2017

## How to Make a Consciousness Meter

Zapping the brain with magnetic pulses while measuring its electrical activity is proving to be a reliable way to detect consciousness

By Christof Koch



**One important element in maintaining consciousness is the microtubule. Microtubules provide internal cytoskeletal structure within the cell and also appear capable of functioning as an intracellular nervous system. They are composed of  $\alpha$  and  $\beta$  subunits and can be quickly assembled and disassembled. Neurons contain microtubules that are of various lengths in dendrites but extend the whole lengths of axons. They also transport neurotransmitter chemicals.**

**Approximately 8% of microtubular structure is hydrophobic.**

**The three amino acids which have hydrophobic benzene rings (6 carbons with adjacent double bonds) are**

**phenylalanine**

**tyrosine and**

**tryptophane which in addition to a**

**benzene ring has a pyrrole/azole ring**

**(4 carbons and 1 nitrogen)**

**Adjacent groups of these amino acids comprise hydrophobic pockets.**

**Anesthesia produces loss of consciousness. The chemicals involved in anesthesia disrupt hydrophobic pockets in microtubules within the cell. The hydrophobic pockets are produced by adjacent double and triple aromatic ring amino acids such as tyrosine. The microtubules are not only part of the internal cytoskeleton of the cell, but also involved in production of consciousness. Psilocybin and other entheogens also act in the hydrophobic pockets in microtubules to produce alterations in consciousness.**

**Trance also produces alterations in consciousness using endogenous factors that also probably alter microtubule functioning in the hydrophobic areas. The microtubules may act as microcomputers within the cell. Due to the small size of the microtubules, about 25 nanometers in diameter, quantum effects may manifest and random collapse of the wavefunction may play a role, producing at least partially quantum level computing.**

**Trance is a focused state of attention in which wider environmental stimuli are ignored. p.10**

**Analogy and metaphor comparisons are often matched or mismatched as patterns in our minds with right brain and occipital cortex activation during trance somewhat similar to when we dream. p.16**

**Our conscious mind usually prefers logic, while our subconscious mind prefers analogy, usually linked with emotion. p.17**

**Trance phenomena are similar to dreams, with positive and negative hallucinations, catatonic muscle tone, amnesia, and time distortion possible p.22, 23 as well as blocking or altering pain or other sensations. Griffin J, TYRELL I, Hypnosis and Trance States, ETSI, 1998.**

**Dreams occur mainly in REM sleep and are the analogical or metaphorical expression of anticipated experiences or unfulfilled expectations from when we were awake that have aroused the autonomic nervous system. Because these arousals from unfulfilled expectations are not deactivated by the anticipated experiences actually happening that day, we carry them into our sleep and experience them as metaphorical dream material where the arousals are deactivated by the dreaming process. This clears the brain so it is ready for the next day.**

## **Automobile Analogy:**

**Subconscious is the Driver, controlling the actual activity**

**Conscious is the noisy Passenger but thinks it's the driver**

**Superconscious is the Back Seat Passenger who can give directions if given a chance**

Day, Duncan CT: The Pythagoras Connection, an Initiation into the Mysteries of Life, pp 16-28, 380.

**Conscious tells the Subconscious how to drive**

**Subconscious driver may add its own twists to the instructions or may do something totally different from what the Conscious directed on how to drive because it is the real driver**

**If the Conscious is quieted in trance, the Subconscious can listen to itself or if directed can listen to the higher imaginative Superconscious self give instructions on how to drive, which the Subconscious may or may not follow**

Day, Duncan CT: The Pythagoras Connection, an Initiation into the Mysteries of Life, pp 16-28, 380.

# **Phylogenetic Development of the Mammalian Autonomic Nervous System**

**Dorsal Vagal: freeze (reptilian), subdiaphragmatic organs—belly, gut feeling, fear, slow breathing**

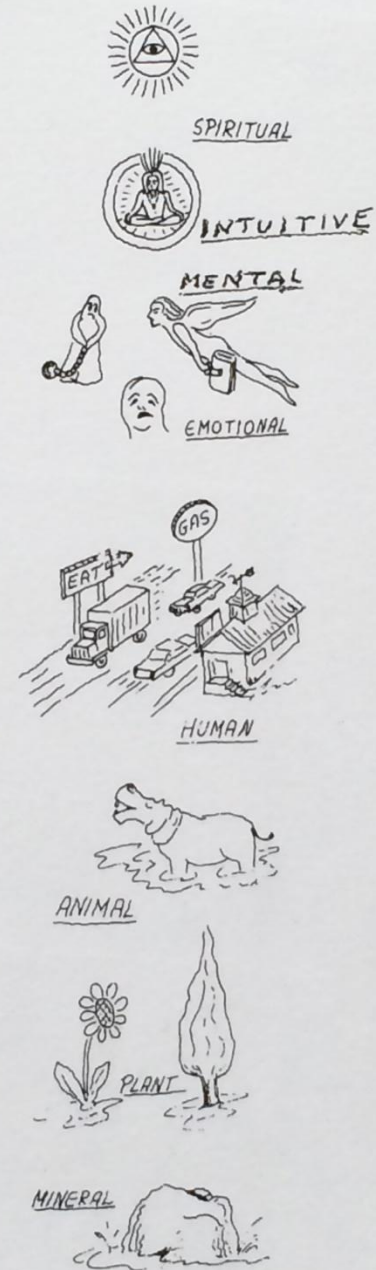
**Sympathetic: fight or flight (bony fish)—heart speeding up, fear or anger, rapid breathing**

**Ventral Vagal + CN 5, 7, 9, 11, 12 : socialize (mammalian), supra-diaphragmatic organs, heart slowing, love, normal breathing, facial muscles of expression, voice and prosody, feeling of safety, prerequisite for hypnosis or meditation, higher states of consciousness**

**Porges, Stephen W.: The Pocket Guide to the Polyvagal Theory: the Transformative Power of Feeling Safe. W. W. Norton, 2017.**

# Levels of Consciousness

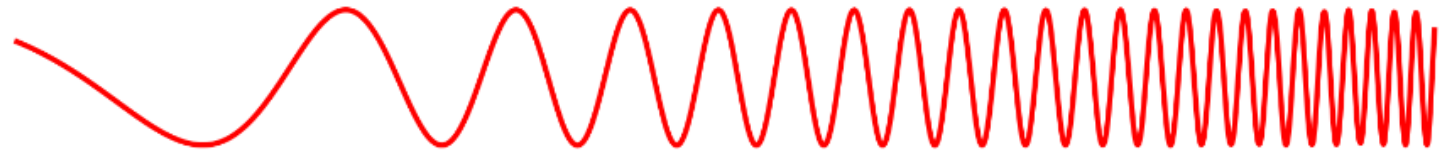
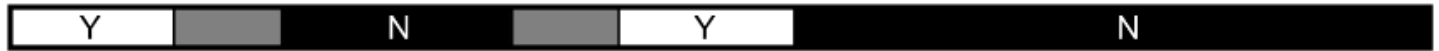
Stalking the Wild Pendulum:  
On the Mechanics of  
Consciousness, by  
Itzhak Bentov, 1977



# Electromagnetic Spectrum Analogy

$$f = c/\lambda$$

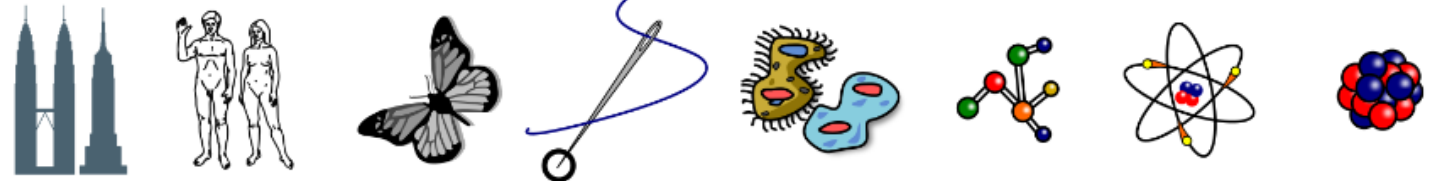
Penetrates Earth's Atmosphere?



Radiation Type  
Wavelength (m)

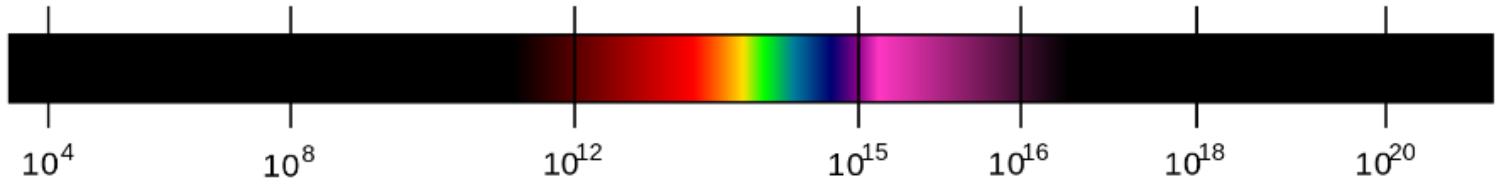
<b>Radio</b> $10^3$	<b>Microwave</b> $10^{-2}$	<b>Infrared</b> $10^{-5}$	<b>Visible</b> $0.5 \times 10^{-6}$	<b>Ultraviolet</b> $10^{-8}$	<b>X-ray</b> $10^{-10}$	<b>Gamma ray</b> $10^{-12}$
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Approximate Scale of Wavelength

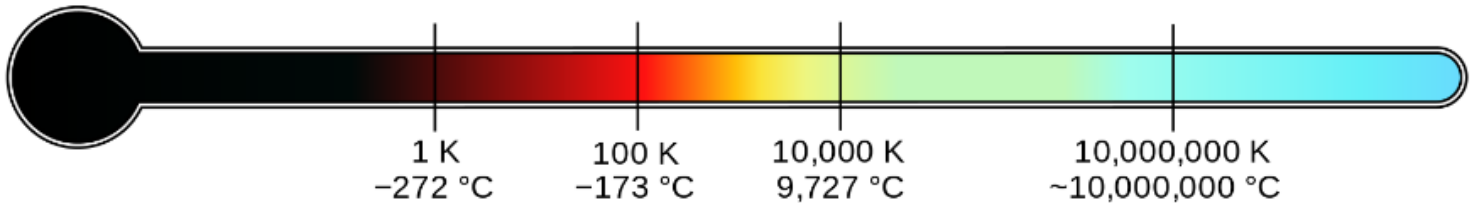


Buildings    Humans    Butterflies    Needle Point    Protozoans    Molecules    Atoms    Atomic Nuclei

Frequency (Hz)



Temperature of objects at which this radiation is the most intense wavelength emitted



# Progressively higher Frequency and Energy and shorter Wavelength Levels of Consciousness

QUANTITY AND QUALITY OF CONSCIOUSNESS

THE ABSOLUTE

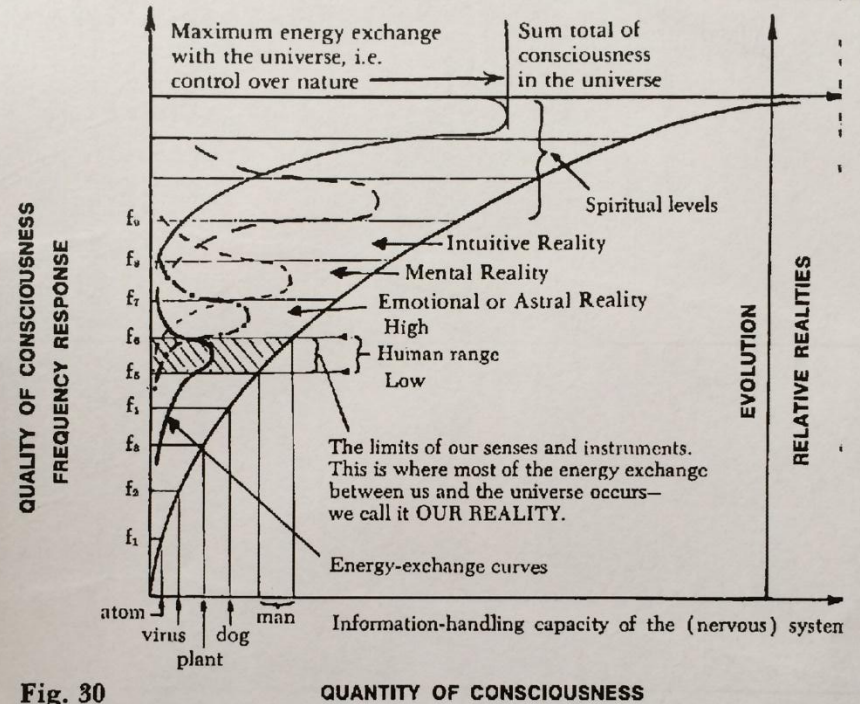


Fig. 30

QUANTITY OF CONSCIOUSNESS

QUANTITY OF CONSCIOUSNESS:

Given in terms of the number of responses a system is capable of as a reaction to a stimulus.

QUALITY OF CONSCIOUSNESS:

The degree of *refinement* or intelligence of such responses and their range, expressed in terms of frequency response. Each frequency range stands for a certain reality band.

RELATIVE REALITIES:

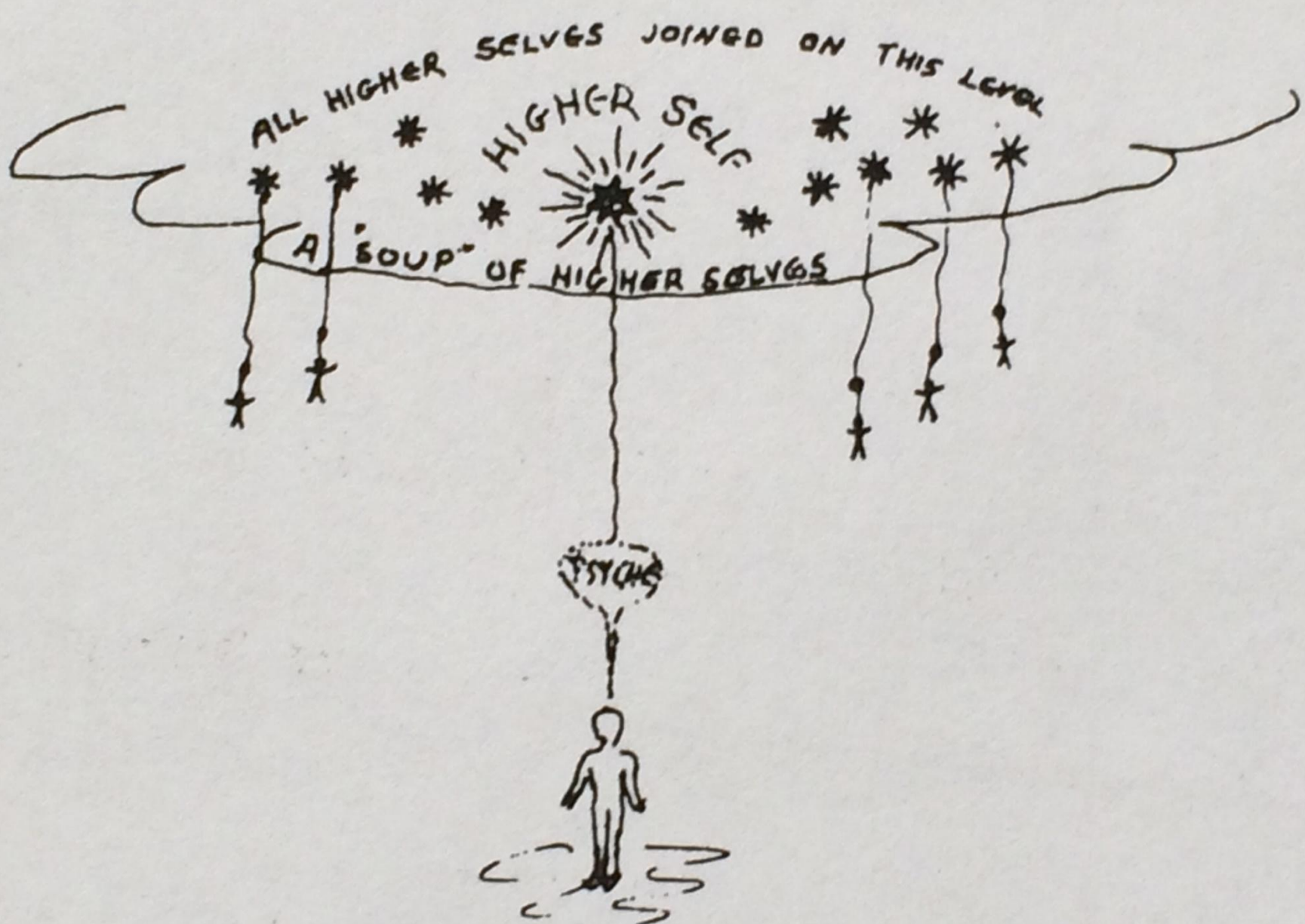
All reality bands below the ABSOLUTE.

ABSOLUTE:

The sum total of consciousness in the universe.

ENERGY-EXCHANGE CURVES:

These curves show the extent of energy exchange between an entity and its environment. Thus, maximum energy exchange, or interactions of human beings with their environment, occurs at the peak of the curve. It is our point of resonance with the environment.



**Everyone sought love,  
everyone sought a higher life  
task, that was something in  
common for everyone in the  
north, the south, the east, and  
the west.**

**How long will it take before  
mythology and spirit  
power gain the same  
consciousness as politics?**

**Gaup, Ailo: In Search of the Drum. 1988, 1993, p. 150**

# Transcendent ASC Experience

## 6 factors

**Set:** preparation, expectations

**Setting:** physical surroundings

**Substance or Method of Induction**

**Sitter or Guide:** accompanying person

**Session:** period of ASC

**Situation:** post-experience integration

# Shamanic ASC

# Drumbeat Rate in Shamanic Induction of ASC

Beats / minute	cycles / second	Entrainment of Brainwaves
60	1	Delta
120	2	
180	3	
240	4	Theta
300	5	
360	6	
420	7	
480	8	Alpha

**Auditory driving drumbeat range is 180-420 bpm with most commonly used range 205-220 bpm.**

**Drum harmonics produce additional higher freq.**

# Drumming Experience



# **Alternative Shamanic ASC**

## **Inductions:**

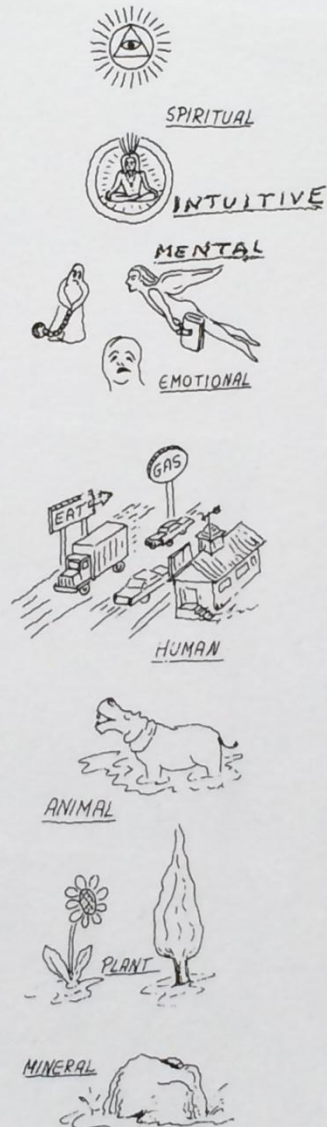
**Auditory rattles, clicking sticks,  
chanting, singing**

**Hallucinogens from local plants**

Nightshade, Mushrooms, Cacti, Ayahuasca, others

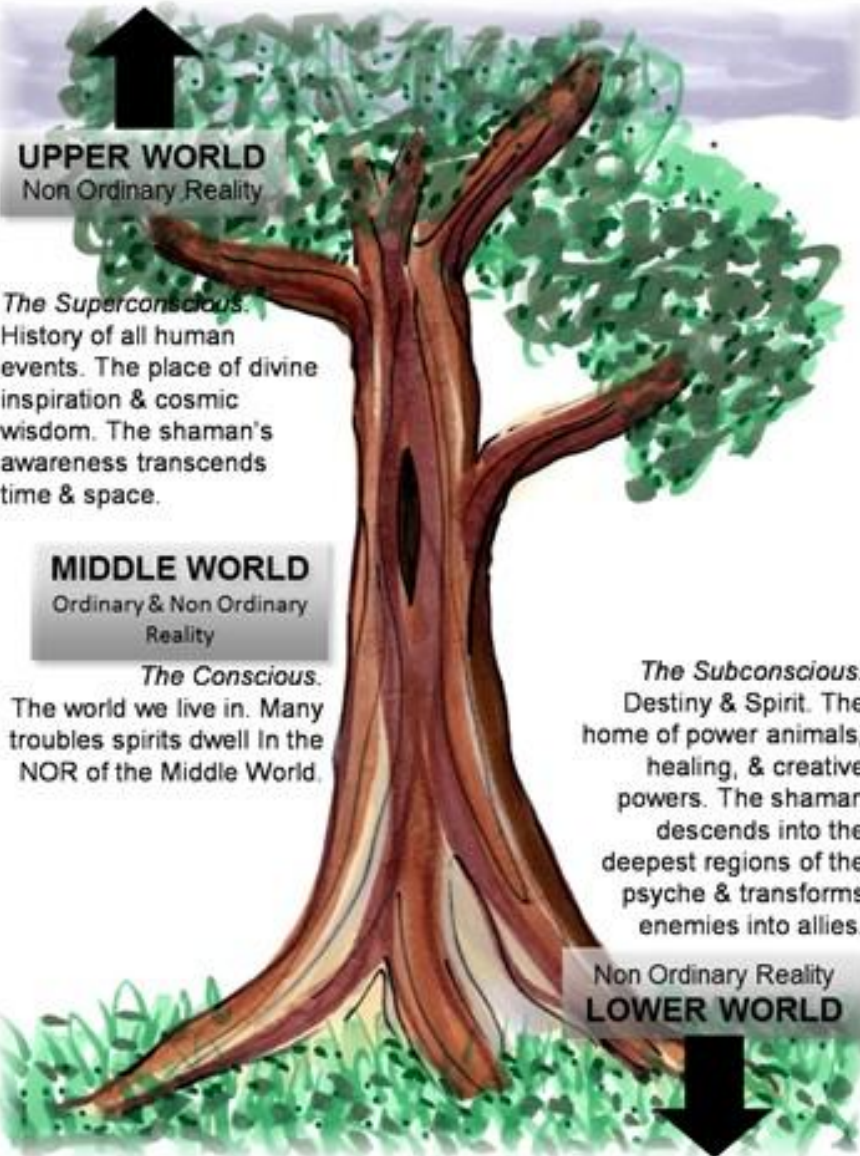
**Strenuous dancing**

**Other**



# THE SHAMAN'S TREE

*aka The World Tree*



**Upper World**

**Superconscious  
Back Seat Passenger  
that Subconscious  
can hear if Conscious  
is quiet**

**Middle World**

**Conscious noisy  
Passenger**

**Lower World**

**Subconscious  
Driver**

Day, Duncan CT: The Pythagoras Connection, an Initiation into  
the Mysteries of Life, pp 16-28, 380.



Air

Water

Center

Fire

Earth



N Air  
Gas

Future

Present

W  
Water  
Liquid

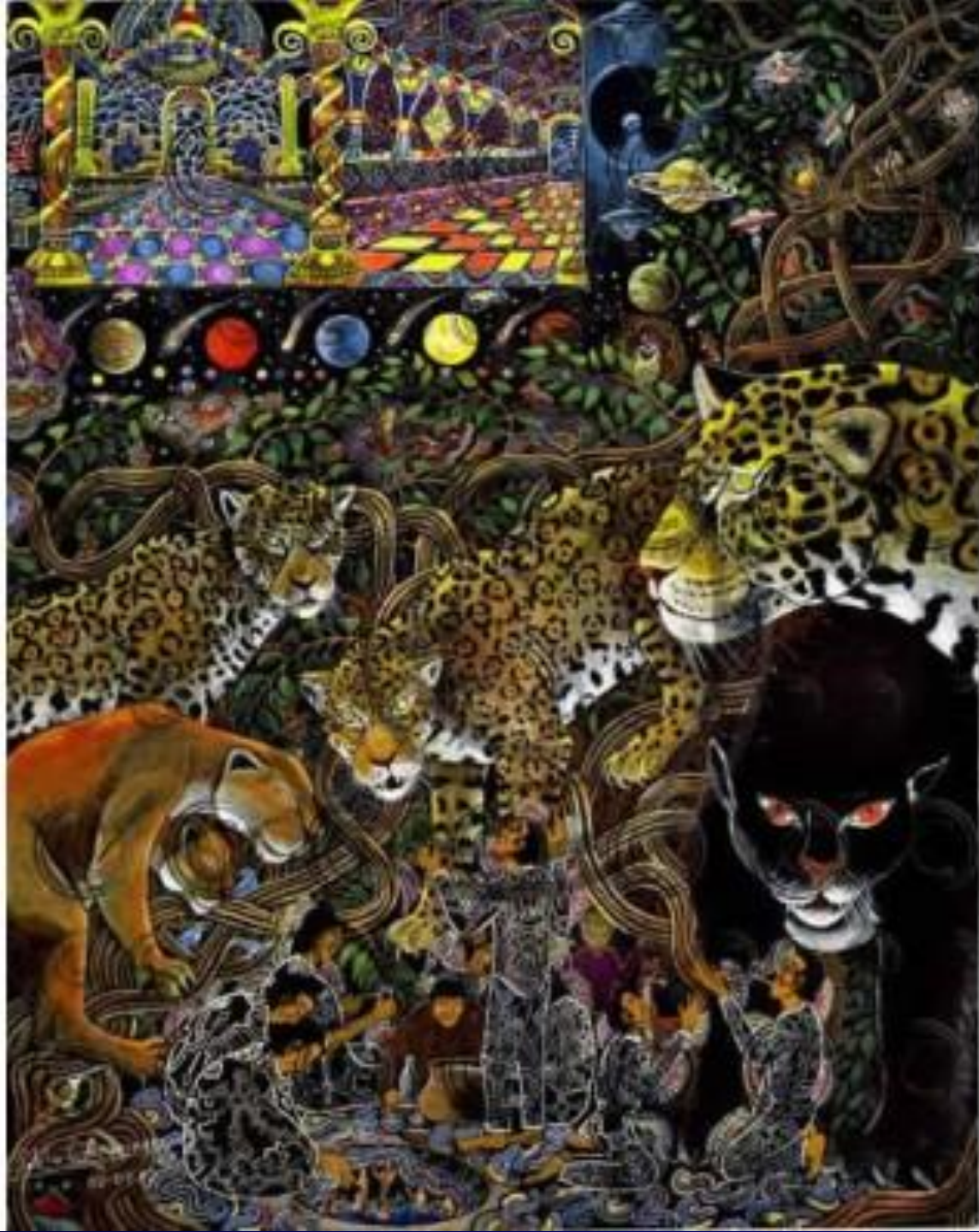
E  
Fire  
Plasma

C  
Ether  
Dark Energy

Past

S Earth  
Solid

**Pablo  
Amaringo:  
Puma  
Yachay  
(Puma  
Wisdom)  
Ayahuasca  
Vision**



**Shamanic Attunement:**

**Full Intention**

**Attention**

**Trust**

**in service of the authentic self  
in relationship with the One and  
with the various ego states  
collaborating without greed,  
dominance, fear, or exploitation.**

Poncelet, Claude (2014) *The Shaman Within: a Physicist's Guide to the Deeper Dimensions of Your Life, The Universe, and Everything*. pp. 49, 50.

# **Meditative ASC**

# **ASC Inductions for Meditation**

**Concentrating on Breathing and  
slowing breath to 6 per minute**

**Chanting +/- mantra (singing or  
speaking slows breath rate)**

**Staring at mandala (eye fixation)**

**Other**

# BREATH and Relaxation versus Arousal

Breathing Rate / minute	4	6	8	10	12	14	16	18	20	22	24	
pCO <sub>2</sub> and carbonic acid	high			medium				low				
Blood pH	lower (acidic)						higher (alkaline)					
Cerebral blood flow to frontal neocortex	higher						lower					
Dominant EEG freq./ sec	theta			alpha			beta			high beta		
Feeling	fear			relaxed			focused			anxious		
State of consciousness	trance						alert			hyper-alert		
Dominant activation	vegetative						neocortex			limbic		
Autonomic	parasympathetic						sympathetic					
Polyvagal	✦ ventral neo-vagal						fight, flight					
	social interaction											
	speech, facial											
	✦ dorsal paleo-vagal											
	freeze, digestion, healing											

# **Breath Induction Experience**

**6 breaths per minute**

**4 seconds for in-breath**

**6 seconds for out-breath**

Breathing 4 seconds in and 6 seconds out approximates the golden ratio  $\Phi$  Phi of 0.618... to 1 or 1 to 1.618... of 3.71 seconds in and 6 seconds out or 4 seconds in and 6.47 seconds out with a prolonged expiratory relaxation period compared to the inspiratory tension period and the slow breathing rate shifting toward parasympathetic.

The ratio  $\Phi$  Phi of smaller part to larger part as larger part is to whole is a common pattern in nature and is related to the ratio of adjacent Fibonacci series numbers

$F_n = F_{(n-1)} + F_{(n-2)}$  e.g. 1, 2, 3, 5, 8, 13, 21, 34,  
and  $F(n) / F(n-1)$  ratio 55, 89, 144, 233, ...

$$1 / 0.618... = 1.618... / 1$$

$$\Phi = (\text{SQRT } 5 + 1) / 2$$
$$= 1.6180339887498948482...$$

irrational endless number

1

0.618...

*a*

*b*



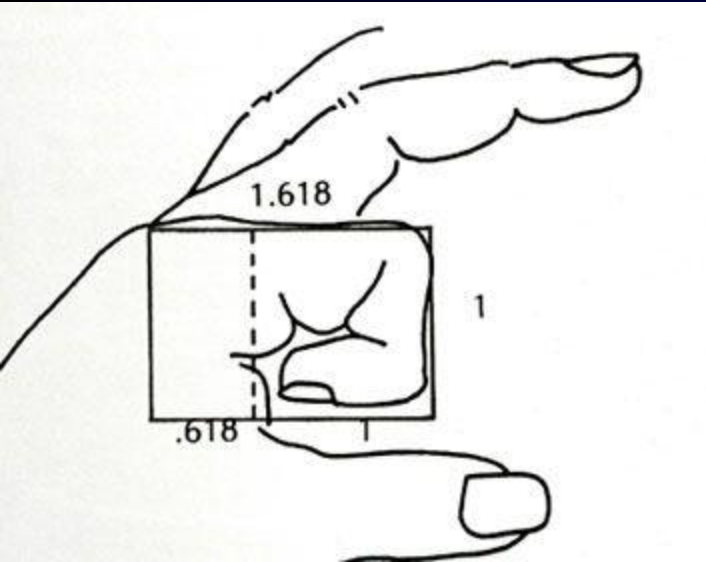
*a+b*

*a+b* is to *a* as *a* is to *b*

1

1.61803398...

$\Phi$



**The Divine  
Ratio**

M  
A  
N  
D  
A  
L  
A







c'mon, inner peace.  
I don't have all day.



# Hypnotic ASC

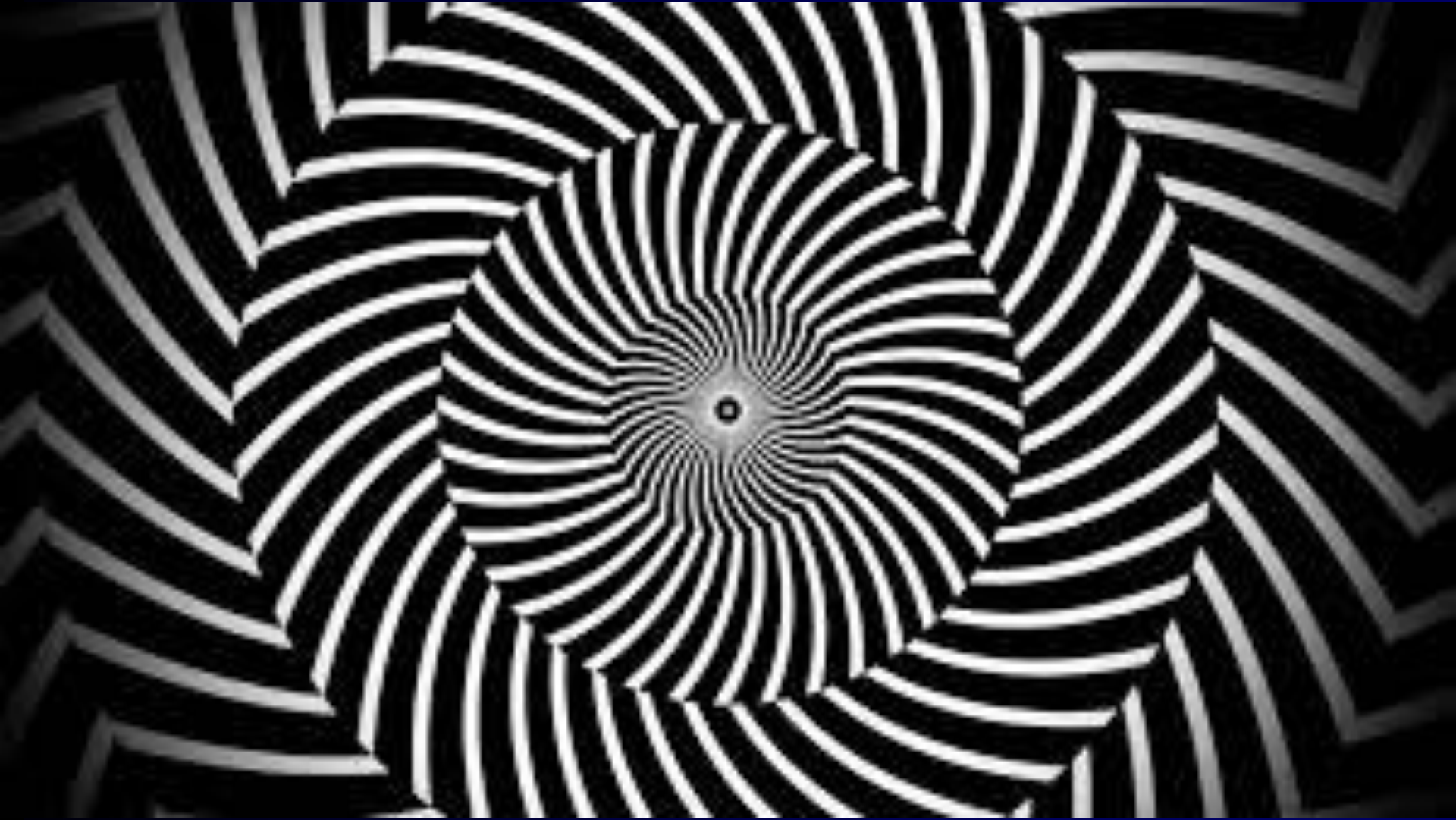
# **ASC Inductions for Hypnosis**

**Eye fixation**

**Eyeroll Induction**

**Progressive Relaxation**

**Many others**

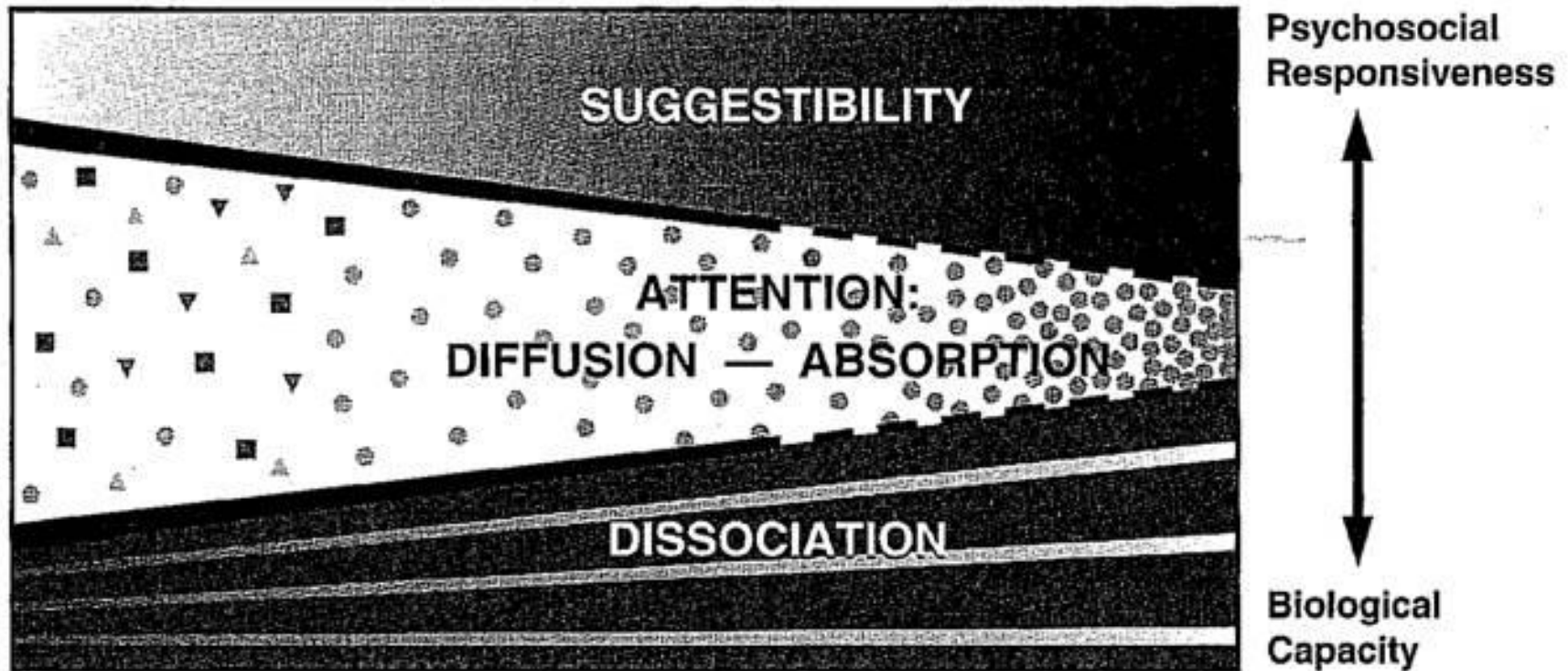




# **Eye-roll Induction Experience**

- 1. First do one thing. Look way up toward the top of your head, way, way up.**
- 2. Second, do two things. Continuing to look up, Take a deep breath in, and Allow you eyes to close, close.**
- 3. Third, do three things. Breathe out, Allow your eyes to relax, and Float, float, float.**

# THEORY OF HYPNOSIS



<b>HYPNOTIZABILITY</b>	Low	Mid-range	High
<b>PERSONALITY STYLE</b>	Apollonian	Odyssean	Dionysian

**Deepening of ASC can occur to the level of being an intense energy experience, often as an intense light or intense vibration. It may occur spontaneously or after intentional induction of ASC. This is often later recalled as a deep or high spiritual experience.**

# Intense ASC Energy Experience

Deborah Byron Energetic Collective



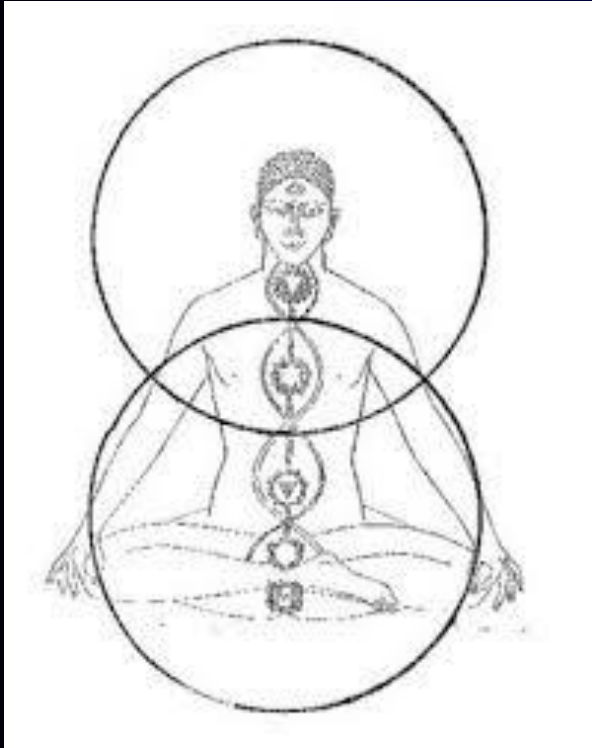
# Intense ASC Energy Experience

Tunde Afolayan-Famous  
Rite of Passage #5



# Re-entry from ASC to OSC

OSC



Head cognitive



Heart emotional



Belly/Gut somatic



**Intense ASC Energetic Experience**

**Intense ASC Energetic Experience  
is nonverbal and nonlinear,  
Somatic Perception of the ASC  
experience is nonverbal,  
Imaginative Engagement of the  
experience is emotional with  
metaphorical imagery/symbols,  
Narrative Integration in OSC of  
the experience is verbal linear.**

**The transition from nonverbal non-time nonlinear ASC with intense sense of connection, instant comprehension, and unity to somatic sensations, to emotion-laden metaphors or symbols to verbal linear attempts to remember, describe, and grasp what happened explains the difficulty in translation of spiritual experiences into words.**

**Some cultures and languages support linguistic transitions from ASC into OSC more than others.**

**Nouns frequently derived from verbs reflecting energy view of the world:**

**Yes-energy      No-matter dominant**

---

**Hebrew**

**English/Germanic**

**Lakota**

**Greek**

**Yoruba**

**Romance/Latin**

**ASC transcendence beyond ordinary limits with a numinous experience can be accompanied by a shift in consciousness to a sense of broader overall awareness and higher and deeper comprehension of meanings that expands beyond the immediacy of everyday life. This can result in stress reduction and a feeling of wellbeing and a personal sense of inner healing and peacefulness. It can also increase resiliency.**

**On the other hand, spiritual struggle has appeared to predict poor health outcomes consistently. In the example of preparing for cardiac surgery, those struggling spiritually were shown to have increased levels of the pro-inflammatory cytokine interleukin-6. This elevation of interleukin-6 associated with negative emotions was correlated with a higher incidence of adverse health outcomes in these patients**

**Religious beliefs and rituals are often based on prior personal spiritual experiences or borrowings from the spiritual experiences of other real or mythical beings passed down through stories or writings.**

**ASC spiritual intense experience is often experienced as self dis-membering (meltdown) followed if container (ego) is sturdy enough with re-remembering, moving forward without looking back. Looking back can lock old patterns back in. The transcendent spiritual transformation can over time result in restructuring of the mental, emotional, and physical aspects of the person.**

**ASC religious intense experience is often colored by specific cultural and religious beliefs and linguistic focus (energy vs matter). It may be similar to ASC spiritual experience as in Ezekiel's (37:6) vision of the resurrection of the people being remembered from dry bones, or it may be quite different, but again it offers an opportunity for a transcendent restructured self.**

**The typical ASC spiritual/religious healing sequence within the specific framework of particular cultural and religious beliefs is first disruption of habitual frames of reference, then reframing the situation as a transformative process transcending the ordinary in pursuit of revitalization and healing.**

**Levels of spiritual attunement according to David Hawkins with below 200 negative, above 200 positive, below 500 linear or curvilinear, above 500 non-linear with attractors best described by chaos theory.**

**Hawkins, David R, Power vs Force, 2<sup>nd</sup> ed, 2012, The Hidden Determinants of Human Behavior, Hay House**

# Below 500 Linear and Curvilinear



**And God said**

$$\nabla \cdot \vec{E} = \frac{\rho}{\epsilon_0}$$

$$\nabla \cdot \vec{B} = 0$$

$$\nabla \times \vec{E} = -\frac{\partial \vec{B}}{\partial t}$$

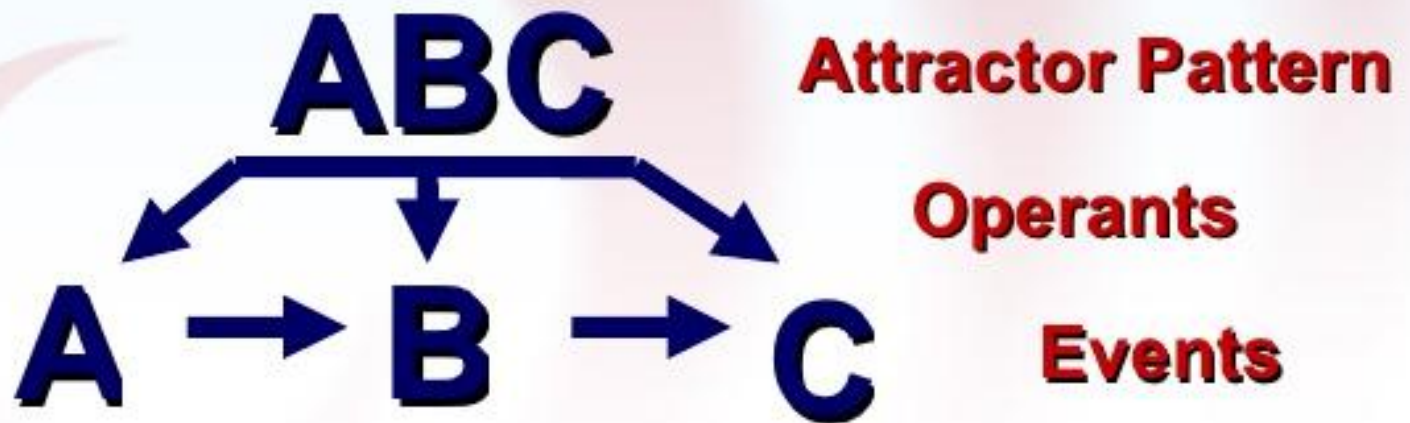
$$\nabla \times \vec{B} = \mu_0 \vec{J} + \frac{1}{c^2} \frac{\partial \vec{E}}{\partial t}$$

**And there was light.**

(Maxwell's equations for electromagnetic energy)

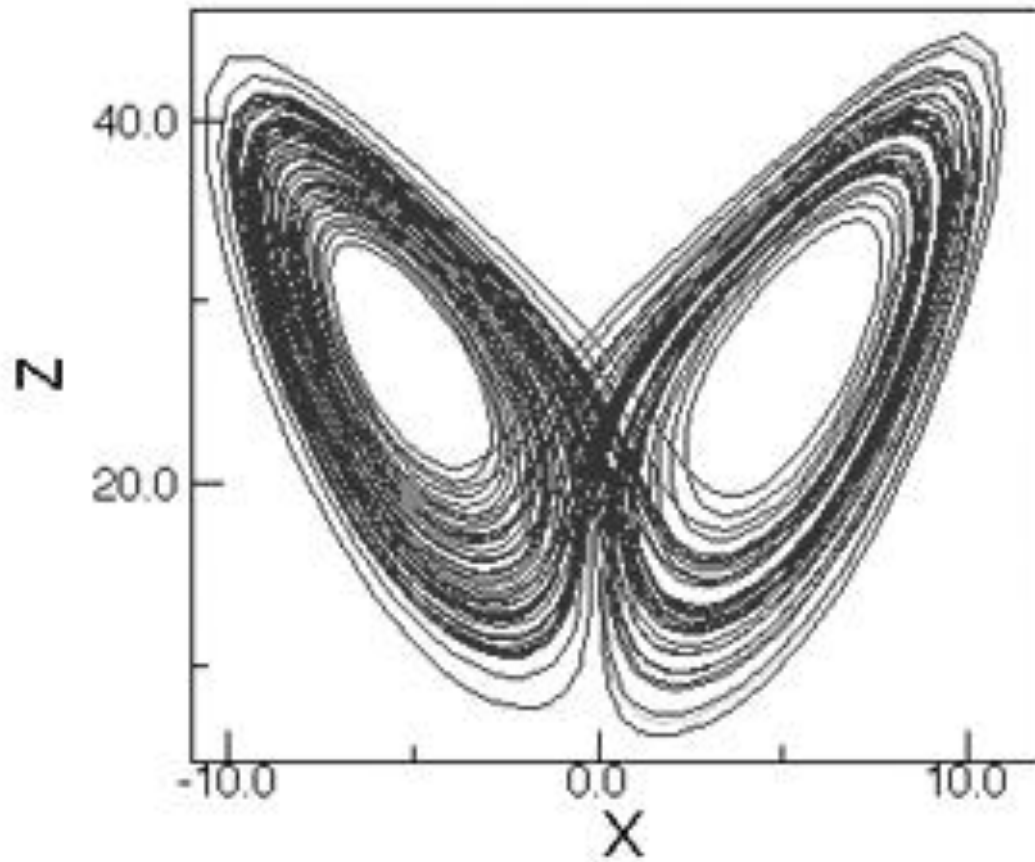
# THE ABC OF ATTRACTION

Advanced theoretical physics and non-linear dynamics ('chaos theory') say that it actually works like this:



Chaos theory

## Lorenz Attractor



Above 500

a 28.0

b 2.667

c 10.0

dt 0.02

x-ax 1

y-ax 3

tran 10.0

X0 2.0

Y0 5.0

Z0 20.0

dX0 0.0

dY0 0.0

dZ0 0.0

Speed  200Show Ghost:  Yes  NoAllow Sleep:  Yes  NoShow Time:  Yes  No

Reset

Clear



Start

Stop

Time= 77.32 Error= 0.002246699

# Map of Consciousness by David R. Hawkins

God view	Life view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700-1000	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
Disdainful	Tragic	Grief	75	Regret	Despondency
Condemning	Hopeless	Apathy	50	Despair	Abdication
Vindictive	Evil	Guilt	30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

 Expansive states (giving energy)  
 Contracting (taking energy)



# **Skin, Spirituality, and Religion**

**Skin appearance can be altered by**

**Clothing style and type**

**Coloring with pigments on surface  
such as body paints or makeup**

**Tattoos**

**Piercings with attached ornaments**

**Hair style**

**Nail style**

**And each of these can have  
spiritual or religious significance.**

# **Spiritual Aspects of Skin**

**Spiritual influence of skin on**

**core self concept, affected by**

**Physical skin color, texture, defects**

**Emotional blushing, pallor, sweating**

**Cognitive reaction to skin**

**appearance and skin ego** (Didier Anzieu)

**that is semipermeable and separates**

**self from other but permits social**

**interchange with others**

# **Religious Aspects of Skin**

**How much skin is covered with  
what kinds of clothing**

**Scalp and beard hair styling**

**Skin, hair, and nail coloring or  
decorating**

**Tattoos with religious significance**

**Piercing and skin ornaments**

**Male and female circumcision**

**Ritual cleansing and anointing**





# Fool Bull

*Tatanka Witko*

1849-1909

Hunkpapa Lakota  
Medicine Man

# Crazy Horse

*T̥hašúnke Witkó*

1840-1877

Oglala Lakota Warrior



Marcellus  
**Bear Heart**

Williams  
1918-2008  
Muscogee-Creek  
Medicine Man



# **Spiritual Aspects of Skin Disorders**

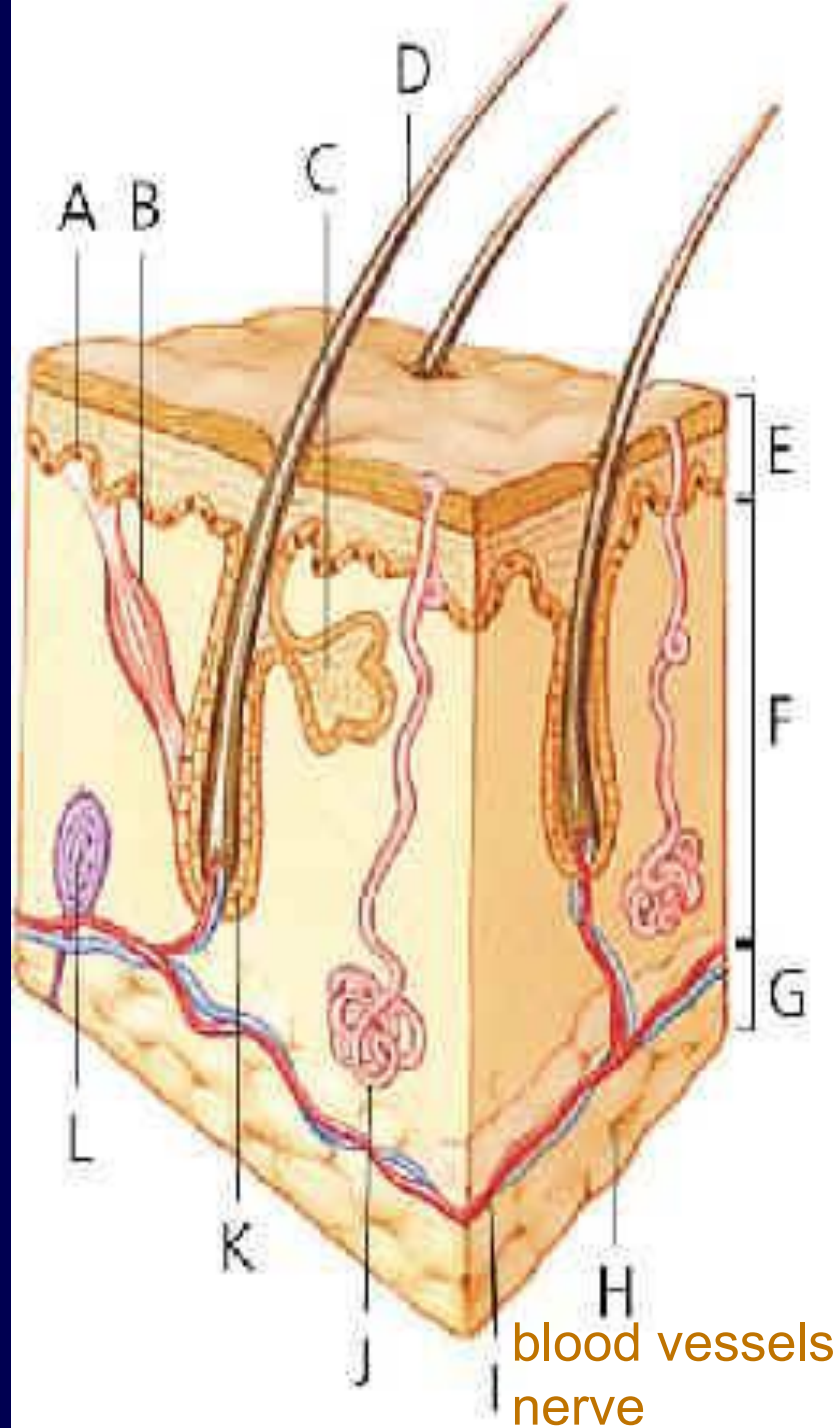
**The skin is a great projection screen onto which physical, emotional, mental, and spiritual aspects of the person are constantly made visible.**

**The afflicted person may seek to understand if there are spiritual implications buried beneath the skin disorder and may search for any associated meaning.**

**Spiritual concerns may arise from**

- Inflammatory skin disorders such as acne, eczema, psoriasis**
- Congenital skin defects such as hemangiomas or large nevi**
- Genetic skin defects such as ichthyosis (fish-skin disorder)**
- Benign skin tumors and cysts**
- Malignant skin tumors**
- Scars and other skin defects**

- A. Melanocyte
- B. Arrector pili muscle
- C. Sebaceous gland
- D. Hair shaft
- E. Epidermis
- F. Dermis
- G. Subcutaneous fat
- H. Fat
- I. Arteriole / venule / **cutaneous nerve**
- J. Eccrine sweat gland
- K. Hair Follicle
- L. Pacinian corpuscle



# **Spiritually Assisted Healing of Skin Disorders—Examples**

**A person with severe eczema that resisted conventional therapies sought relief in Peru through shamanic counseling and chemically ASC with ayahuasca. Finally he felt a spiritual shift and his eczema cleared dramatically and has stayed clear for years.**

**Sandra Ingerman (author and practicing shamanic healer) has stated (personal communication) that she has seen some good results in her shamanic work with clients with rashes and eczema being healed by shamanic work, but she has not written down or published these experiences.**

**A person with a non-healing skin ulcer from a spider bite had failed 17 surgical attempts and was also depressed. With her permission, her physician did a shamanic journey for her, employing the physician's helping spirits. When the physician later discussed the shamanic journey with the patient, her depression cleared and skin grafts then took for the first time.**

# **Distance Healing of Psoriasis**

**A man with intractable psoriasis for 18 months noted a change when a healer 50 miles away prayed for God to do whatever was best for the healee. The psoriasis cleared within a few days and remained clear on follow-up two years later.**

LeShan L, Explanations of Psychic Healing. *Am Soc Psychical Res Newsletter*. 1990, 1-3.

**Psychosomatic Hypnoanalysis**  
can be used to explore the  
psychological and spiritual  
aspects of skin disorders. Using  
the mnemonic **COMPASS POINT**  
it is possible in hypnotic ASC to  
explore these areas for  
psychological and spiritual issues  
that relate to the skin disorder.

Shenefelt PD, Ideomotor Signaling: From Divining Spiritual Messages to Discerning Subconscious Answers During Hypnosis and Hypnoanalysis: A Historical Perspective. *Am J Clin Hypnosis* 2011; 53(3): 157-167.

# Medical Psychosomatic Hypnoanalysis for Skin Disorders

## Lecron and Cheek's 7 key factors

- C**onflict (want to vs ought to)
- O**rgan language (skin problem)
- M**otivation (secondary gain)
- P**ast (traumatic) experiences
- A**ctive Identification
- S**elf-punishment
- S**uggestion / imprint

# Medical Psychosomatic Hypnoanalysis for Skin Disorders

## Additional 5 key factors (Shenefelt)

**P**ast life event (“real” / imagined)

**O**ccult hex / curse

**I**ntruder spirit

**N**ocebo

**T**rauma in your ancestral lineage

What is important is what the person believes, whether "real" from an objective standpoint or not.

**Dr. Ewin used psychosomatic hypno-analysis with a medical student who got hives every time he ate chocolate. When the medical student was age regressed in ASC to about age 4 years he recalled visiting a zoo with his parents on a Saturday afternoon. It happened to be feeding time for the snakes, and he witnessed with great horror as a large snake ingested a live rabbit.**

**The next morning happened to be Easter Sunday and he found a chocolate bunny in his basket. Upon eating the chocolate bunny he broke out in hives, and continued to get hives every time he ate chocolate thereafter. Dr. Ewin provided suggestions that he no longer needed to develop hives when eating chocolate, and his chocolate “allergy” immediately resolved.**

# Religious Aspects of Skin Disorders

The skin disorder (mis)translated as leprosy features prominently in Exodus, Leviticus, and Numbers.

The Hebrew word צרעת *tsara'at* means to be thrown down or humiliated and refers to a scaly or whitish skin disorder, most likely representing psoriasis, tinea corporis, eczema, or vitiligo.

**In Exodus 4:6-4:8 GoD\* instructed Moses to place his hand in his cloak and take it out and when he did it was tzara'at white like snow, and when he put his hand back in the cloak and took it out it was normal again. Moses was to use this as a sign of G-D's power to punish. הוה' \* Great Old Divine energy**

Yi Ho Wa Ha traditionally unpronounced vowels: in and out breaths representing sacred energy (Kabbalistic teaching) at about 6 breaths per minute inducing trance that can lead to spiritual experiences.

**In Parsha Metzorah, Leviticus Chapters 13 and 14, tzara'at was discussed extensively in terms of description, requirement for persons with tzara'at to be separated from the community as ritually impure so that others could avoid spiritual/physical contamination, and to be cleared by a priest and have a specific cleansing ceremony before being allowed to rejoin the community.**

**When Miriam slandered Moses in Numbers 12: 1-15, G-D afflicted Miriam with tzara'at like snow. Moses prayed for G-D to heal her: *Ana El Na Refa Na La*. Miriam was quarantined for a week, became healed, and after a cleansing ceremony was permitted to rejoin the community. Tzara'at based on this story is considered to be a punishment for slander.**

The Greek word λεπρα lepra was used in Matthew 8:2-3, Mark 1:40-42, and Luke 5:12-13 when Jesus healed the leper. Again this was not the leprosy that we know today as a *Mycobacterium leprae* (identified in 1873) caused disease that was prevalent in the middle ages but that was not very prevalent in the Mideast during Biblical times. Greek lepra means scaly or defilement.

**In Hinduism in ancient India the Atharava Veda (c. 2000 BCE) and the Laws of Manu (1500 BCE) mention skin disorders (*kushta rog* कुष्ठ रोग in Sanskrit) translated as leprosy. The Laws prohibited contact with those affected and punished those who married into the family of a leper. While Hinduism usually considered suicide a sin, for a leper it was not as sin to commit suicide.**

**In Buddhism, leprosy was considered to be karma कर्म and the person was an Outcast, but was considered with compassion and assisted in local leprosaria.**

**Social aversion to skin disorders has promoted ostracism for those who have obvious skin disorders even in modern society, hence the “heartbreak” of psoriasis.**

**There are many anecdotal reports of all kinds of diseases including skin disorders being healed based on intense religious faith, the so-called “miracles” of faith healing. It is likely that there is more than placebo effect in at least some of these events, but hard evidence with respect to causation is difficult to attain.**

**This review has just begun to scratch the surface of the ASC spiritual and religious aspects of skin and skin disorders. Modern understanding of skin disorders pathogenesis and treatment has brought important advances, but healing of the skin continues to have a spiritual aspect, and sometimes healing is hindered until the spiritual aspect is adequately addressed.**



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THANK YOU

Q&A

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