Experience the Evolution of Healing & Consciousness
May 18-22, 2017 | San Antonio, TX

Higher Consciousness: Too Much or Too Little?
Transformation Language and Tools

Valerie Varan, MS, LPC, NCC, author of
Living in a Quantum Reality: Using Quantum Physics and Psychology to Embrace Your Higher Consciousness

19TH INTERNATIONAL ENERGY PSYCHOLOGY CONFERENCE
Overview

1. Clinical Issues // higher states
2. Scientific Language
   – Defining higher vs lower, too much or too little, balance, alignment of self
3. Consciousness Map
   – Clinical tools // stages of evolution
4. Expansion Technique (Volunteer)
5. Clinical Take Away Points and Q&A
Learning Objectives

1. Identify 3 clinical issues possibly facing the mystical experimenter
   - Spiritual anxiety, depression, crisis

2. Name 4 aspects of energy that may be the scientific basis underlying human consciousness
   - Frequency, information, resonance, entrainment

3. Classify > 3 aspects of spiritual emergence
   - Emotional health, deep connection, compassion, shifted sense of creativity
Purpose for this Training

  – ~90% Americans believe in God
  – Religiosity declining, inner spirituality rising
  – ~One third have had supernatural (inc 20% ghosts), 49% mystical experiences, while 65% believe in them
  – Yet traditional tx regards as delusion, hallucination
  – Most Txs feel ill-prepared to help clients within framework of client’s belief system
  – Fewer Txs trained in higher consciousness spiritual emergence vs emergency, so clients often harmed
Purpose (cont’d)

• If true that there is an evolution in consciousness taking place, then Txs/Cxs need:
  – Training to help instead of harm
  – Scientific language for discussing multidimensional realms of consciousness and mystical experiences
  – Therapeutic tools for clients in various stages of transformation
Common Clinical Issues?

• For Client who is **Spiritual Experiencer:**
  – Transition in **Self Identity** (Consciousness Map)
    Ego → Mystical Seeker/Explorer → Spiritual Self/“Soul”
    → “Monadic” Self more rare (A. Goswami)
  – Lack of language, to describe and be understood
  – Fear of ridicule, rejection, clinical pathologizing
  – Spiritual anxieties, depressions//**emergence**
  – Crises less common, //**spiritual emergency**
Common Clinical Issues (cont’d)

• For Therapists, Coaches:
  – Feeling “not enough” training
  – Can’t relate to client’s higher experiences
  – Paradigm problem: materialism vs quantum
  – Consciousness itself
    • Still professionally a mystery unfolding, at best
    • At worst, considered a product of physical brain, so “impossible” to transcend, yet...
    • ...Clients sharing mystical experiences
Consciousness Explained Concisely!

• Quantum paradigm:
  – Behind all material reality is a wave or energy field reality
  – All “things” have a “wave-particle” duality
  – Wave/energy field → physical shape or form
  – Fundamental field // intelligent energy // qualities of consciousness
  – “Consciousness is the fundamental field of physical reality”
  – Human consciousness interacts with quantum reality
    • Q: “Is light a particle (photon) or a wave?”
Consciousness Explained Concisely!

Varan (2015)

• Consciousness – essentially, energy & info
  – Defined simply as “energy-carrying-information”

• What shifts as consciousness shifts?
  – Type of energy
  – Kind of information being carried or brought forth
Consciousness Explained Concisely!

- Consciousness as “energy-carrying-information”, so let’s talk energy!
  - **Energy** as power
    - Travels as **waves**
    - Travels collectively as **fields** of vibration
      - In bands of **frequency** (speed of vibration), like rainbow!
  - **Resonance** (peaks & valleys of waves line up)
    - Allows for **information** to be shared
  - **Entrainment** (info shared, mutual vibratory effects)
    - Allows for **collective** nature of consciousness
Draw It?!

- Energy
- Frequency
- Resonance
- Information
- Entrainment
Consciousness Explained Concisely!

Varan (2015)

• **Information**
  
  – //patterns, which serve as **templates** for material construction
    
    • **Coherent** (laser-like) vs scattered (chaotic) patterns
    
    • Geometries, holograms (light from light)
  
  – **Hologram**: “Each part contains the information for the whole”
    
    • Gives rise to multidimensional, holographic experiences
    
    • Karl H. **Pribram**: brain as holographic processor
Consciousness Language as a Tool

• W. A. Tiller (pg. 284, 1997):

“As we evolve to higher and higher states of consciousness it will be necessary for us to invent new words to describe the new phenomena we are experiencing and the new perspective of the world that is unfolding within us. This initial language cannot be too precise and must contain room for ambiguity, like fuzzy logic or metaphors, because we have little experience with the new territory and the listener is likely to be at a different level in the consciousness band than ourselves.”
Consciousness Defined Technically

• Definitions and Descriptions from Physics
  – Stanford’s W. A. Tiller (1997): capacity to channel and transfer information from various energy types throughout multiple domains (e.g. physical, etheric, emotional, mental, spiritual); multidimensional model; qualities of consciousness//unique frequency bands
    • Higher consciousness//greater channel, bandwidth capacity
  – MIT’s C. Swanson (2010): the ability to steer the phase of impinging background energy, which enables a conscious entity to create and maintain its own energy pattern, and to impose this energy pattern on the outside environment and even on distant matter
    • Higher consciousness//greater ability to hold energy or light steady and affect others
Consciousness Defined (Cont’d)

• A. Bandyopadhyay (2016 Science of Consciousness Conference)
  – “We need to study the whole wheel of frequencies at the heart of structures” to understand consciousness, and the brain as an oscillator
  – Quantum vibrations//tubulins wi microtubules wi neurons
  – Clocks within clocks within clocks
Consciousness Map as Tool

• Ego vs Spiritual Consciousness
  – Ego “I”/personality/slower vibrational
    • Physical sensation
    • Emotional/relational
    • Mental/Intellectual
  – Spiritual/transpersonal/faster vibrational
    • Collective “we” consciousness
    • Clairvoyance +, remote viewing, telepathy, synchronicity, nonlocal (transcends laws of spacetime) “spooky action at a distance”
Consciousness Map
Navigating Among Your Primary 7 Spheres of the Quantum Self

As you focus, so you are there in consciousness
Consciousness Map as a Tool

• **Note: spheres** of energy fields/consciousness

• **Spheres within spheres, holographically**
  – Lower/slower vibrational patterns of fields
    • Ego “I” conscious of being a separated “part”
    • Electromagnetic energies/perceptions of time and space
  – Higher/faster transcending & including lower fields of experience
    • Spiritual consciousness//series of expansions into wholeness (e.g. Soul, Monadic, Universal/Cosmic, Unity)
    • Superluminal and nonlocal energies (e.g. torsion fields) // perception that defies laws of time and space
Summary So Far

• Transpersonal/Mystical/Transcendent Higher Self Experiences ARE POSSIBLE!
  – Due to holographic nature of consciousness
    • Nested spheres of “energy-carrying-information”, in geometric, holographic patterns
    • Wave/field patterns serve as blueprint for material form (body perception)

• Collective interconnected consciousness: “We” nonlocal perception
  • Resonance & entrainment allows for psychic/intuition, remote viewing, telepathy
Examples of Mystical Experiences

• Unitive/Peak Experience
• Spiritually Transformative Experience (STE)
• Near-Death Experience (NDE), Out-of-body (OOB)
• Psychic opening
  – E.g. precognition, clairvoyance/”see ghosts”, ESP/telepathy, psychokinesis, remote viewing
• Kundalini awakening, odd energy shifts
• Synchronicities
• Memory of past or other dimensional life
• Realms of energy, geometry, color, sound
Volunteer?

- “Hologram” energy focus technique
  - *Accompanying* client into aspects of deepest self
    - **Physical**: mindbody healing, communication with cells and organs, uses with physical trauma
    - **Emotional**: emotions as energy resonance, y/n of the heart, uses with emotional trauma
    - **Mental**: listening/receiving vs thinking/doing
    - **Spiritual**: intuition, soul self, other lives
  - Different from guided imagery or hypnosis b/c it’s *their* imagery...we stay out of way
  - “As you focus, so you are *there*” in consciousness!
  - Slower/EM/Ego states vs Faster/Torsion/Soul
How to Help

• Listen nonjudgmentally
  – Despite content, linear logical flow to story?
  – Address their concerns (e.g. spiritual anxieties, depressions, etc.....more on that next)
  – Differentiate if truly in crisis/emergency, psychosis
    • Cannot track and follow
Types of Spiritual Anxiety/Depression

- **Spiritual Anxiety** – 9 Varieties
  - Not identical to spiritual emergency or crisis
  - Reality turned upside down
  - Inner conflict and duality
  - Ego mistaken for enemy
  - No longer fit in
  - Career confusion
  - Spiritual ambition
  - Pure soul
  - Extreme dissociation or ungroundedness
  - Worrying if “crazy”

- **Spiritual Depression (St. John of the Cross)**
  - dark night of senses
  - Dark Night of the Soul
Emergence or Emergency?

- **Spiritual Emergence**
  - Experiencing aspects of *spiritual consciousness*
    - Short/peak experiences, and/or
    - Increasingly integrated sense of expanded, collective self
  - Lives are different than prior
    - Shifted worldview; sense of responsibility for collective “we”
    - Deep *connection* with All That Is; unity consciousness
    - Great *compassion* and *unconditional love* for increasing circles of humanity and beyond
    - Sense of others’ emotions within own body; *empath* energy
    - Shifted sense of *creativity* toward “greater good”
    - Capacity for wider *emotional health*

- **Spiritual Emergency is Crisis**
  - Problems with integration, dissociation, ungroundedness, apparent psychosis
Matching Clinical Tools to Client

• **Ego Development Goals & Tools – Who Am I?**
  “need to develop the ego before ready to transcend the ego” physically/actively, emotionally, mentally (in PEM)
  – **Traditional** psychotherapeutic toolkit for clinical dysfunction
  – **EP** tools (e.g. tapping)
    • rid trauma, emotional and mental stuckness, or physical pain
    • used to ↓ blocks, ↑ well-being in body, emotion, mind, energy meridians, auric field
  – **Holistic**: nutrition, movement, interests, passions
Clinical Tools (cont’d)

• Ego Self-Actualizing Goals & Tools
  – Strengthen/balance PEM “bodymind”
    • Shift “persona” to “authentic” self expression
    • Career or vocational achievement
    • Personal power, healthy independence
    • Leadership, confidence, mastery
    • Teamwork, interdependence
Clinical Tools (cont’d)

• Mystical Seeker
  – Space
    • Cultivating inner silence, listening
    • Mindfulness of the now or spaciousness within
    • Transcendent meditations
    • Nature based
  – Energy flow through the body
    • Yoga, qigong
    • Heart based (HeartMath, internal coherence)
Clinical Tools (cont’d)

• Mystical Seeker
  – Meditative transcending methods over substance use
    • Substances commonly used to alter consciousness
    • Addiction/spiritual emergency
      – Belief that need substances to shift consciousness
Clinical Tools (cont’d)

• Spiritual Emergence
  – LISTEN
    • support, validate, help them know they are NOT crazy (yes a minority, less than 30% at least, but not crazy)! Prevent crisis!
  – Scientific language
  – Art
    • helps with energy or multidimensional perception communication (etc. colors, shapes)
  – Intuition training
  – Balance: grounded AND transcended!
Clinical Tools (cont’d)

• Soul/Higher Consciousness
  – Help them “hold steady the light” of soul
    • Live soul consciousness in daily life
    • Until it increasingly is dominant consciousness (“neuroplastic normal”)
    • Yes, we really are “light within light” (e.g. photons thought to mediate Consciousness ↔ consciousness)
  – Balance and align
    • Soul moves/inspires
    • Ego carries out
  – Process synchronicities that inevitably come
Clinical Tools (cont’d)

• **Spiritual Emergency/Crisis**
  – Spikes panic when told they are “crazy” by others
  – When experience contradicts their belief system
  – Yes substances can break the “antenna” brain
    • STOP chronic use of marijuana etc.
  – **Grounding** is key
    • Somatic/body-focused essential
    • EP tools for panic, trauma usually helpful here
  – *Then scientific language* helpful to know “not crazy”
Clinical Take Away Points

• Know how to help rather than hurt
• Use scientific energy-based language to communicate about higher, non-ordinary states in terms of:
  – energy resonance & entrainment
  – higher/faster or lower/slower frequencies of vibration
  – unique informational patterns which serve as blueprints for material form
  – coherent patterns with power of intention
• Impossible is evidently possible!
• Recognize who is ready for transformation and who is not
Clinical Take Away Points

• Include in Initial Assessment:
  – Spiritual/religious beliefs/worldviews
  – Altered perceptions of reality
  – Near death (NDE)/mystical/psychic/meditative experiences
    • Spiritual emergence or emergency/crisis?
    • Spiritual anxiety or depression? Or ego?
Clinical Take Away Points

• Stay open! Use open-ended questions

• Meet clients where they are!
  – Use their language and belief systems
  – Refrain from use of “content” to discern psychosis
  – Rather, use internal consistency and flow of story

• Discern higher from lower consciousness dominance when considering clinical tools/goals
  – Higher consciousness//Subtle energy, collective “We”
  – Lower consciousness//Ego development, “I”
Q&A

• About how higher consciousness possible?
• Nature of energy and consciousness?
• Ego states vs higher states/experiences?
Consciousness Map
Navigating Among Your Primary 7 Spheres of the Quantum Self

As you focus, so you are *there* in consciousness
Ha Ha!

• A PHOTON IS GOING THROUGH AIRPORT SECURITY. THE TSA AGENT ASKS IF HE HAS ANY LUGGAGE. THE PHOTON SAYS, "NO, I'M TRAVELING LIGHT."
References & Recommended Reading

Contact

Valerie Varan, MS, LPC, NCC
303-547-8327
www.Facebook.com/valerievaranlpc

Author of *Living in a Quantum Reality: Using Quantum Physics and Psychology to Embrace Your Higher Consciousness*