

Parallel Realities: Misunderstood and Untapped Human Potential

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Video link: <https://vimeo.com/515800709>



Psychosis, Altered States, Parallel Realities

- Seeing Reality through different lens
- Experiencing reality from different perspectives
- Our experience of reality is on a continuum. (circular not linear) as is our response to it.

Psychosis

- Psychosis is an abnormal condition of the mind that results in difficulties determining what is real and what is not real. Symptoms may include delusions and hallucinations. Other symptoms may include incoherent speech and behavior that is inappropriate for the situation. There may also be sleep problems, social withdrawal, lack of motivation, and difficulties carrying out daily activities. Psychosis can have serious outcomes.

Time Immemorial

- Blessing or curse
- Role within the community
- Psychadelics
- An import and essential part of the community
- Since time immemorial we have had people who experience reality different and have experience the world beyond ours
- Trained in how to use their gifts. How to take up a role in the community. A place of meaning and purpose
- Pierce the veil; gifted and touched

Time Immemorial

- Some people who experienced Parallel Realities were given special roles in the community as they pierced the veil and were in contact with the spiritual realm. They were seen as touched or chosen and the community rallied around them and drew out their gifts and abilities. These people did not need psychedelic or hallucinogenic drugs to experience the spirit world.
- psychedelic or hallucinogenic drugs along with age old cultural practices were used in ceremonies to focus, navigate, draw out and cultivate the gifts and abilities that people who experienced the spiritual world had for the benefit of the person and their community

JULIAN
JAYNES

THE ORIGIN OF
CONSCIOUSNESS
IN THE BREAK-
DOWN OF THE
BICAMERAL
MIND

Evolution

- **Julian Jaynes**
- https://en.wikipedia.org/wiki/Julian_Jaynes
- Julian Jaynes (February 27, 1920 – November 21, 1997) was an American researcher in psychology at Yale and Princeton for nearly 25 years and best known for his 1976 book *The Origin of Consciousness in the Breakdown of the Bicameral Mind*. His career was dedicated to the problem of consciousness, "...the difference between what others see of us and our sense of our inner selves and the deep feelings that sustain it.

Expansion of Consciousness

- Continuum of consciousness

Evolution and Parallel Realities

- Is Parallel Realities an obsolete, an advance or one form of the human condition and evolution
- People who experience Parallel Realities are considered as having outdated consciousness that gave way to intergrated consciousness



An Essential Part of the Human Condition

- Not romanticizing
- Recognizing and cultivating the gift
- Expands our view of reality and consciousness
- Develop and expand our view of the world
- Circle not linear
- It is an essential part of the human condition; validating and celebrating diversity of ways of experiencing the human experience.
- Experiencing reality in ways to expand the human experience and condition. Extreme experiences of reality are essential to and expand our ways of experiencing the spectrum of what it means to be a full human being
- It is not that you experience altered realities but how you respond to them with community support
- Continuum in the experience of parallel realities and a continuum of responses in these extreme experiences

An Essential Part of the Human Condition

- Our experience of reality is on a continuum. (circular not linear) as is our response to it.
- We all see reality differently than the so called consensus reality at times
- Parallel realities is essential to have a diverse, fuller and deeper understanding of reality and life
- It is often misunderstood that it is counter to consensus reality rather than an essential and radical part of it

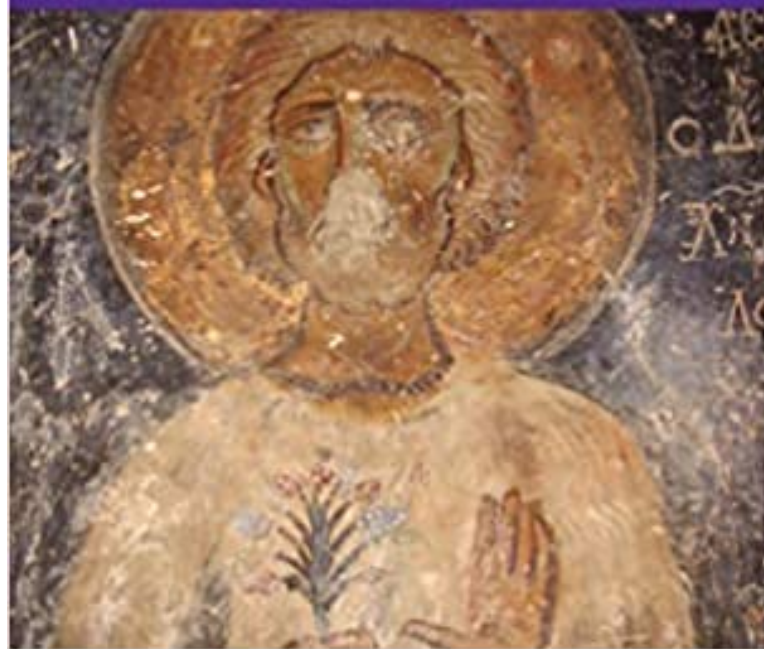
Antiquity

- Prophets, seers, medicine people, oracles, possessed, seers, etc
- Blessing and /or Curse
- Role models and training

OXFORD STUDIES IN BYZANTIUM

Holy Fools in Byzantium and Beyond

SERGEY A. IVANOV



Fools For Christ

- Mask of insanity
- Extravagant conduct
- Wisdom not of this World
- Wisdom in Madness
- Wisdom in an ascetic life
- Unseen warfare
- Spiritual emergence
- Madness of this world
- Ascetic way of life

Fools For Christ

- Different way of interpreting our senses and way of life
- Widen our perspective and vision of human life

The Church and Discernment

- Witches, prophets, seer, mystics, possessed, deranged, idiot, fool for Christ

Mental Health System

- Diagnosis
- Meds
- Ways of supporting people experiencing parallel realities
- Continuum of parallel realities (circle not linear)

"A genuine spiritual quest. . . . Extraordinary."
—New York Times

THE DOORS OF PERCEPTION

INCLUDES HEAVEN AND HELL

ALDOUS HUXLEY

AUTHOR OF BRAVE NEW WORLD

HAPPY PERENNIAL • MODERN CLASSICS

P.S.

WITH 16
ILLUSTRATIONS
BY VANCE SMITH

Aldous Huxley

- The Doors of Perception
- Extraordinary states of mind
- Huxley speculates that schizophrenia is the ability to escape from this reality into the world of common sense and thus help would be essential
- Unable to shut off the experience of a altered reality

Aldous Huxley

- Realities beyond the generally accepted five senses and that there is genuine meaning for humans beyond both sensual satisfactions sentimentalities

Indigenous

- Circle not line
- Intergenerational trauma
- Loss of role in the community
- Lose of those who have special abilities
- Medicine people, seers, mystics, etc

Therapies

- One way of connecting with peers and patients
- One way of managing parallel realities
- Healing and Integration

Hearing Voices

- Movement and Community for people experiencing Parallel Realities by those who share those experiences
- Learning to appreciate and validate altered states
- Expanding the lens we use to recognize, comprehend and cultivate the experience of Parallel Realities
- Drawing out the best in one another

Hearing Voices Network

<https://www.hearing-voices.org/>

Peer Support

- Role model
- Peers supporting peers
- Special insight into the experience: not foreign
- Shared experience of Parallel can't be duplicated, replicated, faked, reproduced, copied or ignored

Spiritual Emergence

- What is Spiritual Emergence? Spiritual Emergence is a **natural process of human growth and transformation** characterized by increased awareness, greater sensitivity and richer connection to others and the surrounding world.
- **What is spiritual crisis and spiritual emergency?**

As such, neglecting problems of suffering might result in neglecting vital sources of spiritual transformation and development (Paloutzian, 2005). Both the terms "spiritual crisis" and "spiritual emergency" (Grof, 1989) share in the common recognition that: people need specialized support in their local area when in crisis

Community and Parallel Realities

- A community response
- Diverse ways of supporting people with Parallel Realities make sense of their experience and how to respond to them
- Giving them a safe and healing place to encounter and cultivate a meaningful and purposeful role in the community
- Reach our full potential and share it with the community
- Expand our reality and how we respond to it.
- Developing a way of drawing out and cultivating the gifts and abilities of people who experience Parallel Realities
- Fuller, deeper and more enriching experience of reality

Parallel Realities

- Collaboration to help them get and approach their full potential
- Discover who we are
- Fear of unpredictable agency