

Tools and Techniques for preparing for Eagle's Eye Experiences

Eli Kolp MD

Hydration

Second only to oxygen, water is the most essential element for our survival as living beings. Our bodies simply cannot function without it. With nearly 70 percent of the human body consisting of water, the average adult contains anywhere from 10 to 13 gallons of it.

Good hydration is the foundation of good health. Water acts as the primary catalyst of all functions in the body, playing a key role in metabolism and all physiological processes. Water transports nutrients, delivers oxygen and removes waste products of normal metabolism through the processes of digestive elimination, perspiration and respiration. The fluids in our bodies regulate temperature and act as a lubricant that cushions joints and bones and a shock absorber for organs and glands. Water is crucial to the body's overall capacity to repair, restore and heal.

Proper hydration can prevent or alleviate a wide variety of physical and psychological ailments, such as:

- Asthma
- Allergies
- Hypertension
- Premature aging
- Alzheimer's disease
- Back pain
- Migraine headaches
- Obesity
- Depression
- Autoimmune diseases such as lupus and diabetes

Because water increases blood circulation, cleanses our cells and flushes toxins from the body before they can cause damage or be reabsorbed, increased water intake also has strong cancer-preventing effects and can reduce the risk of getting cancers of colon, breast, kidney, bladder, prostate and testicles.

For optimal health, we should drink from two to three-and-a-half quarts of pure, clean water every day. To a lesser extent, fresh fruit and vegetable juices and non-caffeinated herbal teas are also good sources of water. In contrast, all alcoholic beverages and caffeinated beverages, such as coffee, tea and soda, act as diuretics that increase the loss of fluids and actually dehydrate the body. For every six ounces of alcoholic or caffeinated beverages that we consume, we must consume an additional 10 to 12 ounces of water to properly rehydrate ourselves.

One of the most important and least understood aspects of hydration is the fact that the body signals us with thirst only after dehydration begins. Medical experts agree that even minor dehydration can cause health problems, such as:

- Fatigue
- Dizziness

- Lethargy
- Headache
- Muscle cramps
- Loss of appetite
- Depression

More serious dehydration can result in:

- Migraine headaches
- Fibromyalgia
- Hypertension
- Asthma,
- Allergies
- Autoimmune diseases

And, of course, the most serious cases of dehydration can result in death.

Plant-Based Nutrition

"Let food be your medicine and medicine be your food."
Hippocrates

Mindful eating increases our longevity and improves the quality of our lives. By making healthful dietary choices, we can avoid the toxins associated with animal-based food sources and the decreased nutritional value of all highly processed foods.

Most environmental toxins come from the foods we eat, both those derived from animal sources and those that are commercially processed, whether plant or animal. Animals raised for food are treated with hormones and antibiotics to increase the amount of meat produced and to prevent outbreaks of disease. When we eat these "commercially grown" animals, we eat the same toxins the animals eat. We also eat the pesticides, herbicides and fertilizers that are used to grow their food.

At the same time, the commercial processing of food products, whether animal or plant, robs them of their nutritional vigor, while introducing potentially toxic elements that don't occur in the natural state. Under even the purest conditions, every stage of fortification and preservation lessens the health-promoting benefits of all foods, even plants, which are the most healthful food sources. Research indicates that plant foods with minimal processing offer maximum health benefits.

By choosing to eat mindfully, we can prevent most, if not all, of the illnesses that cause more than 90 percent of deaths in the United States today. Animal-based diets and those that include highly processed foods lead to a host of health problems, including colon, breast, ovarian and prostate cancers. The incidence of hypertension, stroke, kidney diseases and liver disorders is significantly higher among those who follow a diet that includes animals.

The China Project, a seminal study conducted by an international team of researchers, is the most ambitious and thoroughgoing investigation of its sort. The study established links between animal-based diets and most degenerative diseases plaguing our civilization. The findings showed that "[even] small intakes of animal products were associated with significant increases in degenerative diseases."

In contrast, a lifestyle that includes plant foods with minimal processing significantly reduces the occurrence of these diseases and can even reverse the progression of advanced diseases of the heart and blood vessels, which kill more Americans each year than virtually all other illnesses *combined*.

Plant-based diets increase longevity and improve the quality of daily life. Reported physiological benefits include increased energy levels, stamina and sexual potency, as well as decreased severity of psychosomatic illnesses such as arthritis, asthma and diabetes. Psychological benefits of plant-based nutrition include decreased irritability and anxiety levels, improved clarity of thinking and a greater sense of well-being and equanimity.

Spiritually, plant-based diets help to protect and preserve our planet, with ecological benefits that support conservation of Earth's water, land and atmosphere. Finally, plant-based diets reflect a moral and ethical commitment to the practice of non-violence and compassion for all living beings, including the animals with whom we share the planet.

Simply put, we are what we eat. A diet that consists of plant foods with minimal processing promotes wellness and longevity, with benefits to our physical, emotional, mental and spiritual health, helping us to live longer and happier lives.

Exercises

Inactivity constitutes the lion's share of most illnesses in our society. To keep a fit body and an alert mind, we must combat a sedentary lifestyle with daily exercise.

There are two major groups of exercises: dynamic and static. Dynamic exercises, also known as isotonic, keep joints and muscles moving. Examples include swimming, walking, bicycling, weight training, gardening and house cleaning. The continuous movements of dynamic exercises improve endurance and strength.

Static exercise, also known as isometrics, exerts muscles without movement of the joints. Pushing on a heavy couch that does not move is an example of static exercise. Static exercise improves flexibility and strength.

Stretching exercises may be either dynamic or static. How they are performed determines this. Static stretching is good for the body and should not be painful. While performing static exercise / stretching, we never hold our breath as this can drive blood pressure dangerously high. The stretch is held steadily for at least 30 seconds. We do not bounce during the stretch (so-called ballistic stretching), as it increases the risk of injury.

Our program incorporates yogic exercise because it contains both dynamic and static elements. Yogic stretching is a gentle, nonaerobic conditioner and can be done by anyone at any age. In addition, it does not require any special outfit or gear - just loose-fitting, comfortable cotton clothes and a small area of floor space. Yogic stretching is an excellent muscle toner and helps all parts of the body come into balance. With conscious breathing, the body moves gently into different poses that stretch the muscles and improve healthy functioning of the internal organs.

The practice of yogic stretching brings a vast array of benefits, which practitioners report can create overall physical well-being, while reversing many medical conditions. These benefits vary based on the poses practiced and the intensity, duration and frequency of

practice. Yogic stretching is not measured by the amount of sweat produced. On the contrary, it is measured by the amount of mental awareness of the practitioner.

The practice of yogic stretching yields many physical benefits. Musculoskeletal benefits include improved alignment of the spine, prevention of back problems, relief from arthritic pain, flexibility of muscles and joints, prevention of osteoporosis and excellent posture. Yogic stretching also benefits the cardiovascular, respiratory, digestive and hormonal systems. Stretching movements stimulate glands and create a higher functioning of the immune system, which reduces the risk of disease and enhances recovery from illnesses.

Yoga is also good for our mental health, as it provides centering. Yogic stretching brings relief from fatigue and an increase in energy level. Yoga promotes deep relaxation and stress reduction. The effects of stress are reduced, mood is elevated, and the ability to focus and concentrate is greatly improved.

Transpersonal Psychotherapy

"The whole life of the individual is nothing but the process of giving birth to himself; indeed, we should be

fully born when we die – although it is the tragic fate of most individuals to die before they are born."

– Eric Fromm

As an alternative addiction treatment, transpersonal psychotherapy has proven to be far more effective than conventional treatment methodologies. In Dr. Krupitsky's studies patients who used ketamine-assisted transpersonal psychotherapy as part of their alcohol addiction treatment program maintained an alcoholism recovery rate of nearly 70 percent after one year.

The technique of transpersonal psychotherapy has evolved as a specialized procedure with the goal of inducing an ego-dissolving transpersonal peak experience. Also known as a transcendental, mystical or spiritual experience, a peak experience is an ecstatic state characterized by the dissolution of boundaries between the self and external reality, with intense feelings of unity with humanity, nature, the universe and God.

This method generally involves one or two sessions with an entheogenic agent and depends on *set*, or expectations, and *setting*, or environment. The entheogenic substances themselves are NOT healing agents but are adjuncts to the psychotherapeutic process involved in the addiction treatment program itself.

The most intensive clinical studies of transpersonal psychotherapy were done in the United States and Europe from the early 1950s through the early 1970s. During that time, more than 40,000 human subjects, both mentally healthy volunteers and psychiatric patients, received LSD, psilocybin and mescaline in scientific research. More than 1,000 clinical studies, medical reports and literature reviews have been published in peer-reviewed scientific journals demonstrating that transpersonal psychotherapy is effective as an alternative addiction treatment. The same studies also demonstrate that this technique is highly effective in the treatment of patients with addiction to various drugs, neurotic disorders, psychosomatic illnesses, depression and personality disorders, as well as death anxiety in individuals dying from cancer or other incurable diseases.

The psychiatrist, Stanislav Grof, M.D., has developed the most comprehensive theory of transpersonal psychotherapy. He believed that a therapeutic experience of a symbolic death and rebirth of ego allowed clients to work through their deep traumatic fixations in the psyche, or unconscious mind. Dr. Grof designed a specific psychotherapeutic approach and applied transpersonal psychotherapy successfully with more than 750 patients. He discouraged his clients from analyzing their psychological problems or clinical symptoms. Instead, he assisted patients in transcending their inflexible maladjustive patterns.

Dr. Grof placed a strong emphasis on the growth potential of his clients and devised a way to enhance this process. He summarized his psychotherapeutic approach in the comprehensive textbook entitled *LSD Psychotherapy*. We have adopted his recommendations and incorporated entheogen-enhanced transpersonal psychotherapy into our alternative addiction treatment center to help our patients achieve stable addiction recovery.

Existential Group Psychotherapy

Life must be understood backward;

however, it must be lived forward.

- Soren Kierkegaard

Existential psychotherapy focuses on universal concerns that are deeply rooted in the very nature of human existence. According to existential philosophy, the four ultimate concerns we all face include death, freedom, isolation and meaninglessness.

Psychiatrist Irvin D. Yalom, M.D., explains that the ultimate existential concern is the inevitability of death. "We exist now, but one day we shall cease to be. Death will come, and there is no escape from it. It is a terrible truth, and we respond to it with mortal terror." This realization creates a core existential conflict between our awareness of the inevitability of death and our desire to continue to be.

Our second concern is freedom, or the absence of structure. In an existential sense, freedom means that there is no ground beneath us. There is nothing - only a void, an abyss. As human beings, we are solely responsible for our thoughts, words and actions - and for the resulting outcomes. In this sense, freedom has a terrifying implication: We are the authors of our own destiny. We, and we alone, determine the design of our lives.

The third existential concern is individual isolation, our awareness that each of us enters life alone and must depart from it alone. No matter how close we become to others, a final, unbridgeable gap remains. The existential conflict arises from the tension between our awareness of our absolute isolation and our desire to feel connected to a larger whole.

Our last existential concern is meaninglessness. Dr. Yalom notes, "If we must die, if we constitute our own world, if each is ultimately alone in an indifferent universe, then what meaning does life have? Why do we live? How shall we live?" As meaning-seeking creatures, we are thrown into a universe that has no meaning, and this dilemma creates our final existential conflict.

Existential psychotherapy will help us to overcome our anxiety, to define our psychospiritual goals, to bridge the gap between self and external reality, and to construct our own meanings in life.

Unlike most psychological therapies that focus solely on emotions, existential psychotherapy involves reason, reflective powers and rational determinations. We take an honest look at our ideas and how they affect our lives; then we learn how changing our ideas can change our lives.

Meditation

Just as exercise is essential to our physical health, the ancient tradition of meditation is important to our psychological and spiritual health. While the body maintains a state of profound rest during meditation, the brain and mind become more alert. Studies show that after meditating, our reactions are quicker, creativity is greater and comprehension is expanded.

Regular meditation fine tunes the metabolism both physiologically and biochemically. It decreases stress hormones, blood pressure and cholesterol levels, while lowering respiration and pulse rates. Meditation promotes a healthy sense of relaxation and can even retard aging.

The psychological benefits of meditation include decreased anxiety, depression and irritability; improved learning ability and memory; increased feelings of vitality, rejuvenation and happiness; and a greater sense of overall emotional stability.

Meditation can even act to purify the mind, cleansing our thoughts of psychic irritants, such as greed, hatred and jealousy. Through meditation, we can experience a state of tranquility and a heightened awareness of our thoughts, words and deeds.

Many forms of meditation use breathing techniques to quiet the mind. These techniques are easy to learn; some are as simple as consciously following the flow of our own breath. With practiced meditation, we become aware of the mind and the way our thoughts can produce stress. By quieting the mind, meditation puts us in touch with the inner self, allowing our body's inner wisdom to be heard.

Visualization and Guided Imagery

Visualization and guided imagery have been used as healing tools in most of the world's cultures and are an integral part of many religions. Ancient Egyptians and Greeks believed that images release spirits in the brain that arouse the heart and other parts of the body. They also thought that a strong image of a disease was enough to cause its symptoms.

Visualization and guided imagery are potent healers that have long been disregarded by Western medicine. The power of the mind to influence the body is strong. Everything we do is processed through the mind with images. Smells, sounds, tastes and visual images evoke pleasant or unpleasant memories. Imagery is the way that the mind speaks to the body.

Unfortunately, many of the mental images we encounter in the mind do more harm than good. The most common type of imagery is worry. On average, at least 10,000 thoughts or

images flash through the mind in one day, and at least half of those thoughts are negative. Imagine, then, how our physiology and psychology are affected. However, when we learn to direct and control the images in the mind, we can help our bodies and minds heal themselves.

Visualization and guided imagery can be very powerful tools to help combat stress, tension and anxiety. Anyone can be successful with the use of imagery. Visualization works best when used in combination with a relaxation technique. When the physical body is relaxed, we don't need to be in conscious control of the mind and can give it the freedom to let go and heal itself.

In our retreat we will be using visualization and guided imagery to heal our body and to calm our mind. Most importantly, we will use imagery to visualize our soul as the point of light that is the life force for our body and the conscience for our mind.

Wisdom Circle

One of the most ancient and universal symbols, the circle is used to express unity and wholeness. Our ancestors gathered in circles around the fire to tell stories, solve problems, seek the common good and celebrate the joys of life. Today, small groups that meet in circle-like formation are gaining popularity – particularly self-support groups, or wisdom circles.

A wisdom circle comprises a group of people who have decided to gather together to speak on a topic of great value and interest to them. The circle is a place of safety, where we can speak what is really in our heart and know that we will be respected. Within a wisdom circle, no one is interrupted, ridiculed or bullied. We don't give advice or exchange dialog. We face each other in trust and appreciation, creating a safe, sacred space where we are all encouraged to listen to the "still, small voice within."

One of the things that makes a wisdom circle different from an everyday discussion is the Native American custom of a "talking stick," or talking object. The talking object is placed in the center of the circle. When we wish to speak, we go to the center of the circle and pick up the object. Only the person who is holding the object may speak. Most importantly, he or she must speak from the heart.

The rest of the group is attentive and engages in active listening. When the speaker finishes talking, the object is replaced in the center of the circle for the next person. Alternatively, some groups simply pass the talking object from one member of the group to another. The actual purpose of the talking object is to focus our attention on listening to the individual who is speaking. In everyday conversations, our minds are easily distracted when someone else is speaking – often we are busy thinking of a response.

Often a wisdom circle begins with a few moments of silence to center us. Silence is refreshing and healing and it helps us tune in to our inner guidance. In addition, we establish and maintain a code of confidentiality within our wisdom circle, so we are all comfortable expressing ourselves freely.

The guidelines are simple and supportive:

- Only the person holding the talking object speaks
- We speak honestly from the heart

- We listen patiently and empathically
- We allow and respect silence
- We keep personal information confidential.

With these guidelines in mind, the wisdom circle is a powerful tool for our personal and spiritual growth.

Journaling

Journaling, or self-confession, is an ancient tradition that continues to be an excellent method of self-therapy. As we write about thoughts, dreams, desires and feelings, self-awareness increases, tapping into the unconscious mind and nurturing a deeper sense of spirituality. This vital and healthy technique promotes a sense of inner well-being.

A powerful life tool, journaling provides a safe way to work through stressful events without fear of negative social consequences and offers us insight into new ways of problem-solving.

One of the benefits of self-expression is an increased awareness of our inner minds. The blank page is a safe place to express our most intimate thoughts and feelings without hurting ourselves and others, and releasing those ideas and emotions helps us to let them go.

Scientific evidence indicates that journaling provides other benefits, as well. The act of writing accesses the left brain, which is analytical and rational. While the left brain is occupied, the right brain is free to feel, imagine and create. In other words, writing removes mental blocks and allows us to use all our mind power to better understand ourselves, others and the world around us.

Journaling also helps us track patterns of thoughts and behaviors and allows us to note personal growth over time. When our choices seem unclear, we can always look to the past and see how we have resolved similar issues.

This process requires no special skills or talents. We simply must be willing to write freely about what we think and feel. The most important thing to remember about journaling is that there are no rules. Through writing, we discover that the journal is an all-accepting and nonjudgmental friend and counselor.

Mindful Sexuality

Mindful sexuality encourages conscious sexual evolution of self from instinctive sexuality to conscious sexuality and then to sacred sexuality. Through the practice of Tantra, we move from a place of lesser consciousness into fuller consciousness, from seeking pleasure to longing for ecstatic bliss, from being self-centered to being universe-centered. During this evolutionary process, we become aware of the behaviors that imprison our bodies, minds and souls and limit us from achieving full human potential.

In childhood, we often learn shame and guilt about our sexuality from family and society. Tantric sexuality helps us identify and resolve our guilt-driven sexual attitudes and habits and guides us in becoming more tolerant and loving toward ourselves and others. Through Tantra, we learn to express ourselves authentically and freely. We learn to be honest,

patient and clear about our desires. By teaching us to control, express and enjoy our passion, Tantric sexuality makes our lovemaking more meaningful.

Tantra also encourages us to find balance among all our desires – biological, psychological, social and spiritual. The misdirected energy of uncontrolled sexual expression hinders psychological development and spiritual growth. Tantric sexuality teaches that healthy expression of sexual energy best evolves in a committed relationship in which we redirect our sexual energy toward the spiritual path and re-discover the sacred quality that lies at the core of our sexuality.

Rational Recovery

Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism.
-- Carl Jung

All living beings are endowed with two basic instincts: self-preservation and procreation, which are, in turn, governed by two powerful mechanisms: pain and pleasure. From the first day of our lives, we learn to avoid pain and to seek pleasure.

As we age, we quickly learn that certain "soft" substances, such as sugar, chocolate or caffeine, make us feel good. Once we learn this, our pleasure-seeking behavior drives us to increasingly more frequent use of these substances. As frequency of use increases, our tolerance grows as well, opening the doors to "harder" drugs, such as alcohol, nicotine or cannabis, and eventually, to the "hardest" drugs, such as heroin, cocaine or PCP.

The same is true about all pleasure-seeking behaviors, which can include eating, sexual intercourse, gambling, shopping, watching television, playing computer games, Internet surfing or working. When these behaviors reach an addictive stage, they become a major focus in our lives and begin to drive our daily activities.

Whether to substances or activities, when addiction develops, it often leads to psychosocial deterioration and frequently manifests as psychiatric and medical disorders.

The goal of *rational recreation* is to teach us to enjoy these pleasurable activities, without surrendering to addiction. Rational recreation represents a conscious decision to engage in pleasure-seeking behavior on a limited basis, while striving for a healthier overall lifestyle. This model is based on the idea that substance use and other pleasure-seeking behaviors are learned and, therefore, can be unlearned and re-learned.

Rational recreation also teaches that an inverse relationship exists between frequency of use and tolerance. The more frequent pleasure-seeking behavior, whether substance use or activities, the more rapidly we build tolerance. Monthly use is less toxic than weekly use, weekly use is less toxic than daily use and so on. The same relationship exists between quantity and toxicity. The larger the quantity, the more damaging the toxicity.

Quality is also fundamentally important. We engage in all pleasure-seeking behaviors for one of four basic reasons:

- Recreational or libidinal
- Experimental or educational
- Medicinal or therapeutic

- Sacramental or spiritual

Recreational use is more addictive than experimental use and medicinal use is more addictive than sacramental use. In other words, the more dignified the use, the less the chance for addiction.

Our program encourages us to consciously set limits regarding frequency, quantity and quality of pleasure-seeking behavior, while learning tools to optimize lifestyle.

Universal loving kindness meditation

(it is suitable for people of all religious denominations, as well as agnostics and atheists)

May I be well, happy and peaceful. May no harm come to me. May no difficulties come to me. May no problems come to me. May I always meet with success. May I also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

May my parents be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

May my teachers be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

May my relatives be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

May my friends be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

May all people who are strangers to me be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

May my enemies be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

May all living beings be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with

success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

May we all be well, happy and peaceful. May no harm come to us. May no difficulties come to us. May no problems come to us. May we always meet with success. May we also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.