

THE PSYCHIATRIC SHAMAN

Holographic Recovery manual especially designed for those in the withdrawal communities
Tools Tips and Testimony
Emerging from the Dark Night of the Soul

I dedicate this book to my family (Mom, Dad and Erik) and to all of the others who got hurt while I was lost in the dark forest

(And a very special thanks to Intiana Pachamama for saving my life while I was on the green sofa)

[I LOVE YOU – I AM SORRY – PLEASE FORGIVE ME – THANK YOU](#)

[PLEASE WATCH MY VIDEO ON YOUTUBE](#)

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DISCLAIMER

The very first thing I must start this book off with is DO NOT DO NOT DO NOT go off any of your psych meds without talking to your doctor and consulting with professionals first. I am not a doctor nor am I a professional. It would be, not only unkind, but also foolish, dangerous, harmful and reckless for me to suggest that I know what is best for you. The decision to relinquish psych meds takes extensive planning and you must do your own research. If that is to be your choice, there are a host and variety of decisions and considerations that must be made that are outside the scope of anything I have to offer at this time. This must be my disclaimer, first and foremost, and it must go in the very first paragraph of my book. Because, my only goal in writing this book is to help people, and in no way shape or form do I want to cause those in the medically injured community any further harm.

INTRODUCTION (The birth of the Psychiatric Shaman)

OK, great, now that I have gotten all of that out of the way, I can finally start this book. Hi, let me introduce myself, my name is Kenneth price, I'm a 54 year old man, and I have been circulating in the medically injured community for a very long tie . I am free of all my pills today and I am completely healed, so I only return to serve now as often as possible.

For the longest time I have tried, in bits and pieces, to assemble for you all some sort of recipe or a formula or a manual including my own personal testimony. Everyone in this community wants to know how I healed and how I emerged. However, nothing that I wrote ever seemed to be very helpful. My writing would always become very didactic and clunky. So, I had to hold off until there was guided inspiration. If I were to write a book for the medically injured community, it would have to be helpful and it would have to flow. I knew in my heart that there had to be a solution to this problem. A way to inject hope and experience in a complexly new way.

Then, this year, in 2021, the inspiration finally arrived. And, that is when the Psychiatric shaman was born. So, here it comes, or, should I say, here comes what you have all been asking for. Here is how I got off of all of my pills and healed myself from the madness psychiatry. Here is how I graduated form the pharmacological merry go round of all psychotropics and found a new life of purposeful fulfillment and genuine happiness. My I introduce to you all the Psychiatric Shaman.

WHO IS THIS BOOK FOR?

There is something you must understand about the psychiatric shaman. He is not very interested in specifics. He cannot address the issue of withdrawal using the old approach. It simply doesn't work.

So, while his book is going to be speaking to the medically injured community, it also will embody a much broader message. The psychiatric shaman has arrived to bring a message to anyone. Anyone who is depressed. Anyone who has anxiety. Anyone who is frightened, confused, lonely, frustrated and feeling just basically hopeless and suicidal. But, since the medically injured community has all of this and more times ten, you guys are the first ones to be receive his message. You guys are the ones who need triage, first and foremost.

. So, then, who is the psychiatric shaman for? The Psychiatric shaman is for anyone who is considering going on medication and would like to find a clear and direct path that will avoid a horror story. The psychiatric shaman is for anyone who has already gone off of their medication and is already in a horror story. This may be an oversimplification, folks, but if you continue to read on, you will see what I am talking about.

HERE WE FIND ONE ANOTHER

Well, so you made it this far folks, you have gone down the rabbit hole of psychiatry and psychotropic and, well, you've now made the same discovery that I made. That, psychotropics are not the answer. And, now that we know this truth, let's get started.

So, let me start off by saying this up front. I'm terribly sorry you have to read this book, but, the only thing that brings me more pain is that I had to write this book in the first place. But, let's not go in that direction, because I've got good news for everyone. There is an escape hatch from the madness and I found the emergency exit. It's going to take some time to present this, however, so please have patience and please keep reading.

HOW TO READ THIS BOOK (Nuggets buried in every chapter)

I want you guys to read the psychiatric shaman with curiosity. Please do not look for any quick and easy answers. Instead, I need for you to keep an open mind and trust that the man who wrote this book has found what you are all seeking. But, the reason most have not found healing and are stuck for years in protracted withdrawal is very simple. Most people do not yet know where to look Therefore, you guys must trust me. I am about to present may seem crazy and completely bonkers, but, I assure you, it works!

HEADS UP (This is what you can expect from this book)

Ok, now, let's continue. Here is what you can expect and what not to expect from The Psychiatric Shaman. For the next few chapters I'm going to give you all a total heads, because, this book may not be for everyone. The Psychiatric shaman is going to be completely spiritual, metaphysical and metaphorical. . Because, that's how I healed, and this is what I have to offer

This is not a nutritional manual or a book on tapering. This is not an exercise plan or a yoga instructional guide or a tapping manual. There are no guided mediations and there are no positive affirmations. My book, instead, contains two elements only. My testimony and my tools. .

I did not recovery based on nutrition or yoga or exercise (although those things are very important). But, instead, something much more valuable. With lots and lots of hard work, I procured a miracle! Or, should I say countless miracles. Slowly, miracle after miracle, I began to emerge from a situation which seemed completely hopeless..

And, that being said, from here forward, we are going to lump all of your withdrawals into one category, and, we will no longer be talking specifically about this med or this symptom or this or that, but, instead, I am going to get you take you above that conversational quagmire to where the real and ultimate solutions can be found. So, no matter what your withdrawing from, this book can be of value if my approach rings true for you.

PSYCHICAL SYMPTOMS

I need to discuss psychical symptoms briefly before we dive right in. And, in a nutshell, to be blunt, I simply did not have any. So, were not going to talk about them. The Psychiatric shaman has chosen, instead, to address only those components that are psychological, mental and spiritual in nature.

However, if you're having psychical physical withdrawal symptoms, you might want to still consider reading the Psychiatric Shaman. Why? Because it's entirely likely that once mind and heart come back into congruent alignment, the body might start feeling better, or, better said, you might reach a plateau where you have become encouraged enough to detach the problem and plug into the solution. (If that sounds rather farfetched, please have patience and continue reading. I will explain more as we go on).

ONE LAST DISCLAIMER

And, now, finally, for my big disclaimer. , I am not a doctor, a therapist, a coach or even a minister. So, if you are looking for someone with [credentials](#), please, by all means, seek someone with credentials Please know that all of the information I am sharing is only my own personal experience, and so please do not think I contain some sort of answer or any patented able path. .

Yes, I do have a path, and it's a very valuable and important path, but, it's my path only. I call it my [trail of breadcrumbs](#) out of my dark forest. And, it's a dam valuable path, because it took lots and lots of work. If it were not worth writing about, I would have just moved on and not considered any venue of documentation whatsoever, but, I have something important to share and say, and it need to go out to this community, and especially now.

In truth, let me go on to say that I really did not write this book anyway. It came through me but it's not really actually from me. Can you hear this? New ages would call this channeling, but, since I'm not a part of the new age, let's try and keep it simple for now, and hold tight, I will explain it all in better detail very soon.

And, also, for the acute phases of your withdrawal, this book can be helpful, but this is only one piece of a very large puzzle. I have to pick and choose my battles here, so this book will focus on the piece of the puzzle I have to offer at this time, the spiritual and metaphysical components.

And, alas, here is my final approach heads up, and you need to hear this up front, here and now. I realized that I cannot change or fix anything with just a simple book. I am not a magician. But, I can help you view the experience that you are having from a totally fresh new perspective. This is how I got better and this is what I am extending to you all in the Psychiatric shaman.

Now, all of that being said, let's get started. All of my withdrawals unleashed the mystic within, so. Together, if you would like to join me, let's see if we can also unleash the inner mystic within you.

THE DEFINITION OF A PSYCHIATRIC SHAMAN

In order to write this book and turn a very difficult and painful and untalked about subject into something malleable, workable, and readable, I had to come up with a completely new and creative idea, and, that's when the "psychiatric shaman" was born. I made it up folks. A psychiatric shaman is a fictional character, but, he is a fictitious character with valuable solutions. He will point you towards a solution with a new and creative approach, so here we go.

But, before we go too deep too fast, let's talk about the situation at hand. In 2021, Along with the covid epidemic and the opioid epidemic we have also been blasted an even larger epidemic that is going mostly undiscussed, and this is the psych meds epidemic, there has arrived a new word, and it's called a psychiatric shaman, and I will define for you now who a psychiatric shaman is and what a psychiatric shaman does.

But, now, for the actual definition of a psychiatric shaman . A psychiatric shaman is a man who has emerged from a medially induced dark night of the soul and moved on to live a happy and productive life, that's all very simple, but, he is also someone who want to help others by showing you all how he did it.

dark forest cocoon of withdrawals and will take all of the above and spoon feed it to you, not as a teacher, but as a fellow traveler, not like a doctor in a mental hospital who believes your withdrawals are a problem to be fixed or an illness to be endured but as an experience to be had, and an opportunity to be harnessed.

DISCLAIMERS

My book is meant to be suggestive only, I realize that I know only a little, god will constantly disclose more to you and to us. This must be my first disclaimer, across the board, carte blanche, and, of course, it's not mine, it's been taken from the big book of alcoholics anonymous, [a vision for you, page 164](#)

Please, my last disclaimer folks, I still carry a lot of sadness, and it is still purging out, and I'm sure if you gave me another 5 years to cry my own river of tears this book would read with considerable more polish, but, still, I've said it before, you guys need this book now, so, here it comes, abrasive and uncouth and raw and unbridled, here comes my book

TRIGGER WARNING (Please do not be offended if I use the word God)

Since this book is almost entirely metaphysical and spiritual, we are going to have to talk God. But, since I am not superstitious, I will try not to use that word too much. I know it can be a trigger for a lot of people. Although I might flub up on occasion, I will do my best to be sensitive with the language. So, if God is a trigger word for you like it was for me, don't throw my book out the window quite yet (and make a voodoo doll of me and start sticking pins in holding me over the fire. You can when you reach the end, but please try and hold off until then). First and foremost, we need to help you right now, so please hold off on [contempt prior to investigation](#) please. Once we get past all of our superfluous semantical triggers, we can move to the important stuff, the heart of the matter, and start to march people through with withdrawal and into emergence.

WITHDRAWAL IS NO LAUGHING MATTER (but if we ascend too fast we will get the bends)

What we are in is not funny, its deadly serious, and, also, its point blunt grave, but, I'm not going to take you to the land of doom and gloom folks, and, also, since I am a 12 stepper from decades ago, I also know the value of humor to keep my readers attention, because, we have all been traumatized, and, in order to untraumatize ourselves, we cannot go too deep too fast. We cannot ascend too fast or we will get the bends.

, so, that being said, I am going to try to inject as much humor as possible by beginning each paragraph with fun and relatable metaphors and stories, but, if that not your [cup of tea](#), then just skip that part because following my silly humor is the valuable information that contains the messages. I simply am trying to balance my book as best as possible and break the ice in all ways that are possible

MAD HATTER (my writing style is not normal)

It's true, it's all true, my writing style is not normal, nor am I normal, because, normal is how we got into this place, and, normal is not going to get us out.

But, going from pills to no pills does have a totally yukky withdrawal, so, to help you get to the other side, I am going to walk you through the way I did it, we are going to go down a rabbit hole..

In many ways, I am (and always have been) the archetype the [mad hatter](#). People in the upside down world used to call me bi=polar but once I got to the right side up world, I realized I was the healthy one, but, nonetheless, now that I have recaptured my song, I intend to continue singing. And, that being said, I am going to use this marvelous god given gift of madness to unwind your madness, or should I say, I am going to show you that you are not mad, you never have been, but, instead, a mad world told you that you should not be fabulous.

From here on forward, and especially after my harrowing adventures through looking glass of psychiatry, I am not longer going to cave, because, I've chosen, instead, to fall in love with what the world calls madness. And, you need to know, that it's from this madness that was born the psychiatric shaman, a book that is going to help many.

Besides, I am an artist, and artist cannot be linear. Art is like poetry in a sense, and, since I think in pictures, I must paint for you a picture of my own emergence, so, also, including my book, we will include stories, not stories of the past, but, instead metaphorical stories.

And, also, I'm a little rough around the edges folks, because nobody comes through all of that completely unscathed, but, just because I can be abrasive does not mean that I am not loving. The two are mutually exclusive, and, I assure you, my heart is and always has been 100% congruent.

So, that was my heads up folks. I love my wacky artistic mind, and I refuse to tone myself down for anyone who believes that, at any level, I could reach more people if my book were more conventional and vanilla. And, since I've seen spiritual use my creativity in ways that are astonishing, I've been guided to simply speak my truth and say it like it is.

My favorite quote in the world came from Lewis Carol Mad Matter: "Have I gone mad?" Alice: "I'm afraid so. You're entirely bonkers. But I'll tell you a secret. All the best people are."

TGET TO KNOW ME FIRST (Before throwing my book out the window)

Besides, I cannot give you an outline in my book, because, this book is going to be holographic, which means that one paragraph will try to summarize the whole book, and, I would like to try to make it timeless so it can be read backwards to forwards as well as forwards to backwards (I know I know totally mad hatter).

It's going to be more alike an [Easter egg hunt](#), because, instead of telling you where the Easter egg [clues](#) are, I want you to begin to get in the practice of looking for them for yourself. Otherwise, I would be giving you the answers, (and if they are any) not your answers it will not be a true emergence.

And, also, that being said, if you do not understand what I am sharing but you enjoy getting to know me, then, also, by just doing that, you will be emerging, because this book was written by a mind for whom emergence is working through, and by linking with the mind of this book you, also, will be linking with an emerged mind. So all I'm asking, at the minimum, is have the courage, if nothing else, to get to know me, that's all. And, this, alone, will be your [trail of breadcrumbs](#) out of the dark forest of withdrawal, your emergence.

COURSE IN MIRCLES IS NOT SATANIC (Emergence requires an open mind)

Don't believe a word that [Ben Alexander](#) says in this video, the course in miracles is not satanic!

This is not him anyway, it's a clone of him, and this clone is being pupated by CIA operative intelligence. The real [Ben Alexander](#) was abducted by the [grey aliens](#) and now the CIA is holding the real [Ben Alexander](#)

hostage in a [Guantanamo bay](#) prison cell while his clone is going all over YouTube spreading lies and disinformation about the [course in miracles](#).

You see, I told you I was totally nutso, No, but seriously folks, I'm dead serious now, you need to know this about me, and the book that am writing to move you through your withdrawals. I am a complete and totally dedicated [course in miracles](#) student, so I need to give you this head up right now up front. That might frighten some people, but, let me assure you

For those of you who are not familiar with the [course in miracles](#), well, it's not surprising. It's not really all mainstream. It's rather complex, and real hard to explain, but it worked in my story, so if you would like to know further I have included links in my book so that you can do your own research.

MINDS ARE LIKE PARACHUTES (They don't work if they are not open)

In order to emerge it is absolutely essential that we [think outside of the box](#) here, This is why we have got to bring in the "minds are like parachutes" metaphor now. Because, not only are you jumping out of an airplane, but you don't know two things. You don't know you have a parachute (which you do) and you think there is ground (which there is not)

So, the good news is that you do have a parachute, and it's in the form of my book. And the second piece of good news is that you don't need my book anyway because there is no ground. Since there is no ground, you will not be going splat. But, in order to stop freaking out, I need to teach you all to calm down long enough to let me guide you to the rip cord, so, do we have a deal?

I know, I know, this all probably sound very confusing, but, let me continue, please. Im not here to get you to understand how to emerge from the psychiatric madness, but, ins tead, were going to be trying a completely new approach here folks

Listen folks, if ben alexander had had an open mind, he never would have been a vibrational match to those [grey aliens](#) so this is not some sort of unique dynamic only for people going through a withdrawal. This is the most prevalent human dilemma facing our species at this time, but, one of the reasons I love this community is that suffering can often be a doorway to something wonderful, because, suffering creates willingness and the the only way to open the parachuse it to be willing to reach for the rip chord, so lets continue, shall we

FLIPPING RIGHT SIDE UP INSTEAD OF FLIPPING OUT (the parable of Kenny)

THE PARABLE OF KENNY

If a book is going to keep my readers from falling asleep I need to include lots of my own personal testimony, but, this put me in a double bind because the whole purpose of my book is to walk you towards a place where you make the discovery that no stories are true, so, does this sound like quite the quagmire?

So, that's when it dawned on me that I could summarize my entire story into one paragraph, so that you guys can totally get it, totally believe me, totally qualify myself, and also make it tie into the book psychiatric shaman. OK

Later on, as this book progresses, I will bring in more bits and pieces and details, but, for my qualifications, here is how I can sum up the parable.

OK, here is my story, way way back, in the parable of Kenny, in the land of the lost, once upon a time there was, once upon a time, a very confused and frightened but bright and talented and loving and lost young 21 year old, and, he totally flipped out on his 21st birthday and made a huge mess .. He did not flip right side up, but, instead, he flipped out. In order to keep him from killing himself, the doctors began to put him on all sorts of pills, and then for the next 25 years, instead of getting well, he just kept getting more lost. Trying to find his way back home. He struggled and struggled to get well but instead he just got sicker and sicker and sicker, he was stubborn and did not know it and the harder he tried to force wellness the more unwell he became because he thought letting go was giving up so he was all confused and just a great big "nelly mess" (to quote Michael Miller's exact words), but, this is a friendly universe (well it's not really a friendly universe but here is a loving god but for now let's skip the nitpicking and say, for the purpose of clarification, that it's a friendly universe), and nothing bad or wrong ever happens, so, after he almost gave up several times Marcia would not let him and eventually he found a key that would unlock the door to all of his lostness and in 2017 he found his teacher David Hoffmeister and instead of flipping out he began to flip over, but, since he was born flipped over, he began to flip right side up and then the better he got the more he began to unbelieve his pills and then he started to get really better faster and faster and then Marcia told him to sit down and tell his story and she told him to call his story the psychiatric shaman and there you have it, the end.

There, was that good enough for you folks? If you want more juicy details, you will have to wait for my next book, because, for now, I just don't sense any of those stories would be all too helpful. We've got to keep this simple and focus on solutions first and foremost, so here we go. so, here comes my book, the psychiatric shaman.

THE ELEVATOR IS BROKEN SO WE MUST USE THE SPIRAL STAIRCASE

Listen folks, since most of my adult life was spent in 12 step programs, I will continue to plug what we used to call "the program" and use this "tried and true" formula to help you all emerge.

We pull out of mental illness the same way I pulled out of all of those addictions, we pull out one day at a time, one step at a time, and, as your [psychiatric shamanic sponsor](#) this is the way of it and this is how it works.

But the one complaint I will always have with 12 steps are the steps, which never worked for me very well, but, that was only because I do not have a linear mind, I have a holographic mind, and, as soon as Marcia showed this to me, the steps, immediately, all of the sudden, began to make sense, however, in order for them to make sense, Marcia said I had to make one slight modification

For a psychiatric shaman, the 12 steps are not a straight staircase, they are a spiral staircase, so, if you are caught in mental illness, one way to recover is to use the 12 step spiral staircase.

MENTALLY ILL or MISUNDERTSOOD? (A psychiatric shaman knows the earth is not flat)

Before I go too deep into this book, I must talk about this word called mental illness, because, if we have been taking pills then chances are you have run into this word and probably been categorized by a western medical doctor.

To be quite clear, the entire human species is mentally ill if you want to cut to the chase. Any species that looks backwards and forwards is mentally ill. There are no solutions to problems in the past and there are no solutions to problems in the future. All solitons live in the present moment, so, we need to be clear on all of this right now before we proceed. Because, this is the firection

Well, let's start out this chapter with a quote, and, one of my all time favorite poets is [Ralph Waldo Emerson](#) "and he said [to be great is to be Misunderstood.](#)" (See what a shaman sees in in usa mental hospital)

When you are trying to not be a shaman, and you are trying to be like everyone else, then trying to be normal will make yourself a vibrational match for a grey alien abduction ([Danger will robinson](#))

And, if you are an undiscovered shaman or a repressed artist like I was, it will be much like feeling, hearing, tasting hearing and smelling a round earth when everyone else still believes the earth is flat. It can literally drive you nuts!

So, you use every last ounce of your energy to pretend that the world is flat, and, it's exhausting, it's completely exhausting, so, you get totally burned out, and, you go to your doctor and since he is a [flat earther](#), he gives you pills to calm you down and help you sleep. If you try to tell him the earth is round, he says you're crazy, so he also gives you flat earth pills along with your sleeping pills. Its madness folks, sheer madness your heart longs for a spherical glove.

Folks, this is no way to life, and I have complete understanding for why you took those meds, because I did too. But, once upon a time I caved, I compromised, and, I wanted the flat earthers to all love me, and that's how I gave myself the mental illness.

The entire purpose of my book is to assure you and give you and present to you a deeper truth, there is a better way of life, we are designed to flow free, and this is my contribution

Folks, [the Calvary has arrived](#), lets end this madness once and for all, I am your psychiatric shaman, let's [get the hell out of dodge](#).

WHAT A PSYCHIATRIC SHAMAN SEES IN A MENTAL HOSPITAL (do not give a crying baby valium)

There was once a story about a shaman who came to the USA and went to a mental hospital and was horrified, because, what he saw were a whole ward of people in a spiritual emergency who were misdiagnosed and put on pills to stop them from exhibiting symptoms of a spiritual emergency, and, this might be a good

place for you all to start, because, in my own story, I was just one of those who was put on pills by doctors who saw my spiritual emergency as a mental illness.

But, this is a book to emerge out of all of that, but, we need to know, real briefly how we allowed ourselves to get into this mess, only so briefly, so that we can use the entirety of this book to, again, untangle ourselves from this great big knot, get off our pills, get the hell out of dodge and get well so we can stop looking back and get on with our true purpose and mission in life.

It would be sort of like an irresponsible mother giving her infant valium when the baby starts to cry, that's what we do to people in this country and in the mental health system who are in a spiritual emergency, and it's not just wrong, its abuse. The responsible mother does not give her baby valium, she picks up the baby and holds the baby for petes sake, the baby is crying for help, and those who are flipping out (like I was at age 21) are simply crying for help, the course in miracles calls it a cry for love, and that is about as accurate as it gets folks.

A PSYCHIATIC SHAMAN IS A DREAM CHARCTER

My teacher, David Hoffmeister, calls the human being a dream character, and, if you go down the rabbit hold far enough and long enough with him you will see what he means, but, that would take you guys a long time, and, since you don't have time right now, let me kind of try to paint you a picture so you can get unstuck from your withdrawal, ok?

OK, think of it this way, the man, Kenny, he was dream character in a story in a movie, and, when I believe the movie was real I kept trying to fix him, but, I just kept getting sicker the more I tried to fix him and that was when I finally collapsed in the dark night of the soul and prayed "there has got to be a better way" and that is when I found the escape tunnel under the stove (refer to the Hogan's heroes chapter)

That is when Marcia told me to escape from the victim dream character I would have to create a hero dream character first, and then, she told me to escape the "I'm stuck in withdrawal" dream character by matching him with a "psychiatric shaman" dream character, and, then, I had a matching fit, and, then, as David hommeister keeps telling us, instead of emerging all at once from my withdrawals like a bewitched episode I slowly began to unwind slowly from my withdrawals using the psychiatric shaman dream character like he was a screw drive that was, slowly, turning counterclockwise the screw out instead of turning the screw clockwise even deeper.

There, how did that metaphor sound, was that metaphor helpful?

I had a life coach years ago who said "victims can't heal" but that was too much too soon too fast, and when I heard this caret blanch blanket stamen I went into disassociation and fired her, because, although she was right, that was like trying to take too many turns on the screw all at once, and the screw drive slipped and I stripped the head of the screw, and, it was like ascending too fast and I started to get the bends.

LEADING WITH THE CHIN (Go ahead and try to crucify me)

Listen folks, I am going to call this chapter [leading with the chin](#) because I have been a [12 stepper](#) for over 30 years, and, in the 12 steps, that's one of the ways we recover, we simply lead with the chin. We do not keep secrets, we expose secrets (we are only as sick as our secrets)

Later in the book I will explain this further in the chapter "[This book will be the end of me](#)" but, for now, just keep in mind that this is a very important ingredient for emergence, we do not keep any secrets, period, end of story.

So, here we go folks, I am going to be thrilled just thrilled to see how many people are set free by my [leading with the chin](#) on this one. Here we do folks, yipeeeeeeee

HOGANS HEROES (You psychiatric Shaman has hidden an escape tunnel under the stove)

Here is the dilemma that promulgated me to sit down and write the psychiatric shaman. People in the medically injured community are victims, and, victims cannot heal, but, also, victims are victims because they do not know how to heal or nobody showed them how to heal, so, here I go, I'm going to show you how I healed my victim.

In this community this is what our victim looks like, we have found themselves in a tremendous double bind, and, the double bind looks like this. If we stay on our pills things will get worse (tolerance withdrawal) but if we go off of our pills things get worse (withdrawal), so, this is the makings of a real good horror movie that I am going to talk about, because, so far as I know, nobody else has as of yet.

It's a choice less choice basically

So, to illustrate where I would like to take you next, let's use a tv show, one that I remember watching from my childhood. Do you remember tv show [Hogan's heroes](#)? Because, if you watch that TV show, it's true, it's all true, and, there is an [escape tunnel](#) (parachute) and it's located under the stove, but, first, I need to write my book so that you can find the stove. This camp has hundreds of stoves actually in truth but you just need to know which one has the disconnected stove pipe that is hiding the actual tunnel. You just need to know where to find the escape hatch. . And, since this is a metaphor, were not escaping out of [stalag 13](#), for real, but, instead, were escaping out of the dark forest of your withdrawal.

That's why I needed to assemble this book. If you can get past all of our differences between us, then I will qualify myself enough to demonstrate we share one common purpose which is more important than anything else right now, it's the need to find the rip cord on your parachute and the escape tunnel out of withdrawal. It's because of this "[dammed if you do and dammed if you don't](#)" phenomenon that this book must be written, because, like in the tv show Hogan's Heroes, I found the stove where the tunnel out of Stalag 13 (withdrawal) has been hidden and this is what I want to share with you..

Trust me folks, from a metaphysical perspective, this is a simply a dark night of the soul. And, if we view your withdrawal from a metaphysical perspective, real solutions abound. Literally folks, Solutions begin to [crawl out of the woodwork](#).

This is the role of a psychiatric Shaman. We inject a new and fresh approach and solution into this community where previously there was hopelessness, and, wala, we remove the victim component which means we uncover the location of the stove that was concealing the exit tunnel.

. That's all depression is folks, its only hopelessness. It's too much victim and not enough hope, so, again, I've said it before and I will say it again, the Calvary has arrived. Here is your psychictic shaman.

When we have hope, we know there are solutions, and, it gives us the courage and strength to make it through the difficult times, and if you are in withdrawal, you are in a very difficult time.

In my own story, things not only improved, they improved ten times better than had I not my false sense of self been purgated by my great big psychiatric misunderstanding.

So, getting back to Hogans Heroe's folks, our back may be up against a wall, yes, I will not argue with that, however, I am going to point you towards an escape hatch. The stove that is hiding the escape tunnel. You may be in a prison cell of the mind right now, but, I'm going to show you that like in [Hogan's heroes](#), if you move the stove, there is a hole that was tunnel that was dug by others that will lead you out of [stalag 13](#).

And, you need to know, finally, before wrapping up this chapter, that this is not my metaphor even, Because, it's simply a retelling of the [ancient Chinese horse proverb](#), but, I've taken the proverb apart, rearranged the elements, and reassembled it like a good psychiatric shaman to fit like a glove into the dynamic of withdrawal. This is my version of hope for you now..

However, a psychiatric shaman is very wise, and, will, instead, go about this from a different approach. The role of a good psychiatric shaman will be to help you, instead, move the fear out of the way for you. Once the fear has subsided, trust me, we all know, instinctually and intuitively, were to find the stove that conceals our own escape tunnel.

In the course in miracles it's called "removing the blocks to loves awareness" so I'm not reinventing the wheel here folks. I'm simply customizing my metaphysical training to apply to the withdrawal I was in and the withdrawal you are in right now. This is my solution.

Trust me, once we have moved away the blocks of fear, in my own story, the emergence had already been established and was already waiting for me to find, to discover,

KENNETH AND HIS WITHDRAWALS (He lost nothing and gained everything)

Yes, it's true, I lost nothing, and, since my net worth collapsed 95% years, my heart began to reopen, so the dissolution of those silly green pieces of paper and nonsensical metal discs (I heard of one spiritual teacher who used to carry money in his shoe) no more means a "[whole hill of beans](#)" in my story anymore, because my inheritance has arrived, the heart of [Marcia](#).

I grew up in a family of victims, victims of an upside own world view, because, I grew up in a conservative paradigm and we were all duped to believe money would provide security, so we were all sick victims, but since withdrawals burned that nonsense out of my parable, I get the honor and the privilege of setting my entire family free energetically (see my donor party chapter).

I was able to emerge from the belief system that was making myself and my entire family sick, and write the psychiatric shaman to help you all unbelieve the balderdash nonsense that got us all into this predicament in the first place.

Most of my adult life I was in a withdrawal of some variety, trying always to quit this or quit that, trying to get a grip and surmount and overcome with stoicism. It was like I was always running, running away from myself.

In the days of 12 step programs they had many different names for this archetype, but, for the most part, they would "[carte blanche](#)" the entire "[kit and caboodle](#)" and use the word alcoholism, which, in the beginning, by the way, was a very helpful category I must admit for sure.

But, I'm hesitant to "[carte blanche](#)" use the word alcoholism anymore because it's not that simple folks. That type of behavior in my story had a much deeper tap root based on fear that was fueled by disconnection. I was disconnected from god, and, it was what got me into all of the addictions in my story and eventually the pill trap. I had no faith!

Those chapters, today, are disappearing in the rear view mirror, and, I'm far enough away from that paradigm, now, to being to assemble for you all my book. All of my harrowing addictions are too long to share with you in my book, so, like I have already said, I am just going to choose the most difficult one, the withdrawal off of psych meds and klonopin, and give you the escape hatch I discovered.

When I got to the end of all addictions and pharmaceuticals by my late 40's I was found myself in the double bind predicament that I outlined in the beginning of the [Hogan's Heroes](#) chapter. I was afraid to go off of my meds, afraid all shit would hit the fan and I would lose everything, and, all shit did hit the fan and I did lose everything, but, refer back to my roommate, [dyslexia](#), and that will help you understand the irony in my story which will give you hope in yours.

I lost nothing and I gained everything. You need to hear this over and over and over. Tattoo it on your forehead if you have to and write it down on stick notes and put those stick notes in your car, on your bathroom mirror and on your refrigerator. Over and over I want you to repeat to yourself that you are losing nothing and you are gaining everything.

I'm telling you this about myself because a good psychiatric shaman will be turning your world upside down, and, since the world is already upside down, a good psychiatric shaman will, instead, be turning your world rite side up. I know this is a very deep assertion to make so early on in my book, so please keep an open mind and just continue to read on

TEA FOR TWO (There is only one of us here)

Because I love old movie, and, because, I'm trying to make light of a very serious and important and dire topic subject matter, I am going to title this chapter "tea for two" because back in 1950 [Doris Day](#) and [Gordon Macraye](#) filmed a movie called Tea for Two, and, in that movie there was a song and, since I am a psychiatric shaman, and, since I can travel back I time and make changes like in the Mandela effect, I am going to change the wording ever so slightly to read "(*Tea for two, and two for tea, me for you and you for me* SHOULD READ AS *Tea for two, and two for tea, me is you and you is me*) because, I am not writing this book for you, I am writing this book for me, and, since you are me, well, without complicating matters, let's just consider this book for the both of us right now, how about that, shall we?

YOU ARE IN RECOVERY (weather you like it or not)

And you should like it, because this is a very sick planet, and those who are not in recovery are getting even sicker without even knowing it, so don't stress the opening line heading of this paragraph.

I remember going to see a family member one holiday after decades away from family, and, his attempts to make it nice and my desire to have a connection with at least someone blood , then, as I have done the last 30 years, [leading with the chin](#) and telling him that I had been in 12 step recovery for decades as if it were nothing (which it isn't at all) , and I will never forget the look of horror on his face as he looked at me and said pretty much to my face without an ounce of restraint "oh gee, none of us here ever got so bad that we ever had to actually go to one of those" (enough on my family)

Listen folks, if you at all like anyone in my family, you're going to protract yourself for a very long time, and, even if you do pull out of this one, the next one will surly do you in I guarantee.

You might as well get used to it now, you're in recovery, you fucked up, but, so did I, so let's not cry over spilled milk and let's get to work.

This is the part where I am going to become rather [didactic](#). That's why I'm really trying to use humor as much as possible so my book does not drag on and become too much like a dry and boring [drudgerous](#) manual.

When I was a newcomer in 12 step programs people who totally took recovery too seriously were not helpful. And, also, people who did not take recovery serious enough were also equally unhelpful. So, I see my role, as a psychiatric shaman, to help you guys find the middle ground where we can walk the razors edge between seriousness at one extreme and uncommitted at the other extreme. We must learn to walk the razors edge. the path out of the dark forest of withdrawal is a [tightrope balancing act](#) the role of a good psychiatric shaman is to teach you balance.

So, since I'm putting you all in a [treatment center](#) right now, consider a psychiatric shaman to be your [recovery counselor](#). And, a good [recovery counselor](#) has not only had their own addiction history, but they have also surmounted and returned to offer a kind and gentle while honest and firm approach. A good [counselor](#) is a good psychiatric shaman, and we will love you to death (or, should I say, instead, we will love you and that will be putting your ego to death)

So, were going to be touching some very [sacred cows](#) in my book, and I am going to do all I can to balance the serious nature of this message with some very [off the wall](#) humor. (Trust me in [AA](#) thee is tons of [off the wall](#) humor) This is just my writing style, plain and simple. And, since I don't want to sound like some [army drill sergeant](#) this is going to be my methodical approach here.

Listen folks, here is the bottom line. When I was in [treatment](#) 15 years ago we asked the [counselor](#) "what must change in our lives for us to recover" and her response was simple "everything"

You going to have to put emergence as your first priority, but don't become despondent, because, this is very good news. I want to save you all time by stating this up front, because, I love you all too much to want you to generate any more unnecessary protraction stories in your parable.

My book is not new at all. I mean, just go to the self-help section of [Barnes and Nobel](#) and you will see rows and rows of new age books, religious books, and self-help books that are all delivering the same message I will be presenting. The only reason this book is different is that it is for you in withdrawal, plain and simple. This book is custom written for people in the withdrawal communities. Emergence is pretty run of the mill, actually.

The reason I am writing this book is because, from my own personal experience, people in the withdrawal communities are suffering big time. And, I want to help.

You guys are stuck, just like I was stuck., I've seen it, I've been in these communities and I kept saying to myself someone has got to jump in and help these people. And, then, after I had begun to emerge, I said to myself that I had to be just that one, and, thus, I came up with the idea one day to become a psychiatric shaman and then this book was born. No, seriously folks, this book was not written, it was born

So, right now, were starting a new 12 step support meeting, and were going to call lit PPA (psychiatric pills anonymous) and this is your treatment center for getting off pills, and, since this is not [Betty Ford Center](#)

that operates under the constraints of blue cross and Kaiser, we are going to become rather [avant-garde](#) in our approach. We will not be filling your support groups with [treatment center](#) counselors, but, instead, with psychiatric shamans.

So this is a completely new and entirely new path folks, and were all pretty much [pioneers](#) on the [new frontier](#) So, like any new experimental approach, it may seem rather funky and unassembled at first, but, if we all can work at a team, I firmly believe that we are on to a new idea here folks, and, together, if we can put aside our difference, just for now, I'm convinced in my heart that we can forge a trail out of this dark forest, first for ourselves, and, with time, for countless others to end this make this psychiatric madness grow extinct once and for all.

I mean, look at it this way, [bill W](#) started a whole new program ([alcoholics anonymous](#) or AA) in the 1930's for alcoholics, and, now we all get to be the founding members of PA. So, lets replace our discouragement with excitement and let get started, ok?

EVEN AA AGREES WITH DORIS DAY (that there is only one of us here)

If movie metaphors are not your cup of tea, then I have no problem retuning to some good old fashion "[tried and true](#)" AA language, but, since I am a psychiatric shamans, we like to play with language.

Let's start off by quoting directly from the AA bible itself, [big book](#). And take a line directly out of [chapter 3 more about alcoholism](#) Where Bill W states; "We tried countless fain attempts to prove we could drink like other men" and simply take it down one step further to a deeper metaphysical level to read, instead "We tried countless vain attempts to prove that there are any other men"

Now, with that established, lets continue on (you will see where I am going with all of this as this book proceeds).

CRITICISM AND SHAME

A psychiatric shaman will not use criticism and shame. It does not work, but, that does not mean that psychiatric shaman knows you are wired to only hear critic and sham, and, along those lines, also, encouragement. this is a hard chapter to write because all I want you to do is find your own internal guide and stop needed anyone else to point you in any more directions, because, you must find your own internal compass

This is a hard community to work with because you have all lost your internal compass, and, while in withdrawal, its

EMERGENCE REUIRES A NEW WORLDVIEW

[The truth shall set you free but first it will piss you off](#), is not my quote. I think it began with [Gloria Steinem](#), but, I simply can't be sure, you will need to do your own research, but, it does tie in very nice with the book I am writing for the withdrawal community, so I just had to include it for you all.

How I hated hearing that back in the early days of AA. And, also, how long it also took me to digest the full implications of that one simple quote. Because, like I've told you already, I was an AA retread. And, for those of you who don't know what an AA retread is, it's someone who goes to AA for an addiction problem, then can't seem to grasp the problem, then goes back out, get loaded, then comes back in then goes back out then comes back in etc. (We also used to call this the [revolving door](#))

I want to save you guys time and I don't want you guys go get caught in any revolving doors like I did. That's why I keep telling you that my book will be holographic, because, I will just keep saying the same thing over and over again, just from a different angle each time until we find the key that unlocks your emergency exit door.

But, there is a caveat, and I need to go gentle with this caveat. The truth can be like a [bitter pill one must swallow](#), and, as your psychiatric shaman, I need to make sure you take your medicine so I will do all in my power to make sure it is delivered with [kid gloves](#), kindness but firm instance.

I keep saying that over and over, but first in order to do this, we have to admit complete defeat, and, if you're in a withdrawal, boy, have you been defeated. But, that's totally good news folks, because, you cannot emerge from withdrawal by sitting in a withdrawal chat room asking "[when will I heal](#)" and going on the benzo Facebook page and trying to find someone who has had your same symptoms. You're spinning in circles when you do that, and, if you do not rethink this model of approach, you will be in what this community calls a protracted withdrawal, and I'm here to show you the escape hatch from all of that

So, what has to change? Everything? But here is the caveat, this is a change for the better!

Your not asking the right question

Instead of asking "when will I heal"

Ask

"Who am I?" Who am I before the withdrawal? Under the withdrawal/? Outside of the withdrawal?

The universe cannot answer the first question, and, that's why people go into protraction

The universe can deliver on question #2

This is how you must get yourself unstuck

Because, you are the universe

THIS IS CHRISTMAS MORNING (These metaphors are your presence (presents) to unwrap)

One of the metaphors that I like to use is the Christmas morning metaphor, and, it will tie in very nice with all of the other metaphors that I will continue to present in this book. Most of the people in the withdrawal community, I have observed, are seeking a linear formula, and, for my emergence, I had to surrender my linear mind before [Marcia](#) showed me which stove concealed the escape tunnel out of my dark forest

So, I am not able to make you all better with a linear formula, because, there is not such magic wand that exists. That was all make believe stuff from the TV series [Bewitched](#).

But firm, well, they were the ones who could [rock the casbah](#). (And, also, in AA, humor is used as a tremendous healing tool, so I'm going to be using tons)

It was my [present](#) to open on Christmas morning, the presence ([present](#)) of my emergence. (Notice play on words here, presence on my emergence was to a spelling error)

WEEBLES WOBBLE BUT THEY DON'T FALL DOWN (from the bottom up this time)

When I was a little boy, my brother and I used to watch Saturday morning cartoons. there was a tv commercial that would interrupt our Saturday morning cartoons, and, like all good tv advertisement jingles, it got planted into my brain, and it went something like this "[weebles wobble but they don't fall down](#)" and, maybe, Pills do a great job folks, they made us all top heavy, and we collapsed under our own weight. that's what pills do, they silence the warning bells so that we can add more floors onto our foundation that has been red tagged by the building inspector, I'm not reinventing the wheel because Jesus already said all of this 2000 years ago, but it is a timeless metaphor, and we have tried it one more time, 2000 years later, with a new approach called psychotropic pills and this is only to prove that top down is the wrong approach, so, now, let your psychiatric shaman help you build your house on roc now with a bottom up approach, and, since, weebles wobble but they don't fall down, if we give you enough weight at the bottom, like romper room was trying to tell my brother and I back in the 70;s then we would have been seismically safe and not needed pills in the first place.

MALOPATHIC MEDCINE (The DSM does not have a category for a spiritual .emergency)

It's all good, it's not a problem that doctors can't fix our hearts, and, we must have compassion for them because they spent decades trying and they failed, so, don't hold a grievance towards the authors of the DSM manual, they needed that for their own life script.

This is my first disclaimer, my first of many to come, because, it's just horrible to say what I just did. Allopathic medicine is wonderful, great, helpful, heroic and totally outstanding for many things. I have so much respect for good doctors who have dedicated their life for an altruistic career that has a history of nobility at least and heroist at best. Now, for all of the things that allopathy is good at, thee is one thing it is horrible with. . (Many things except for mental health. Why? Because God does not use categories).

Categories are absolutely essential for most allopathic medicine to succeed, but, somewhere along the line. Allopathy got a little too carried away when they thought that they could fix a broken heart like they do a broken bone.

And, all the while, please keep in mind what [Krisnamurti](#) had to say regarding the topic of mental illness “[it is no measure of health to be well adjusted to a profoundly sick society](#)”

Listen folks, I am not here to trash [allopathic medicine](#). Allopathy is very good at setting broken bones and removing tumors and putting heart valves back together and taking out failing organs, but, it totally sucks when it comes time for an actual spiritual transformation. (And, besides, the [DSM-5](#) does not have a category for spiritual transformation anyway).

MY STORY (How I became a psychiatric shaman)

Well, I’m not really a “psychiatric shaman” but so far as I know, nobody else has ever been one either, and I love that title, so since I am the creative Mad Hatter, I am going to give myself that title right now.

You can probably tell from my chapter heading that I’m a 12 stepper from way back. People in [AA](#) always used to share testimonies like “what happened, what it was like and what it is like now.”

Ok, ok, the first thing people always want is my story. But, I did not want share this with you first because I would rather not look back.

But, since you all keep asking for my story, I will share with you the briefly parable of Kenny. Today I am Kenneth, but if you would like to know the story of Kenny, well, here it goes.

For the sake of this book, I will return to the [Land of the Lost](#) and try as best as I can to drag up some of that old and outdated memorabilia because, if, no other reason, to get you to believe me when I state that once upon a time I was a mess. I was a total and complete chemical soup

Back in the [AA](#) days we used to share our stories and we called them “qualifiers” and this helped us to prove to others that we were all in the same boat. Was not only possible, it was actually probable.

So what do you want to know about my parable? I was put on [Prozac](#) in 1989 after experiencing some very traumatic events in my youth that made me go nuts, and, well, in a nutshell, it took me 25 years to find my way back. [Prozac](#) helped at first, for a year or two probably but after that it gateway my life into psychiatry and psychotropic. It was a new drug back then, and nobody knew anything about the long term side effects, and right after its initial launch they kept coming up with more of what they called [SSRI’s](#) and the story began from there. I got lost in the dark forest of pharmaceuticals.

I have an addictive personality. So my story also contains meth, pain killers, alcohol, work, sex and then, eventually, the straw that broke the camel’s back, [Klonopin](#).

With an addictive personality, I was operating under false assumptions, and, for some reason, way back in my childhood, something went haywire and I developed beliefs about myself that were not true, and, then, when I tried to fix those belief with the old paradigm approach, I made myself sick and created a mental illness and then tried to fix it with psychotropic and everything went totally [fubar](#) (I was a materialist and I went down a [black hole](#))

In the span of 25 years I must have been prescribed close to 50 different psychiatric meds, which the doctors all said were safe. (I was quite the mess).

All during this time I was a 12 stepper off and on, but no matter how hard I tried, I could not go deep enough to, at least while my body was compromised with pharmaceuticals. So, by the time I hit age 40, I got slammed for the last and final time and the Dr. Put me on [Klonopin](#), and that is pretty much where my story of emergence begins, with my withdrawal from [klonopin](#). (4 mg for 2 years followed by a 9 month [dry cut taper](#).)

So there, that's it, that's the short and sweet of my story, and, I will go into more detail later in my book as this emergence unfolds, but, for now, let me just state I was a mess, and, I got totally belter, and the emergence trial of breadcrumbs is why you have all chosen to read my book, so, now, back to the important stuff.

So, now that we have briefly focus on the problem to quality, let's dive right into the solutions.

FROM MEDCINE to MEMOIR to METAPHOR (Psychiatric shamans are poets)

We're going to turn your withdrawal into a [dark forests](#) and a were going to talk about caterpillars and butterflies and cocoons, and were going to use movies, good movies like the [matrix](#), and were going to use inspirational way showers like [Helen Keller](#) and [Krishnamurti](#), and were even going to throw in a good old fashion cartoon character like the [road runner](#) every now and then.

I'm going to trick your brain into remembering, remembering that is ultimately 100 times more powerful than your withdrawal. And, once you will remember what I am going to share with you. You will not be healed from your withdrawal, but, instead, you will simply forget all about it instead. That's how I did mine, so, let's get started.

PSYCHIATRIC SHAMANS DISGUISE THEMSELVES (here is how to find them)

Most westerner, especially those who trusted [psychiatry](#), have not been taught about [shamanism](#) it's simply not what we were taught it to be. It not about [satanic voodoo or black magic](#). Back when I was growing the woman in my mother's bible study class told her that it was dangerous witchcraft and satanic. They were not bad or wrong, they had just been abducted by the grey aliens just like Ben Alexander was, and that's all

No, but seriously folks, OK, here is how I am going to write my book to help you through your withdrawals. Right now were going to play an imaginary game. Pretend like were going to fire your psychiatrist and hire me. I am going to be your psychiatric shaman. Instead of putting you on pills, I'm going to help you go off pills.

(Now, remember, this is only an imagery game. I am not telling or advising or even suggesting that you fire your medical health professional I would get in big trouble if I told anyone to do anything stupid or dangerous.. No, remember, , were using our creative imagination here to play and tinker with the beliefs themselves, so hear my disclaimer now and be smart about all of this, Now, with that said up front, let's get going)

The first thing that shamans like to do is play tricks. They trick your brain into unbelieving. They are masters at the [placebo](#) effect.

But, I'm not a very good magician, but I am a dam good writer, so instead of pulling a rabbit out of my hat, I'm going to, instead, trick you into unbelieving the stories that are causing your withdrawal suffering to continue longer than need by. I'm going to paint pictures in your brain by using metaphors

Let me entertain and inspire you with my wonderful and crazy creative "[mad hatter](#)" mind. I hate clinical language, and, besides, it's not necessary anymore, nor is it helpful. And, if you're like me, the psychiatrist finally ran out of labels and could not find anything wrong with you anyway.

So, you're not going to hear any more unhelpful clinical words like [gaba](#) and protraction from me at all. But, instead, were going to have fun, and, were going to write stories that are much more useful and helpful.

While I will be using humor, please remember, I am also dead serious. My withdrawals were anything but funny, and I know the kind of hell you are going through. So I totally understand, that, for you right now, this is no laughing matter.

THE DEFINITION OF A PSYCHIATRIC SHAMAN

What exactly is a psychiatric Shaman? Is he some sort of magician who can get you off your pills and does he have some sort of magic spells that can take away your withdrawals? Can he take away all of your pain and give you a pill that will activate your lightbody and open up your third eye and help you levitate above the dark forest? No, that's silly. And, if anyone tries to sell you such a formula, please, for goodness sake, run the other way. All of that would be selling snake oil, and there are no magic pills.

But, instead, here is what a psychiatric shaman can do, when you are ready. A psychiatric shaman will simply go in the opposite direction

PSYCHIATRIC SHAMANIC SPONSOR (WE run you through the steps holographically)

The definition of a psychiatric shaman sponsor is as follows

Is a hybrid spiritual teacher and mentor whose ultimate secret weapon goal is to raise your vibrational frequency by carefully walking you through the elimination of unnecessary and outdated untrue beliefs so that your frequency will no longer be a match to psychotropic and, also, withdrawals of any mental or emotional variety.

And, if that sound rather complex, then let me try to simplify. So you Think a course in miracles shaman is pretty far out, well, then get a load of what I am about to propose to you next. How about a 12 step psychiatric shaman. Or, since I am a course in miracles student, how about a nondual 12 step psychiatric shaman. Yes, that's it, in order to recover from a withdrawal, you are going to need big guns here, so, from here on forward, I will be your 12 step nondual psychiatric shaman, and how does that sound?

I am an AA guy from way back to the 80, and, since I never went to life coaching school, but, I've had many a sponsor in my day, and good ones at that, so I know the drill, so I know exactly how I want to approach my book to guide you through a withdrawal and into your emergence.

Now, here comes my big book thumping didactic language for all of those of you who are the yah but people - read my book take the cotton out of your ears, stick it in your mouth, and let rejoin the world of the living, and, together, we will all trudge the road to happy destiny together.

Besides, you have to rejoin the world of the living, otherwise you would just stay on the ground and join the zombie apocalypse [apocalypse](#) when the world is about to end

ATTORNEYS ARE PSYCHIARIC SHAMANS (We disprove your guilt)

That's simple, [Marcia](#) put movies in my brain using films and she puts sounds in my ears using music. And, well, you're going to figure out very, very fast my age, I'm 54 years old, because, most of the movies come from my genre and almost all of the music comes from the 80's, so sit back and relax, were going to be listening to many songs and watching many movies together, but please be patient and follow my line of reason.

Consider me to be a lawyer trying to prove a case, and I am going to be given you evidence that you can heal, you will heal, you do have help and this is not all for not.

PLMBERS ARE PSYCHIATRIC SHAMANS (we unclog your beliefs)

OK, so you don't like attorney, well that's fine, let me go into my toolbox of metaphors and pull out another one which might fit you best,, so let me be more blue collar, and, instead, let me be your plumber, your pipes are clogged with beliefs, that's all, that's why you are protracted and stuck , and the reason you can't get up, no biggie, because, I told you already, I was mechanical and I told you that I was in construction and one of the trades I know well is plumbing. So, How about using a [plumbers snake](#)?

I remember one job I did this 3: sewer main was clogged way deep down the line and the client kept trying over and over in the bathroom with a [plunger](#) , and nothing worked, and, then, so I cut a hole in the side of the house and cut the ABS drain pipe and installed a TYE and then took this long [plumbers snake](#) and wend deep into the main and found the blockage and then rammed and rammed and rammed and WOSH the blockage broke loose and all of the beliefs went down the drain and the system went back online

It's sort of like a bathtub filled with dirty water. Of course your suffering, you cannot take your [flea bath](#) in dirty water, so, as your shamanic plumber, I am going to also reach down and pull out the stopper in this bathtub, its filled with beliefs that you have already washed off, they just need to go down the drain, that's all, so, here is my book, let's get to work.

So let me take the my shamanic roto rooter and ram it down your belief clogged artery and lets dislodge those beliefs which have kept you in this dark forest for way too long, in this cocoon for way to long, and let's get you feeling better now

THE PSYCHIATRIC SHAMANIC DRONE (Together lets fly above the battle ground of withdrawal)

And, also, Lewis and Clark did not even have a drone Today we have [drones](#). Think about it, if they had had a drone 200 years ago they could have sat down in a meadow and whipped out their laptop and flown above the Rocky Mountains and seen the path ahead of them and found the quickest and most efficient path west, but they did not, and I did not, but you do!

So, think of my book to be like your drone. I am going to fly you high above your withdrawal dark forest cocoon and show you what is on the other side of all this, I am going to give you a sneak preview of your emergence.

Yes, withdrawal is a total bitch, but let me lend you my drone, and, together let's fly high above rocky mountain together and let me show you the crevasse trail pass that will get you where you want to go most efficiently and with as little pain as necessary.

Let me point you towards the narrow chasm that contains a transvers able passage through and across the once believed "impenetrable" Rocky Mountains. Follow my roadmap and my [trail of breadcrumbs](#) and let's get our compass pointed west and let's get to or destination "pacific ocean emergence"

BETTY CROCKER WAS A PSYCHIATRIC SHAMANIC CHEF (withdrawal simply getting baked)

Did you know that? Did you know that [Betty Crocker](#) was also a psychiatric shaman? Talk about how this would apply to [Betty Crocker](#) an actual emergence because your being baptized by ire, but, its good news, because [Marcia](#) is putting you in the oven to bake 350 degrees for 45 minutes, you should start to celebrate, because, according to [Marcia](#), you have gathered all of the ingredients for your cake, and she is putting you in the oven, your cocoon, to bake at 350 degrees, now, let me calm you down during the oven part, it's not much fun, but if we can relax into the heat then it will not be a time of crisis or freaking out. That's all I'm trying to do with my book is to get you guys to see what is happening from [Marcia](#)'s point of view so you can stop all of this "help I'm dying I'm melting I'm burring" talk and patiently wait for the timer to go off. Trust me, [Marcia](#) will pull you out of the oven, not as cake batter, but as a fully finished cake

SURF INSTRUCTOR ARE PSYCHIATRIC SHAMANS (we help you surf your way out to emergence)

What metaphors have worked for you thus far? I never had any interest in surfing at all. But, if ever there was a metaphor which could picture the way I recovered from all pharmaceuticals, it would be the surf instructor analogy.

If you want a visual, the cocoon time is a rite of passage folks and everyone must walk the labyrinth. (But please don't go telling this to any of those caterpillars in the clearing who are enjoying their caterpillar picnic).

This time for you is not a problem, but, instead it's an opportunity. Now, I will admit, it will take some surfing, but consider me your surf instructor, and let's begin with our first lesson Remember how I said earlier that we will need to learn a new language? Well, here is your first butterfly language lesson.

Right outside every single cocoon are dozens of butterflies that are just as patient and committed as Anne Sullivan was with Helen Keller inside of her cocoon. You just can't see them because this is a dark forest and you do not have your infrared binoculars, but, let me assure you, the angels and guides are absolute everywhere. Every butterfly is also a language coach and a surfing instructor. (We are a very multitalented lot)

Now, I'm all for positive focus, don't get me wrong, because it's one tool in a toolbox full of tools. Also, remember, that positive focus alone is simply a hammer. Hammers are for nails. Inside of the dark forest your hammer will not work with screws. And, therefore, let me show you how to use a screwdriver. We cannot pull these screws out with the claw end of a hammer, but, using the right tools, we can slowly unwind ourselves out of this dark forest and out of this cocoon.

Up until now, caterpillars have been giving us incomplete advice. Pollyanna positive focus, for all its merit and value, isn't strong enough to affirm the screw lose. But, do not fret, these screws had very large tap holes, and, I guarantee that with just the right tool, they are not difficult to unwind.

PSYCHIATRIC SHAMANS WORK IN RETAIL (we reframe your withdrawal for you)

Ok perhaps Trojan caterpillars and assembly lines and maps and drones and [flea baths](#) and acme dynamite did not jog your memory, well, I'm not done, so here is my next metaphor for you.

I need to let you in on a secret folks. Psychiatric Shamans are very dangerous. In fact, were outlawed in the USA Because, if we healed too many caterpillars it would bankrupt the caterpillar pharmaceutical industry, so, we have to go undercover. We have to disguise ourselves and go undercover like Clark Kent in [superman](#).

You will find us at [Michael's custom framing](#). Psychiatric shamans work undercover in retail. We disguise ourselves as picture framers. It's our very own [Clark Kent](#).

Think of it like this, a psychiatric shaman will not try to fix your withdrawal, but, instead, he will give it a new frame for you. Frame your withdrawal with a new story. A new story that will establish your emergence!

PSYCHIATRIC SHAMANS ARE UBER DRIVES (We drive you only to your next emergence way point)

This book is going to be very clunky, much like an old car that was found in a barn that had been sitting broken down for years and years, and, now, it's finally been repaired and its back on the highway once more, but, remember, it still very clunky, and its dirty, and cosmetically it's not very attractive, but, I don't care, it drives, and now that its back online, I'm driving to the car wash first, and next to the body shop, and next to the upholstery shop to make it all look nice and new and spiffy, but, also, I'm not going to wait. I'm not going to wait until it looks all nice and new and sparkly before I begin to give you all rides, so, trust me, one day I will be a very well assembled man with a brand spanking clean and fresh automobile, but for now, don't worry how my car looks, its clunky, yes, I agree, but I assure you, its road worthy, and not only is it road worthy, but, also, since it was abandoned and lost for so many years, it's not just some boring old new car, but, folks, my car is a classic, my car is built with chrome bumpers and a steel frame, not plastic bumpers and a uni body, and my car has one of those solid and reliable and classic flathead v=8 engines, not some little four banger with lots of smog equipment under the hood, and my car had wood paneling inside, not plastic, and my car has cloth seats, not vinyl, so, once this car has been put back together it's going to be better than new, but, on the way to the body shop, on the way to the reupholster shop and on the way to the car wash and the likes, I'm going to stop along the way ,and I'm going to give you all rides. Trust me, the on the people may now at how awful my car looks, but let's see who, in all of this, has the last laugh.

Why did I share with you this metaphor? Because I'm not all perfect yet folks, but, I would be no man of integrity if I waited until I were perfect. I would be no man of integrity if I waited until my car were completely restored before I started giving you all rides, and, this needs to be given to you upfront, because, this book is needed now, you all need help now, so, let me be your [uber](#) driver, and let me drive you to the nearest hospital, and, if my uber car looks pretty clucky, well, get used to it, because I assure you, it's the [message and not the messenger](#)

DANCE INSTRUCTORS ARE PSYCHIATRIC SHAMANS (we will teach you new steps)

Back in the 90's my boyfriend Steve was a film buff, and he took me to the [ken theatre](#) on Adams avenue to see a new art fill called [strictly ballroom](#) and the plot of the movie was a young dancer who wanted to dance sometime new, something fresh, something un danced and something spontaneous and something other than ballroom dancing. (All I can remember from that movie is his mother saying "[no new steps](#)")

Well, in many ways, I am your psychiatric shaman dance instructor, and, I'm going to give you all permission slip for new steps, new steps and more new steps, because, my book is not to discipline you into another approach that will force you back to work to a job you hate and get you out of bed to grind to a way of life that got us stuck in the first place.

Nope, instead, as your psychiatric shaman dance instructor I am going to help you find your steps and find your dance! You're going to dance your way out of withdrawal and into emergence. How does that sound? (Your dance (not mine) will not be a match to withdrawals, I guarantee)

A PSYCHIATIC SHAMAN IS A LOCKSMITH (we unlock the emergency exit door)

Now that I've qualified myself as a Course in miracles student and, also, as a 12 steppers, let's combine those two paths with my history of psychotropic, and, now, you can see the role I play as your psychiatric shaman.

I'm here to deliver for you what some might call the 12 steps on steroids, and, in this capacity, I will be introducing you also to many other nondual paths because, basically, in a nutshell, spiritually speaking, [All roads lead to Rome](#). (And in this case Rome is the clearing beyond the dark forest)

So, a psychiatric shaman is basically a hybrid treatment center counselor, course in miracles coach, spiritual [smorgasbord](#) junkie. We are emergency room physicians and we specialize in spiritual emergencies. We are a fearless lot and were not going to pigeonhole into any one required path or modality, but, instead, were locksmiths. We carry a whole array of keys and our job is to find the one that will fit to unlock your spiritual emergency. Your emergence (emergency) exit out of your dark forest

ALTHOUGH MOLY BROWN WAS NOT A PSYCHIATRIC SHAMAN SHE STILL WANTS TO HELP

I'm not sure if moly brown was a psychiatric shaman or not, so I can't put her under that subcategory, but I want to talk about her anyway nonetheless.

Don't worry about rearrange the deck Charis on the titanic, it won't work, trust me, just dive over now, because, [molly brown](#) is coming to save you.

I don't want to want to write this book, I simply don't. I want to be writing all sorts of fun books that make people laugh and tell adventurous stories of this amazing human experience that we all should be having right, now, but, alas, people who are in withdrawal, well, they have felt the same way I did once upon a time, and, like myself, they crashed the car.

I don't want to write this book, I would rather go back out into my shop and do what I enjoy most, building furniture.

THE GALACTIC FEDERATIN WOULD LIKE A FEW WORDS HERE

This is the galactic federation we have received [Marcia](#)'s permission to come forwards, she is going to step back now, just for a moment, we want in on this book

Hello, this is Zeb, and I'm interrupting kenneth's typing for a moment to butt in, because, I heard he was writing this book and us in the Galactic federation would like to add our two cents to this book he is assembling and give you our perspective, if only briefly, to add to this valiant cause which we deem most Nobel and worthy, but absolutely essential, so if you can forgive our intrusion, we would like share with all just a few words

You love you humans more than you can possibly imagine, but, you guys are the most bizarre species I have ever encountered. You guys keep coming up with new and improved ways of trying to do it on your own, and, well, I have to hand it to you all this one tops them all, psychotic medications.

In all of the galactic federation, you guys are the only species that tries to separate yourself from the only known battery that will not run down, and, then, before it runs down, you guys have invented all of these pills to

make you think it will last forever. It never does, these batteries always have to be recharged and when you run out of batteries and you eventually see the pattern, you guys will wake up, but, until then, I keep having to come back again and again and again and, one by one, keep plucking you guys out of the dark forest, which I don't mind doing, trust me, but since I'm tired of doing it over and over and over, I'm just going to write a basted book so you guys can start to do it on your own.

You humans are ingenious, ingenious at creative and never before tried ways to make this human experience fly, and, were all sitting up here watching you guys in utter amazement and astonished curiosity and bewilderment, and, at the same time, we here from above the battle ground keep asking ourselves "why are they doing that?"

OK, there is a rabbit hole in itself, but, as the cleanup crew, as your white blood cell, as your surf coach, alas, you have invented one more way to outsmart god, and now you guys have invented psychotropic.

OH well, now that this one has vailed, here we go again, back down to plane earth, for one more clean up. So, here comes my book, your medicine, your journey home and your lifeboat off of the titanic and also your ticket out of the hell of dark forest.

But, unfortunately, many of you who are in withdrawal are not getting off the titanic this easy, because, you guys are the ones who were plunged into the icy Atlantic, but, not to fear, molly brown over road the quartermaster [Robert Hichens](#) and hit him over the head unconscious with her oar so she is coming to rescue you.

I know, the icy waters of the Atlantic are excruciating, they seem like pins and needles and the pain of your withdrawal makes you think you are going to die, but don't give up hope, the unsinkable [molly brown](#) is on her way.

It ok, really, it's all fine, when we created your species, it was an experiment, and we all knew that it would take a lot of trial and error for you guys to get it right, so it's all ok, were not judging you, but, that being said, we need to get you guys on the right track, and, for now, in your specific quadrant of the galaxy, this current assignment is get you all off of your pills and through your withdrawals, so let's get started, shall we.

A PSYCHIATRIC SHAMAN IS A GARDNER (We spray your beliefs with [roundup](#))

Dam, this psychiatricc shaman dream charcter just keeps getting better and better the more I write.

I'm here to weed your garden, yes, but were going for the gold folks, were diving deep together and were going to pull the withdrawal up by the actual root, because, I can't put you back together on the surface so that you will be like me and go back out into the world and get trapped in another spider web, so, therefore, here is what I can offer only.

YOU ARE AN OAK TREE SAPLING (Psychiatric shamans are paradoxical)

I know I'm contradicting myself, but psychiatric shamans are a paradox. So, that being said, lets revisit the previous chapter and let's take it one step further, because, yes, a psychiatric shaman will spray your beliefs

with roundup, but, he will not forever need herbicides, because, remember, he is multitalented, and, while he is spraying your weeds with his left hand, he is fertilizing you with his right now.

You guys need to realize you're not a weed, the roundup can't harm you, but what a psychiatric shaman wants you to know is that you are an oak tree folks, and, all we need to do is get you to the other side of this temporal withdrawal so you can begin to surpass those silly little weeds. They won't be a problem for you upon the emergence, but, for now, well, while you still a sapling, we need to help you see your true nature, that of an oak, you're not a weed

And, now that beings said, my intention in this manual for you is not to make the weeds grow smaller, it's to make you grow larger, or, perhaps, not to push your withdrawal symptoms down, but to grow you up. Once you see you are not your withdrawal symptoms, they will no longer be the monster under the bed boogie man that is causing you the terror and anxiety that is in your story right now.

In a nutshell, a psychiatric shaman will not make your symptoms grow smaller, but, instead, will make you grow larger.

I WAS AN AA RETREAD (butterflies walk the walk Caterpillars talk the talk)

Well, since I've gone on and on with bits and pieces of my story by now without the full picture you're probably asking yourself "how could a guy who entered AA in his early 20's find himself in withdrawal in his 40's?" Well, here is why, I was what the call in the program an AA retreat. I was a professional AA bullshitter in other words, and, well, I ended up getting loaded.

Before my dark forest withdrawal adventure, I used to give [lip service](#) to spirituality, I was a professional [bullshitter](#). I had the most well refined [spiritual ego](#) on the entire planet. Which, means, in a nutshell, I was talking the talk and not walking the walk.

And, I was not alone. I was still a caterpillar and caterpillars are still in the majority, and, I had lots and lots of people in my community who simply loved to talk [metaphysics](#). (But, as my friend Charles used to say, [those who can do and those who can't teach](#).)

But the reason I am grateful for my withdrawal is it burned that [spiritual ego](#) to the ground. And, what I want to share with you all is the power of humility. Not humiliation, but, instead humility

Butterflies don't need an ego because humility is ten times more powerful and an ego. Humility can actually move mountains, And, because it can and does and will move mountains, it does not need to play bridge with other butterfly's and discuss earth moving equipment. (For further explanation of this see the Zen parable "[when you see a Buddha walking along the road kill him](#)")

The more people tell you about their faith, chances are, the less of it they have in truth. When shit hits the fan, and a man is alone in the dark forest, and [Lewis and Clark](#)'s canoe has just gone over a water fall, that's where the action beings folks.

Inside of the dark forest, nobody can give [lip service](#) and there are no [half measures](#) options left. You pray your ass off, plain and simple, and, without ceasing.

I'm telling you all of this because you need hope, hope that prayer does work. Trust me, it does. And, when it does, you are going to know exactly what I am talking about, but not before you have been put through [three days of darkness](#) and your own personalized [garden of Gethsemane](#) purgation.

If you were not already in the dark forest, this would scare you, and people who are not in the dark forest are not going to like my book at all, but, this book is not for them, it's for you, it's for us, and, for you, and things can't get any worse than they are right now. You guys are the ones who can drink this stuff up. The people in the meadow having the picnic, they don't want to hear any of this (and can you really blame them to be honest?)

So that it folks, it gets so much better, and when the fog lifted my life was ten times better than had it not been for my dark forest and my cocoon. However, there is a caveat. And the caveat is this. You must stick it out. That's why I have come back, to give you all encouragement, and, as they say in AA [Do not give up 5 minutes before the miracle](#).

NANCY (My first 12 step sponsor kept telling me to keep it simple)

I've got to go back into my story because there were so many positive things that came from my early years in 12 step programs. My very first sponsor 12 step sponsor was Nancy, and, I never could figure her out. I met her in an Alanon meeting when I was only 21 years old, and, she treated me with more kindness than a man could ever ask for, but, she was rather strange. Well, not strange in a bad way, really, but strange in that I really could not figure her out. She was not impressed by my college degrees. She really took no interest in my ego whatsoever, and, it was probably my very first [koan](#), way back in the late 80's. I simply could not figure this woman out.

And she had a very valuable piece of the puzzle, because she kept telling me I was complicating things, and, she was right, I was. I had a very complicated ego, but, she was alanon, and, as the years progressed, it would become clear that if I were to emerge from the dark forest of withdrawal, I would require alanon on steroids

Because, to unwind a complicated ego, I needed a complicated teacher, so, here is to you Nancy, if your still out there and reading my book I want to thank you for saving my life way back so very long ago and taking all of my insane calls. You were my first angel after Grandma [Marcia](#). You will be in my heart forever. Thank you, thank you and Thank you!

I share with you the story with Nancy because the implications are important I have a very complicated ego, so, I need to unwind that complicated ego with an equally complicated modality. That's why I am a course in miracles student.

I can't just stop being complicated, the ego is not a light switch I can turn off that easy. I need, instead, to, step by step, unwind my ego, much like a carpenter must unwind a screw. I know I like to use fun and whimsical metaphors, but in all seriousness, we can't just blow it up like our imagery [Trojan caterpillar](#) with dynamite as if this were a road runner cartoon. Those are just my attempts to inject frivolity into this very serious matter that we are dealing with her folks.

So, with all due respect Nancy, I am keeping it simple, yes, but, the ego is so darn complicated that it's going to take me a whole book to untangle this ginormous knot for my friends in the withdrawal community, so please forgive me Nancy, and, if you ever find this book, all I can ever say to you is thank you ,thank you and thank you!

MARCIA IS A SHAMAN (My sprit guide told to write this book for you guys)

I have a spirit guide, and her name is Marcia (She works for the galactic federation cleanup crew and I will tell you more about her later in my book)

Therefore, I do not or cannot take credit for anything I have written in this book. She was the one who got me through my withdrawals, saved me from the [zombie](#) apocalypse, and, after it was over, she was the one who told me to write this book for you guys. I'm simply just typing what she tells me to type. Everything you are about to read is coming from her.

[Marcia](#) is very artistic, and so am I, so we work well together as a team. She paints pictures in my head. She puts pictures in my brain and then she tells me to interpret those pictures into words so that I can share these vision with others. That's where all of this stuff came from.

Getting off all of my pills was the best decision I ever could have made. [Marcia](#) is in a very high vibrational dimension, and the pills lowered my frequency, so when I took pills I could not hear her. Her signals kept getting jammed and garbled while I was on all of those pills, but as soon as I started getting off all of that stuff she began to come through more clearly.

Listen folks, [Marcia](#)'s voice has been here all along, here is how it works as soon as I began to follow all of these pointers that I am sharing with you this entire time, in my book, the psychiatric shaman, this is when I was able to unbelieve the relentless chatting monkey mind voice which had been generating my mental illness that I tried to ameliorate with pills, and, that is when [Marcia](#)'s voice started to progress from back to forward, and, it was such a familiar and so much welcomed and wanted voice that I knew this was the definition of light, of love, and of emergence, it not complicated at all, I just finally found something that works, and I held on for dear life, and, well, I took the ball and ran with it, and as time progresses and I continue, the ego's voice will become less and less believable, [Marcia](#)'s voice will grow more and more audible and this will put all of the mental illness stories in the rear view mirror further and further in the distance, so, in a nutshell, this is how it works. This is how the parable of Kenny came to an end. This is what I have to offer, so, Godspeed.

MORE ON MARCIA

A note on [Marcia](#), if you are a course in miracles student, just replace the word [Marcia](#) with Holy Spirit in my book, because, when I hear [Marcia](#) speak I hearing the voice of the holy spirit. If you are not a course in miracles student but a new ager, then you can use the word [Marcia](#) and consider her to be my spirit guide, or, if you are a Christian, she might hear her to be the voice of an angel in your vernacular, and, finally, if your none of the above, let's just say that she is a little bird sitting on my shoulder at all times whispering soft and gentle guidance, OK? These are trivial aspects we must not get caught up on, because, no matter who she is or what she is, this is simply how I get my information, plain and simple, and it's just not very complex at all, because, its comes from the heart, and, [Marcia](#)'s voice is that of love, so let's not trip ourselves up on complexities here folks, this is just how my brain operates.

FLEA BATH (A psychiatric shaman must hose off your parasitic beliefs)

A psychiatric shaman can see you scratching and he will hose you off in the yard with flea belief shampoo

When I was a little boy my father had a large color TV with a state of the art device known as a [channel changer](#). It operated on a sound frequency, or something like that, but this was way back in the early 70's and every time our dog Sam would start scratching her fleas it would rattle her dog tags and the jingle frequency would change the channels without us touching the remote control.

But, we never got mad at same for scratching her fleas. But, instead, we simply just picked up the remote control and returned to our viewing station and waited until the next day to give Sam a flea bath

So, all that's happened to you is that you've got some fleas, and your channel got switched. You went from spirit to ego, that's all. No biggie really.

So, here is how I am going to walk you through our withdrawal. I am going to simply pick up the remote control, turn the channel from ego and back to spirit for you.

But, I don't want this to happen ever again, so please don't get all annoyed tomorrow when I take you outside and hose you off and lather you all up with flea shampoo. IN the long run, trust me, you will feel much better I guarantee.

Because, beliefs that keep us stuck in our suffering are much like are fleas

PSYCHIARIC SHAMANS BUILD TROJAN CATERPILLARS

OK, are you ready folks, because here comes our first metaphor, to prove to you and describe for you the emergence? I mentioned Mr. smith and the Ritalin because I'm sure that after we all graduated from high school the poor guy probably crashed, and, to contrast his linear approach with my approach which is not linear, my approach, instead, in all of my writing, is completely holographic.

And besides, emergence is holographic anyway and completely not linear. Shamans are simply butterflies hiding inside of Trojan caterpillars (metaphor for [Trojan horse](#)). A psychiatric shaman will not give you more rules, but, instead, he will help you break and unlearn the ones that made you sick to begin with.

Therefore, try to think of my book as a sort of "Trojan caterpillar." I want to trick your linear mind and find a back door entrance beyond your rigid walls of beliefs. Trick your linear mind to remember that its true nature is and has always been [holographic](#), trick your caterpillar into remembering its butterfly. (This will save you lots of time. The old way of recovering and healing takes way too slow).

But, in order to do this, I have to be very sneaky, and I can't just approach the walls of caterpillar castle as a butterfly and ask to be let in. The caterpillar's guards simply do not trust the butterflies. For some reason they won't let us in, but, were smart, so we have tricks up our sleeve. (We build Trojan caterpillars!)

So, when you look out your fortress prison window from the caterpillar mental hospital and see a ginormous caterpillar that looks a little bit suspicious marching towards the castle walls through the hospital parking lot, please try to contain your excitement and try not to giggle too loud at the bodacious approach of our mechanical trickster. Yah, I will admit, it does look rather funky, but let me assure you, it works ever time

ACME DYNAMITE (psychiatric shamans blow up caterpillar roadblocks)

Remember the [road runner cartoon](#)? I think as a little kid I even looked up “Acme” in the white pages (back when we still had white pages), trying and hoping to find that mysterious company that I could use to have dynamite delivered to my childhood home.

(Since I write in metaphors, we are not literally going to us anything as violent as dynamite in truth. And, besides, I am sure that wille e coyote has retired by now and has retired to toon town in Florida. And, even if Acme was even ever a real company, it's probably gone out of business by now and been replaced by amazon)

Once inside the citadel walls of the caterpillar castle, the Trojan caterpillar gets inside the citadel, we butterfly's open up the trap door located in the bottom of the Trojan Caterpillar and a swarm of butterflies swarms out and they plant explosives all over the walls of the caterpillar tower and the caterpillar hospital where you are being held hostage and drugged on caterpillar pills and then we light the fuse and then; [KABOOM!](#) (We're going to destroy your believes that are keeping you trapped)

PSYCHIATRIC SHAMAN PERFROM KINTSUGI (we put you back together better than before)

Are you familiar with the Japanese tradition of [Kintsugi](#)? Because, if you're not, you need for me to explain to this to you. In japan, when a bowl or a plate breaks, they repair the pottery with gold and it becomes more valuable than had it not been broken. Sound familiar?

Here in the western world, when we get broken we totally freak out, and, this is why we get stuck in withdrawals. But, it's all a big misunderstanding. (Because, if we had been taught [Kintsugi](#) in the USA we would not be having this problem.)

Folks, that's what you need to know about withdrawal, yes, I know it's an awful experience, and, yes, it did shatter me, but, I am better now than had I not been broken. I was broken open you guys. Can you hear that? I was broken open!

Listen, I'm not going to judge caterpillar doctors, but don't let them try to put you back together. They do not have access to the right materials. They only know how to use Elmer's glue, and that's not what you want and deserve.

Butterflies do not see your brokenness as a problem. Butterflies see your brokenness as an opportunity. Inside every Trojan caterpillar is also gold adhesive. Every butterfly knows [Kintsugi!](#)

CELESTIAL SPEEDUP (You can recover much faster than I did)

My withdrawals were awful. Simply awful. But, [Marcia](#) kept telling me I had a purpose, and to keep going, and that someday, when I emerged from the cocoon, she would have an assignment waiting for me. So, here it is, [Kintsugi](#)

So, all of that being said, I want to start off my book with something super-duper helpful so that we can balance all of this hard work we will be doing with something totally inspirational so you do not run the risk of getting discouraged. You guys need some hope here, so let's discuss the celestial speedup! ([Marcia](#), of course, knew about all of this, but she waited until I was in my late 40's before she began to show me the celestial speed up.)

Do you know what is taking place on our planet right now, during this time? Are you familiar at all with the celestial speed up? If you're a Christian you might call it by a different name like the second coming. But, no matter what it's called, here is what I know to be true.

Things are happening really fast folks. I mean super-duper fast! This is a time of advanced acceleration where these kind of "recovery" choices are given first priority in the cosmic pecking order. In other words, your decision to recover will not just sent one of your own [Marcia](#)'s, but many [Marcia](#)'s

Once the Trojan Caterpillar is inside of the citadel walls of the caterpillar castle, it's going to help you through your withdrawals, I guarantee you. But, there is one caveat, you simply must say yes when the Trojan caterpillar help arrives. You must accept the help that is being offered!

So if all of that was too complicated, let's try and KISS (keep it simple stupid) think of how long it took 200 years ago to get a message from New York to London, it took weeks or even months. How long does it take now? Seconds with a text, and, that text is even free. There you have it, celestial speedup condensed.

PSYCHIATRIC SHAMANS BUILD ASSEMBLY LINES (We are speeding up production)

Ok, we took a little Segway there for a while. Are you still with me? Because, I can't just throw this all at you all at once, I have got to spoon feed this to you, I mean your emergence from withdrawal.

OK, where was I? Oh yah, we were talking about Trojan caterpillars, but we need to continue with that now, and add in one more element, because you need to know about the celestial speed up.

Since we are inside of what many are calling a great "celestial speedup" you need to know more about the Trojan caterpillar factory. But first let me explain to you how it's all coming together right now.

Do you know the story of the [model T ford](#)? If not, let me explain it to you real briefly. Way back over 100 years ago Henry ford came up with a brilliant idea. He was an inventor and he saw how cars were put together, slowly and inefficiently one at a time, but, cars back then were very expensive and only the rich could afford cars. So, that's when Henry ford came up with an idea, he realized that if he could produce cars more efficiently if he could use [economies of scale](#), so, he built a huge factory with thousands of workers that would produce model T's quickly and efficiently, and wala ([voila](#)), the car industry was born, and they became cheap and suddenly everyone could have one.

The same thing applies for the Trojan caterpillar factories folks. Because of the celestial speedup and the [economies of scale](#) of the Trojan caterpillar factory, these things are going into production at an all-time rate. You need to know that there are swarms and swarms of butterflies that are simply lining up right now to storm your caterpillar castle citadel and move you through your withdrawals and into your emergence. This is good news

PSYCHIATRIC SHAMANS ARE CARTOGRAPHERS (We don't need a gps)

It's true, it's true, we don't need hand held gps devices, so, if you need a visual, this of us like salmon, we always return home, always, always, always, and, still, to this day, scientist (who are linear by the way) have never been able to figure out how we do it.

If you're not mechanical and the model T Trojan caterpillar example does not fit, well, let's try another metaphor example. Do you like maps? How about [cartography](#)?

How about looking at it this way. Did your history class in school teach you about the [Lewis and Clark expedition of 1804](#), do you remember that story from your history books, because, if you don't, let me explain it to you.

If you follow those links that I have just included, you will see a lot of information about the Lewis and Clark expedition. However, Wikipedia did not give you the metaphysical implications of the Lewis and Clark Expedition, but that OK, because I will.

Because, if you read the actual diary of Lewis and Clark you will come to see their trek to the west coast was awful, it was just awful. It was kind of like the withdrawal you are in right now. It was simply awful.

Because, it was hard, it was actually beyond hard, it was dam near impossible. Because, They kept falling down mountains, their canoes kept getting tipped over, their supplies kept getting drenched, and they kept getting scraped, bruised and totally battered and shattered. But, they did not give up. And you're not going to give up either.

But think of it folks, what came out of their efforts? What came out of my efforts? They charted a map? And, what is my book? My book is a map! A map of emergence!

Think about it folks. What took Lewis and Clark three years of cuts, scrapes, bruised, anguish and misery now takes you three hours in an airline seat with peanuts and a soft drink. Do you see the irony of this time you are in now?

Because of the internet and this [celestial speedup](#), you guys can go through your dark forest cocoon withdrawal story so much faster than it took me. You guys are so lucky!

SINNER TO SAINT (all psychiatric shamans were once sinners)

Well, I'm certainly no saint, but I like this as a good chapter heading. And, yes, I was quite the sinner indeed. When I was addicted to sex I used to be quite the slut, so, if you want to call me a sinner, this title would be, at least half correct.

But, in all seriousness folks, those withdrawals really got me on life track of purpose that could not have been accomplished by sitting in a cave in Tibet mediating for 100 years. And, I'm not shitting you.

That is why I keep using words like spirit and grace and emergence. And, I've got good news for you folks, I am not going to get out of this place you find yourself in now without a higher power (call it god if you can). Not some sky god on a throne but, the practical kind ([GOD = Good Orderly Direction](#))

That's the missing link that all of the withdrawal communities need to hear because it will put an end to most of the psychological protraction talk. Without god, yes, you will hear the word protraction over and over and over

Without all of this spiritual jamming the last ten years, I'm sure I would still be in the withdrawal chatrooms complaining and dragging "OMG I'm ten years out and I still have symptoms"

If you're in the withdrawal community then you know what I am talking about. It's called the horror story. My book is the opposite. Call mine, instead, the emergence story but here it is straight folks, God healed me, plain and simple. [Marcia](#) is only his employee

Did I have symptoms during my withdrawals? Perhaps I did, but, to be honest, [Marcia](#) kept me so busy that, if I did not have much time left to dwell on them.

PSYCHIATRIC SHAMANS ARE CARTOONISTS (We need to make sure and balance our seriousness with laughter)

[Marcia](#) was the only one in my family who understood my cartoons. I come from a very conservative family and [Marcia](#) absolutely loved my cartoons I loved making fun of my conservative family and the only language I had as a teenager was art, and since they were so completely nutso and eccentric, I just started turning them all into cartoon characters.

And that's how [Marcia](#) and I speak, still, to this day, and that's what I want you to do as your psychiatric shaman. I want you to turn this whole blasted withdrawal horror story into a great big ginormous cartoon. Can you do that? Because, if you can't, let me do it for you.

I told you I was an artist, and my whole life I've been drawing cartoons, cartoons to make people think, make them laugh. Laugh over what would otherwise be tragic.

Cartoons help us reframe, like those our psychiatric shamans who are disguised in the back counter at Michaels art store.

And, for my entire life, whenever life starts to get completely nutso and totally out my control, [Marcia](#)'s voice commands loud and clear "turn it into a cartoon right now!"

That's why I'm using humor for you folks, and, it's not because I am disregarding your suffering. But, instead, I want to help you reframe your suffering. I want you to edit this film from a horror story to a cartoon ([see my chapter on inquiry where we edit films](#))

DANCING SKELETONS (A psychiatric shaman is going to will make them less frightening)

My favorite quote in the world is by [George Bernard Shaw](#) “If you can't get rid of the skeletons in your closet, you'd best teach them to dance”.

I've still got lots and lots of psychological baggage, and I'm not all healed from my childhood wounds yet, but, this is not a book about psychology, this is a book on emergence, and this is not an [ACA meeting](#) either, so I can't go into trauma therapy with you (perhaps in my next book)

So, for now, let's take all of our trauma and our childhood wounding, and, just for now, take our advice from [George Bernard Shaw](#).

So, for now, while going through a withdrawal, don't go unlock any of those closet doors (unless you're gay like me). Instead, just for now, just teach those skeletons to simply have fun and dance. And, here is why, because, as the book unfolds, and you reach the end, you might start unbelieving in skeletons as well as the withdrawal also.

BLAME (a psychiatric shaman will not scold you)

No, it's true, all your life you probably been scolded for blame, and, my mother was very old school, so she used to point her finger at me and say “don't blame” which is telling someone “[try not to think of a pink elephant](#)” but a psychiatric shaman is wise, and, we take a very different approach, so here we go folks, and, since I'm writing a book for the withdrawal community, I've got to cover one of the most heated topics that swimming around all of these chat rooms and Facebook pages. Let's, now, talk about blame.

I've got to talk about the word blame (dam, I'm starting to sound like a fuckin psychologist here)

Instead of just coming out and pontificating all over you, lets revisit Lewis and Clark.

I'm sure Lewis and Clark were pretty much at their wits end, and, I highly doubt they probably did not get in a lot of fights and probably blamed each other and probably poor [Sacagawea](#) too they probably threw lots of temper tantrums because they were both men, and we all know what men can be like.

So, if you guys are in blame, don't stress over it. I really don't think anybody going through a withdrawal will be able to avoid blame all together, because, of you could, you would not be reading my book anyway. Nobody's perfect.

Blame is an awful and yukky word. My mother used to point her finger at me and say “stop blaming!”

But, nobody really knows the full and true story of Lewis and Clark. There was so much missing out of their diary, stories which simply were not told and did not go into the history books.

If the full story had been told, we would have had recounts of Lewis throwing rocks at Clark and Clark pushing Lewis over a cliff while calling him a dick head. We would have been told about how [Sacagawea](#) kept calling them both a bunch of immature adolescent retard moron idiots while chasing them both through the woods with sticks and tree branches.

Trust me folks, they all fought quite a bit during those three years of hiking because they were all totally stressed out. Stress does this to people. We simply cannot be nice all of the time when were stressed out and often we fight and often we blame.

But, all humor aside, do your best to try and not blame, but, since you are going through a withdrawal, you probably will.

Just know that after the Corpse of Discovery mission had reached the Pacific Ocean, there really were no hard feelings. Lewis hugged Clark and apologized for calling him a dickwad and Sacagawea make them both a salmon diner because the felt bad for having put mud in their sleeping bags and everyone kissed and made up and there were no hard feelings.

After you have transcended the withdrawal there will be plenty of time to make things right. Don't stress out if you are in blame right now.

However, all that being said, the unfortunate truth is that my mother was right, we are not going to get well if we blame, now all of that being said, blame is very much like the ego, if you try and wrestle with blame like you tried to wrestle with the ego, it will be like wrestling with the pig, your both going to get dirty and the pig is going to enjoy it, so, this is where we have got to find a completely new approach, so like I said before, please shelve the blame, and, when you're done with my book, trust me, it simply might not be there anymore

No, cut yourself some slack. Blame is just a cover for anger which is just a cover for pain which is a cover for fear. Everyone has fear. Blame can actually be a sign of the organic cycle of human grief, provided we don't get stuck too long in the mire for too long.

Listen folks, there will never be justice in this world, I not only guarantee this but I promise this, and, this is not a problem for a psychiatric shaman because we are gardeners, we know all about compost piles, and we are in fact experts at compost piles, because, we know how to turn shit into fertilizer. This needs to go into the chapter on blame because a psychiatric shaman is going to take you out of this world, and, this is how I would like to conclude my chapter on blame, with the sobering truth, and, even more spectacular truth, both are true, that the temporal world of withdrawal and injustice is just that, it's unfair and its temporal, but, while you're in the temporal, if you can follow my pointers toward the eternal your emergence will slide down the gangway of your slipway as smooth as the titanic did on the launch da in 1911 except, this time, I guarantee, there will be no iceberg to skink your ship because I am going to make sure that the guys in the crow's nest have their binoculars for the maiden voyage

PSYCHIATRIC SHAMANS PERFORM HYBRID EMDR

If you are a creative, you will be able to hear everything that I have to say in this book, and, if you're not a creative you should listen to everything that I have to say in this book

I went to a psychologist once years ago and he wanted to help me get off my pills by doing something called EMDR, so, he asked me to bring up a painful traumatic event from my past then he told me to watch his fingers with my eyes and he moved his finger back and both left to right left to right and 45 minutes later he took my credit card and swiped it across his slider for \$125.

I did not leave his office all healed, but, instead, I left his office with a revelation, thinking to myself, that if he was trying to put the junk in my left brain through cerebral cortex to balance my right brain then I could do it all by myself already because I am a creative and I am always inventing new ideas anyway, so, that being said, I was not a candidate for EMDR but, instead, invented the psychiatric shaman.

So, if you are doing kewl things like EMDR and also tapping, that's great, but, just add onto that the psychiatric shaman and get off your pills even faster this this nifty travel companion road map trail of breadcrumbs

PHARMACY SHOOTER (a psychiatric shaman must violate your second amendment right to bear arms)

As your psychiatric shaman, I am going to violate your [second amendment](#), and I am going to take away all of your weapons. Because, I do not want you to walk into your local Walgreens with an AK-47, it's not worth it, and, don't become a pharmacy shooter. You don't want to go through your withdrawal while in jail if you can avoid it. We can manage your blame here in my book instead, and I'm glad you found me before you did anything rash.

If you're caught in a painful withdrawal, you are coming off pills that were called "safe" and "legal" by the professionals who were supposed to know best. By professionals who had signed a [Hippocratic Oath](#). So, in a sense, you were lied to. And, now, you're probably really pissed off right now, and that's OK. I was once pretty angry also.

And, it's not that who doctors lied to you. Someone had lied to the doctors. They all thought these pills were safe. The whole thing has grown totally out of proportion and its become a complete mess.

And, besides, from my own personal experience, most doctors really truly do want to help. They are, for the most part, a really good lot.

Therefore, please don't sweat your blame right now. Just continue to read my book to simply try to shelve as many grievances and resentments as you can for now. You can come back to it after your done reading my book (that is if you can still find it)

BAPTISM BY FIRE (a psychiatric shaman will not baptize you in the Jordan River)

I hope you're not a Christian, because if you are, your about to be totally offended with the story I am about to share, but it rally ties all of this material in nice so I have got to share it anyway.

Well, anyway, Last summer I was with my spiritual community in Utah and it was really hot outside so we all went down to the [Strawberry River](#) in the canyon to go swimming. One of my friends then asked me to baptize him by one of the rocks that was close to shore.

Within one nanosecond all of the cortisol rush to my brain. I had a childhood Flashback followed by a ginormous [pain body](#) activation. But, since I did not want to scare any of my friends, I ran away and did not start screaming until I hit the cow pasture that was way out of earshot of the strawberry river. And, I succeeded, I did not freak out my friends, but, instead, totally traumatized a whole herd of cows.

But, all humor aside folks, I'm still not completely healed from all of my religious wounding (as you can obviously tell) but that is not the reason I wanted to talk about baptism.

. That kind of water baptism that my friend was requesting was strictly symbolic. But, here is the good news folks, once a person emerges from a withdrawal, they no longer need water symbolism. You guys are not going to need a water baptism.

You guys are not being baptized by water, your being baptized by fire. The fire of withdrawal

So, if you would like to start reframing all of this, just think of how much time you will save after this is all over with. You will never need to ask anyone to hold your head underwater ever again.

But, if you would like to know the truth, that, when a person is baptized by water, they only get one dove allowed to land on their head, but, when a person gets baptized by fire, they get a whole flock of doves

DIAMOND IN THE ROUGH (a psychiatric shaman will put you in the trash compactor)

Well, actually, you're already in the trash compactor. And you're being squeezed and compressed.

My mother used to have a trash compactor, and, it was a totally newfangled appliance back when [Marcia](#) bought us our brand new tract home on Cerritos drive in 1977, and, the trash compactor was real loud, but, for a family of four, it used to turn an entire weeks' worth of trash into a ginormous block of heavy block, and, then, it could be carried out to the side yard and we only filled up one trash barrel each week while the smith family next door would have to fill up three.

But, as your psychiatric shaman, I'm not going to fill your compactor with trash, but, secretly , I'm going to turn all of your trash into coal, (psychiatric shaman can do that you know) and then just like my mom did, were going to turn the nob and the machine is going to go wirrr wirr wirr scrunch, gr, gr, and, by the end of the week, since it was filled with coal and not with trash, were not going to pull out a big block of compressed trash, but, were going to pull out a diamond.

Psychiatric shamans can do this you now, and, since this is also how diamonds are forms, well, you know where I am going with all of this.

Your withdrawal is baptizing you by fire, but, if that scares you too much, think of it like pressure,, It's much like the kind of pressure that is required to create a diamond. [Coal has be compressed under very high pressure to become a diamond](#). And if you are struggling with the visual, just think of my mother's 1975 [avocado green trash compactor](#). So, not only are you being baptized, you are also a diamond in the rough!

Think of the implications folks, you're being burned and compressed, just like I was, did, am, so guess what, your all becoming psychic shaman apprentices! HURRAY!!!!!!!!!!!!!!

LET'S GET MUSHY (A psychiatric shaman will not let you become a moth)

That's what we do, us psychiatric shamans, we make sure that you all turn out to be butterflies and not moths. ([Follow this like to see the difference between a butterfly and a moth](#))

All right, I've got to keep going here, you're in withdrawal, yes, and you're in the oven baking at 350 degrees for 145 minutes, that's one analogy, but, also, you're also in a cocoon and your also turning to mush.

When I was going through my withdrawals I was totally freaking out. I thought I was on totally dissolving, and I was. But, I did not have all of the information, and, I want to help you guys fill in the missing pieces of the

puzzle here. It was not me that was dissolving, but, instead, it was my ego that was dissolving. I was [holometabolising](#)!

If you want me to paint for you a picture, here is what it would look like. Picture a giant sports stadium, and, you have two sides, one side is caterpillar rooting for the caterpillar team, and the other side is butterfly, rooting for the butterfly team. And, instead of scoring a touchdown, you score a [holometabolisation](#)!

“OH NO” cry the caterpillars

“HURRAY” yell the butterflies

This process of complete transformation is known as [holometabolism](#). You’re not dying, folks, you’re [holometabolising](#)! You’re not falling apart, but, instead, your falling together (transformation requires many different metaphors as you can tell)

You need to hear me say this over and over and over again. Because, in the withdrawal communities, people misunderstand withdrawal. They are all crying “oh no” when they should be exclaiming “hurray”

But, let’s take this metaphor just a little bit deeper. Have you ever noticed what happens to the [caterpillar inside the cocoon](#)? This is the totally gross part. The caterpillar does not just instantly turn into a butterfly. First, it turns into complete mush! Complete and total mush.

I am sure if caterpillars could talk and or journey, you would probably hear or read seeming kind of like this;

“Help me, help me, I am dying, what is happening to me? Please, someone hear my cry, stop this from happening, I’m afraid to die but I’m afraid to live! Ouch, this hurts, this is the most awful hell on earth, please, I will do anything, absolutely anything! Just get me out of this dark and frightening hell realm NOW!”

Sound familiar. Kind of like a withdrawal, wouldn’t you agree? But, keep this analogy fresh in your awareness folks as you continue to read my book, because, I am going to refer to this cocoon example over and over and over. Because, this is how I It was not complicated. Although it certainly was not easy, it did not turn out to be complicated.

And, let me give you a closely guarded secret. In spiritual circles, all advanced teachers know that the more awful the mush, the more brilliant the caterpillar.

Let me take you for a ride in my drone for just one second and let me give you a sneak preview of what I know to be true. You are not going to emerge from all of this as a moth, but, you will be emerging as a butterfly. Not a moth but as a butterfly. Not in spite of your withdrawal but because of your withdrawal.

PURPLE MECHANICAL GRASSHOPPER (Ayahuasca ate my ego)

I remember during one of my first [Ayahuasca](#) ceremonies I was in a very scary place. [Ayahuasca](#) btw, is much like a withdrawal. [Ayahuasca](#) baptized you by fire, turns you to mush and puts you in the oven, but, let me not jump head of myself, let’s get back to my first [Ayahuasca](#) ceremony.

During my first [Ayahuasca](#) ceremony in 2019 I was totally freaking out. Because, every time I closed my eyes all I could see was a 100 foot tall purple mechanical grasshopper and he was trying to eat me. My shaman said I could go to him for help, and so I got up from my yoga mat, walked across the yurt,

sat down in front of him and said “James”, I need help, every time I close my eyes there is a 100 foot tall mechanical grasshopper who is trying to eat me, what should I do” “Let him eat you” was his reply

I know this is a rather funny story, but it ties into what I am trying to tell you all in my book for your emergence. The mechanical grasshopper was trying to eat my ego, that’s all, and he was ultimately my friend, he was sort of like a giant white blood cell that wanted to gobble up all of the bacteria and make me all better and well again.

He was not there to eat me, but, instead, eat my ego. People in the withdrawal communities need to hear this message. Because, things that eat our egos, whether they be withdrawals or 100 foot tall purple mechanical grasshoppers, they are our friends, and, as your Psychiatric shaman, I’m giving you permission to allow your withdrawal to eat you (I mean your ego)

Here is a lot of what is happening to you now. This is much of the reason why is so frightening for you right now, but, have no fear, because, your frightened the at the ginormous purple mechanical grasshopper is going to eat you, and, trust me, he probably will.

He will eat your ego, like he ate mine, but, then, as I emerged from the [Ayahuasca](#) ceremony 4 hours later feeling completely refreshed and totally ecstatic, chances are that when your emerge from your withdrawal you will see the pacific ocean and find in your hand your own road map just like Lewis and Clark did.

Now a note on a real live trained psychedelic shaman. they are very similar to psychiatric shamans, but, psychiatric shamans are sort of like cousins, where as, well, a psychedelic shaman is trained in servicing medicine and a psychiatric shaman is trained to help you get off your blue pills so you can even find your psychedelic shaman, but, it’s all rather complicated, but I need to sit down and draw a parallel between these two when I have more time.

AI RUN AMOOK (A psychiatric shamans must teach you what an EGO is)

Don’t try to break free from your ego like the last sentence in my header. Too many spiritual people have tried to make an enemy out of their ego. Learn from our mistakes, it will fight you back. Try, instead, to follow my book very carefully please.

How are the metaphors working for you guys so far? Mechanical grasshoppers, much, diamonds, baptism, superheroes, framing retail workers, broken pottery, Trojan caterpillars, fleas, etc. Are you finding any of them helpful? Because, I want to put a halt on all of my crazy symbolism for a moment and get us back on track with the metaphysics underlying all of my creative stories. Because, now, let’s talk about Ego.

But what the hell is the ego anyway? Very simply put, not to sound all self helpish and clichéish, EGO stands for [Edging God Out](#).

Christians call it Satan, but it’s not really like that. The whole devil thing is just a bunch of Dark Age superstition. Calling it the devil or Satan turns it into a thing and it’s not an entity. Ego is not some red devil with a pitchfork and horns in a lake of fire under the earth to burn all of the sinners. That’s simply childish fear based [balderdash](#).

Ego is a set of beliefs that are not true and continue to cause absolute havoc in our lives. The Ego keeps us in fear, depression and anxiety. Ego is sort of like [AI](#) run amok.

INTRUSTIVE THOUGHTS (A psychiatric shaman turns this into a “medically induced” dark night of the soul)

One of the things I love about the withdrawal communities is the creativity. They have come up with a very creative language of all their own, and one of my favorite all time words is intrusive thoughts.

I like that word very much because “intrusive thoughts” and that’s very accurate. AI is very intrusive. The ego is much like a virus indeed...And it is very intrusive, and that is why I told you all about our dog [Sam](#) and the fleas. Intrusive thoughts are just like that, they are vicious little parasites and they can and do certainly keep a person up at night.

But if you keep in mind Sam’s fleas every time you get an intrusive thought, might we reframe that word into something a little bit less fearful and awful? Intrusive thoughts are fleas, and, remember, if you go back to my story about Sam and the remote control and the channel change, remember, were going you a flea bath here, so let’s deflate the fear bubble on the topic of intrusive thoughts and move on now.

WASHING MACHINE (a psychiatric shaman must help you unplug the washing machine)

IF intrusive thoughts and fleas don’t work for you, how about washing machines

I remember in the parable of Kenny trying and trying and trying to stop my racing thoughts, and, then, spinning myself into an actual anxiety attack to the moment where I thought I was possessed by a demon and when George came home I was hiding under my desk pounding my head on the floor to stop my head from spinning, and, since George was a catholic, he pulled out a crucifix and tried to purge the demon out from inside of me. Sound familiar? This is my qualification folks, I’m using lots of humor, but, also, I know where you are now, I’ve had the spinning racing thoughts, the kind that only a valium or a Xanax can stop, so all humor aside folks, I’m dead serous, so let move on with our solutions now.

It’s like the spin cycle of our [psychological washing machine](#). All sorts of scary thoughts come in that we don’t want, but, that’s exactly what happens in a dark night of the soul anyway, so why not turn this into a medically induced dark night of the soul and let’s get going.

The washing machine is broken and the spin cycle won’t turn off and it’s going faster and faster and faster. There really is no need to worry because the washing machine will burn itself out eventually and your spinning will stop, but let me save you time and let’s, together, unplug this fucking washing machine now and get the hell out of the laundry room

It really does not matter if you read my book or not. The spin cycle always comes to an end, but, I just want to save you time and anguish by heling you turn off the power now so you can get outside where it is sunny and not have to go through any more unnecessary spinning.

No biggie, however, because my book were going to unplug the washing machine all together, and, get ourselves out of the fuckin laundry room altogether.

EGO TO EGI (a psychiatric shaman must turn things around)

I have to introduce this concept to you now, and, my goodness, trying to write a book on emergence for the withdrawal community is growing very creative and I hope this book does not go on too long, but let's introduce one concept to you now

Here, I will use my roommate as an example. My roommate's nickname is dyslexia, and he is quite enlightened and happy, and he sat me down one day and said his name is dyslexia because he sees the world right side up while everyone else sees the world upside down.

So, finding god is not complicated, because god just is, but, since our egos are just covering all of this up, we need to bring our egos to the surface and unwind this great big mess.

Inside of our withdrawals, it's not possible to do a lot of this work statically, at least not yet, but I'm going to explain to you the mechanics so when your central nervous system settles down you will be all prepped and ready to go, and, trust me, you want this more than anything else

Were simply making one very slight course correction here fork's, were going from EGO (edging god out) to EGI (edging god in) Very simple.

And I talk a lot about our actually course correction in later chapters when we are going to discuss the [Apollo 11](#) and [sling shots](#)

Do you see where I am pointing to all of you guys? I'm proving to you emergence is possible and doable. And, since I'm a total miracle story myself, I'm backing it up with proof (me) and gifting you with the metaphors that [Marcia](#) used to pull me out of my [nosedive](#)

DON'T GIVE UP 5 MINUTES BEFORE THE MIRACLE (psychiatric shamans are patient)

I hate this slogan, it's so over used in AA that it can be thrown around like a platitude, so I'm not going to just tell you this in the form of a quip cliché, but, instead, [Marcia](#) wants for me to tell you to refer back to our Lewis and Clark metaphor.

I'm sure Lewis and Clark felt like giving up, and probably countless times, and so did I, and so do you. Nobody in a withdrawal can avoid discouragement. It simply comes with the territory.

I can remember when I was going through the thick of my withdrawals, I had this old green sofa, and I spent most my withdrawals lying horizontal on that sofa, and, then Randy showed up, a dear from of mine who would e into my house without even knocking to check up on me, to make sure I was still alive, and, he would bring me food to eat and try to get me outside and off the sofa if he could, but, what I remember most about Randy was not that he thought that he could help me, because that I had to do for myself, but, that he simply loved me, and, that being said, he did help by loving, but what I remember most was what he kept saying every time right before he left, he would say to me "keep going" (And, in the words of my friend Douglas Block, [when going through hell, don't stop!](#))

But I'm trying to impress on all of you [experience, strength and hope](#), and, I'm trying to give you a lighthouse to give you the courage and strength like Joe did for me when I was going through my withdrawals to keep the faith, and so since [Marcia](#) puts movies in my head, she told me to refer to [Mrs. Doubtfire](#).

Do you remember the movie [Mrs. Doubtfire](#)? In that movie, [Robin Williams](#) loves his children so much that he dresses up as a nanny and fools everyone, he puts on a mask and he totally does the most insane act of his life, but, it was all done out of love. And, it was totally out of character and with absolutely no integrity to his poor wife, [Sally Field](#), so was not a villain in any way, shape or form.

(You know, I actually have a lot in common with robin Williams. I like to use humor to make people laugh because I know humor can heal, but, also, people who feel very deep like me and robin also suffer vey very deep. Robin had a huge heart, and he only wanted to heal the madness in this world by making fun of the madness, but, let's get back on topic here)

In the last scene of the movie, he gets caught, and, because he had been so dishonest, the judge throws the book at him and he loses custody of his children, and for him, that could have been a make it or break it, he could have given up and committed suicide.

Remember I shared with you in an earlier chapter "[don't give up 5 minutes before the miracle](#)?" This is the reason why. In Robin's life, he was emotionally destroyed and completely annihilated, and, then, the part of the movie we all love the best is the ending, where the producer, who witnessed his performance act, gave him a job and he became a successful TV anchor on a brand new children's show, and, the miracle, he won back his family! [Watch that scene here and see Sally Field Cry](#).

Well, there is how God works folks, and, if you feel you have lost everything, well, then, welcome to my world, but, since I get to write this book and help countless people who are about to commit suicide, well, then, did anything go wrong? And, if your old life is over, could this just perhaps mean that God needed to clear away something old to bring to germinate, for you, like god did for me and like god did for Robin William's, something ten times better than before?

You need to find the symbolism in the metaphor I have just given you folks, you have got to [turn pain to purpose](#) here for your emergence, we [turn shit to fertilize](#), and we take our stories, which we believed were so tragic, and we remember what my roommate told me, that his nickname is [dyslexia](#) because the world is upside down which means your stories are the opposite of tragic and since failure is success our stories are now purpose on steroids and we use this fertilizer to germinate butterfly seeds all across the globe.

This is your escape hatch this is your new life and this is your emergence because, service is a very high vibration, the angels know when you have set this intention and they move shit out of your way. Withdrawal cannot stand high vibration, and you will no longer be a match to protraction of any variety. When I got this through my thick skull, [Marcia](#) put me to work and she said to me that I did not have time for any more withdrawal.

The reason you want this is that it will bring joy to your life.

And, now, to clarify any misunderstandings on the topic of service, understand folks, service is not a doing, service is a being, and, I will try to explain that in the next chapter

In the chapter Mrs doubtfire include the quote "he who laughs last laughs the loudest"

SERVICE IS A BEING AND NOT A DOING (psychiatric shamans sometimes help by not helping)

I can remember hearing [Marcia](#)'s voice during the lost years, but, it kept repeating "do not interfere do not interfere" so I had to include this in my book because [Marcia](#) wants you guys to know the mechanics of withdrawal and service and doing etc. Ok [Marcia](#) told me to tell you about service, but she also wants me to elaborate an entire chapter and it's also a WTF so remember, this is another [koan](#) I mean, it would often make me angry when people would not help me, but, deep down in my heart, I knew they could not, or, in other words that the love that was coming from them would dry up if they performed any sort of a rescue, and, this one I had to bring up, it's sort of the entrance and initiation to adulthood.

THAT WHICH YOU RESISTS PERSISTS (a psychiatric shaman will never tell you to let go)

Dam, how I hate this AA slogan also, but since I am trying to give my recovery history and bring it into your withdrawal experience, I must share with you the one person who got through to me with this one simple slogan. I had been in AA for years, until 2006 when, finally, I was able to hear this one simple piece of wisdom, and, if it took an entire 30 days in treatment, well, then it was worth it.

The story goes something like this, I was in my late 30's I went on a total vodka bender. I fell madly in love with a totally hot farmer guy in in rural Oregon t who told me he did not want to be in a relationships. I did not handle it very well and, to make a long story short, I found myself several months later in [Serenity Lane treatment](#) center in Salem Oregon. (But you guys don't need to know any of that, so let's just get straight to the point here) After the very kind counselor heard me go on and on and on and listened compassionately, she simply passed across from her desk a note which said three simple words, "That which we resists persists"

I share this story with you because all through my life I was under the premise that I had to struggle and fight and conquer and surmount, and, when the final withdrawal arrived, this modality worked quite well. It worked quite well at making a bad situation even worse. It turned all of my pain into suffering,

Don't fault yourself if you have been trying to avoid pain, loss, poverty or dysfunction or just about anything unpleasant or just plain not nice. Most Americans were taught this. And, if you are in a psychiatric drug withdrawal, this was probably your mantra also. It certainly was mine!

Our emergence from the cocoon is only when we fully absorb, with full humility and complete responsibility (combined with lots and lots of love) the OK ness of where we have been and where we are now. The OK ness of the cocoon itself.

MARCIA RETURNS (Love cannot die and my grandmother returned)

I told you earlier that Marcia was my sprit guide, and that's true, but it's not the whole story, and now that were about 40 pages in, let me share more with you about Marcia

Marcia was actually a real live person, a real special person. Marcia was my grandmother. The last time I saw Grandma Marcia was Christmas Eve 1983. We were in the kitchen, my brother and I, and Grandma Marcia looked over at us and said; "kids, would it be ok with you kids if we did not have turkey this year for Christmas dinner?" "Why grandma" we rebutted. Then grandma Marcia pulled out of the refrigerator these great big giant lobsters and said "well, because I'm tired of turkey, I just wanted to know if it would be ok if we had lobster this year instead, just this once" And, as any teenager would, we were thrilled, absolutely thrilled.

That was the last I say Grandma Marcia, Christmas 1983. She fell down and had a stroke and died the next day. However, here is one thing I can say in truth. It's been 38 years, and, she has never left my side, because, what I know to be truth today without any at all is the following statement "Love simply cannot die" and Grandma Marcia was all love.

If I love you, I see who you are under the stories you're telling yourself and everyone else. That's why I must return to this community and love you all. I love you too much to see you stay any longer in stories that are causing unnecessary suffering. And, in this community, these are stories of withdrawals.

And, since I know what true about you, I will not believe a word to the contrary, and, if you ask me to, I will not give you a sword to kill yourself or anyone else, but, instead a sword to start cutting through all of these nonsense stories that are not true. You have not been damaged.

I once had a counselor in a treatment center tell me "if you hate me, I don't care, because my only purpose here is to save your life!"

You see, Marci's love never left, and, she let me learn some very hard lessons in my youth, but, she never stopped loving, but, she go out of earshot and off the radar while I was taking pharmaceuticals and acting out and stuck in the disease of addictions.

She was and has been on the other side since 1983 but drugs and alcohol and also, all pharmaceuticals make the veil grow viscous and thick, but, as my withdrawals proceeded and progressed, my veil began to grow thin again, my heart began to reopen and, well, guess who showed back up on the scene. Marcia!

So, this is what you need to know about pharmaceuticals, and allopathy does not know about this stuff because allopathy is scientific and Marcia cannot be measured, she works for the galactic federation clean-up crew now, and, besides, she only spent 73 years on this planet in disguise, and, here last and best disguise was a grandmother, it was her final performance, and her absolute best., but, in truth she was a shaman, she had to come to this planet for her mission, to get her grandson to write this book for you all.

If you want to measure her results, yes, that's documentable, but to prove her, well, that part simply possible, so, if you want to hear about maraca, I am afraid you will simply have to take my word on it.

I mean, it's like this, when I was a little boy, the only one I trusted fully and completely and 100% was Marcia, so, would not it stand to reason that my voice of reason, my voice of trust, my voice of compassion, service would reappear in the form of my own grandmother?

STOP EATING LEAVES (Enter withdrawal in fear but emerging withdrawal in love)

What do butterflies eat anyway? Are the [bretharians](#)? I'm not writing this book to help caterpillars because their stories are still working for them. Instead, this is a book for the medically damaged community. You guys are the ones who need a new script.

Caterpillar stories are great, don't get me wrong. Caterpillars' laws are essential to keep caterpillar nation from descending into caterpillar anarchy. Caterpillar capitalism is essential. This is how they keep caterpillar trains on caterpillar tracks and caterpillar cars on caterpillar roads. And, they need caterpillar economies to grow the caterpillar trees because caterpillars need to eat lots and lots of leaves to grow so that they can grow very fat.

But, you're done eating leaves. You're already in the cocoon, and, for you, there is no turning back.

We've got to find a new story here folks. Phrases like "medically damaged" and "psychiatric withdrawal" stories are no longer serving us. This is the time of celestial speed up, we don't have time to linger with any old language. It's time to rethink our approach.

Once you begin your caterpillar failure, you don't need to eat any more leaves. You are already fat enough.

And, this is where I come in. I'm here to help you with a new story. I'm going to love you all by pouring light into your old story and burring it to the ground with you, because, you want what more true than all of that.

Fear got me into my cocoon and love is what got me out.

IT'S NEVER TOO LATE (psychiatric shamans can't tell time)

If our on a timeline, words like late certainly will come into the conversation, and a word like late is also a caterpillar word, and, therefore, were going to edit it out of our dictionary altogether because butterflies will never use a word that connotes a schedule or a timeline.

I don't know, it's some sort of time is money mentality that my friend Indiana shared with me way back when, words like late. It's a holdover from western civilization which is now going tint total o [zombie apcolypse](#) right now..

It's not true, you can teach an old dog new tricks. Even Marcia was taking a computer class way back in the early 80's which proves my theory that it's never too late for anything.

My very last psychotropic pill was at age 48. And, I've got people in my spiritual community who are just beginning to do all sorts of spiritual work who are in their 80's.

Just stop al lot of the late talk. It's over folks, that word must start growing small and smaller in your rear view mirror.

STOICISM (Stoicism need to evolve to patience or else you will become a moth)

When I was a caterpillar I used to believe a man had to surmount his fears and conquer his fears. I think I got this mostly from my father and grandfather. They used to be farmers with a very “western frontier, John Wayne” work ethic archetype.

My first spiritual teacher wasn’t quite so nice. She called me simply stubborn.

I’m not knocking stoicism here, but stoicism is very caterpillar. Once were in the cocoon, caterpillar rules can actually keep us stuck and our wheels spinning. If we are to understand stoicism, we must also understand stubbornness.

Inside of the cocoon we do not overcome our fears, but, instead, we unwind our fears. Inside of the cocoon, we do not try to push away our fears, but, instead, we must invite in our fears, and, also, inside the cocoon, although we must be patient, that is really not the same as stoic.

We must evolve from the violent approach of recovery and develop a compassionate based approach

In a withdrawal, again, were faced with a koan WE cannot give up but we must surrender. WE cannot be stoic but we also must be committed. IM asking you al to rethink absolutely everything and it’s like getting you to cry uncle, and, in the moment of “I can’t do this” is when Marcia’s voice came back

I CAN'T DO THIS (nobody can do a withdrawal but Marcia does not need a body)

And that’s exactly how it happened in my story, I could not be stoic but I could not give up, I could not resign but I did not know how to accept, and mine was not a doing but I had to keep doing it, the koans that I uncouncted in the cocoon dark forest of my withdrawal were about to make my head explode to the point where I was on the floor and I cried out “I CAN’T DO THIS”

And then and there, for the first time in 30 years, since the lobster dinner in 1983, there she was, there was grandma Marcia, in plain sight, she had reappeared, and she was chuckling, she said “no you can’t do this” and when I agreed with her “no I can’t do this” then she grew louder and I could see her more clearly “no you can’t” “no I can’t”

That was my turning point folks, and this is where you need to have faith. Nobody can do this nobody - NO BODY!

I’ve heard all this balderdash hogwash new age mumbo jumbo “I am not a body I am not a body I am not a body” but until Marcia reappeared in the anguish frustration withdrawals that I could not fix, change or escape, well, then it all made perfect sense, and this is your escape hatch also

I can’t do this, and Marcia agreed. And again, Marcia agreed, no body (body), well, a body can’t do this. And since Marcia no longer has a body, well, [have you figured it out yet?](#) (“[I can’t she \(Marcia\) can I think I will let her](#)”)

That’s it folks, that’s how we emerge out of the dark forest cocoon of withdrawal, this is the exit hatch, this is the emergence, this is the key that unlocks the door. Have I played the part of a lawyer for all of you agnostic atheistic cynics who were going to throw my book out the window because I was mentioning god? Well, I’m not talking God, I’m talking Marcia now, and was Marcia? She was all love, trust me, she was all about love

LET'S MAKE A DEAL (psychotic shamans know this is not a game show)

All right, I told you I was rather rough around the edges and without going down the rabbit hole of [blame](#), let's kind of try to [reframe](#) this whole conversation surrounding psych meds, ok?

A psychiatric shaman knows this is not a game show we are playing, we know this is the real deal totally here folks, and, Since caterpillars cannot hear Marcia, (at least not yet) they need to make up sill sorts of creative theories to explain that they have not [figured out yet](#) substitutes to try to explain and figure out what Marcia can and would show them and tell them, if they would just admit that nobody can do this and one of the latest

But, alas, caterpillars are very creative, and the last theory, right up there with the flat earth theory, (ho hum) is the [chemical imbalance theory](#)

Listen folks, I bought into the chemical imbalance theory, its ok, it's just a course correction, but I'm standing here on the threshold, I had to have proof, I did not believe in god and, to me, god was a theory, and since there was a chemical im balance theory that was also right next to my god theory, guess which one I chose.

And as they say in AA "the data is in"(one of our now rapidly accumulating [12 step slogans](#)) so, now, after all of my withdrawals are over, I will return to the game show "[let's](#)" and instead of choosing door #1 (chemical imbalance theory) I will now start over, but, this time, chose door #2 (god theory)

How do you like it folks? Guess purpose is our only choice after all. (Write more on this please)

Well, I'm sure I'm going to get lots and lots of flak for what I am about to say regarding the "chemical imbalance theory" but I have got to come out and just say it.

Although there is truth to the chemical imbalance theory, it really is a "chicken vs egg" conversation.

When people tell you the story of a "chemical imbalance" please try to remember which side of the fence you have chosen to be on. Do your best to smile at them if you can. And, if you can, please do not argue your point of view. Learn from my mistakes, do not throw gasoline on this fire.

Remember, also, if the chemical imbalance story is still true for you now at some level, that's also ok. I want to meet you where you are at, and, I don't want my book to pull the rug out from anyone too soon. The last thing I want to do is inject any more fear into your life.

If you are tapering your pills, consider, also, tapering your beliefs at the same time. Beliefs in theories. Theories are for caterpillars. Butterflies don't need theories.

YOU'RE NOT GUILTY

And, now that I am on a total diatribe, I will take you back to my first ACOA meeting in the late 80's where Kathy used to make us repeat, at the end of every single meeting "your probably not guilty" so if you are not in blame but in shame, repeat after me, you're probably not guilty, and the reason I bring this up is that pesky old ego that is coming back to the surface. Blame and shame are actually two sides of once coin you know,

Blame is he is wrong and bad

Shame is I am wrong and bad

But since we first re wrote the Doris day song and proven there is only one of us here, well, we have got to throw out blame, and now shame, and not I've just prove in a court of law that you're not guilty, so how are you feeling now? Are you starting to forgive yourself for being in a withdrawal? I hope so, because, the sooner we forgive others who pushed us into this dark forest and the sooner we forgive ourselves for having slipped and fallen into the dark forest then the sooner Marcia will arrive with her flashlight to guide us out.

WHEN WILL I HEAL? (The answer to everyone's first question)

I'm speaking to the withdrawal community, I have got to answer your questions, and the first one that people always ask "when did you heal"

Please do not ask me when you will heal. That is a totally caterpillar question. You cannot heal your caterpillar, and, also, why would you want to? Marcia never healed from her stroke in 1983, and she is getting more accomplished on that side then she ever did on this side.

The next question people always ask me is "when did you heal?" And, again, the same response, my caterpillar never healed.

So, consider this entire book to be, not only tools and testimony, but, also, the answer to those two very important questions "when will I heal?" and "when did you heal?"

If you would like to ask me a question I can answer, ask me, instead, when I first began to notice my butterfly wings.

Refer back to the [hitchhiker's guide to the galaxy](#), because, you have a good question, it's just not the correct question. The whole purpose of my book is to help you find the right question and, once you find the answer to the correct question, then you will heal.

PSYCHIATRIC SHAMANS ARE BILINGUAL (We speak the language of emergence)

These are all excellent caterpillar questions. However, Butterflies cannot understand a word your saying. So let's start to play around with some language.

And, also, the reason you have not healed yet, it's because, in your court of law, you are speaking caterpillar and the jury who is trying to acquit you is only able to speak butterfly. It's not that they can't find you not guilty, but because you need someone to translate for you, and that's where I come int.

Many years ago, something came out of my mouth which my friend began to use at a footer quote on all of her emails "to capture truth is to learn another language."

Einstein said "[we cannot solve a problem with the same mind that created the](#) problem" but interpret that to say "butterfly's speak butterfly and caterpillars speak caterpillar"

But, since I have become bilingual, consider me your google translator app. These butterfly's in the jury box who need solid proof evidence that can never be found can't understand the caterpillar language you are using.

And, also [the script is written](#), and, trust me, not on single soul was ever found guilty

THE MIRACLE WORKER (Psychiatric shamans use history to prove their point)

If you don't believe in miracles, then, I recommend you research the story of [Helen Keller](#). The [Miracle Worker](#) The story of how [Anne Sullivan](#) taught her to speak her first words by holding her hand under the water and forcing her hands in her mouth until she eventually said the word "water" If you're in withdrawal I'm sure your saying "but it will take a miracle" and that's exactly what I'm pointing towards here, and, your right. It will, for sure, take an absolute miracle.

Well, here we go. IM going to hold your hands under the water and I'm going to stick my hand in your mouth and were not going to leave this spot until you I hear you say the word "water" (or, as captain quantum would say "vertical")

JUST LET GO (Let the butterflies show you how it's done)

Boy, if I had a dime for every time I had some well-meaning person told me in withdrawal to simply "just let go Kenny!" As if it were that simple. Its got to be imbedded in that [slogan list](#) that I gave you back in the [lets make a deal chapter](#)

Withdrawal is not a light switch, and, if it were, I would not need to even write this book. You all know by now this community even has a word for emergence, they call them [windows](#).(Simple, yes, but easy, no)

One of the things that will not be helpful is for someone to tell you to just accept this time you are in right now. You are in total panic and you are suffering total big time. That would be like me going into a hospital delivery ward of a hospital and expecting the woman giving birth to not splatter my nice clean new suit with shit and piss. I know how bad your hurting folks, and I don't' expect your delivery to be pretty. Nope, I promise, I am here to deliver babies and not [platitudes](#).

Back when I was a young man and my father was disowning me in the late 80's, so many well-meaning [Al-Aanon](#) women kept telling to just let go and let God and kept handing me the same [Al-Aanon](#) pamphlets and literature at the end of every meeting. I did my best to be gracious and smile back, but, to be honest, down deep inside, my pain body felt like hitting them all.

Letting go does not operate with a command, it's not something we tell others to do, its something we demonstrate by loving you through your withdrawal, Caterpillars tell you to let go, but, butterflies show you how.

A BENZO WITHDRAWAL IS HARDER THAN A HEROIN WITHDRAWAL

I've been trying to beat around the bush, but I've finally got to say it now that I'm more than half way through my book, and we all know by now, A benzodiazepine withdrawal is harder than a heroin withdrawal. One of the few drugs I never did was to slam heron, but, one my sponsees did, and he confirmed, he said "man, this shit is much harder than the heroin withdrawal I went through"

You all know that by now, and the rules are going to take more than one butterfly. And, you know that by now. So, you guys need help, and, so, here I am. And, since I am not an [Al-Aanon](#) house wife, I am beyond the need for [sanctimonious](#) platitudes. I am going to show you show you how I emerged from my cocoon instead of simply telling you to "let go and let god".

(please, no disrespect to those women in alanon, they were suffering big time, it was just that Marcia was pointing that I would have to expand beyond what was being presented in that time space quadrant locality)

Now, after what I have just said, you're probably feeling discouraged saying to yourself "[yes but](#) if it will take a whole bunch of butterflies were in the age of covid now and there are no other butterfly's" but I will not drop the ball on this one, because, butterflies operate on another dimension folks, and you can't always see them in physical form, so, trust me on this one, and if you are still saying [yes but](#) then refer to my chapter on my friend and teacher [dale Crowe](#), who is in prison, doing a 20 year sentence, and he has no psychical butterflies, but, trust me, his prayer for emergence was so strong he has attracted more angelic help beyond all of the spiritual people I have ever met in all of the spiritual communities I have ever been to

THE DARK FOREST (A new metaphor to give you hope)

God I can't believe it's taken this long to even introduce to you my favorite metaphor of all, and, the one which is pretty much the granddaddy of all the rest. The Dark Forest

Let's switch metaphors now. No more [labyrinths](#), cocoons and delivery rooms. Let's try a new one. Although all of my metaphors are pointing in the same direction, we need to keep trying different keys to see which one will unlock your door so let's call this next one "the dark forest."

I often tell people who are in a psychiatric drug withdrawal to reframe this time you are in as if it were a dark forest.

Think of it like this. You and a whole group of other people were on the edge of a forest, and, you were told that on the other side of this forest there was a beautiful and amazing meadow with green grass, colorful flowers and pristine lakes.

Everyone in this group got all excited and got on board a bus to drive around the forest to the clearing, but, by accident, in the shuffle to get in line, you strip, stumbled, and fell into the forest itself. And, then, you soon discovered that the forest gobbled you up, and, there was no way for you to turn around, because, by the time you regained consciousness, the bus had already left.

But, trying to "not fall into the dark forest" is the same as trying to get to the center of the labyrinth without going in. It simply cannot be done.

This is what psychiatric withdrawal was like for me. It felt like I had fallen into a dark forest and was walking an endless labyrinth, but, the dark forest did end, and so too did the labyrinth, and, it felt like I was all alone, but I wasn't, because that's when Marcia reappeared, There was no turning back other than to fight my way out and get to the clearing by going through the forest itself.

MARCIA IN THE DARK FOREST (Angels hang out in the last place you might think)

What I soon discovered, inside of my dark forest, which is the purpose of my book. Inside of the dark forest is when I finally ran out of options, but, the only option that I ever needed never ran out on me. That's when Marcia reappeared.

Now, if this is beginning to sound way too metaphorical, you're right, because the only way I can convey this material is to use parable, so let me try to ground this by giving you a more grounded visual. It was one summer, I can't remember the date, when I got a job delivering rock and gravel at a local soil yard, and, this was way back before I even had an iPhone, so the best that Steve, the owner, could do was given me to print out the google directions on paper and hand them to me in the office right before my next delivery, but, It was a very difficult summer, and, it required all the stoicism I had left in my reserve to actually take this job and to push myself into the office and into the truck and to the loading ramp and off for the next deliver, and, it was absolutely an endurance test, but, then, that's when I heard Marcia's chuckle, after all of these decades of wandering around lost and now facing what I had to face completely sober that's when I hear her chuckle, and, I looked over at the passenger side of the bench seat and there she was, laughing, and that's when she said to me, I take over from here, and that's when my tears began to stream like a river of unending grief, all summer, and I cannot remember how those deliveries ever got made, except that every single one of them was made seamlessly, while Marcia made sure the logistics were covered, I cried and cried and cried, my man tears, more or less in private, I the cab of that delivery truck all summer long

It has been over 30 years since I last saw her, that charismas evening, when we all had lobster for dinner in 1983, and, since she passed, I had never been well, and, for three decades, I really could not find my way back to my own heart, until, that is, until my withdrawal took me, finally, into the depths of the darkest night of the darkest night, but, then, guess who was in there holding a flash light, it was grandma Marcia.

Those people who are riding in the bus, they will never get any of this that you are about to discover. They will not reach the center of the labyrinth or find their own Marcia, but, this book is not for them, this book is for you, you inside of the dark forest of withdrawals. .

Call me your Marcia right now. Not because I'm wise or spiritual or even well assembled, but because I can drive your delivery truck while you sob your tears in the dark forest cocoon.

All I have to offer you is my "experience, strength and hope" I am experienced in driving delivery trucks, and I don't mind, really, and, in fact, I rather enjoy driving.

Because I've spent many years in this dark forest. I know my way around here, and, I am not afraid of entering the dark forest with you.

By now you have heard from your family and friends lots of caterpillar advice that really is not helping much, and that's because they want you to become a recovered caterpillar. Those people who are all giving you advice, they are the same ones who got on the bus. So how could they possibly relate to what you are going through right now?

Part of the reason I used to get so frustrated with Christianity is because they kept calling Jesus a savior. That's ridiculous. He was a guide. A teacher and a guide. Maracas is my guide and let me be your guide.

Is this beginning to make sense? Are you beginning to get the larger picture here?

ZOMBIE APOLYLPSE (a psychiatric shaman will help you get the hell out of dodge)

Let me share with you more of why I'm not seeing a big huge problem in all of this, and, since I like to go wacko and make this book humorous as best as possible, let's use the metaphor of zombie apocalypse now.

Now and especially now, as the world is dissolving into [zombie apocalypse](#), you really want to be on the butterfly trajectory anyway, because, once you're on the trajectory you're in the [tractor beam](#) and you will get tons and tons of butterfly help while the social structures and economic economies continue to worsen and collapse and degenerate further and further.

I'm not a prepper or a conspiracy theorist, but [David Wilcock](#) and [Kerri Cassidy](#) and [David Ike](#) are all pointing in the same direction I am pointing towards. So, if you have made it this far in my book and you have not gotten the hint that I'm trying to reconnect you to source, unplug you from the matrix and plug you back into source, well, let me share with you a secret, so is David, and David and Kerri. Do believe me, go check out some of their work, because, after you get past reptilians and clones and secret space programs, they are all saying the same thing also.

Don't get me wrong, but I'm not stupid either. This world is a mess and you want to be on team win anyway, so, let's lighten the load together, chuck all the excess baggage that is weighing you down, the baggage of beliefs and old stories and let's take flight together.

So if you're an atheist and you still don't believe in Marcia, try researching David, David and Kerri and let's see if they can help lighten your load so you can join the celestial speed up and avoid the zombie apocalypse and reframe your withdrawal and get off the caterpillar timeline and rise above the battleground and see your healing as a spiral instead of a circle and, well, get the [hell out of dodge](#) (this dark forest of withdrawal)

And I will do anything, absolutely anything, to get you the hell out of dodge, so by introducing you to three of the most well-known conspiracy theorists will be the key to unlock your door, then let's get a move on

PICNICS BORE PSYCHIATRIC SHAMANS

It's true, by the time you become a psychiatric shaman, you grow bored of picnics, OK, now, back to our dark forest example and the bus metaphor where all of your friends drove around while you got pushed inside.

Now, we got to tread delicately with this next metaphor because I've found that judging those who are outside of the dark forest will put me back into the dark forest, so, it's a fine line between telling you the truth folks to meet you where you are at but, also, unplugging you quickly thereafter, so, again, it's a shamanic trick that I must rely on now.

Now, after my withdrawal is over, I am her again, back, now with you all, but, please, do me a favor, and don't tell my friends in the meadow, you know, the ones I told you about who are enjoying their picnic and discussing metaphorical.

Because I don't want hurt their feelings, but, for the most part, their picnics are just plain boring to me now. I would much rather spend my time with you all, in the withdrawal communities, who are inside of the dark forest like I once was. You guys are my real friends now.

Picnics are boring. [The dark forest](#), on the contrary, is so rich and exciting with so many authentic and appreciate and wonderful people. And, since I'm not afraid of getting lost any more, I just love going back into the darkness because I get to meet you all.

Since I can hear your cries for help, would I be a man of integrity if I did not go back in? Who else is going to do it? The people at the picnic table certainly won't, they are too busy at the picnic table discussing metaphysics. And, besides, they are too afraid they might get lost.

I do this, not because I am a super good and virtuous person, but because I know a truth which you have not discovered yet. And, I love sharing hope with people who want hope. It brings my life joy.

In the dark forest I get to love you, not because I am good and nice, but because it's how I have learned to love myself (tea for two). And, this new formula I discovered is absolutely fool proof. It is has never failed me, not even once!

The dark forest is time of tremendous fear and anguish, and I totally can relate. My withdrawals were total anxiety and depression. But, it was all a misperception in the end, and so when I return, I always bring several of boxes of Kleenexes with me and sometimes all I do is simply pass them out.

And, also, I simply don't spend too much time hanging out there much anymore, only about one hour per day usually. So, after we have become friends, there will be a moment when I will get back up and turn on my flashlight and make my way back to the meadow clearing.

But, I will not leave you stranded. I always leave you with a copy of my book, my map, and, if you would like, the extension of my hand.

This is not complicated folks. It's basically the same invitation I give to everyone I meet inside of the dark forest.

Are you ready to "pick up your matt and walk?" (Not psychically walk, but spiritually walk).

MY AUNT TERESA WAS A PSYCHIATIC SHAMAN

My aunt Teresa was a psychiatric shaman, and I hope I can include her in my book, because she was my most favorite family member of all times, but, I want to include her in my book because the doctors said she was crazy like the doctors said I was crazy and my family thought she had emotional problems like my family though I had emotional problems, so, well, can you see the parallels? But the reason I wanted to include her in my book is because I'm telling you that picnics bore psychiatric shamans and what I am trying to explain is that psychiatric shamans can't do small talk, it makes us vomit, and, when people see us vomiting they think we need pills, but we don't need pills, but, instead, we either need to remove ourselves from the small talk that is making us sick or we need to, eventually, learn to forgive all small talk (but that comes much later so for now let me continue to tell you the story of my aunt Teresa)

I want to tell you the story of my aunt Teresa because she was a wounded healer (I've already talked about wounded healers in another chapter) and instead of ignoring my cry for help, she ran into the dark forest and tried to help me, so I totally loved this woman more than words can say, but, also, she got stuck with me in the dark forest, but that does not matter because all that matters was the message that she came to deliver, and I got the message, and it's to her that I totally need to dedicate this book because after she died she came back to see me, and she is part of the reason that I can and must write this book, because she even said to me "I don't know how to forgive your family but please do show me how because I'm lost in this dark forest" so she was a totally psychiatric shaman, she was bored by the people in the clearing having small talk at the picnic table.

She even used to say "your family only wants to talk about the coffee table" and since I am still alive today because my aunt Teresa had the courage to be my friend in the dark forest and not ignore me and also since she kept telling me she wanted to write a book and since I don't believe in death then she is also my Marcia right now and this book is for her from her and, well, it's complicated but it's not, simply put, my aunt Teresa was a psychiatric shaman

PSYCHIATRIC SHAMANS DON'T DIE (and if you try to kill them they come back even stronger)

It's true, it's true, psychiatric shamans don't die, you can kill them but it won't work, because, they are like the replicators on the matrix, you kill one and it comes back as two, and you kill those two and they come back as four, no, it's not wise to kill a psychiatric shaman, it will backfire every time and you just get more and more of them,

My grandma Marcia was a psychiatric shaman, and she did not die, and my aunt Teresa was a psychiatric shaman and she did not die and Jesus was a psychiatric shaman, and, well, I think you get my point now.

No, it's wise if you listen to psychiatric shamans while they are alive because after they die they just keep on sending more and more of them and they just continue to multiply so it's wise to listen to them while they are in a body and save yourself time and not have to deal with too many replicators on the other side who will haunt you like Patrick Swazee did to poor Whopie Golber in the movie Ghost.

SAMANTHA AND ENDORA WERE NOT PSYCHIATRIC SHAMANS

Metaphysics is not witchcraft because we're not trying to make anything change but our beliefs. All we were able to do is unwind what is keeping us stuck in this dark forest, that's all, it's not some sort of satanic mystery that you should be afraid of.

Back on North Forest mom used to put Erik and I in front of the living room TV on the white shag carpeting (which we never could keep clean) and we would watch [bewitched](#), and, I think that [Samantha](#) and [Endora](#) taught me more about life than Calvary Baptist church ever did, but, that's a digression

When it comes to withdrawal, and spirituality, and emergence, we can't just wave our hands and chant an incantation like endora and Samantha, we can't use witchcraft, and we have to do it the hard way, the mortal way, like daren used to have to

I love new age and I can even stomach a lot of religions, but, because they grew up moral, the spells never work for them. It would be like Daren trying to cast a spell, it would just make endora laugh at him

But the reason those spells worked for Samantha and endora is because they spent years and years learning how the laws of quantum mechanics and metaphysics worked, and, while I am not here to suggest you try Wicca to escape your psychiatric withdrawals, I would highly advise you to begin to study the metaphysics I will be presenting her in this book because it's how I escaped the dark forest of my withdrawals.

But the reason those spells worked for Samantha and endora is because they spent years and years learning how the laws of quantum mechanics and metaphysics worked, and, while I am not here to suggest

NEUROPLASTICITY (psychiatric shaman's plant seeds in your brain)

Are you still feeling discouraged because you have gotten this far in my book and you have never heard anyone speak of a withdrawal emergence like I have? Well, if you have made it this far, then you're ready for a truth that can wash over that chemical imbalance theory that I hope we have been able to debunk by now.

OK, here comes a total ray of hope I'm not a book writer or a life coach or minister or a doctor so I can take liberty with my unpolished writing and just jump into what worked in my story. So, here I go.

Have you discovered [Joe Dispenza](#) yet? This guy totally rocks. If you google his name, you're going to find tons and tons of material that will help you immensely.

Do you realize that our actually do contain [neuroplasticity](#)? Do you understand that brain chemistry can and does regenerate? How about throwing this in the face of that "my brain has been damaged" story.

This is totally good news folks. But, after you read the work of [Joe Dispenza](#), take it one step further even, and apply this concept to our caterpillar to butterfly analogy I have been presenting. Because, yes, brain neurons do rewire, but, have you considered that the evolution requires that they rewire more harmonious and more congruent than before?

If you're not taking notes, I would advise, now, and, also, while you're at it, click on the link above and visit his website.

And, since my book was certainly not written by a brain damaged vegetable. I'm not only perfectly fine, but, in many respects, better than I was before. I certainly have not been damaged.

GOD IS NOT BI-POLAR (psychiatric shamans are nondual)

Now for more unwind of the stories that are no longer working in the dark forest of withdrawal. Let me now introduce you to my teacher, [David Hoffmeister](#), is probably under the category of what they call "[nondual](#)."

He says that negative focus is the same as positive focus. He does not tell us that positive is good. Nor does he tell us that negative is bad. He simply says, instead, that both are simply untrue. He was the Trojan caterpillar in my story.

He goes on to say that god is neither good nor bad (in a nutshell anyway). Why? Because god is not bipolar! (And neither are you).

I had a very strong ego, and, for a creative person. A strong ego is going to swing very high and pendulum to very low. I was never bipolar. The whole thing was all a big misunderstanding.

I tell people who call me on that we must only focus on solutions, but, that does not mean I am telling others to “positively affirm your way through withdrawal” either. (Sorry Patti Page) Both positive focus and negative focus are still the caterpillar mind. The butterflies speak a language that rises captain quantum vertically, above the z axis, were we look down on both good and bad. And, to the best of my knowledge, not one single caterpillar, as of yet, has been able to crack the code of this mystery. Not a single one!

Positive is great, don't get me wrong, but I am going to take you past the need for all polarity. Because, God is not Bi polar!

TEARS FOR FEARS (Courage is born of tears)

I'm a product of the 80's and one of my favorite bands was tears for fears. Remember the song [mad world](#)? (In one of my earlier chapters I introduced you to [rock the casbah](#) remember?)

Well, here is what you need to know, once inside the dark forest, your no longer running in circles. Outside the dark forest it's a very mad world, but, once inside the dark forest, you are no longer going round and round any more. This is the good news.

At first I was going to label this chapter grief, but, when I remembered the name of the 80's band I had to start off with the lyrics to mad world, because, hear is what the grief part looks like, it's just like the name of the band itself, it's when we replace fear for tears.

Labyrinths are scary if you're in one for the first time, but, after you have walked a few, you kind of know what to expect.

In a labyrinth you keep retracing your steps over and over and over, but, your no longer walking in circles, your walking in a spiral (we will explain this more when we bet to the Cartesian coordinate chapter)

And, if someone does not give you a heads up, you're probably going to want to sit down and just sob. So, let's talk about grief for a while.

Now, there is going to be grief. So, if you can replace your fears for tears, you will get to watch a great big chunk of your iceberg calve off into Glacier Bay.

I totally get this. That's why I brink Kleenex with me every time I go back into the dark forest. I've been back many times, and I know what to expect.

GOD IS A BLACK WOMAN (The holy spirt is a psychiatric shaman)

Well, here we go, we need to get you guys onto off the secular and off the religious track to get you a higher power so that you can [surf your way through withdrawal](#) and since I said earlier in my book I would be using movies then I have to ask, have you see the movie "[The Shack](#)?"

Because, if you have not, you need to watch that movie. Because, there was a scene in that movie that pegged your tears with clarity and purpose.

In the shack, a man's daughter had been brutally murdered, and he was lost in anger and bitterness. The whole movie explains this better than I can, but, in a nutshell, the man had to face his grief, and, with help from god, Jesus and the holy spirit (butterfly 1,2 and 3) he got to his tears, and he cried it all out.

But, not only did he cry it all out, but his tears were captured, collected, and harnessed as a commodity. ([Watch that scene here](#))

Tears, folks, are seen as butterfly currency. You need to hear this. It's important that we cry ourselves enough tears to flow our way out of this place that we believe to be so dark and so desolate.

Listen folks, I totally get it. None of my teachers in school or my family taught me how to grieve. None of them had ever fallen into a dark forest like I did. And, if I had been able to grieve the loss of my Grandma Marcia way back in 1983 I would not even be writing this book for you now.

I had to figure it out the hard way. Grief is hard. But, also, grief is essential. All butterflies know grief. All surf instructors know how to grieve. And, also, [grief is a spiral](#)

So, I hope by now your beginning to get better and clearer picture of what you were once calling a "psychiatric drug withdrawal."

Can you see, now, the direction I am pointing?

[SPIRITUAL BYPASSING \(a psychiatric shaman will take you to the heart of the matter\)](#)

Here is good news for you guys, we cannot bypass anything once you're in a withdrawal, because, by now, it became an all or nothing for you, and that's great news. If you want to get to the center of the labyrinth and you are not willing to walk the labyrinth then you're [spiritually bypassing](#). That's when you talk and talk and talk instead of walk and walk and walk (I should know, I did that for years).

However, if you take the bus around the dark forest and want to discuss metaphysics at your picnic, you're also [spiritually bypassing](#). And, if you go into the delivery room wearing your Sunday best and are perturbed that the woman giving birth just got shit and blood all over your new white Sunday dress, you're [spiritually bypassing](#).

Inside the dark forest and inside of the cocoon, everyone want to find a shortcut, it happens to almost everyone, and in my spiritual community, we have a different name for it, we call it metaphysical ghosting.

But, no matter what it's called, it's still something we all will do, so don't stress.

People who have never been in a dark forest can use a lot of nice and flowery spiritual language and call themselves spiritual, but, unless you have really endured something monumental and life altering. Like a psychiatric drug withdrawal. You will not be required to ever go down deep.

If it hurts and it's scary, and I won't don't otherwise. In caterpillar nation we can "act as if" but if it's not working for you anymore, it does not mean you're a failure. It simply means you've outgrown that modality and you're ready for an advanced class.

So, this is what you have already encountered by now, a lot of well-meaning people who are telling you that "this too shall pass" but I'm not going to do that. I'm getting you in my car right now. We've got to get you to a doctor!

GOD IS NOT A USED CAR SALESMAN (psychiatric shamanism will not be \fear based fundamentalism)

In withdrawal I'm scampering as because I have got to get you guys in the [tractor beam](#) and Storytelling is the earliest stage of grief. It's called bargaining. Everyone in a psychiatric withdrawal needs to tell their stories. One of the reasons the withdraw communities can be helpful is that there are forums for storytelling, but, without enough butterflies to provide the container, it can turn into a bad AA meeting [drunkalogue](#) very quickly.

Grief, however, cannot be rushed, so, we must review the [5 stages of grief](#) as outlined by [Elizabeth Kubler Ross](#).

Everyone, at first, is going to retrace their steps over and over to see if they can figure it all out and get out of the dark forest ASAP from the same way they came. It normal. It's also natural and to be expected. That's called bargaining.

Story telling is trying to bargain with god, and that's ok, it's all a part of the process, but, god knows that the bus has left already, and you must go through the dark forest itself.

God is not a used car salesman. God is no compromise. God knows you are a butterfly. God knows you can do this, and, God will allow you to tell caterpillar stories, and, while god can hear your pain, god does not understand the stories.

Once you are done telling your story, god is going to start to illuminate your path, I guarantee.

LEARNING TO FLY (psychiatric shamans teach you the language of emergence)

In withdrawal, I remember, we fly out, we do not crawl out, but this is the new language that Anne Sullivan taught to Hellen Keller and the new language I'm teaching you now.

You're like a newborn baby, and, you're simply learning how to walk. My ego did not want to hear this at first. In fact, when someone suggested to me that I had to start all over, I was quite perturbed and very much insulted.

But, in my story, it was all a big misunderstanding. I was not being taught how to crawl and walk, but, instead, I was being taught how to fly. Do you see the difference?

Learning to walk outside the dark forest and learning how walk inside of the dark forest.

Replace the word walk with fly and you have the missing piece of the puzzle. Isn't this good news folks? You don't walk backwards. You fly forwards. We fly out of the dark forest in other words. We walk in and we fly out.

All you need to do is reframe the vocabulary and you will understand that you are not going backwards, you are going forward

EASTER EGG HUNT (The angels are dropping clues for you everywhere)

Grandma Marcia used to give my brother and I Easter egg hunts when we were little boys, and, this is as true for us adults as it can ever be for children.

Angels are not like we were told in our religious Sunday school classes. They are not beautiful women in white robes with delicate wings on their backs. Those are just Christmas tree ornaments.

Angels are butterflies, pure and simple. Angels are surf instructors.

Oh, and BTW, this is also my favorite chapter. Because, I love Easter egg hunts and I love scavenger hunts and this is how the angels came to prove themselves in my story. They kept dropping clues all over the place. We just need to know where to look, that's all.

I mean, sometimes they do come in actual psychical form, but often you never actually see them, only their calling cards (i.e. hidden clues and Easter eggs which I call synchronicities)

Don't be discouraged and believe for once second that a psychiatric withdrawal is outside of their scope or reach. They can move mountains. Nothing is beyond their scope.

That is why this is my favorite chapter. I love the angel signs part. I just wish that I could tell you more about my encounters with the angels, but, alas, my book would just get way to long, so I cannot go into the countless angelic signs that have proven to me that we are not alone in the cocoon or in the dark forest and the cocoon.

When we make the decision to live, to "pick up our matt and walk" I guarantee you, the universe has already set in motion a game plan for your emergence. You will be presented over and over with signs from the universe. I call them Angelic Signs. Signs that the universe needs you, wants you to recovery and, also, yes, loves you too!

But, your responsibility will be to look for these signs, and, if it helps, document these signs. And, I want to show you how. Think of this time like a scavenger hunt, and, your assignment is to find the synchronistic clues.

Trust me folks, life becomes like one big Easter egg hunt! (Marcia used to hide eggs for Erik and I when we were little boys

LIFE TODAY (Shamans face their pain everyday with courage)

I remember once I told a man in a withdrawal chatroom that I never did recover my old life, and I think he blocked me. I wish he would have let me finish my sentence.

I never recovered my caterpillar life and I never returned the edge of the forest either. I never got my caterpillar career back and I never got any of my caterpillar money back either. So, how would you like to define recovery anyway? Crawling backwards or flying forwards?

But, instead, something ten times more valuable. I found Marcia's heart again! I found my inheritance!

Because, every single day, instead of looking for a future healing (that might never take place) I simply pick up the resources, guidance and direction that the Marcia puts on my "to do" refrigerator list, and, when I follow their good orderly direction, I simply don't suffer for that day.

And, if you string these days together, I must admit, you get an absolutely bad ass life. A life full of miracles that are astounding. And, not in spite of my dark forest cocoon ordeal, but because of my dark forest cocoon ordeal.

THE SLINGSHOT EFFECT (a psychiatric shaman will help you get into position for launch)

You probably think your psychiatric withdrawal took you further from God, but that's simply not true. Your withdrawal is actually bringing you closer home to God. Why? Because of something I call "the slingshot affect". (In AA they say three steps forward and two steps back but I prefer the slingshot metaphor)

You are like a slingshot, but, in order to be shot into flight, someone has to pull the rubber band back very tight (pain/suffering/psychiatric drug withdrawal/dark night/cocoon etc.) But, you know where I am going with this. Sooner or later god must let go of the rubber band. When you are aimed in the correct direction, god will let go, and hurl you into orbit. (Although this is still just a metaphor, use it, please, as a pointer.)

All I am able to do, with my book, and my testimony and tools, is to aim you in the correct directional trajectory. As soon as we get you all lined up in the targeted established coordinates I guarantee you that god will let go. And, that is when you get hurled. Hurlled into flight, way above the treetops and out of this blasted dark forest.

That is what spiritual awakening can look like. That's how it happened in my story at least. And not in spite of all my withdrawals, but because my withdrawals.

More often than now, we do fall back into the forest, but we run straight back to the slingshot and the second time we line up faster. And the third time faster until one day we simply realize we have escaped all together and we simply do not look back (except to go back in and rescue those still trapped) (Trust me, if you were not in a withdrawal you would have not the inertia to ever become a butterfly)

YOU'RE FIRST KOAN (a psychiatric shaman will not try to get you to figure anything out)

I've been confusing the hell out of you in my book? By now you probably thought I had a mantra or a tool or a method available to help you end your withdrawals, but, instead, I've been just garbling and confusing all of you with words like "well it's not religious and it's not secular" and "well you can't be stoic but you must also be resilient" and then finally I said to you "you must let go but you cannot give up" and if I were the room you probably would have thrown this book at me because none of this was what you wanted or expected, but, let's get back to Marcia when she asked my father before she died [Have you figured it out yet](#) that emerging from a withdrawal (cocoon/dark forest) is an actual [koan](#). (I simply hate [koans](#). My abbreviated definition of a [koan](#) is simply WTF)

Yah, Yah, Yah, total mindfuck, I know. And that's good. Why? Because emergence can't be figured out. You can't figure this out. When I tried to figure mine all out, I got stuck and created more suffering.

You have no logical precedent for where you are about to go. Religions call the answers to these riddles to be "miracles" and for the sake of language, let's use that word for now if it's ok with you.

We can't "figure our way out" of the cocoon and we can't "figure our way out" of the dark forest ether. One of my prayers many years ago was "I don't know, please god, show me how" followed by "there has got to be a better way"

It's sort of like this. It's like trying to explain color to a blind man. He simply can't until he receives sight. Helen Keller could not see or hear, so she had not logical way to figure out how to speak. (Yet, she did learn how to speak and read lips).

The sooner we figure out that there is nothing to figure out the closer we get to a truth which will actually dissolve the forest itself, but let's not put the cart before the horse, lets continue with our metaphysical roadmap.

[SUPERPOWERS \(Every psychiatric shaman had to pass through a dark night of the soul\)](#)

You probably don't feel like wonder woman or superman right now. During my withdrawals I felt like superman, yes, superman alright, but, superman on kryptonite!

Did you see the movie "[The Matrix](#)" with [Keanu Reeves](#)? Do you remember the scene where [Morpheus](#) hands him to options, the red pill or the blue pill? ([Watch that scene here](#)). (I remember my Valium pills used to be blue in color. Now, isn't that ironic?)

But, the point is, that [neo](#) had to go through a withdrawal in the movie. I don't want to spoil the plot for you, but if you remember the story line, right after he took the red pill, he ends up getting flushed down a ginormous toilet and he falls into a huge and disgusting sewer. His life does not grow easier, it grows harder, but, at least he got himself unplugged ([watch that scene here](#))

How about reframing your story this way. You're not in a withdrawal, but, instead, you have been unplugged and you have been flushed down the matrix toilet itself.

And, as you follow the movie, notice what happens to [Neo](#). Because, after he got flushed down the drain, he begins to recover, slowly, and he emerges. He emerges from the sewer. But, he does not emerge as a caterpillar. He, instead, captures the superpowers of his butterfly.

Nobody, in truth, needs to take red pill, but, instead, all we have to do is stop taking the blue pills. And, that's what you have done. You're withdrawing off of the all of your blue pills.

So if you think you have just been flushed down a huge toilet and landed in a huge and awful sewer, you're probably right, but so was I, and so was I [neo](#), and so was [St Francis](#), and [krisnamurti](#), and [St Teresa](#) and on and on and on. (Every great [avatar](#) and [saint](#) had to be flushed down the toilet. Even Jesus.)

Oops, I'm getting ahead of myself again. First, however, let's get you out of the sewer first.

CHECK VALVES AND TRACTOR BEAMS (The door to emergence is also an emergency exit from the dark forest)

I remember when I was growing up the Brown family next door were very Christian, and, they seemed like the perfect family. (We all thought they were the [Brady bunch](#))

Dianna Brown always had cookies or something else in the kitchen set out for us kids that was freshly baked and their house seemed perfect and every Sunday morning they would all get all dressed up and be outside getting ready for church in clean clothes while my dad and I were filthy dirty in the garage welding. I was kind of jealous that they got to wear clean clothes and go to church as a family on Sunday, but, I really did enjoy welding also, so it never did manifest into an actual grievance.

But what I remember about the Brown family was the sign in front of their front door which said "[one way](#)" which was true, but, it had a deeper meaning beyond what Joe Brown probably thought back in the stone age of 1980. What it truly means is that once you're in the dark forest, there is only one way out. Sort of like back in my AA meetings when they used to say that the elevator to sobriety is broken so you will have to take the steps.

My spiritual teacher [David Hoffmeister](#) says that awaking is like getting caught in a tractor beam, but I'm a Builder, so I like mu plumbing analogy better than star trek analogy. I don't refer to all of this as a tractor beam, but instead, I call mine a one way [check valve](#).

Alright, so you're going through a withdrawal, well, throw in the towel and just do what I did get out your transponder and say "[beam me up scotty](#)"

Remember when I told you that once you fell into the dark forest and became unconscious and woke up you could not go back and retrace yourself out again? Well, in plumbing terms, this is called a [check valve](#).

(When I was growing up My father had several avocado groves and as a teenager I helped with all of the irrigation development, so that's when I learned all about [check valves](#) because we had to pump the water up hill, and the dangers of that water ever going back downhill by accident would totally blast out the plumbing fittings if we did not have check values.) (Either way, I think you can hear my point.)

EXTENSION LADDER OUT OF THE PSYCHIATRIC SEWER (One step at a time we continue to add rungs)

Because I got to get flushed down the toilet just like Neo in the matrix I had to climb out of the psychiatric sewer using a ladder. (I could not climb back up through the toilet. The matrix view awakened people like sewer rats and we would just keep getting flushed back down)

There was no way I could go back up the sewer main and get back into that pod and plug myself back in. And, even if I had tried, the robots would not let me.

So, after about 1 year into my withdrawal, I realized that I needed help getting out of the sewer, just like you do right now. After one year the psychiatric withdrawal communities had taken me as far as they could take me and I needed more rungs in my ladder to reach the surface of emergence. So, that was when Marcia came in and told me to change my story.

That's when Marcia said "stop calling it a withdrawal you knucklehead. Call it, instead, a [*dark night of the soul*](#)" (are you starting to see a pattern emerging out of my book folks?)

As soon as I changed the premise of my story, a whole new world of resources and tools opened up, so that is something very encouraging that I want to share with the readers of my book.

So you have been flushed into a sewer, is that good or is that bad? So you're in a cocoon, is that good or is that bad? So you're in a dark forest, is that good or is that bad? Are you a caterpillar or are you a butterfly? Would you like to learn how to surf with me now folks? How about riding some of these waves together. (Perhaps we can simply [*surf*](#) our way out of this very dark place.)

So you are freaking out because your ladder does not reach the surface of the sewer? Did you know this is an extension ladder? Let me just show you how an extension ladder works. Together, however, it's going to take two people to pull. You have got to trust me, however, this so

BECKY (My first 12 step sponsor)

Becky was an absolute angel back then, as I was clued to the green couch, contemplating suicide, and she found me at the Unity Church, and she was horrified, and, because she had a compassionate heart, she prayed for me, and, while she was listening to unity radio at work, she heard this unity minister who talking about something called the dark night of the soul. His name was Mike, and, [*this was the podcast*](#). So, she called unity radio and said, I need to talk to that guy on the radio, and they put him on, and she said "can you help my friend Kenny" and one thing lead to another and he was my first ray of light in that dark and horrible cocoon, because, instead of being frightened, he was elated, he was the first one who did not say I was having a problem, but, instead, he was the first one to, well, matter of factly, just said "oh this is just a dark night of the soul, very simple" and from that moment on things began to turn around. I left the withdrawal communities on that very day and started going in this direction that I am sharing with you now.

PSYCHIATRIC SAND (Jesus explained the metaphysics to us 2,000 years ago)

If Jesus would come back in 2021 and someone in the crowd were to ask him: what do we do with our pills” and he would reply “what name is on the prescription bottle?” and we would say Walgreens so then he would tell us “what belongs to Walgreens should be returned to Walgreen’s”

Sort of like that in a way anyway, but, getting back to our Jesus talk (I waited until much later to bring Jesus into my book just in case any of you guys have religious traumas in your aurora like I had in my script)

OK, remember when Jesus said that the house on sand would wash away? Well, he was actually referring to psychiatric sand. What he meant to say is that the house built on psychiatric sand will always wash away.

He did tell us to build our house on the rock, but, the entire time, he knew that many of would not hear him until after we had already begun building on the sand. But, this is not a problem. Because, there is a learning curve in building homes. The first few homes I remodeled turned out terrible, I made tons and tons of mistakes and they all had to be done over, but, that’s why Jesus was also a carpenter, so this is what you need to understand. Nothing has gone wrong.

Your house was supposed to wash away, it had to, because psychiatry is about as reliable as a sand foundation. But, how else are we going to get it right?

NEVER UNDERSTIMATE A HOBBIT (You do have it in you I guarantee)

Although I graduated from the medically injured communities, it only meant that I was to return later disguised as a [surf instructor](#). And, this is how we surf.

I stared off by reading stories of emergence. Stories of superheroes and stories about saints and avatars. Anything that I could that would match my new story.

And, what I came to realize is good news for you all. They all, every single one of them, had to pass through a dark night of the soul, and a cocoon, and, every single one of them got flushed down a ginormous toilet also.

And, every single one of them went on to become avatars, saints, prophets, mystics, way showers and leaders (and surf instructors). Not one single one of them left the dark forest to retire in Florida. Every single one of them devote the rest of their lives to purpose on steroids. Every single one of them became a change agent and a superhero, and so will you.

Your days of playing small have come to an end I am afraid. Once you emerge from this one, for you, you will become invincible.

If you’re totally in disbelief at the audacity of the statement I just made, that’s totally normal. Nobody thinks or believe they can be a way shower at any level. Nobody believes they have it in them and nobody will ever be ready.

Before [Bilbo Baggins](#) went on his adventure in [The hobbit](#), he had no idea what hobbits were capable of

TAXI DRIVER MAKE HORRIBLE MIDWIFES (How to find a psychiatric shaman instead)

In a nutshell, during withdrawal, you need a midwife right now. Someone who help you emerge from this sewer. Midwives are [surf instructors](#). They understand that waves are the same as contractions.

You're not dying. Stop all of that nonsense right now. You're not dying.

Do you think book shields was dying when she was giving birth in the blue lagoon? Just because she did not know what was happening to her was no reason for her to kill herself. ([Watch this scene](#)). You're not dying, you're simply giving birth, and you will deliver this baby.

This is your time of transformation and these are your labor pains. Please seek out butterfly midwives. I implore you, do not look for any caterpillar midwives during this sacred and valuable cocoon rebirth. (Don't look for a taxi driver to deliver your baby.)

DEFROSTING MY SOUL (a psychiatric shaman will not abandon you while the circulation returns to your heart)

Coming off of psychotropic is much like defrosting your soul.

When I was a little boy, my brother and I used to play in the snow, but, before we would go outside, my mother would do her best to wrap our hands in layers of gloves and mittens, but, as we played and lost track of time throwing snowballs and making snowmen, we also forgot how cold our hands had become, so, by the time we got back inside, our hands were completely numbs. And, all I can remember is how mom used to tell us to warm our hands by the fire, and, how much it hurt as the blood began to circulate once again, because, as our hand began to defrost, it hurt.

BRING YOUR HEART BACK ONLINE (a psychiatric shaman carries a deregulator machine)

It's true, in the tool box of every psychiatric shaman is one of those [first aid defibrillator machines](#). We have done this countless of times, we bring your heart back online.

Much of the mind spinning our going through right now has less to do with chemical and more to do with the war between two opposing forces. Religions call this the angel on the left shoulder and the devil on your right shoulder, but, all the time we were taking psychotropic, the devil was silenced, and, now, the genie has been let out of the bottle, and he is pissed, your fucking up his entire scheme and strategy, he thought if you stayed on those pills you could keep your heart offline and not participate in the celestial speedup, but now that your caught I the tractor beam of team butterfly, the guy is pissed, so, here is how I want you to reframe your spinning right now, I'm not a neurologist, and I've already disclaimed the hell out of myself, but I am a mystic and I am someone who healed from 25 years of polydrugging, so here me now, you're in a war right now and it's a war between Satan (ego) and god (sprit) and IM here to tell you that this war has been fought countless times and every single time god always wins.

But this needs to be practical and applicable to you all right now during your withdrawals so let's trying to keep it as simple as possible right now and say that your hear is defrosting like when my brother and I used to hold our hands in front of the tire after going out and playing in the snow.

And this about sums up my withdrawals. As I got off of all of those pills that were deadening my soul and heart, It hurt, and, yes, it hurt like hell, but so too did my hands when I was warming them by the fire. This is just the way of defrost, pretty much I suppose.

WHAT IS MENTAL ILLNESS ANYWAY? (To be well adjusted to a sick society is no measure of mental health)

Did you take pills so you could stay in college and pay off your student loans and keep going to work so you could pay your mortgage and so you could still keep up with your insurance policies and get sleep at night and not worry about the And on and on and on?

Remember what [dyslexia](#) said, it's all upside down. Things like student loans, mortgages and insurance policies are sick, they are very sick. You were well and you took those pills so that you could be an ostrich with your head in the sand and not have to take a look and think for yourself that all of those things are complete madness.

POPEYE EASTS HIS SPINACH (This is all I can stands and I can't stands no more)

And I am so proud of you, Marcia is so proud of you, all of the butterfly's on team win are so proud of you, because, by saying "no more pills" you have just hit your own point of empowerment, much like the moment when Popeye says "[that's all I can stand I can't stand s no more!](#)"

WINDOWS (The first sign of spring is a time of celebration)

People on the withdrawal community have their own language, and, one of the words they use are windows, as if this is some unique dynamic that only happens when you are emerging from a withdrawal off of a psychiatric med. But I've got much to say on this word, and it will expand your horizons.

If you're looking to make the symptoms grow smaller, you're beating a dead horse. That's not only caterpillar, it's also totally [allopathic](#).

If you've been able to make it this far in my book, then you will be happy to hear what I am about to tell you. Because, ever new spiritual tool that you can digest, even if it does not feel like it is working now, is adding another rung to the ladder that is going to get you to the top of the sewer

But, there is one caveat, and that's why I have been pointing in so many spiritual directions. The caveat is faith. You must have faith that what I am telling you is true. Because, while in the dark forest, it's easy to lose hope, and that's why butterfly's flock towards these cocoon, were here to provide hope, hope and more hope.

One you are in alignment with just the right ingredients, the window will open up and you will see the progression of the ladder itself, and this is your first sign of spring, and, also, your first sign of emergence, but, also, when the darkness returns, this will be your reference point, and it will hold your faith strong for the next window to illuminate more rungs on the ladder and this is how you will be building your spiritual muscles during this time.

Your assignment, now, is to use these windows of illuminant and become a spiritual body builder. Rung by rung you're getting out of this place, I guarantee, you, and you must keep going.

One day, I promise, the you of the butterfly will look back at the you of the caterpillar and the outpouring of respect, empathy, compassion and admiration will bring your soul to tears of such gratitude that you will accept your wings only the utmost reverence and humility, but, let me not jump too far ahead, because, for now, we still need to gather more

REPENT (rethink does not mean bow down)

I'm going to redefine this word totally because when I was growing up and my mom was taking me to all of those Pentecostal churches I misunderstood what the preachers were saying. I thought they were saying

"get on your knees you worthless sinner and confess your awfulness and then let the hierarchical superior ranking sky god establish you in his pecking order so that you can get in your place and obey and then we will accept you into our club of those who will not be thrown into the lake of fire just in case you ever consider acting on any of those homosexual fantasies that are string in your prepubescence teenage groins"

(You can see why Christianity still triggers my pain body) but I don't think my 14 year old filters were working correctly, even back then,

The word repent does not mean bow down so that you can be lashed and whipped into submission. Rather, in truth, it simply means "rethink" And that's what we're going to do here in my book because, here is my spiel

I'm not going to lash down your symptoms to make them get smaller. That's way too violent of an approach. Instead, we're going to let your symptoms just be for now, and, we're going to rethink the model of approach. We're not going to make your symptoms grow smaller, but, together, you and I are going to grow larger than our symptoms.

And as for all of that "turn away from sin" talk, well, let's not even go there. Wait until we get to the course in miracles chapter before draining too many conclusions on me on this very triggering word please.

MARCO POLO (How to hear the voice of your spirit guide)

I remember as a kid always pestering my poor mother “can we have a swimming pool mom? Can we have a swimming pool mom?” and my poor mother, who said I was the reason for all of her grey hairs, would tell me every summer “no honey, we can’t, no honey we can’t!”

But that was OK, because Billy Miller down the street at the end of the cul-de-sac, he had a swimming pool, and all of us used to play in his pool, and the game I hated the most was the one called [Marco Polo](#).

And this is the game that butterfly’s play with caterpillars to help them find their way out of the dark forest of withdrawal.

The Marco Polo metaphor can also fit nice inside of our Lewis and Clark example. What did they have but a single compass? That’s the only tool they had, but, also, it’s the only tool they needed, and they simply pointed the compass west.

This Marco polo chapter also ties in with our chapter on aim for the moon, because the Apollo was always off course and always in [course correction mode](#) and the game Marco polo had a team player who operated as our [compass](#) who when we were blind and had our eyes closed kept repeating the word polo

But, since we’re not going to the Pacific Ocean, and since we’re done with the Lewis and Clark example, we are going to shift gears here, and instead of pointing to the Pacific Ocean, we are going to point our compass to the fifth cardinal coordinate. Instead of going North, South, East or West, we’re going up, we’re getting ourselves above all of this (above the battle ground), we are going to emerge; emerge above the battle ground of withdrawal.

So, let’s get out of Billy Miller’s pool right now, let’s dry off. We’re not playing games anymore, but, instead, we’ve to stop playing and get to work.

LET’S GET VERTICAL (Emerging is like ascending)

Ok, now I’m totally going to date myself. Remember way back in 1981 the music video by Olivia Newton John “let’s get physical?” Well, if not, click [here](#). Because, we’re going to trick your brain here, because if you’re looping, why not loop yourself out of this dark forest, because, pretend that in an alternate dimension, Olivia Newton John was actually a metaphysical instructor instead of a gym instructor, and, the song was “let’s get vertical, vertical, let’s get vertical, let me hear you karma talk”

OK, OK, I warned you all, my creative brain really can go down some very avant-garde places,

But, in all seriousness, try it out, and when you’re done, you can read what I am about to share with you all in the next chapter and you won’t get lost in the complicated metaphysics which I am trying to simplify.

I knew I was gay back in the 8th grade when Mr. Anderson our math teacher would wear his polo shirts and [OP shorts](#) to class in the summer. That right there was a total deal breaker. (Oops, sorry, I got off topic (we were talking about god and I got sidetracked))

In an earlier chapter we turned god into a black woman with the movie the shack, but if that metaphor is not working for you, let's try another one, and lets, now, turn god into a math teacher (because let me assure you at age 14 I truly did see Mr. Anderson as a god)

Mr. Anderson taught our geometry class, so let's switch our metaphor to the [Cartesian coordinates](#) now

Remember that our compass is not going to point north, south east or west, then it's no longer going to be horizontal. If our compass now points up, then we need to go vertical, so let's put this into some context to help you understand better.

Did you ever take geometry in school? Did you study the? Do you understand the x,y and z axis?

I have to use this example because of my architectural and AutoCAD background, but, Marcia hated math, so if you hate math and this example is too much, just skip this chapter

Caterpillars need to stay on the X and Y coordinates. It's against the law for caterpillars to do the z thing.

Do you see why you're totally collapsing right now? There are no solutions to be found for you anymore on the horizontal plain, but, this is no reason to feel hopeless, because, now, for you, it time to go quantum ([see captain quantum](#))

You have broken the law, yes that much I will agree with. You have broken the caterpillar law and you have started to explore the Z axis, so, yes, you are being punished, you are being punished by the caterpillar police.

Butterflies use the z coordinate's and surf instructors use the coordinates.

Butterflies and surf instructors are outlawed in caterpillar nation. They have tried over and over to return to warn the caterpillars but the caterpillars either refuse to listen, call them crazy or crucify them, so, its common knowledge amounts all butterfly's and surf instructors to hang out around the cocoons instead, but, alas, I'm digressing here and going on a tangent.

Have the caterpillars locked you up in a cocoon for your unforgiveable crime of the Z coordinate? You saw a butterfly and you went to your caterpillar pries and you said "hey, father crawler, I just saw a butterfly go by and it was strikingly familiar to the guy Fred who you put in jail last year and who died in the cocoon" do you know anything about that?

Well, you know how the story goes father crawler said you were crazy, they sent you to a caterpillar psychiatrist who gave you a bunch of blue pills, and, now your withdrawing off of all those blue pills and instead of them having to put you in the cocoon of caterpillar prison your simply doing it to yourself,

But, the good news, is that no matter how a caterpillar ends up in the cocoon, weather by caterpillar pills or by breaking caterpillar laws, well, there is only one cocoon.

And the good news is the z axis. You are about to enter a whole new dimension.

BRIDING THE GAP (A psychiatric shaman will be your escort to the other side)

My best project in graduate school was a pedestrian bridge, I just love bridges for some reason. It was my third quarter design studio class and we were told to solve a design problem to connect the Gaslamp district of San Diego with the popular convention center, pedestrians were dangerously crossing Harbor Boulevard, so, for this example, its perfect analogy to continue with our bridge analogies.. (Alas, I will settle for a metaphysical bridge anyway)

We cannot force this, but, we cannot be passive either. The cocoon takes mastery. Between the two polarities of resignation and control is the fertile ground of faith, and, that is good news! Once you hit that sweet spot, if only once, you will have your first sign of spring. Your first indication of emergence and your first spiritual window.

Picture a narrow bridge over a canyon, and, on one side of the canyon is butterfly and on the other side of the bridge is caterpillar. The cocoon is a bridge, and, it takes mastery to cross

One window is followed by two, and two by four, and four by eight. Every step you take is another step towards your transformation. And, every window adds another rung on your ladder that leads out of the sewer.

Which is going to lead me to my next chapter, the spiral dynamic

SLINKY (During emergence we replace circle with spiral)

I've already told you that one way to recovery without any metaphysics is to laugh yourself into the light, but, there is a second day. Pets can do the same, if you can fully absorb the love of an animal, well, there is short cut number two.

Before I took my last pill many years ago I went to the ferret shelter in Portland Oregon and adopted Slinky, who was my best friend for years. Have you ever owned a ferret? If you want to recover from a withdrawal faster, get yourself a pet, and, I suggest a ferret. You will be so busy searching for lost items in your home and picking up poop in every corner of every room that you will completely forget about the pain and suffering like I did.

Slinky kept me entertained and loved for hours. He wreaked havoc in your life, they will hide from you, they will steal things and hide things and turn your life completely upside down and they will wiggle their way into your heart better than this silly old book will ever do.

I am telling you about my ferrets because when I adopted my first ferret, I named him Slinky, He was my very first after those [slinky spiral toys](#) we used to play with as kids, that would fascinate us for hours, but, for which, we could never get to walk down the stairs like the VT commercials always showed.

But, the only reason I wrote this chapter for you was to share with you the essential nature of pet ownership and to give you an uplifting and lighthearted story that can help transitioning you into the next chapter which will contain some heavy metaphysical concepts which you need to know for the emergence to proceed smoothly.

SPIRALS (you may think you are still in the spin cycle but that's simply not true)

So, keep in mind slinky while you try to follow me on the metaphysics now. Because otherwise this might get complicated.

You need to know what those steps are like because I want to save you time. Caterpillars have two coordinates only, x and y, so don't stress yourself out if you believe you are retracing your steps. That's to be expected because, yes, in caterpillar nation this would be a truth, it would be a circle indeed.

But once you take the first step onto the bridge, the old rules no longer apply, and it's because we have added a new dimension that does not exist in the caterpillar world. We have added the z coordinate.

You're not retracing your steps, and here is why. Because, you not in on a circle path. You're on a spiral path ([Teal swan can explain this much better than I can](#)).

Look down, folks, you think you have been her before, and, yes, I will agree, you have been here before, but do you see now what you are higher than you were before? Do you see that the addition of the z coordinate has transformed your entire experience from a 2 dimensional circle to a 3rd dimensional spiral?

Yes, you have been here before, and that's good, because now you need to look at it again, but, this time, from a new vantage point.

This how we ascend own ladder, one rung out of a time, rung by rung, by retracing our steps, seeing them from a different perspective, and, thus, we climb out of the sewer and this is how we cross the bridge.

CONTROL ALT DELETE (every psychiatric shaman has been rebooted at least once)

The good thing about I pads and I phones is that kids today will never know the joys of virus attack and anti-virus software and Trojan horses, and that's good, but, if you are that young, you need to explain to you what control alt delete means.

Are you old enough to remember the days of DOS when our computer operating systems would get stuck and the only way to get the computer back online was to hit [control-alt-delete](#)?

WALKING THE LABYRINTH (You are not retracing your steps because you are moving closer to the center)

Psychiatric shamans love [labyrinths](#), we have them everywhere because they are so helpful for us to get our point across. When I was going through the thick of my withdrawals I had this green sofa in my living room, and I almost could not get off of that wretched couch it seems like I was so sick and depressed, but, my friend Randy, who was an absolute angel, kept coming by my house and pulling me out into the sunshine and taking me

places and making me food to eat and trying with every ounce of his might to bring me back to life, (And, one thing he kept telling me over and over and over, was, “keep going!”)

Right now you are in a labyrinth, a labyrinth of withdrawal, and you believe your probably stuck on a sofa like I was smoking cigarettes and goggling ways to off yourself, but, take it from my friend Randy, that very practical and helpful advice, simply, keep going.

Because, you’re not retracing your steps and you’re not slipping backwards, because, instead, you walking a labyrinth

And, the whole point of a labyrinth is to get you to understand your supposed to retrace your steps, silly, that’s the whole point of the spiritual journey itself, and, the purpose of the labyrinth is to get you to see and understand this is simply the way of it, always has been and always will be.

I mean, let’s face it, way back in the 1200’s they even put one in the [cathedral of Chartres](#), so, was my friend Joe a reincarnated monk back from the middle ages returned? Do ya think?

So you find yourself in the labyrinth of withdrawal, well, so was I, and, I kept walking, and, trust me, once you get to the center, there is not a minotaur who is waiting to eat you, but, instead, a playfully puppy who is waiting for you. (Oh and BTW, the day I took that green sofa to the dump was the best day of my life)

Well, for you, now, this is your time to hit the spiritual “[control-and-delete](#)”. In fact, you don’t need to even do that, because that already taken place, but, you will need patience. Patience while the computer reboots itself.

This is the message from the universe right now. Protracted psychological withdrawal takes place when we hold onto our caterpillar. Don’t try to make the computer reboot any faster by yelling at the computer screen. Patience is not easy, but I assure you, it’s one of the criteria for successful butterfly emergence.

BEWARE OF METEORITES (Sometimes we create our own fears)

It true, its rally true, meteorites are very dangerous. We should all be socially distancing ourselves just in case one falls from the sky because if we are all at least 6 feet part chances are the meteorite will kill less people than if were all in a crowd together.

The first invitation I have for someone who in fear of something that has not happened yet is to try [The Work](#) of Bryon Katie. There are many good spiritual teachers who have their own inquiry modalities, but, I like Katie’s the best because it is so simple.

I had a man come to me who was in absolute panic because he was trying to predict what would happen as his taper progressed. So, he went straight to the horror stories and totally freaked out and that made things much worse. He was having a nightmare.

You see, that was his conditioning. He was trained to look for problems to devise. This was his caterpillar conditioning kicking in. But, when the pharmacological curveball entered his life, he had not ady beyond his intellect, and so he totally panicked.

And, since I did this also, I could totally relate. So, because I am now [above the battleground](#), Marcia told me just where we should go together.

I let him share with me all of the horrors that might unfold as his taper unfolded, and, then, when he was done, I shared with him that I am terrified also.

“What are you afraid of?” He asked (thinking that I was supposed to be some sort of enlightened master with answers or something)

So I told him the truth “I lie awake at night and lose sleep because I’m afraid a meteorite is going to fall out of the sky and crash through my bedroom roof” (And we both laughter together)

Here is where healing can be found. Healing is not magic, but it is lost. It’s lost for everyone who is looking for it where it cannot be found; in time.

So, really, healing is not something we need to create, but, instead, it’s something that already exists that we simply must find.

THE GIFT OF DESPARATION (Angels hear prayers that contain fierce conviction)

When we pray to god to get our caterpillar lives back, we get discouraged, we say god cannot hear us, and we start what I call a “negative feedback loop” and turn ourselves into “captain bring down” (AA even has a name for this archetype. They call it “the [dry drunk](#)”)

Dry drunks look for the problems where they cannot be solved. Outside of the self’s. They have a very fearful world view and they try to poke holes in every single positive story available and they make everyone around them miserable. Sound familiar? (I should know. I was a dry drunk for many years.)

Only god can help the dry drunk. Only god can help a person emerge from the cocoon of benzo withdrawal, and, also, God does not speak caterpillar. (We’ve got to learn another language.)

My first words in my new language came on Christmas morning of 2012. I woke up in a hospital bed in a treatment center. That was the first time in my entire life I got on my knees and prayed to god for help with the conviction of a dying man. (I need help, I don’t know how to do anything anymore, so you must show me!)

God speaks butterfly. And, those were my first butterfly words in butterfly language, that Christmas morning in the treatment center. And, it was from that moment on that my life began to unfold slowly, miracle after miracle, and I began to bloom, slowly, like a flower that is beginning to see the first signs of spring. (And, it all started with one gift. The gift of desperation.)

TAKING RISKS (Your emergence is 100 times more valuable than a college diploma)

My grandfather was a risk taker, he bought a whole bunch of land on time and levered my grandmother so much that they could not afford a mink coat, and, then, because he was so business oriented, he bought a manure spreader instead and named it mama’s mink.

Unlike my grandfather, I was a horrible business person, but, the point of his risk taking was not about the money, and that’s what I want to talk about now

Because of my “withdrawals” I had to take risks in life and try things that were completely new and totally outside of my comfort zone. If it had not been for my “withdrawals” I would have completed my architectural internship and become a licensed architect and probably gone on to start my own firm, so, by now, at age 54 I would have been designing all sorts of wonderful buildings and I would be making lots of money. (And, I would have also continued to be a total and complete asshole)

Completing those degrees and capturing credentials is not bad. They are not bad or wrong. They are excellent ways to empower ourselves. But they are not a means to an end either. My credentials were only stepping stones to demonstrate an “I can” truth. They were only backdrops for empowerment.

If you think it takes work to complete a college degree, try completing a benzo withdrawal. I can assure you, that the withdrawal is ten times harder but, also is 100 times more valuable!

SATAN WILL NOT EAT YOU IN THE COCOON (There is nothing to fear)

When we were growing up all of us kids wanted to go trick or treating, and we were out in the cul-de-sacs of Cerritos drive in orange planning our costumes when Robert Brown said “I want to be the devil” and his mom, Diana, was out front watering the lawn and overheard him and said “no you won’t be the devil!”

This story probably has nothing to do with withdrawal, but I wanted to share that with you because I never forgot that funny October day out in front to the Brown hose.

Anyway, have you ever heard stories about sailors who survive shipwrecks only to be approached by sharks in the water? Have you heard the stories about how the dolphins (who are our friends by the way) always come to the rescue of the sailors by warding off the sharks?

Well, this is what happens in the cocoon (sort of at least) because many well-meaning Christians who are afraid of the cocoon, have made up lots of fairy tale stories about how the devil eats people who are in the cocoon, and, in a way, they do have part of the story correct, because I certainly will agree that while in the cocoon itself, I did see the sharks begin to circle.

But those Christians who tell you to fear the cocoon have never been through one themselves, and that’s why they all so fear based (not all Christians are this way but only the ones who have been abducted by grey aliens)

Because, even though the sharks do circle the cocoon like they did the sailors in the water, butterflies and dolphins are cousins, and butterflies ward off the satanic attacks like the [dolphins ward off the sharks](#). Can you hear this? Is it any wonder, now, why butterflies hang around the cocoons and don’t go back to caterpillar nation? They are too busy protecting their young in the cocoon about as maternal as a bear mother would be with her own cubs. (Your ass is covered folks. Stop freaking out. Satan will not eat you.)

DO NOT WRESTLE WITH THE PIGS (Do not try to tell the uninitiated about psychiatric shamanism)

I once had a boyfriend who told me this very interesting piece of wisdom. He used to tell me “do not try to wrestle with a pig, because you both get muddy and the pig enjoys it

Same thing is true about the uninitiated, and, by the uninitiated I mean anyone who has not been through a dark night of the soul, because, if they have not, then they are not at all going to ever get psychiatric shamanism I guarantee. Save yourself tons of anguish and don’t go looking for any pigs to wrestle with. ”

Are you trying to get people to understand what you are going through? Well, if you are, then stop doing that. I’ve come to learn the hard way that they won’t get it, and, even if they could walk a mile in your shoes there is nothing they can do anyway except perhaps give you more space to forge your own energetic trail towards your emergence.

I once had a very wise therapist who was helping me through family drama and, she gave me full permission to write as many letters to my family as I could and say whatever I wanted to them, provided, one caveat. I bring them into her office and not send a single one of them.

So, can you see where I am going with all of this? Take all of this you are going through to butterflies. They already know how to sing. Do not try to teach a caterpillar to sing. Get it?

And, also, remember the [prayer of st francis of assisi](#) and especially the par where he says it is better to understand than to be understood (I know St franciss loved animals too an I’m sure he had pet ferrets also.

THE LIGHT IS IN THE DARK (psychiatric shamans hide down in the basement where nobody will ever find them)

Are you starting to see the irony of this withdrawal right about now? Mine was horrible, but, if I can get you to laugh, to sing, to cry, to [defrost](#), to reason our to let go, then, we will get you unstuck. That’s all I can do is help you remember something much stronger than brain chemistry, and, that is what is called light, and light overshadows dark.

But, most caterpillars just want light. They want to bypass the fearful cocoon phase and they either pretend to be butterflies and sell lots of snake oil or they become religious caterpillars and preach that Satan eats people in the cocoon.

It’s all a big misunderstanding folks, and, in your withdrawal, you are in a cocoon, so let’s get to work with the transformational work at hand.

Here is the caveat folks, it is painful. There is also fear for you, but that’s why I am writing this book. The cavalry has arrived!

The light is only to be found by going through the dark. You need to hear me say this over and over and over. Your joy is on the other side of the pain. This is why I’m inviting you to research “dark night of the soul” and to reframe what you are now calling a “benzo withdrawal”

You are frightened to let go of your family. You can let go of your house and car and investment and career, but, ultimately, you’re most frightened of letting go of those you love.

But, let me ask you this question. Who can love with agape? A broken down dying chapter pillar or a beautiful new butterfly. Your family would be better off, i would surmise, with a butterfly prototype. (I know it’s scary, but that’s why I’m sharing with you my testimony and my [trail of breadcrumbs](#).)

Is this time easy? Hell now! If it were would I have dedicated my entire life to these beautiful cocoons? These amazing rebirths?

ONCE REMOVED FROM REALITY (The real reason Jesus preferred prostitutes and tax collectors)

Listen, let me give it to you straight. My teacher here in this spiritual community is [David Hoffmeister](#), and he says it best. He says that people (I call them caterpillars) who can succeed in this world and play the game and manage their lives and establish control and who believe they are successful at their careers and have established their security, well, just laughs and says “these people are twice removed from reality”

Then he goes on to say that those who have crashed and burned and completely failed at everything (he often like to use drugs as an example to make this point), well, then he gets a big belly laugh. He say “these people are only once remove from reality”

Can you hear me folks? Your crash is not a problem, it’s bringing you closer to your ultimate home and truth which is not to be found in this world. And this is good news!

DON'T TAKE THIS PERSONALY (You have done nothing wrong)

There was a great book written year ago, I think the name of the book was the [four agreements](#) or something like that, and in the book he gave four simple agreements to lead a virtuous life, and number two was “don’t take anything personally” and in my own experience, you must apply this to your pharmaceutical withdraw. What you’re going through is not personal folks. It’s not your fault.

My teacher [David Hoffmeister](#) always ways, you’re not responsible for the problem but you are responsible for the solution.

You were doing the best you could with what you knew. All of bought into the “chemical imbalance story” so cut yourself some slack.

A withdrawal is just a [microcosm of the macrocosm](#) anyway. Sooner or later every caterpillar must fail, and, don’t let the successful caterpillars fool you. Maybe the good ones can play the game longer, but, eventually, everyone gets unplugged and flushed down the toilet, everyone.

When I surrendered (over and over and over again and again and again) every single loss was matched with another assignment every single day. It was almost as if the universe was conspiring in the form of angelic employment. And, as soon as I began to notice the patterns, I was astonished “by god – this is a friendly universe”

I was shown where to go and what to do. And, every single day, in this new way of life, I am presented with service opportunities. And, it just keeps getting better and better. There is no room for fear in this new life and a withdrawal cannot survive without fear.

Marcia uses my body to deliver messages that put the “damaged brain” stories into perspective. Is my brain damaged? That’s none of my business any more. God uses the heart. My heart is opening to source and i get to channel messages to cocoons all over. This is my only purpose today, to pray for guidance, to listen and to follow. Would you like this life for yourself?

In this light, I have found love in my heart for my family. I chose to walk away from my family many years ago to find out for myself what was true, and I got lost many many times (benzo withdrawal was simply the straw that broke the camel’s back).

Caterpillars do not love to their full potential. At best, their love is adolescent and incomplete. It’s designed to be this way. Caterpillars know subconsciously that they are butterflies, so way down deep, they are always in fear of the cocoon. But, since you are already in your cocoon, you now can be completely honest whereas caterpillars still must wear the “I am ok” mask.

This is why we took those pills. Butterflies don’t fear the cocoon so they are free to fly. Do you see the martial order now? Nothing has gone wrong. Every caterpillar has to go through a cocoon eventually. See it in this light and notice if you can relax a bit and let god work through you instead of you telling god what should happen. Faith and trust faith and trust faith and trust.

HURT CATERPILLARS HURT CATERPILLARS (Mistakes are inevitable and perfection is impossible)

If you read the [dedication](#) of my book, to my family, you will know what I am talking about. My caterpillar was pretty much hurt from the get go, and, while he was hurting, there was fallout (you try coming out as a gay man in 1985 and see if you don’t end up getting caught in a spin cycle)

My caterpillar never did get the architectural career and he never could go back and apologize to all of the other caterpillars who he hurt. And, yes, while I was failing, I lashed out at other caterpillars. While I was totally falling apart you need to know I lashed out at other caterpillars. That is to be expected.

Towards the end of my caterpillar career I was not a very nice caterpillar (hurt caterpillars hurt caterpillars)

Remember our woman in labor example, however. In a psychiatric withdrawal, nobody can see what is happening inside of you, so it’s not like a broken leg with a visible cast that will harness sympathy from others and get a lot of “get well cards” and “we understand” etc.

If you’re lucky, people might try to understand, but for the most part, nope, your darkness is made harder because people are going to even kick you while you are down and expect you to be up, and, this is when I lashed out, and if you have lashed out, it ok, it’s really ok. Try to forgive yourself by remembering that hurt caterpillars hurt caterpillars.

BUTTERFLYS ARE WOUNDED HEALERS (All butterflies become healers)

Butterfly's often cannot go back and apologize to the caterpillars that they hurt. Sometimes they can but sometimes they can't. I wish I could, but I simply can't, but, here is what I can do. I can But, I can make a Living amends. How? By simply being a butterfly today.

"The [wounded] healer is someone who has been broken, so that they could be open. So that the people who come to them are treated with the soul instead of the mind - [they know that] pain is not just theory, it has to be felt. ...You are the Wounded Healer when you have gone through the experience of needing to heal yourself." - Caroline Myss, PhD

A butterfly, by its very nature, is a wounded healer. Read the work of [carolny myss](#) and [Robert Ohotto](#) because we need to leave victim but we still wounded but the wounded healer archetype was and is the stepping stone that got me off that god awful green sofa years ago in the thick of my horrible withdrawals

BLACK AND WHITE VS COLOR (you are about to leave [Pleasantville](#) once and for all)

Back in the 70's color tv was a pretty big deal, and, dad always got the color tv in his room, and the only way I will get to ask him why would be if I went out and got a Ouija board and asked him now, because for the first 18 years of my life, all I saw were programs on the family room set which was black and white.

Ok, there is more to my story. I did not find myself in the psychiatric trap because I had a genetic disposition to mental illness. I simply don't buy that story. It was not in my DNA. It was from my childhood. I was different, I was sensitive, I was the artist, I was the explorer and I was very curious. And, I was very bright. Nobody knew what to do with me.

I saw the world in color. And, I simply thought everyone could see colors, but apparently not. And, in a world full of black and white adults, my archetype could not be controlled. I was seen as an enigma at best and problem at worst. My parents loved my spontaneity but could not control my recklessness.

My sensitivities could not be seen or heard in a world of black and white, and public school simply told me to memorize and obey. I became very lonely very fast and I made myself very sick.

You need to hear what I just said. When I tried to get others to love me and approve of me with obedience I made myself sick. When I tried to dumb myself down and get good grades in school I gave myself PTSD. That's where my story of addiction and pills began.

And, when I came out as a gay man in conservative Orange County in the late 80's, things went from bad to worse.

Although my family did the best they could, they had their own struggles and their own challenges. How could Kenny have avoided addictions and pills?

PROTRACTION REQUIRES A TIMELINE (a psychiatric shaman does not wear a watch)

When I was growing up, grandma Marcia used to try to cause damage control between my father and grandfather she would tell my father to stop looking back at the past, but, then, my grandpa Kenny told me to always look towards the future, she would walk out of the room. Both my father and grandfather were past and future, but, that's why we why they kept fighting, because, grandma Marcia was living in nether of those places. She was living in the present.

If you want a tool that I cannot not share with you, it's imperative now that you go to amazon and order Eckhart Tolle's book the [power of now](#) if you have not done so already. This needs to be your bible, especially in withdrawal.

Here I go, am already bracing myself for the hate mail that this paragraph is going to entice, but, I've got to come out and say it. In order to have protracted anything, you will require time. In order to have protraction, you need a past and a future. So, as in the words of Bill W "I beg of you to be fearless and through from the very start" and here is why

People who are not in a psychiatric withdrawal can live with a low grade fever of time, and, that's exactly what time is, it's a fever. They can get away with it because they do not even know they are sick.. You can't. You have to get centered now, because, for you, its now reach 103 degrees and a psychiatric shaman needs to intervene and put your whole body in a tub of ice. your life depends on it.

Everything I'm sharing with you is designed to help you remember, remember who you are, and, who you are is not on some sort of horizontal time line. You're in a vertical tractor beam, and, upon this discovery, you will no longer be the one having the withdrawal but, instead, you will be viewing the one who is having the withdrawal. Trust me folks, this one is a real game change.

But, before I lose you completely, let me share with you let's briefly share with the actual mechanics that will get you into the tractor beam itself. Let's go into some of the actual metaphysics.

When I was reading all about protracted withdrawal I started to actually manifest a protracted withdrawal. This is simple basic metaphysics. When I was looking for a problem, well, guess what, the problem actually did appear. (HHMMMM – do we create our own reality?)

Listen folks, I have more to say on protraction, and, here it comes. Most of us, long after the acute withdrawals have ended, still, find ourselves in emotional and psychologic protraction because we just cannot get our old lives back, but, that's to be expected, so, listen to what I have to say.

I've been saying it over and over and over again from different angles, but, here it comes from another angel, emergence is not top down, and, in the old paradigm it was all top down, no, now, the new approach must be bottom up, and, this is where I have been pointing you through my entire book, because, once Marcia showed me the metaphysical trajectory, the windows began to accelerate and my mental illness began to grow further and further in the rear view mirror.

PSYCHIATRIC SHAMANS ARE QUANTUM PSYICITS

Are you familiar with quantum physics folks? Because, if you're not, you need to watch another video by Dr. Quantum. This one is titled [the double slit experiment](#)

Well, if you want scientific proof, here it is. When I look for a pattern, that pattern will appear (basic gist of the double slit experiment) and when I do not look for a pattern, it does not appear. So, how does this apply to a pharmaceutical withdrawal? Well, if I look for a pharmaceutical withdrawal, it will appear. IF I do not look for a pharmaceutical withdrawal, will I have one? Like my grandmother Marcia used to always say "[give it a whirl](#) kids!"

And, also, if we name it, according to the allopathic model (which, by the way, is on the horizontal axis), we can fix it. But, as you read my testimony, you are going to see that I did not fix my withdrawal. But, instead, I rose above it. I got caught in the horizontal tractor beam. It was not a problem to be fixed. It was an experience to be had (and one I am eternally grateful for today).

But let's bring this chapter back home now. In my own story, protraction was the caterpillar trying to return to caterpillar. Is it no wonder I protracted myself? How many times do I need to repeat myself, none of us are caterpillars. Were butterflies.

Once I grieved the loss of my caterpillar, I got sucked up into the tractor beam itself. I flew away from my belief in protraction.

MY BRAIN HAS BEEN DAMAGED STORY (Stories are not true unless we believe them)

Stop it, just stop it. Stop it right now. Stop telling yourself that story. That “my brain has been damaged” story. I think story started way back in 1987 with the famous “[this is your brain on drugs](#)” commercial. And, we all know [who](#) was responsible for all of that propaganda.

Refer back to the double slit experiment and dr. quantum. If we focus on the wave, it will appear as a particle. If we focus on a “my brain has been damaged” story we will turn that potentiality into a reality. Do you see why I wanted to talk about metaphysics first?

And besides, let's just pretend for a moment a worst case scenario, that, in fact, our brain actually had been damaged. Would it really matte all that much anyway?

I once read a story in people magazine about a woman, [Christina Santhouse](#), who had half her brain removed and it didn't really harm her in any way.

So, maybe we don't' need our brain? You know, the Egyptians never gave that much credence to the brains of their Pharos when they were doing the mummification process. Basically they used to take hoods and go up through the nose of their dead kings and pull the brains out and throw them away ([total yuk I know](#)), but you get my point. Do you think your brain has been damaged? My response is “so what”. Do we even need a brain?

One final note on the “my brain has been damaged” story. Do you think that a brain damaged man would be capable of writing this book?

And, so what if my brain was damaged. Since it's my heart that wrote this book anyway? Is god using me for some sort of mission and assignment? I mean, let's face it folks, I have no credentials in psychology and I have no interest in becoming a therapist. High strangeness methinks

If you want to talk about brain damage, just look at what kind of a mess the healthy brains got our world into folks.

INSOMNIA (The belief that we should be sleeping is keeping us up at night)

So you can't sleep? Well, welcome to my world. The only time insomnia is a problem is when we believe we should be sleeping and were not. Should I be sleeping? Well, apparently not, because I'm not, so there it is. When I finally decided I should not be sleeping because I was not sleeping I then realize Marcia

But I found that I could lie in bed with my iPad and listen to spiritual teachers, and, it worked. I listened to ayahashanti, mooji, Byron Katie, anita moorjina, and countless others. Google all of these if you would like to know how I filled in those long nights of restlessness. And, I'm pretty convinced, that since they are all so much better at this than I am, that If you listen close enough, you won't need to read the rest of my book.

TOOLBOX (Psychiatric shamans often disguise themselves as spiritual teachers)

As long as were learning to surf our waves, let's also learn to surf the net I've been in construction for over 30 years, and, one of the things that drives me nuts are people who think I can just do a job with my fairy magic. I had one client want me to remodel his home in a different state and he said to me "can't you just fly out here and simply rent the tools?" No I can't!

I spent decade's collecting tools for my construction career. Tools for plumbing, electrical, finish carpentry, drywall, roofing, tile, framing etc.

Then the psych med thing slammed me into the dark forest, so, I had to take a sabbatical from construction and get a whole new toolbox with a whole new set of spiritual tools, so, if you want to know who and what and how and where, here is the list

- [Mooji](#)
- [Anita Moorijana](#)
- [Carolyn Myss](#)
- [Byron Katie](#)
- [Echart tolle](#)
- [Teal Swan](#)
- [David Hoffmeister](#)
- [Kenneth Wapnick](#)
- [Neil Donald Walsh](#)
- [Bentinoa massaro](#)
- [Jeff Foster](#)
- [Matt kahan](#)
- [Abraham](#)

This is only a primary list, so, check these people out and see what rings true for you in all of this. This is only what worked for me. What works for you?

Now remember, your suffering right now, so your ego is going to be on hyper alert to try to poke holes in every single teacher that attempts to get you out of the dark forest, so just be aware that the inner critic will try to find fault with all of the message that the above are attempting to deliver. But, as we used to say in AA "it's the message and not the messenger"

So, when there is insomnia, this is not a problem. It's an opportunity. An opportunity to hit one of these links and find another spiritual teacher. You know my father used to have insomnia also, and, he used to channel surf in the middle of the night, watching old westerns using that radio wave TV remote control I told you about in the flea bath paragraph, so, it's in my blood to have insomnia, and, also to channel surf. He was channel surfing, however, but WE get to net surf

TAKE UP YOUR YOGA MATT AND WALK (when the going gets tough the tough get going)

Listen folks, since I was suicidal and since I was in hell and since I lost everything and since my entire life that was nonessential was burned to the ground, I totally can relate to where you are now. However, did not the [phoenix rise from the ashes?](#)

I Will give you all the [empathy in the world, but not one ounce of sympathy](#). I will hear you but I will not believe you. I will understand that you believe you are damaged and I will let you know that I once believed that also, and I will enter the dark forest where you are now, and I will do so willingly and with respect and reverence and without fear. I will sit down with you in the dark forest, I will enjoy my time with you, I will play cards with you, and together we will become friends and we will love each other. And, also, at some point, after our friendship is solid, I am going to stand up and walk out of the dark forest, and i will extend to you may hand and invite you to join me out of the dark forest. I love you so much that I will not let you stay in the dark forest "TAKE UP YOUR MATT AND WALK!"

AIRPLANE NOSEDIVE (Once the air was denser at a lower altitude I was able to level my plane)

In this chapter I am going to describe how the plane takes a nosedive but pulls out of the nosedive before it crashes for another metaphor but, also, remember, the airplane is just a metaphor, because, like our [parachute](#) metaphor, in truth, there is not ground. Since the parachute without a chute will never go splat the plane in the nosedive will never crash either. You're just freaking out because you still believe in ground.

All I'm doing here is helping you unbelieve ground. Once you unbelieve that, your emergence is established.

FROZEN (For there to be color in the spring the bulb must be frozen in the winter)

I can't wrap this up without one last metaphor (I just love metaphors). This of it this way. We have already called it a cocoon and a dark forest, but have you considered a third last metaphor? How about calling this time you are in right now your winter.

Because, did you know, that unless the ground completely freeze, that the bulb cannot bloom in the spring time? Did you know that? Because, I know what a withdrawal feels like, I know what it's like to feel completely frozen, frozen emotionally. Trust me, I've been there, and it's awful.

But I also know that it feels like to see the sun again, and I also know what it feels like to bloom in the spring, and, also, I know that life, not only returns, but it returns with someone powerful, something amazing and something that all of the spiritual lectures in the world cannot buy. Experience. Life experienced!

You are frozen right now, you're frightened and you believe you are dying, but, that's not true. Your being initiated, our being prepared and you're being initiated.

I guarantee you the spring will arrive, and you will bloom, but, not in spite of being frozen, but because of being frozen.

BUBA GUMP SHRIMP (forest Gump was brilliant because he was stupid)

Let's face it, I have a very high IQ, and I have done a lot of stupid things. Forest Gump had a very low iq, and he did a lot of brilliant things.

Let's use another movie metaphor that is more fittingly appropriate, so, how about [Forest Gump](#), because, he weather the storm, and, look where he ended up.

So, if cocoons, forests, and bulbs are not your cup of tea, how about sailing? Would you like to use a marine metaphor instead?

Because, if you can, think of this time to be like the perfect storm. Reframe your time now as if you were a captain on a vessel and this was a category 5 hurricane. Now, its freezing rain, the winds are 100 MPH, but, your diesel motors down in the bilge are strong and reliable, and you have steerage. You must keep your bow pointed into the waves, and this takes courage,

Trust me folks, all storms pass, and, also, you have not been abandoned. There is a lighthouse on shore, and the occupants of that lighthouse have been working frantically to keep the light going all night long. Those on shore know you are in the storm tonight, and they will do all they can, with everything in their power, to guide you safely to shore.

Your withdrawal is awful, and so was mine, and so was the storm that Forest Gump endured, and, he had the faith of god that his mother taught him, so. Here is a movie for you to watch the next time you're having insomnia at 2:00 in the morning

But what are the parallels? Forest gum's mother loved him with unconditional abandon and my grandma Marcia loved me with unconditional abandon. Forest was brilliant and he did not worry about brain damage because his IQ was not high enough to know what that could possibly mean. So, grab some spring and watch forest Gump!

SPIRUTAL BODYBUILDER (A psychiatric shaman is your gym trainer)

I remember years ago when I was doing the body building thing I dated the owner of my gym, Dennis, Who was a competitive bodybuilder, and, also, since we dated, I also got preferential treatment at the Hillcrest gm.

But let's talk about bodybuilding instead. And, since this is a metaphysical book, and, since Dennis did show me how to build my muscles at the hillcrest gym years ago, that's what we're going here folks, and, were becoming spiritual athletes.

But, were not training our muscles, but, instead, training our minds. And, is this endurance training? Hell yes! So, all of this stuff I am pointing you towards, I know it can be painful and I know it can drag up junk and, trust me, I know all of that, and, if you're in withdrawal, yes, it's especially difficult, but, also, I hated going to the gym because Denis would push me and push me and he kept adding weights that were heavier and heavier, but, he kept encouraging me.

I'm not going to encourage you like Dennis encouraged me because he kept pumping up my ego, but, think of the analogy I'm draining for you here. Just replace sprit with ego and pretend wee in the gym and were spiral weight lifters.

I know it's hard what I'm presenting in my book, and that's why I'm trying to wash it with plenty of humor and funny stories, but the truth is, Dennis kicked my ass in the gym and, because he was rough on me, my muscles grew ([this is what I used to look like](#)) and because I'm pushing you, now, your spiritual muscles will also give you an Adonis badass heart almost as luscious as my chest used to be in the picture I just showed you.

BECOME A SURFER (Your psychiatric shaman is handing you a wet suit)

I told you earlier that psychiatric shamans are surf instructors, so, here we go. Well, since were learning to surf emotions, we might as well learn to, also, surf the net. Surf the net for solutions.

One my spiritual teachers is in prison for murder, his name is [Dale Crowe](#), and he wrote two books that showed how he transformed himself without even YouTube or even an I phone.

And he is one of my dearest trusted companions. I'm normally not inclined to be real tough on people, but if the self-pity does grow too intense (and it's ok if it does) then we need to pull ourselves through with way-showers who have taken 20 year sentences in a maximum security prison to become spiritual leaders for others who could not otherwise forgive themselves. He was on drugs also, and he wrote a book called "the bully within". (You can google this on amazon)

I went through my psychiatric drug withdrawal back before I pads and I phones. The internet was too slow to stream YouTube videos like we have today. Dale does not have YouTube in prison and his only resources is the course of miracles. You guys have so many more resources than I had and what dale has. You all have the internet. Talk about angelic assistance!

Listen, let me give it to you straight. With or without the internet, inside or outside of prison, if a person's prayer is sincere, god will enter, plain and simple, period.

DO NOT BECOME A PHARMACY SHOOTER (Emergence requires forgiveness)

I have not owned a TV in over ten years, and I'm simply not going to buy one. Why? Because I was tired of [MSM](#) and things like school shootings where all of the talking heads on the news would sit and mouth masturbate after every school shooting wondering "why did this happen?"

I would scream at the TV, it happened because our society is fucked up and these kids are screaming for help! They are a [canary in the coal mine](#)!

Well, you're no different, and part of the reason I'm writing this book is to prevent you from becoming the next pharmacy shooter.

No, on second thought, let's not. But, I will admit, we will be tempted to protest and bash the pharmaceutical companies and the doctors, and perhaps there will come a time and a place in your story for peaceful activism and awareness outreach, but, please, I implore you, not now!

We must put the [oxygen mask on ourselves](#) first before we try to help others. And, in the end, I hope you will find that most activism, if it does not come from love, is basically just more caterpillar noisemaking.

I know all too well that while in a compromised state, we are very vulnerable to blame. And, that's why I already wrote an entire chapter on the topic of blame.

THE ULTIMATE ANSWER (Emergence requires that we ask the right question)

Did you see [hitchhikers guide to the galaxy](#). The scene where a group of pan dimensional beings ask the super computer for the ultimate answer. Well, if you did not, the super computer says that they will have to return in several millions years at the exact same spot to give her time to compute the answer.

The next scene takes place several million years later, when the entire world has surrounded the super computer in anticipation of the answer. They ask the question again and the super computer says, yes, I have thought it over, thought it over quite thoroughly, and, yes, I have your answer. But, I'm afraid you're not going to like it.

They pan dimension beings, impatient for having had to wait several million years, demand the ultimate answer to all of life's questions. The ultimate answer. The super computer then simply responds. The answer is 42.....

After disappointing the entire world the supercomputer simply states "you did not present me with the ultimate question"

I'm going to keep this chapter very brief, and, just let you in on what the super computer was pointing towards. The ultimate question is "[who am I?](#)"

You must ask yourself the question "who am I?" Am I a mother, a father, am I a business person, a lawyer or a doctor, a victim, an alcoholic, a person in withdrawal, a person who has been damaged, a person who has been traumatized. The list can go on and on and on and on. It's a never ending list.

The first list of questions will keep a person in protracted withdrawal. The second question is very simple, and it leads toward countless solutions.

The first list of questions will never be answered and will keep the mind looping. The second question procured the miracles in my story.

THE HEROS JOURNEY (Our bodies do not need to heal for us to emerge)

Your withdrawal is giving you a bronze medal for bravery. You are becoming a spiritual warrior. And, this is your Joseph Campbell's [Hero's Journey](#)

And, you must find the courage to stand up, but the moment you do, you will find countless others who are going to join you, and the community of warriors will forge a powerful trail out of the dark forest, through the frozen winter, beyond the storm and through the cocoon, and, I guarantee, that others will follow you. Right now you follow others, but, soon, others will follow you. My teacher calls this "the chain of atonement".

Remember folks, I'm not talking about physically standing up. I'm talking about spiritually standing up. This is your Joseph Campbell's hero's journey folks

FALL DOWN 9 TIMES GET UP 10 (Emergence does not mean we will get it right the first time)

My first studio instructor in graduate school at the [Newschool of Architecture and design](#) said to us that 9 of the things we were going to try and do in life would turn out to be failures, but, it was on the 10 time that we would succeed, so, stop crying over spilled milk and let's get to work here.

Because, he was not reinventing the wheel, that's what the Zen master told his student, fall down 9 times get up 10

LET'S SHOOT FOR THE MOON (Understanding the nuisances of emergence)

Since I've become a mystic, I'm going to write for you a very mystical book, and, mystics like to use examples, so here is one that I love

Listen, maybe if I paint a picture you will understand a little better. Are you old enough like me to remember the [Apollo 11 mission to the moon](#)? It was back in 1969. My father tells the story of how he wanted his two sons to witness this historical event, so he put us both in front of the TV and he always asked me "do you

remember Kenny that you saw the lunar landing on TV” and I always lied and said yes to not hurt his feelings (for Christ sake I was only 2 years old dad)

But, anyway, do you know that most people have this silly belief that the Apollo 11 went from the earth to the moon in a straight line? That’s not true, it was all over the place, and, every single moment of the mission the computer was calculating a course correct. The Apollo was always off course the whole time

Too far up, a little down, nope, too far left, a little right, oops, too far down now, we need to go up. This is your withdrawal folks, this is only a course correction. And, I don’t care of the size of your withdrawal, because, all withdrawals are simply that, a course correction.

You have to understand what [neti neti](#) is. It’s a eastern approach to spirituality. They do not add, they subtract, they don’t try to add god they subtract not god, and, for you, pills are the most not god available, so you went for the total gold here, so, now, stop the pills and get the Apollo 11 back on course, and lets shoot for the moon)

LAVA (None of my fears have ever come to pass)

I was going to use the appropriate title for this chapter, ring of fear, but for some reason Marcia keeps saying lava, and I’ve got to listen to her on this one.

When I emerged from my withdrawals I realized I was on a mountain top, and I kept seeing all of these spiritual seekers trying to climb up the trail below me. Can you hear this? It was totally freaky, and, I kept trying to climb down from the mountain to join them, until Marcia told me to stop, and, she said “stop trying to decent down to them. They need to ascend up to you”

Listen folks, every single true avatar and mystic knows there is what is called a ring of fear in the subconscious, and, in order to find the true light (not the new age kind) that we have to face down the ring. Marcia keeps showing me lava, but my teacher calls it the ring of fear, so I’m going to have David and Marcia shake hands on this one.

Your withdrawals are removing every single ego defense against this ring of fire lava, and, you’re freaking out as if something is going terribly wrong, when it’s kind of ironic that you’re approaching this mountain top and you think that there is a ginormous monster on top of the mountain who is going to eat you. Stop believing in monsters, stop that right now.

There is no monster on the top of the mountain and there is no Minotaur at the center of the labyrinth. These are you own fears manifesting your very own [foo dogs](#).

Ok, here is why I keep calling mine lava. In my withdrawals I was held over the lava, and it was as if a ginormous hand was holding me over this huge caldera of 2,000 degree lava, and, well, your squirming, freaking out, much like [Faye Wraye](#) in the hands of [King Kong](#), but, what you don’t know is what [Faye Wraye](#) did not know, is that [King Kong](#) was your friend and the lava is not going to kill you, it is going to awaken you and save you. King Kong loved Faye Wraye!

Man, do I ever have to go on and on and on to try to explain it all to you folks. Yes that hand will drop you, or, you will end up letting go, but, it really does not matter much, now, does it, because you will fall into that lava, yes, you will ,but you will also discover that it’s not really 2,000 degrees its only that way to make sure more people don’t go in, its actually the temperate of a hot tub, its actually around 90 degrees, and, all of that red stuff, don’t sweat it, its, well, it’s sort of like a mud bath with food coloring.

Don't freak about jumping into the lava, it's simply a mud bath, I enjoyed swimming in the mud bath (oops, I mean lava) it's not going to kill you, but, if you tell this secret to most people, the mud bath (lava I mean) would get totally crowded and then people would all be recovering from their withdrawals really fast and the show would be over (Actually, that's what I want to have happen her)

But now that you know the truth, that the lava will not kill you and that it is only the ring of fear, are you now able to surrender to this time, this moment, and stop trying to return to the land of caterpillar (boy are you guys stubborn)

Besides, let me tell you, when I drank that ayauasca in California, I was dropped into the lava, mother ayausaca dropped me straight into the cauldron of 2,000 degree molten rock, and, I feel right through. It was less than a quarter of an inch thick, and it did not even burh. The worst part was the fear during the fall. Had it not been for the fear, it would have been a fun ride indeed.

MORE WILL BE REVEALED (Soon the training wheels will come off)

Have you ever been to an AA meeting and had an old timer just come up to you and say "more will be revealed" Gawd, how I hated that.

But, don't hesitate for one moment to believe I have all (or any) of the answers. Because, these are only MY answers. What are yours?

And, by that, I mean, what does your trail look like? Don't follow anyone beyond any point when you're being pointed in a different direction. If anything I have said or shared in this book starts you on a complete different journey and direction that feels congruent for you, then that is your sign to begin to stop following my path and start forging your own.

IN this new paradigm, we do not follow gurus or worship saviors. We learn from teaches and we trust ourselves. We do not take dogma as truth but we put all teachings to the test instead. Do you see where I am pointing folks? This is how I emerged from my dark forest, but the dark forest needs many more trails, and your responsibly is to start to clear foliage.

My book is only training wheels for something much larger than simple drug withdrawal. And, in the words of Bill W "More will be revealed."

SEND YOUR MOVIE BACK TO THE SCREENWRITERS (Writing a new story)

My longest piece in this entire book, along with my [NDE](#) chapter is going to be the actual solution, or, the solution that I use, and the solution that works when I reenter the dark forest of the withdrawal community. This is my flashlight folks, and, also, this is what I have to offer to everyone, so I'm done talking in parables and metaphors, here is something practical you can final use.

In this paragraph I will describe to my reader how I walk people in withdrawal though my own modality of inquiry using the movie theater and projector metaphor and we edit out the beliefs in their script which are

generating their pain and suffering. I've used this before with my crisis calls in the withdrawal community. It works wonders. It's based on the work by Byron Katie with my own personal imagery to guide them out of their stressful stories.

I'm pretty sure I've explained to you guys already that I am not a doctor or a life coach or a teacher or a minister or anyone with any credentials other than this testimony, but, I still do take calls. And, since I'm none of the aforementioned I can't charge or help you fix or repair and I am simply refuse to listen to stories.

But, here is what I can do, and I love doing it. I can do inquiry with you, so, if you want to facetime, let's take everting in this book and all of the stories that are causing you fear and panic and anxiety and let's take a journey into a movie theatre together.

We will sit down, get some popcorn, a soda, some candy, and let's watch the movie of your withdrawal, and let's decide which scenes we want to edit out.

Let's, together, take your movie, tell the man in the projection room to stop the film, and send the film back to the screenwriters for a rewrite. Just like I had to edit this book, lets edit the movie that is playing in your head about your withdrawal and see if we can make some adjustments that can turn it from a horror flick into something a little more pleasant. A new movie that will help you get some sleep, help you stop panicking and help you find the courage and strength, perhaps, to follow some of these pointer and invitations that I have been sharing with you in the last 67 pages. Sound like a deal?

MAINSTREET CINEMA (Disneyland movie theatre)

Ok, I've been building up to this chapter for my entire book, and this is where I can get to a practical tool, were done with metaphors now, were going to put all of them into practice. I just needed to prime you guys for the time when we actually sat down together and got to work

I mean, let's face it, I've taken you all over the place for countless chapters already, but, if you stuck it out, then were really going to get to something practical for you here folks, and, I'm sorry I had to make a bloody messy confusion thus far, but you will see where I am heading, so let's go

OK, here is how I help people in withdrawal, or, should I say, how we help each other. Remember several chapters back I gave you a whole slew of tools that I used, I think I labeled that chapter [TOOLBOX](#) well, Marcia had me go through all of those tools with a fine tooth comb, and, now I know why, because, I found something that works, or, should I say, she gave me a tool that works with people in withdrawal

OK, it's a hybrid form of [The work from Byron Katie](#) so I'm not reinventing the wheel, but, this is how I do mine so let's get started, shall we.

POPCORN AND DIET COKE

Ok, let's just dive right in, are you ready? So here it is, it's a hot sunny day, and, you and I are at Disneyland in Anaheim (I grew up in southern California so I loved going to Disneyland during the summer). Well, anyway, you and I are walking down main street USA, and its bloody hot outside, so it must be probably Aug., and its real muggy also, and, well, were tired of walking and we want to take a break, and I look over and

I see the main street cinema attraction, and, on the marquee it says “the parable of Kenny in withdrawal” and I look over at you and I say, “would you like to take a break and go see my movie playing in the theatre?” and you say, “Yes, I would”

Were all out of E tickets, were exhausted, and we still have lots of b tickets left, so we run excitedly towards the main street cinema where there is not a line like there was for the Matterhorn and space mountain. (See how I date myself because I can still remember the [Disneyland ticketing system](#))

OK, so anyway, before we get in, I want to make sure we can enjoy the movie of Kenny with some refreshments, so I grab both of us two diet cokes and a great big bag of popcorn (with lots of butter of course) and we sit down in the front row, and the movie of Kenny starts.

I have specially asked the staff at Disneyland land to play my movie because I want to use my withdrawal episode as an example, but as you follow along, you will see where I am pointing and you can use your own creative indignation to create your own film of your own withdrawal.

OK, anyway, were starting the movie back at the green couch days, the green couch I was describing to you, and, oh shit, this is not going to be an easy movie to watch, because, this is going to be a horror movie (yikes) were sitting down at main street cinema watching a horror movie, and, it’s called the parable of Kenny in withdrawal, and, in the opening scene, he is on his green couch and he has his laptop in front of him and he is tapering off of his klonpoin and he wants to know what will happen to him so he is in a benzo chat room preparing for the worst by going through benzo horror stories and getting prepared for the deluge and the onslaught and, well, it’s an absolute horror movie.

Do you see where I am going with this folks, you and I are siting watching a move. This is a movie folks, and movie are pictures, they are single pictures on film that is shown frame by frame, and, well, back in the olden days (my generation) the way they made movies is by lots and lots of [film editing](#), they filmed movies, they watched movies, then they did not like parts of the movie, so they stopped the projector, took the film reels off of the projector, then they unwound the film, found the frames that they did not like, then they took a pair of scissors, but out the parts that were not working for them and then the spliced the movies back together with tape and threw away the discarded parts .

STAY TILL THE END

But, even deeper down this rabbit hole, even if we stay and watch the horror fil, the film of Kenny on the green sofa in his withdrawals, even if we stay and watch it and not even send it back to the film editor, trust me, it does have a happy ending, because, after he gets off the green sofa he turns around and writes a book to help other suffering people in withdrawal. All Disney movies have a happy ending that’s part of the reason I love going to Disneyland, it’s the [happiest place on earth](#).

And, now, for the metaphysical implications of the work above, if you would like to cross reference [Eckhart Tolle](#), because, when he woke up, he said “I can’t stand myself” but he realized that if he could not stand the self, there must be someone other than self to witness the self, just the same way that we are in the movie theatre watching the movie of you

FROM HORROR MOVIE TO CARTOON

All right, so were watching the movie of Kenny, sitting on his green couch, it's a horror movie, and the character Kenny is tapering off of his klonopin and he is on his laptop trying to know how much worse it can get, and, well, it's a horror movie.

I turn to you and I say "do you like this movie" and you say "no, it's an awful movie, I came to Disneyland to have fun and here you take me into the cinema and you show me this horrible movie and I simply don't like it its making me feel awful"

Perfect, your being honest with me, so I jump up out of my seat and I yell at the man in the projector both "STOP THE FILM RIGHT NOW!" and since this is my book and since I can do what I want, and since this is my movie theatre and these are my employees, well, they do what I say, and all of the sudden our movies tops and I ask the man in the projector room to kindly turn on the lights in the theatre and come down to the front row where you and I are sitting down having popcorn and diet coke

EDIT OUT BELIEFS

I tell the Disneyland employee who works for mainstream cinema that we do not like this horror movie, and he asks "how can I help?" (Disneyland employees are always so courteous and helpful) and so I explain to him we would like to change the movie, and the Disneyland employee wants to help but he needs instructions, so we both must give him instructions on how to change the parable of Kenny from a nightmare to a cartoon. (This is Disneyland btw and they should be showing cartoons anyway)

So I explain to him that it's not complicated, it's not complicated at all, because I've done this before, and here is how it works. I explain to him that in the movie, this character, this Kenny character, he believes in many things that are not true in the movie, and, in order for his story to change into something much more whimsical and enjoyable, those beliefs have got to be edited out of his script

And, when I do inquiry with people, this is exactly where I go folks, we watch the movie of you at the Disneyland cinema, and, we simply edit out the parts that are causing horror, and causing suffering. See how this all turns out to be quite practical?

So, getting back to the story of Kenny on the green couch, let's just give instructions to our Disneyland employee on how to go about this

In this particular example, in my book, we don't have time to refine the small beliefs, so I'm just going to go for the gold and tell the Disneyland employee that in the movie, Kenny has a core belief, he believes that the past creates the future. True, and, he is looking at others past to determine his future. This one is simple, I explain to the Disneyland employee, I tell him to take the film back, take the instructions back to the Disneyland imaginers film editing department who will take my instructions back to the screen writers and back to the studio and back to the actors and directors who, in one flash moment, will rewrite the script, edit out the part where the character Kenny believes the past will create the future, then in one flash second the movie script is rewritten where Kenny cannot believe this, then the actors re rehears their lines, they reshoot the movie and the move, zip, in one nanosecond returns to the Disneyland theatre and we sit back down, again, with our popcorn and diet cokes, and guess what, were now watching a pleasant movie.

If I go too far I would call it a carton at this point, but you see where I am going with this folks? Based on the beliefs that past created a future, the green sofa episode was horror, complete horror, but, we took those beliefs out of the screenplay, and, now, were watching a completely different movie now.

A NEW MOVIE

In this new movie, the dream character Kenny can no longer believe in balderdash linear timeline prophecies that were causing him to suffer and feel suicidal, but, instead, he was just down with a flu bug, and, he was all nicely nestled into that green sofa using this time of down to have a cup of warm tea and hot chicken soup.

You look over at me and you say “this movie suddenly got boring?” and I look over at you and say “yes, his withdrawal have suddenly become quite boring, I will agree” so you look over at me and say “I’m tired of this guy just enjoying his time on the green sofa watching net flicks, can we leave the theatre and go visit [pirates of the Caribbean?](#)” and I say yes, and we both leave the theatre

It’s that simple folks, all we need to do during this time is edit beliefs out of your movie, your film, edit out the beliefs that past will create a future, edit out the parts where the stories of others will match yours and edit out those beliefs and see what the movie turns into.

And trust me, if my friend had not been so anxious to ride [pirates of the Caribbean](#) over there in new Orleans square, if he had been more patient, trust me, the movie the parable of Kenny recovers from his illness, and he has a totally happily ever after story, it’s not a horror movie, it’s a Disney film with a happy ending, trust me folks.

THE IMPLICATIONS OF YOUR MOVIE

And here is the best part (I love saving the best part for last) because while I’m walking my friends in withdrawal on facetime through this hybrid form of inquiry, then I always ask them to notice, notice that they are watching a movie, the movie of their lives, or, the story of their lives, and, now, for the best part, I’m here to ask you now, point blank, if you are watching the movie, then are you the one who is on the screen having the withdrawal or are you the one in the theater eating popcorn and drinking diet coke watching the one who is having the withdrawal.

This may for you, now, be a [koan](#), but if you go check out my friend [mooji](#) and watch some the videos he has posted on the internet you will see where I’m pointing with all of this.

IMPLICATIONS OF INQUIRY

Before I go, let me explain to you why it’s important that we stick with inquiry work because, in my work with the medically injured community, it was discovered that we were all on the movie screen of the movie itself

trying to change the sets the scrips and, also, were trying to make healing happen with modalities on the screen itself, and, it was and has been leading to towards protraction and discouragement. It's not working, we need to rethink our entire approach in the withdrawal communities. Now, this is applicable across the board to all problems, of course, because this is just what human's do, (seeing humans) but I writing this book for my mighty companions in withdrawal only now so this is specially tailored for where you find yourself right now, in withdrawal.

So, let's all get together and stop this madness called protraction get off the movie screen, sit together in the theater, watch our own movie and inquire together, and, then, notice that we are the observers of our movie and we are also the one who can re right this script . (Later if you want to take this further you can and discover that you are also the screen, the diet coke and also the entire theme park itself, but let's not jump ahead of ourselves and let's just stick with our movie for now)

MY INVITATION

OK, I've disclaimed myself all over the map, and I hope you can her what I am not, because I'm still a very impatient brash hard line street smart burned out gay boy, but, also, I'm a creative genius and I've got dam good intuition and I love doing inquiry work with people, so, if you have gotten this far and you are resonating with my archetype and my madness and my sensitivity and you want to take a walk together into the Disneyland cinema then, please, this is what I can and do offer others, its inquiry work, and, together, we can edit out the beliefs in your movie which are scaring the shit out of you and I would love to watch our new movie and see how your face lights up with the new screen play and the new actors and this is where I can and do serve this community, we edit out the fictional scary parts that generate unnecessary protraction and then get bored with our own movie to the point where we then want to leave the dark movie theatre itself and get back out in the beautiful southern Californian summer sun and go visit more attractions at the Disneyland theme park with the rest of our remaining tickets before the park closes for the day.

Because, the stories of withdrawals in this community are not working, they are crating protraction, so, instead of believing your story of withdraw, lets edit your film screen play together, and, lets unbelieve what is causing this suffering and believe, instead, what is more true and notice together how truer belief based can shift your perspective and reframe your withdrawal and provide you a much more enjoyable movie, ok?

DAFFODILS AND TULIPS (Every winter ends and is followed by a spring)

The part I hate about living in the Pacific Northwest are the winters. I simply hate them. Four years ago I even left. I got in my car after three days of icy roads and I just drove back down to California where I am from to try and defrost it was so fricken cold and wet and everything seemed so completely dead. Nothing dies, it only goes into hibernation

And that is what I want to bring to your attention now. Noting dies in nature, it only goes into hibernation, and what better analogy than bulbs.

But the part I did not tell you was that 4 years ago I drove back to Oregon just in time for spring, which is the season here that nobody wants to miss, spring time in Oregon is a show of color, and it's a show of yellows and reds and purples from the daffodils, the tulips and the crocus

But in order to show those vibrant colors in the spring, they must be frozen over the winter, and that is why we need to chill out during our withdrawals, because, you're in the ground, you have been planted, and, you can't tell mother nature to go any faster than it takes for the spring to arrive. Yes, you are frozen, but, it takes a deep freeze in order to produce all of those vibrant colors in the spring time, and, this is the last metaphor I will present for all of you skeptics out there.

Listen folks, if this is your first winter, I can totally understand, if you have never been through a dark night of the soul, then you, like every other newbie is frightened this will never end, but, for those of us old farts, who have been through any many seasons, were totally used to the cycles of the seasons, and we know "this too shall pass" and, trust me, when the first signs of yellow daffodils begin to emerge out of the snow of your first feb, then you will know what I mean.

STONING THE LIGHTHOUSE (Try not to throw rocks at the Psychiatric shaman messenger)

All caterpillars try to [shoot the messenger](#). That's why we have to build Trojan caterpillars. They just don't like butterflies. Caterpillars are afraid if they recover that god will punish them. Don't ask me why, I know it sounds silly, but it's a common dynamic for all you confused humans on this big round planet you called earth, so Marcia wants me to write about this in a chapter for clarification.

She has had tea with Jesus at the celestial Starbucks, and, trust me, he went through it all too, so he totally know the drill. Humans, for some reason, love to throw rocks at lighthouse. The galactic federation is totally perplexed by this species. We keep sending messengers and lighthouses down to your planet to help and you keep stoning them. I mean, don't get us wrong, were not angry at you humans, and you have never harmed a single one of us, but for you own sake, could you guys please stop doing that. We're trying to help you here.

Anyway, that being said, the reason I bring it up is because after I publish this book, I know exactly what is going to happen. People are going to try to stone me. I'm sure many people will be very grateful for my book and the candid disclosures of my "no longer private" life, and, also, some people will simply hate me all together and do all they can to poke holes in my testimony.

But that's ok. It's really OK, we total understand, all of us Marcia's here in the galactic federation we simply know that, [hurt caterpillars hurt caterpillars](#).

How many years in AA meetings and treatment centers dis I thrash around and lash out at so many wonderful butterflies who were trying to take the knife out of my hands, trust me folks, I get it, I really do

When I was deep in my dark forest, I also lashed out. Trust me folks, I totally get it. As my friend Larry Finley used to say "starving people don't have very good table manners."

But let me try to diffuse my hate mail before it begins to arrive. I know my approach to psychiatric withdrawal is radical, and, I won't sugar coat my path and say it was easy, because it was grueling and arduous and at times practically unbearable, but, because I made it, you will not have to endure the agony of my prolonged dark night. If someone had just simply said "trust in god" ten years ago I probably would have slugged them in the stomach.

It's going to seem impossible to digest all that I have presented in this moment of time, right here and right now, and, that is why I have broken this book up into chapters. Digesting everything I have said would make me hate me also if I were inside of a withdrawal, so, therefore, how about one chapter at a time?

Digest one chapter at a time, take it slow, and, in bite size manageable chunks. If I pour too much light into the dark all at once it will not heal but instead, it will only sting.

Before you send your hate mail and try to find in congruencies and discrepancies in what I have outlined, can you be willing to just be willing? Can you hold out that hope is possible and that emergence is a truth?

And, if you do send me hate mail, that's ok also. In my story and in my darkness and in my pain, sometimes the best I could do was lash out, and since I was once where you are now, I will understand. And I promise, that I will read under your words the truth. A cry for help and a cry for love.

I can remember, like the back of my hand, what my withdrawals were like. I felt like I was drowning. I felt like I was a Burdon on everyone around me. I felt ashamed and guilty, and, I felt like a failure. So, given these beliefs, and giving this community, could I possible ever judge anyone who lashes out and projects? Because, let me tell you now, that Larry Finley was point blank spot on when he said to me 25 years ago that "starving people do not have very good table manners."

So, weather you send me fan mail or hate mail, I will love you no more or no less. I love you just the way you are! NOW!

TELLING YOUR STORY (You are amazing despite the story you are telling)

I was in AA most of my adult life, so I know this dynamic like the back of my hand, so I would like to discuss story telling briefly.

We truly believe (at least most humans do) that we are our stories. And, for those who are unfortunate enough to not have considered a life calamity of some degree (bankruptcy, divorce, medical illness, suicide in the family, and death of a spouse or benzo withdrawal) we can live in our stories with what I will call a "moderate grade fever" Stories are not bad or wrong, but, in the ultimate, none of them are true. But, for now, I mean for you humans, you guys still need training wheel stories, so, let's just address the ones at hand which are keeping you all stuck.

In this dimension they are almost improbable to not believe, but, since I died already during my shamanic ally induced NDE, I came back to tell you that on that side, none of them can hold a candle to what is really true, but, more on that soon (wee not there yet)

And, as long as we are believing in the truth of our stories, we cannot know who we are, plain and simple. The supercomputer from hitchhikers guide to the galaxy should have brought this point home with poignant clarity.

The only way to recovery from anything (especially withdrawal) is to seek and find the ultimate truth (that we are not our stories). But, let me not "jump the gun" too quickly here.

As you traverse the teachers and resources I have presented, you will come to understand, more fully, what I am pointing towards, but, since this is a book on withdrawal, I want to customize story telling for those who are inside of a benzo withdrawal.

I guarantee that you will start by telling your story. Everyone does. It's almost impossible to not believe that our stories will contain a solution. I call this the "past future dynamic" and it took my soul a very long time to see beyond my own story, and, until I was ready, I, like everyone else, told my story. Over and over and Over I told my story, to myself first, and, next, to anyone kind enough to listen.

But, under my stories, there was pain, and what I discovered upon awakening was that pain needs to be expressed, and, for humans, we approach the door of our pain with our stories, so I'm hesitant to disregard the need to go back and retrace our steps, especially considering that everyone will.

I'm going to keep this brief because the teachers who I have provided can explain and teach it better as you perform your own research, but please be open to the next paragraph that will explain the nuisances of storytelling.

Too much story telling will keep us stuck. Too little story telling will keep us stuck. Because, the person will not recovery from BW, but, instead, we find who we are before our stories and the mind and heart heal what was out of alignment in the first place that caused us to believe we needed pills to begin with.

Sound like a mouthful? Well, just approach what I have just said with an open mind. Your prayer for help will un-fog the riddle in the previous paragraph, I guarantee.

So, just for now, keep an open mind, and, trust one man who was worse off than you are now, because, if I could do it, you can do it.

YABA GABA DO (Do not wait for your Gaba receptors to heal)

If I were flippant I would probably have turned this chapter into a parody a the Fred Flintstone pun titled "[Yaba Gaba do](#)" because I just can't take any of that talk seriously anymore. I just can't.

We were all duped, or, should I say, in more "politically correct language" indoctrinated. That has been the whole gist of my testimony everyone. My indoctrination lead me to believe that I had mental illness because I could not conform and, ergo, needed pills.

What's all of the gaba talk about anyway? I've never seen a Gaba receptor and I have never seen a corona virus either. Do I even have proof that they even exist?

I mean the scientist all tell us to believe in gaba receptors and corona virus, but the last time I checked, most of those same scientists have kind of fucked up our planet with a lot of nonsensical searching spending billions of dollars on super colliders to find god particles that will simply not help the human species find peace, and, while I am on a rant, how about the billions they spent on trying to decode the human genome only to discover that our DNA is about 90% more in common with the common house fly (I know, totally disgusting thought)

So, yes, take your gaba supplements if they help, but, since god is the only way your gonna heal from all of this, just watch Fred Flintstone express and every time he say yaba dabo do just repeat the mantra yaba gaba do and let's move on folks. Don't sweat the small stuff.

The resources I have shared with you are not designed to repair your gaba receptors anyway. There are plenty of technical books that can help you do that. And, I know nothing about any of that anyway.

Whole "gaba receptor" conversation on hold, just for now. Because, I assure you, butterflies don't require gaba to fly!

BUTTERFLYS SPEEK CATERPILLAR (psychiatric shamans are bilingual)

Listen everyone, the hard part about writing a book comes the editing process, and, I assure you, there is so much more to what I have been able to include in one book. This is just a fraction of the message that I really wanted to convey, but, alas, were using human language, and you humans are such slow learners and your language is so very arduous.

It's almost like I wish I could just telepathically download all of this stuff to you and let you get on with having a happy life, but, until we evolve towards telepathy, we still have to use words on paper and paper in books and, boy, is it slow.

So let me just tell you now that this is not the end, but, instead, it's the beginning. The butterfly has no linear way to explain all of this too you, but, since the butterfly was once a caterpillar, he knows that caterpillars use the English language, and, trust me, all butterflies are still able to speak caterpillar.

BUG ZAPPER (You are becoming a brilliant butterfly and not a stupid moth)

People who don't endure emotional and psychological hardships are like Charles used to say "[those who can do and those who can't teach](#)" which means you're going to become the latter and not the former after you have emerged from your withdrawals.

You not going to go around teaching this stuff when you emerge folks. You're going to kick ass. You're going to be living this stuff.

Moths are the ones who drink diet spirituality. You guys are getting the high performance drink with plenty of calories to send you into orbit.

Let me put it to you this way. Nothing I am saying is black and white, and, the English language is a fucking pain in the ass to use when conveying these advance concepts (the English language is good for trade and commerce but it sucks for spiritual matters)

But to paint you a picture, people who have not purgated in a horrible and awful gestative cocoon can and do still transform, but, they transform into moths, and they do get to fly for a while, we all know that, but moths are stupid, and the often go toward flames.

When I was growing up my mother went to sears and bought a bug zapper, and we put it out on our patio for insect control, but, it had a problem, the light kept attracting moths, and, they did not zap and die but they got stuck in the electrical wire and went buz, zap, sap, buzzzzzz, spark, buzz, and we had to sit there and listen to that gawd awful noise and the smell of burning flesh of frying moth wings when we could have just purchase a citronella candle or dosed ourselves with mosque repellent

No, moths are mostly stupid, and you're not going to get caught in a bug zapper. I'm sorry it sucks for you big time, but I'm not writing this book for future moths of America, this is for the future butterflies of the world.

RESISTANCE IS FUTILE (allowing the dark night of the soul)

If you have [insomnia](#) and can't sleep then either read my book or go on Netflix and watch the fourth episode of Star Wars Rebels "[Resistance is Futile](#)"

Why? Because I don't want you to stone the messenger. Not because you can hurt us, but, we won't stop, there are more of us. You guys must realize we have a whole factory of Trojan caterpillars, and the more you kills us, the faster we produce Trojan caterpillars.

If you can hear what I have just said, your emergence is guaranteed. If you can be willing to hear what I have just said, you are in a great place. If you are skeptical, you are normal and if you are resistant, you are in pain and you are crying for love.

All of the above were in my story, so I had to pass through all four gates of being able to hear, being willing to hear, and being skeptical and being resistant. I was not able to skip any steps in my story

And, so what if you have just entered the labyrinth, or if you are half way through or towards the end, so what? Nobody really is allowed to know where they are in the labyrinth anyway, it's a closely guarded fact by all of the mystics and angels that everyone who begins the labyrinth is not allowed to know their way out.

HAVE YOU FIGURED IT OUT YET? (Success requires failure)

That was the question my Grandma Marcia asked my father right before she died. "Have you figured it out yet?" (And, to this day, I will never know if my father ever gave her any of that LSD he was trying to hide from us behind the board in the wall of the garage on North Forest that was in the vile that we were not supposed to know about)

So, after reading my testimony, have you figured it out yet? Have you figured out that you are not the one having the benzo withdrawal? Can you fathom the implications of this statement I have just made? I know it's a far stretch, but if you can digest anything of what I have said, then your emergence has been established!

Have you been able to tap, if only for just a brief moment, that there is a world beyond this 3rd dimensional amusement park that is your discovery that has come, not in spite of withdrawals but because of withdrawals?

If I were a new age life coach writing this book, you would have my full permission to punch me in the nose for making such a crazy and irresponsible statement, but, in not a life coach. I'm not a therapist and I'm not a doctor, but, I'm not a caterpillar either.

instead, I'm one man who lived through what you are inside of now and this is what came out of everything that I thought had gone "wrong" to simply fly free.

As they say in AA "take what you like and leave the rest" but I'm giving you my honest and sincere truth here folks, and, again, as they say in AA "if you want what I have and are willing to go to any lengths to get it

then you are ready to take certain steps” But, instead of steps, I’ve provided you with pointers. Many pointers. Because, steps are linear, but, pointers are more holographic

Do you see the irony of this time you in? This withdrawal is not what you thought it was. This time is not killing you – it’s saving you!

That’s it folks, these were the steps I left for you all. And I left footprints. Not footprints in the sand but footprints through the dark forest. Follow the path I forged for all of us and remember the quote by [Rumi](#):

“Somewhere between right and wrong there is a garden, I’ll meet you there?”

A PSYCHIATRIC SHAMAN SHAKES HANDS WITH GOD INT HE COCOON (more than a simple covid bump)

A psychiatric shaman is not someone who healed so that he could get his old life back, a psychiatric shaman is not someone who healed so that he could go back to work and make back all of the money he lost, a psychiatric shaman has learned his lesson, because, while in the dark forest, he made an agreement with god, he shakes hands with god in the cocoon, in the dark forest, and he turns his entire life over to god in the cocoon, and, this is when the agreement is etched in the Akashi records and god becomes the new employer and god does not have time for nonsensical withdrawal, god puts the patient into his miracle medical insurance coverage program, they end the withdrawals to get the newborn psychiatric shaman back to health and up to speed to begin his new career as a psychiatric shaman who will only now be available to deliver more messages, more angelic messages, he become a conduit, and the conduit cannot host a withdrawal, a conduit, instead, simply cannot. From the moment the deal has been made, it no longer becomes complicated, and that’s why i said in the opening paragraph that we are not going into the specifics of symptoms and problems, because, for a psychiatric shaman, they do not know anything about specifics any more, all of those will be taken care of when they need to be taken care of by him who can see the bigger picture, so, from here forward, it’s very simple, listen and follow, listen and follow (Marco polo) and listen and follow out of these shadows and into the light.

LONG SPOONS (The nuisances of service work)

This allegory is difficult and I was not sure I should include it in my book because I’m not asking you to help others right now, so if you feel this allegory will be helpful then go ahead and read this chapter. I don’t want you to confuse the message to mean you should not be focusing on yourself if it’s too soon.

Grandma Marcia was trying to tell me something, she was planting seeds, and that question, “have you figured it out yet” combined with her favorite movie “auntie mame” began to clear the fog and shrewd of the fear based programing from those poor frightened zealots who simply could not remove the butt plugs.

Marcia was trying to convey that we serve each other and we all get fed, and, I will need to polish this chapter, but, for now, it’s all about the [allegory of the long spoons](#).

Because part of my vision quest to do refrigerator to do list was to run down to California and remodel my cousin’s home, remodel my roommates home, go see my aunt in hospice, volunteer hospice, and, basically to

start giving my money away to people who needed it more than I did, to stop saving and start investing, but, not investing in stocks and bonds and real-estate, but in people, in people who I could make happy, people who needed to know they were loved and valued.

In truth of course nobody needs money to do any of that, but since I had money, well, why not buy Nancy a new car (it made her cry) why not buy Tom a new van (it made him cry) why not just become a philanthropist and make people cry.

Because, if leaving home when I did made my mother cry tears of hurt, watching countless other cry tears of joy means I had to do it, I had to leave home, so, maybe those [hair bands](#) are coming from her, maybe she does forgive me, and, maybe on the other side she is conveying [Hooponoono](#)

So, if you hate a psychiatric withdrawal, turn the tables, and love [Hooponoono](#) and love the long spoons and that way you will notice that a psychiatric withdrawal hates those things more than you hate the withdrawal. It will leave you for good. Anxiety and depression cannot stand this stuff and it will have to exit its host immedicably

[SUICIDE \(A psychiatric shaman is not afraid to talk about death\)](#)

I'm not going to title this chapter with a flippant title. Because, were going to stop with the humor for now. Part of the reason I've used so much humor in this book is because here, towards the end, I must address the most controversial but essential topics that most people in my spiritual communities won't address, and that is suicide.

After I write my chapter on suicide I'm going to have to probably go into the CIA witness protection program. You know, the one where they send you to South America, give you an new name, do all sorts of plastic surgery on your face and then give you a chalet in the mountains of Argentina to spend the rest of you living days in safety

The only person who speaks the ultimate truth on suicide, as far as I know, is [Teal Swan](#), and, she got thrown into court for speaking the truth and, also, they took her video off of YouTube also the one above is her watered down version, with is still highly and totally excellent in my opinion.

When she posted the real ones one before people were trying to kill her for saying what nobody else had the courage to say, but, because she said it, she saved countless lives, so here is my turn, so, if you don't see or her from me for a while, it's because I'm in jail right now. So here it is - suicide is a reset button (these are not my words, they came from teal)

I've got to talk about it because the level of suffering that comes with a psychiatric withdrawal had me roaming the streets looking for a heroin dealer so I could slam an overdose into my brains, and, I ordered the book "final exit" and I re wrote my will and I plumbed a gas line in my closet and even taped all of the seams shut and I also called suicide hotlines and I also went shopping for a gun. I get it folks, I really truly do get it.

Since I'm not a licensed therapist I do not risk losing any sort of license by talking about the most taboo subject on the planet, and, trust me, I know the feeling, totally.

The hardest part of m withdrawals was believing I had the right to end my own suffering, but, also, if I told a counselor or a therapist that I was planning suicide legally they would have to call 911 and have me sent to a mental hospital where they would give me more pills which would make me more suicidal. Sound familiar? Sound like a no win situation?

Only a person in a psychiatric withdrawal will hear what I have just said. If you're not in one of these, you can probably go to a counselor who can get you back on track rather quickly, but, I know a psychiatric withdrawal, and it's a whole different beast.

So what do to? Everything I've been pointing towards folks, and, now, perhaps it time I do talk about death, because I did die, and since I did die, you need for me, now, to share with you my NDE

WHY DO SOME PEOPLE GET STUCK IN PROTRCTION WHILE OTHER HEAL?

Are you perplexed why some people are years out and still in the chat rooms an unhealed, well, after everything I have shared with you in this book, now, you may start to see why. I've got to clarify tis for this community, I simply have to, because, someone has got to say something, so many of you are stuck in the dark forest and I want to help.

Think of it this way, so maybe if your brain has been some that compromised, so what, because, if your telling god you want perfect and complete wholeness with our body and brain before you call yourself healed then your barking up the wrong tree.

Very seldom am I going to get tough with you guys, but, if your one of those who is in this category, stop it, and just stop it right now. I supposed by all accounts maybe I have been damaged, I dunno, I also know that there is a fusion in my lower back, and I walk with a somewhat limp also, and does that stop me from jogging on the Springwater corridor train?

I have a friend who has no arms, and, because he does not see arms as a necessary, then his feet can do more than I've ever seen before, and, so, stop your whining. Just stop it right now.

There I said it, and, now that I have, I'm going to point you in the direction of someone who can say it much better than I can, so, if your one of the ones that I have just discussed in this paragraph, and you want to now more, go read the book by Carolyn myss [Why Some People Don't Heal](#)

It's not about DNA or luck folks, those are both caterpillar excuses form the caterpillar theory that this is a random chaos universe with no order that we have no control over. There is no such thing as fate folks, and, although it's true you cannot control what happens, you can control how you perceive of the station, so there.

YES BUT (Your psychiatric shaman will not allow you to be terminally unique)

So now after all I have gifted you are still pessimistic and negative and convinced you won't heal and your still convinced that your brain has been damaged like [Marvin the robot](#) from hitchhikers guide to the galaxy.

so you are a pragmatist, So, maybe you are not mechanical, and you are not interested in model T's or assembly lines, or, you don't own a dog and you don't want ferrets, you prefer [xeriscaping](#) desert gardening and you would never be caught dead growing a [daffodil or a tulip](#) in a million years, maybe you use your broke pottery to make mosaics so you aren't going to be doing no [Kintsugi](#), and for you, maps are impossible to read and you failed your history class anyway and don't' want to learn about [Lewis and Clark](#), because your not into maps and

you use your GPS instead, or you museum mount all of your art and don't need any [frames](#), and, maybe your ex-husband was a total deadbeat loser and also [lepidopterist](#) the mere mention of butterflies and moths gives you more of a pain body attach then when Carl asked me to baptize him in the strawberry river, maybe you hate movies, you hate [surfing](#), you hate [80's music](#), you despise [Easter egg](#) hunts, you think [slingshots](#) are violent, , you don't want to understand [check valves](#), you're a [flat earther](#) so you believe that the [celestial speedup](#) is complete balderdash, ladders terrify you since your uncle harry fell off the roof and landed on your cat tinker and since then the mere mention of ladders sends you back to therapy, and you think my being gay is gross and you hate [math](#) examples, You think my construction toolbox example is complete nonsense, you despise [body builders](#), you still think [labyrinths](#) are satanic, you think the [moon landing](#) was a hoax, you hate Fred Flintstone, you hate [bewitched](#) and you grew up on a commune off the grid where they did not have electricity so you never got to see a [bug zapper](#) work, you dog stays indoors and has never had [fleas](#), you still think Ayahuasca conjures up demons and you are a card carrying member of the club that meets every week at the local city hall to protest the carton south park, and, still, despite every part of my testimony you are still convinced there are only 5 senses and all god talk is complete balderdash superstition despite everything I have been writing and writing and writing is all a bunch of nice flowery Pollyanna sugary and creative metaphors, and after your all done you are still rolling your eyes in your suffering and you say to yourself [YES BUT.....](#) And you think your unique and you really have been damaged because all of that I just shared with you just is way to fru fru for you to believe, well, that's why I saved the hairbands story for last, because, this is not a metaphor, this is a true story.

HAIRBANDS (A personal miracle story to give everyone hope)

Everything I have shared with you thus far has all been metaphors and the naysayers can chock it all up to a bunch of nice fictional stuff, but, then, say to themselves "[yah but](#)" and that's ok, because, I saved the best for last.

But you need tangible proof, you still remain skeptical, and there is wiggle room for you, still, to not get disappointing for a miracle and not get your hopes up to have you get hurt just one more time by expecting a miracle that just might not happen, so, this is why I saved for you all the best for last, my own miracle story, and, it did not happen in spite of my withdrawals, it happened because of my withdrawals.

Because, Even after my vision quest had begun, things made absolutely no sense in my life, because, I still was not convinced I would ever be totally reassembled like [Kintsugi](#), well, I mean, yah, that's a nice Zen story and all, but when your bank account is draining and your still being kicked out of spiritual communities for calling the owner of the ashram a fuckin bitch and you land you ass in the streets of san Juan costa Rica after the owner of the ashram gave you 2 hours to pack your bags and go, well, this kind of shit and these kind of metaphors just don't help all that much. I still had this small voice in the back of my head which kept knowing at me "yah but you probably were damaged from all of those chemicals and substances and maybe all of this spiritual stuff is for others but maybe your just not destined during this incarnation and maybe you will just have to wait until the next lifetime before your miracle and your light and maybe you are just too far gone and maybe you did damage way too many relationships beyond repair and maybe you were supposed to have perished in the aids pandemic with Mikael, Freddy, jay and Tad, and maybe you did damage all of those people and took too much love from them and drained them dry and maybe you did accumulate too much bad karma that god is just trying to balance all of your horribleness and maybe, just maybe the doctors were true, maybe you really are bipolar and maybe you really do have a personality disorder, with a protracted withdrawal that will never give you the quality of life that those people in those spiritual communities all profess and maybe and maybe and maybe.....

That's when I looked down and saw a hairband on the ground. Don't ask me why I picked it up, I usually ignore all litter.

The next day I took another walk and instead of looking forward or looking up I continued to be like Robby the robot and looking down, so there it was, another hairband, so I picked that one up and threw it away like the first.

Then the next day and the next hairband, then the next, then the next and, now, over two years later, my collection totals close to 200.

I'm not shitting you folks, I find them everywhere, in the trail by the irrigation canal in Utah, on the rocky desert floor of Duschene Utah, at the I 5 rest stop in southern Oregon, in front of the muddy rudder in Selwood Oregon, in the parking lot of whole foods market, inside of my friend's barn in McMinnville Oregon, on the carretela and in the plaza and on the malecon in [Ajijic Mexico](#), in my friend's car, on the Oceanside pier in San Diego, in Norco California inside of my cousin's home, and on and on and on. 2 years and close to 200 hair bands. (Don't believe me, here is a photo)

Is this just a coincidence? I mean, is time and space malleable? Is there someone on the other side trying to capture my attention? Send me a message? Give me a sign?

Listen folks, I still do not have all of the answers, and that's the point of my book, is that I am not going to get all of the answers, and I don't think we need to know anyway, but we do need to keep going, and the more I continue to follow this [trail of breadcrumbs](#) "to do" list that Marcia puts on my refrigerator door every morning, the more I continue to find these hair bands all over the place, and, they are like the Easter egg hunts she used to give Erik and I way back when we were little kids.

I could jump to all sorts of conclusions, and I've tried and tried to, thinking, are these hairbands coming from my mother who died in 2006 and is she trying to give me encouragement? Are they coming from my sister Martha who committed suicide 1994? I could speculate until the cows come home, but, that's not what matters.

What matters is how I feel when I find another one, because, for me, they are like windows, windows into my heart, and for all of the times that the pain and anguish and suffering of my withdrawals pushed me, the hair bands are pulling me, pulling me to keep going (like Joe used to say) keep walking through the yes door like Joe had painted on the front door of his house on the coast, continue to stay in this moment and not look back or look ahead, and continue to trust.

The only true message, thus far, is what I want to share with you all, and it comes from those silly hairbands that I continue to find all over the place. We are loved and we need to keep going.

So, if I knew where they were coming from, then maybe it would mean my story is over, and that's good, because I don't want my story to be over. I want that story to be over, yes, but I want to continue to live, continue to explore, continue to write new stories and continue to find more hairbands.

See what I mean? Some of our stories will be dark, and what could get darker than a withdrawal, but won't those dark stories just make the light stories all the more amazing for us to appreciate?

Listen folks, I have countless stories just like the hairbands to prove Marcia, but, this book is already way too long, and I have to edit out the stuff that would be superfluous and redundant, and, besides, the rest are all stories without proof and you guys are suffering in withdrawal and you guys are not reading my book for entertainment, you guys need help, so, you want proof, solid evidence irrefutable proof that the light will return, so, here it is, and here is the picture.

I took all 200 hairbands and I linked them together for us, because we are all links, links in a great big chain, one great big long chain of atonement.

If I am further ahead of you I hand you my right and you grab and I pull, and, with my left hand I reach forward and grab the person ahead of me and he pulls, and, this is how we escape out of the dark forest together, this is our ladder, these are our hairbands, and this is our chain, our chain of atonement.

HAIRBANDS ARE THE BRIDGE BETWEEN PSYCHIATRY AND SHAMANISM

but, maybe that's the whole point, maybe I am not supposed to figure it all out, but, isn't that the whole point of psychiatric shamanism, because, a psychiatric job is to figure it all out, which cannot be done, and the whole point of shamanism is to let god figure it out, so, cannot a psychiatric shaman be the bridge between psychiatry and shamanism? Between the i know mind and the I don't know mind. Folks, you cannot figure out your withdrawals, your suffering, and you're healing, and that's how we heal, when we realize we cannot figure any of this out. That's when the seeds of a new life begin to germinate,

My emergence came with a prayer "help me I can't do this" and that's when Marcia returned laughing and chuckling "of course you can't" that's when it gets shown to us. The ultimate answer to the ultimate question was 42 because they point had to be made

END OF THE HAIRANDS CHAPTER

LISTEN Folks, I've had money, I've had looks, I've had sex, I've had trips, I've had education, I owned a boat, I owned a Mercedes and I've own rental properties and thrown dinner parties and the like. I had a mask, and, also, I was on pills, lots and lots of pills.

All of that cannot hold a candle to the hairband story folks, these small round dirty elastic scrunches' that I find all of the world where ever I go, this filthy dirt smelling collection that I carry with me, this is the value in my life today, because these did not come from me, but, they have come from my willingness,

I've tried to figure it all out folks, are they coming from my mother, who died in 2004 before I was able to get sober, is it her? Is she trying to tell me I am on the right path? Is she trying to say she is sorry? Are they coming from my half-sister Teddie who committed suicide when I was still in my 30's, or, are they coming from my cousin's granddaughter, is she asking me telepathically to come to Orange County and be her father? Folks, I've got to be honest with you, i don't' know where they are coming from, but, i do know they just keep coming, faster and faster (yesterday I found a total of 3 at the park alone)

MY SHAMAN KILLED ME (I can say all of this because I had my own near death experience)

Well, not my psychical body, which isn't real anyway, but to keep it short and sweet, yes, he did, I got the privilege and honor of having my own private shamanic ally induced NDE, but, don't go smoking that stuff for recreation, its serious serous shit, and, only to be done by the most qualified of qualified of qualified, because, trust me folks, that shit will kill you.

And I won't go into any more details because if you want me to we need to talk one on one private, but, here is what I saw on the other side.

Listen folks, I had over a year since that NDE to fully digest what I was shown, and I still cannot put it into words, but, here is what I do know. It's simply amazing, and, it's beyond what words can even describe.

It basically put this entire ordeal of psychiatric drug withdrawal and compartmentalized all of those decades into the head of a pin, and, then, I was thrust out into orbit into the constellation [Pleiades](#) and was able to witness my life, about the size of a pin head back on earth, and, then, suddenly, it all made sense.

This is good news folks, because, on the other side, you must know that absolutely everything that you believe has gone wrong, absolutely everything that you believe needs to be fixed and absolutely everything that you are afraid of is simply not true, carte Blanche, across the board. And, to top it all off, it's all about as significant and large as the head of a pin in respect to the size of the entire universe. It simply does not matter.

There is tons more to my NDE and I could write a whole book on that and I may do that later. But, let me add a total disclaimer for you guys, the first clinician who I approached for medicine, she would not serve me, because they do an intake on people like me who have a "history of psychiatric conditions" and she said no way, but, I went for a second opinion, and the guy I found said yes, but here is the disclaimer.

My ceremonies were much harder than anyone else's, because, medicine had to break the sound barrier which my story, contained 25 years of total clogged stuckedness, so, since you can get where I am going with all of this, I am a total proponent of medina, but, for the heads up, its hard folks, and so instead of telling you all to go out and do medicine, instated, I'm sharing with you what I can bring back from all of that in the form of a gift for you all to maybe make your own way to medicine one day, or, hopefully, be able to do all of this the easy way because I did the hard way for us all ready.

In a nutshell folks, to put it plain and simple, yes, I did die, and, now that I no longer fear death, I no longer fear this human experience coming to an end, and, with that said, the opposite of fear is love. No more fear, love flows freely and no more withdrawals.

THE PRODIGAL PILL POPPER (The masters' view on mental illness)

I also saved this chapter for the end of my book because I wanted to talk about this subject after my [NDE](#). Chapter. Because, when I got to the other side, there was no such thing as mental illness folks. But, during the lost years, including the time I admitted myself to the psych ward and for all of the time I was comatose on the bathroom floor rocking myself back and forth and hitting my head against the wall and babbling incoherently, well, back then, let me qualify and tell you, that diagnosis did seem very real indeed.

However, now, after having completed my psychiatric shamanistic initiation, it's all over now, and those parables are in my rear view mirror, and, in the end, it all it all turned out not to be not true at all. Because, from above the battle ground, I simply don't need a mental illness any more.

Today, I can feel my feelings without trying to punish or scold my way out of the dark forest, because, my prayers have been answered, I did find a better way.

And, also, on the other side, were so completely loved, and, not loved in spite of our difference, but because of even those differences which cause us pain that, well, I cannot believe in mental illness across the board, caret balance, in any way, no how at all, and, as you can see, this has very much generated an opinion that does not match with psychotropic pills on any even any more. Because, that's what I saw, and, Marcia agrees with me completely 100 percent,

Listen folks, it hurts to be separated from our creator, and to think we need to improve ourselves and then, well, darnet, life just gets dam complicated and we give ourselves a mental illness. We've all done it, ever 7 billion has given themselves a dammed mental illness.

Just because yours might take a more obvious form than the one does not mean that your neighbor down the street who has the [Donna Reed](#) mask does not also have a mental illness. Here's is just more societally acceptable so she can play the game longer. Yours just wore off sooner (lucky you)

It just plain hurts, but, we all chose to be separated, and, while we are separated, we do many crazy things thinking that we ameliorate the pain that comes with this plight that seems to have afflicted all 7 billion residents of planet earth.

However, pills make it tolerable to stay separated so we can pretend to be who were not, and, that's what I know now after my harrowing adventures in the psychiatric parable, and, now that mine is over, and after an actually NDE, and upon reconnection with Marcia, well, this is what I'm here to share with the world now . I've got to, I've simply got to

So, here is what I learned, think of me as the prodigal son, and, in order to leave home, I needed to see a psychiatrist and take lots and lots of pills, so, called me prodigal pill son, but, this is the point I've been trying to drive home through my entire book, because, we are all prodigal pill sons and daughters, and you need to fully digest the enormity of the implications of this parable to stop beating yourself up, because, this is good, this is outstanding, because, I'm meeting you all as you're getting off your pills, and, this is where we all get to go home, and, this dark night, this cocoon, it's just that were eating with the pigs right now

I've got to be very gentle with this parable usage because it's been so overused and so misunderstood and so mistranslated over the last two millennium, but, basically, in a nutshell, it's true, we all got ourselves separated, and, this is why I like working with this community, because you guy swill admit it, and, it's also why I love the 12 step communities, because they will admit it, and, also, that kind of explains why Jesus loved the tax collectors and sinners because they were the most honest.

Are you hearing me? This is the first time I am not using my own metaphors, but, instead, I am using the master's metaphor, the prodigal son, but, I'm taking the prodigal son and putting it not your experience, now, in the withdrawal community, so we can all start our journey home.

This is good news folks, all of these metaphors I've been using are just to get you back to the granddaddy parable metaphor of them all, the prodigal son metaphor, and do you see where I am pointing? I am not really pointing towards any clearing like that, the clearing is god, the clearing is your father, and the clearing is your home.

Are you following me? And, I had to wait until the end of this book before talking about the prodigals son daughter because the folks who are already connected, they don't' need my book ,but my book is for the disconnected, like I was, and my book is for, not only the medically injured but the religiously injured, like I was, so, there, I told you I was a shaman, and I told you I was going to trick you, and I just did, I tricked you into believing in god.

Since everyone who was put on meds was told they had some sort of mental illness, as you can see, this book I am writing is not cutting off the leaves of the weeds, it's going for the roots, and, cutting off the leaves is fine, that's what must of the new age and self-help communities can do, but, one of the reasons m book will probably not be mainstream is that I'm going for the jugular here folks, and, if your done once and for all and want to end this madness here and now, IM giving it to you straight, this is how I did mine. My testimony and my tools.

DAVID HOFMEISTER ON MENTAL ILLNESS

Don't believe me still because I'm not a well-known spiritual teacher, well, then, if you want to believe someone with credibility, hear what my teacher, [David Hoffmeister](#), has to say regarding mental illness

My teacher, [David Hoffmeister](#), has a lot to say regarding mental illness, but, we've got to keep it simple folks, because we're not ready to take our submarine ride all the way down to the bottom of the Mariana trench quite yet, we need, first, to compress ourselves slowly, so let's stay closer to the surface and begin by discussing how we got into this bind in the first place, thinking we had a mental illness to begin with.

KRISHNAMURTI ON MENTAL ILLNESS

And, how better than to quote [krishnamurti](#) ("to be well adjusted to a sick society is no measure of mental health) I used to have people tell me I had mental illness. They did not know how to help, and this was the best they could do, because, if they said I will ill, then they could send me to a doctor, and doctors fix what is wrong

But a broken heart is not a problem to be fixed, it's a pain to be felt. I've covered this as best as I can in previous chapters, but, I've got to hammer this point home in order to get us defrosted so that we can stare to bring our intuition back online.

In my own story, sooner or later, I had to stop taking blue pills. The pills had made me go numb. It was as if I were already dead, and, in life, without my sensitive nature, I had become like [spock](#) on Star Trek ([emotions are not logical](#)). So, what were my options? Stay with Vulcan logic and continue to play by rules which continued to make me unhappy until I killed myself, or [defrost my soul](#) and withdrawal off all of my pills and have my freedom back? Quite the quagmire I must admit.

I proved everyone wrong. I did not become violent. It was and still is very hard, I will not deny that, but nothing bad actually really did happen. And, as they say in AA, my worst day sober is better than my best day drunk.

I had tons of anxiety and depression, and that's just what happens in the cocoon and in the dark forest, but, in truth, I was not damaged and neither was anyone else (I certainly did not turn into school shooter)

I really can't blame all of those well-meaning doctors, therapists, friends and sponsors. But, remember, I only frightened the caterpillars who took the bus ride around the dark forest. They were the only ones who found me scary.

Not one single butterfly or surf instructor ever got frightened. Dale Blackford was one of those, he was not frightened.

While the caterpillars ran away from me, I simply noticed that, at the same time, surf instructors were running towards me and butterfly's kept landing on my head. Sort of makes a man stop and ponder and think, wouldn't you say?

THIS BOOK WILL BE THE END OF ME (thank god!)

If this book completely destroys and any chances I might have ever had of becoming any sort of worldly success I will jump for joy and climb the nearest mountain top and shout Hallelujah! Because, the more nobody I become, the more light I get to embrace.

Self-help is great, and, it's exactly where most people in withdrawal will begin, and, also, here is a caveat. When you're done, your self will be gone. Completely gone. You will emerge from the cocoon without any caterpillar self-left. Yes, you will speak caterpillar and yes you will remember caterpillar, but only as a ghost DNA imprint.

Are you confused yet? Well, remember what a [koan](#) is "what is the sound of one hand clapping" or in my case "you need self-help go make the discovery that you have no self"

You see, Marcia could not help me. Marci only loved, and all I had to do was tap her frequency. But, her frequency was so hi it killed

And, here is the best part, since my ego was and is being thrown in the lava, I no longer have a reputation to worry about, and since I no longer have a reputation, I no longer care what you think, so, I no longer have any [dancing skeletons](#) in my closet (I puked a lot of them out in the Ayahuasca bucket) and I no longer care if you know that I did all of those things because Marcia told me to go completely clean, don't try to look good anymore, lay your cards on the table and use your testimony, instead of something to be ashamed of, to share it with the world so that it could help others. Use the shit of my story to fertilize your way out of the withdrawal stories.

By the time this goes into print, I'm washed up, finished, though, and how wonderful a moment that will be. Let's put an end to my ego once and for all! HURRAY! I'm done being Kenny, so let's get it over with. It's time to tell his parable so that it can shine the light brighter on shore.

CREDENTIALS (Psychiatric Shamans attend the School of Hard Knocks)

Yes, it's absolutely true, there is an actual school that hands out psychiatric shaman credentials, and, it's called the [School of Hard Knocks](#).

Don't you just love my rants? Well, before we go, I have one more rant left in me, and it has do with the topic of silly old caterpillar credentials. I can remember when I finished my bachelor's degree in the 1991, and, although It only took me 5 years of university to realize that finance was all a bunch of baloney I decided since I had spent so much time and money and effort for that worthless stupid pieces of paper that I might as well attend the ceremony and wear my [illuminati cap and gown](#) costume and get my picture taken with the dean of business administration at SDSU.

But, what I remember most about that afternoon was the silly speech that very lost man gave, and, the straight face with which he delivered it, and, he said to all of us something I will never forget. He said "this piece of paper will give you credentials and clout"

All I remember from that afternoon aside from the hot sun and the long list of boring names was poking Jim who was sitting next me and saying "hey Jim, why is he talking about clout, isn't that the stuff that we always step in and scrape off the bottom of my show"

Sorry folks, I just had to share with you this funny story to break up the ice

No, but seriously, why in the hell would you want someone with credentials to write this book? Wouldn't you rather have a crusty old fart like me who know nothing about psychology and who is not a minister, a life coach, someone who does not have a medical degree or a counseling degree or any credentials whatsoever but who fell into a whole and crawled out of [psychiatric sewer](#) and found his superpowers instead?

Would you rather hear all of this from me instead of some stuff old person sitting behind a desk charging you \$150 per hour?

Besides, Marcia has the most powerful credentials known to mankind, she has the heart of god, and, in my book, I know, the heart can perform miracles.

THE 12 STEPS OF PSYCHIATRIC SHAMANISM (A new approach)

So if you want to go back to some “good old fashioning religion” (excuse the pun) and try a 12 step approach, a psychiatric shaman would love to take you there, for sure, and he will even do some remodeling for you to make the steps a lot more digestible for you, so here goes folks, fasten your seatbelts, because, now I am going to give you the psychiatric shaman's 12 step program

If not, then, let me plain it to you, I've tricked you all, yes, i have. My father even said that bout me when he was disowning me in the late 80's he wrote a very terse letter and those were his exact words, he said I was tricky, and, you see, even way back then he knew I had the makings of a psychiatric shaman, but in a good way, so let me explain.

#1; So, starting with step one, i got you guys to admit powerlessness, but, if I just came out and said that in a ginormous command, you would have tried to kill me, and I've covered all of that already, but,, now, do you all see step one, you are powerless, or, the small you is powerless, or, your caterpillar is powerless, or, you're not in control of this transformation, so there is step one.

#2; So, now, progressing to step two, came to believe in a power greater than yourself, but, if I just said that, you would believe there was someone outside yourself, so we've recovered that in (mention those chapter) so we've eliminated that there will ever be a nonsensical step god coming to the rescue so you don't have to storm out of your 12 step pa meeting, just quite yet, because hold on, there is more

#3; so, we made a decision, and, yes, by now, after reading the psychiatric shaman, are you willing to make a decision? Decision that caterpillar is over. Is that simple, just decide that caterpillar is over, refer back to step #2 and lets move forward (refer to no new steps)

#4: psychiatric shamans do not take a searching and fearless moral inventory of themselves, this is where we try a different approach, because, we dissolve ourselves before ever considering something as recklessness as impossible as trying to attempt to ask the dream character on the screen to fix itself. This is why most 12 step recovery programs have about a 5% success rate, and, it's not because they are wrong or bad in any way, it's just that the Trojan caterpillar factory was still in its infancy stages and there were not enough Trojan caterpillars available with butterfly swat navy seals with acme dynamite .

#5. Ok, as far as admitting go god and to ourselves the exact nature of our wrongs, a psychiatric shaman will not take you in this direction either, because, he has dissolved the right also by this time, so without a right there is no wrong, so skip step 5 all together

#6. Ready to have god remove defects of character? A psychiatric shaman kind of looks at this step with a perplexed curiosity, because, it's starting to sound like a bewitched episode, as if this whole addiction thing can be solved in a 1/2 hour episode. Why are we asking god to remove our defects of character and leave our character in place? The character itself is a dream character, so what's going on here folks? Have god take out the bad parts of our dream character and leave the good parts of our dream character? No, I'm afraid the psychiatric shaman will just get you to see its all. Dream character and leave out the word defect all together.

#7. Humbly asked him to remove our shortcoming? Still, this is sounding dualistic, like he will remove our shortcoming and keep our long comings. Nope, this one has to go out the window also folks, why not just see that short and long are both oppose ends of one stick, let's go vertical and get off the stick itself (NEXT)

#8. Made a list of all people we had harmed. Ok, here we go again, we have helped nobody and he have harmed no body because there are no bodies, and, once we see that, then Marcia will be in control things like amends, they become none of our business. This is hard to put into words because if i am not careful with the vocabulary you will twist my words and go back into denial, which is not walking the razors edge of responsibility, but, let me say it this way instead. You are responsible for the solution and you are not responsible for the problem. Tell me if I've gone far enough on this step or if I have not gone far enough folk's erasure, this one had me tripping up for years, this step.

#9. Made direct amends, well, I will buy this, but not in the way its stated, because, we do not say were sorry, butterfly's don't do that, but, instead, let me give you an example of how it would take place in a Randall world example "oh, frank, oh my goodness, frank, frank, I'm so sorry that in my lost years I could not love you and when I could not love myself I could not love you and in my lost years I could not see how amazing and beautiful you are and in my lost years i could not see how amazing and wonderful I am and we both are and because of all that confusion I behaved and acted in ways that were out of congruence and integrity and I've learned from all of that, and because of all of that, and, well, thank you, I'm sorry, please forgive me and i love you (hohonno in a nutshell plain and simple)

#10. We don't' continue to take personal inventory, we continue to watch our minds for the return of our egos on a moment to Monet basis, and, were never wrong, but our egos are always wrong, so a psychiatric shaman likes step ten but he just takes it one step further and he torques the language and me makes it more doable for you

#11. Ok, a psychiatric shaman will buy all of step 11, seeing though prayer and meditation, but, prayers, again, they are not Samantha sevens and endor incantations, they are simply a pure and honest and fearless desire to be shown the truth and to trust that truth. Pure and simple, and, to prioritize this desire, and, as far as mediation goes, well, yes, of course, if that's your cup of tea, by all means, meditate for Christ sake

#12. Absolutely everything about step 12 is absolute infallible, and, it's all been explained in the pearl diving chapter, so rock this step to the max folks, no need to play with any language here (except for rite alcoholic part because by the time you read this step you will un believe the word Alcoholism and you will be carrying this message to every single person you meet alcoholic or not)

What have I've done in the last 150 pages, in a nutshell, which you never would have attempted or considered in a million years had I not used this Trojan caterpillar on you, I've tricked you, I've tricked you into a 12 step recovery meeting where you can now start to help yourselves, because, this is, as we used to say in AA, this is a We program.

MR TOADS WILD RIDE

Then Marcia sent Kenneth to California to meet his shaman, and, to meet the toad, then, finally, after all these years, Marcia sent 12 step sponsees, finally, after finally meeting David Hoffmeister, i could wrap up my 12 step commitments by helping newer members in recovery,

A psychiatric shaman does not see this as a withdrawal, he sees, instead a spiritual emergency

In the chapter that i did yesterday on pearl diving, a silly, in a nutshell, it is pay it forward, and use a movie clip for this demonstration

In the don't become a pharmacy shooter say don't become a pharmacy shooter because after you read the psychiatric shaman you will probably want to hug your pharmacist rather than shoot him.

What do I mean when I say this book is holographic? I'm saying if you can digest one or two of my metaphors, you done don't need all 50 of them, because, that all say the same thing in a different form basically

All are called but few chose to listen, but, the good news, in withdrawal, you have to listen or you won't emerge, my mother used to say you don't listen Kenny you don't listen Kenny you don't listen envy, but, she was wrong, I am listening, I am listening now

THE ACCELERATION OF KENNETH

You have got to understand what is happening to Kenneth as he continues to receive and dictate these transmissions from Marcia, the more i write this book, the more I dictate in words the pictures she is planting in my brain, the more I feel her, remember her, feel me, remember me, that innocent little boy who used to play with his grandma Marcia is returning the more I type what she is telling me to type, the more I am sharing what she is telling me to share, and, it's happening faster and faster now, the more I emerge, the louder her voice grows, and, this is why she wanted me to include the chapter on Marco Polo, folks, this is my celestial speed up that Marcia wants me to share with you, to give with you, this is my emergence, I share this with you and I emerge and if you chose to emerge I will accelerate even faster, so I'm not doing this because I'm good or nice or kind (I'm really not a good person or a nice person any) I'm doing this because it works, it's fool proof, it's an elegant equation with the perfect solution.

A PSYCHIATRIC SHAMAN IS A PEARL DIVER.

Listen folks, a psychiatric shaman is not a counselor and he is not a spiritual teacher, a psychiatric shaman is someone who has danced in both worlds, and, the world he did not chose in the end almost killed him, and, it did kill him, but, it killed the him that was not ready, and left the him that is the only him that could ever find any true happiness, not the hybrid type of pleasure that most humans call happiness, but it's a hybrid

copy of a copy of a copy of happiness, and your withdrawals all are going to uncover the real deal, you're not going to be getting a copy, you will get the original, the real McCoy.

A psychiatric shaman has gone all the way down to the bottom of the Mariana Trench to pick up a pearl that can only grow in the deepest ocean depth, and, he held his breath long enough and survived the pressure long enough to bring up this gift for you all, because, he will not be giving you this gift, but he will be teaching you how to become a pearl diver, and, because he dove down to the bottom of the challenger deep which is 36,200 feet down, he is going to show you where your pearls are locate, but at only half that distance, which is 15,100 feet deep, and that is your job, to dive for your oysters and your pearls that are located at a depth of only 15,100 feet, and you must because you must

You must because in order to keep your pearl you must show the next person how to pearl dive, and with this same enthusiasm because their Perl will only be located at, again, half of the depths that yours was, which would be half of 15,100 which is only 7,550 feet, and you get where I am going with all of this.

That person in order to keep their pearl must show the next which will be only again half of their depth so divide 7,550 by 2 and you get 3,775 feet down, and so on, so the next 1887.5 feet down, and the next, 943.75 feet until we are all just at the surface of the water,

But, here is the caveat folks, none of us will actually breathe the air of Goode above the surface until we are all at the surface, and, then, the final step is taken by god himself, but, let's not jump ahead of ourselves.

For now, let's just say your dive will be easier than mine and you must dive to make your easier for the next, and, this is how we exit the dark forest and this was the end of my withdrawal story

You have got to understand the implication of this metaphor folks, you can dive and get a pearl, but if you do not show the next person how to pearl dive, you will drop it back into the ocean and you will go back into withdrawal, which is find, but, i want to save you time and i want you to hold onto your pearls, so, please, here is what I am pointing towards, and, in AA we called it service and, back then we said "to keep it give it away" and I know this is opposite of the way the world has taught us, but, in my story, you have got to believe me and trust me, that this was my solution out of the dark forest of my withdrawals and my emergence trail of breadcrumbs discover which Marcia told me I had to share with you all in the form of a book, or else, if I do not share it with you, I will drop my pearl (s)

HOBBITS BOW DOWN TO NO-ONE (one final word from Marcia)

I know how Helen schuckman felt now, when transcribing the course in miracles, because, so much of what I am about to share, now, actually sends shivers down my spine, but, i must share with you what Marcia told me to write, so remember, if you think I'm all of that I am about to write, well, no way, well, at least not yet, but, still, this is Marcia's book and she told me to say this, so when Marcia speaks, I listen, so here it comes folks.....

Basically, for a psychiatric shaman to cultivate his own miracles, so that he can fertilizing the seeds of miracles all over the planet (and in this case the withdrawal community and get you all out of this dark forest when nobody else can) he must, number one, completely forget about himself, his needs, his past, his future, his reputation and all means of his support, and, his friends, his family and everything else of which a self (according to the cultural planet earth rules) would consider, and, he is to, 100%, only, trust, listen and follow, he, as a person, basically, in a nutshell, no longer exists as a person (refer to the chapter this book will be the

end of me) it will be the end of me and the beginning of absolutely everting (not the least to mention my withdrawals and my problems and my psychological baggie and all of my worries and fears and traumas)

You figure all of this out, this, for you, another koan, and, also, what you have requested from me, your emergence from your dark night, your cocoon and your withdrawals, and, emergence into something amazing, one gillion times more amazing than the pinhead of a withdrawal with this new galactic reference point firmly established.

So, in other words, and I continue to repeat myself, in order to become a psychiatric shaman, you have to become willing to lose absolute everything, but, refer back to my chapter on dyslexia, and, remember, this is an upside down world, and, I've taken you down the rabbit hole far enough by now for you to realized that you will lose nothing and you will gain everything, and, what you gain will be so powerful you will forget about the one who is having the withdrawals.

There is your emergence, this does not need to take time folks, because once the honest truth has been courageously digested then the locksmith will suddenly have solved the rubric cube, all of the pieces of the puzzle will fall into place, all of the dots will be connected, and, then, here is the biggest miracle of all folks, that Dark forest we have been leaving one step at a time slowly, and that screw we have been unwinding slowly, then, in one fell swoop, the dark forest will suddenly disappear, and, you will be home, and, also, you will notice, your body is still here, and this is when the fun beings!

This is where all of my metaphors have been pointing towards, and, since this will be the end of you, a withdrawal needs a you to be attached to, so it will be the beginning of your new butterfly destiny.

I now all of that sounded harsh folks, but you have got to trust your psychiatric shaman, because, this is how he did his, and you have already heard his story by now, and you know that all of his testimonial qualification must prove by now that this works. And, if you think I am starting to sound like a prophet, then find, add that to the list, because, I'm fine with that, so just say, along with being a plumber, a lawyer, a sponsor, and the likes, a psychiatric shaman is also a prophet.

Not unique, not special, not anything, but, through this empty vessel comes the voice of Marcia, the voice of emergence that the people in this community have been asking me for years and years, so here it is, this is what you have been asking for, and I have put it into a book, and it's been signed, stamped, dated and sealed. Godspeed!

If you can hear only a fraction of what Marcia has send, your emergence has already been written into the Akashi records, and your emergence has been established, did you hear this, you only need to be willing to hear what Marcia has just said, and I have waited until the end of the book to just blurt it all out because if I poured out the intensity all at once you would have thrown my book out the window, but I had to spend chapter after chapter being silly and being funny and cracking all sorts of nutso humor to get you to know me just long enough so that we could make it this far together.

I am in such awe of you, and Marcia is in awe of you, and all of the avatars and saints and angels, right now, because you have made it here to digest this, they bow down in reverence to you like the last scene in the hobbit where (hobbits bow to no one!)

THE RULES OF PSYCHIATRIC SHAMANISM

I pondered for years, after I had emerged with the most harrowing tale known to mankind, alive, and in complete working order and intact and asked 'what now'. My life as Kenny has been burned to the ground and i

am 54 years old no retirement no money no resume and absolute no future at all except for my own life, and, in my back pocket, this testimony, this trail of breadcrumbs, and this experience strength and hope and I asked Marcia, what should I do? Take back steps and get a psychology degree and start pretend like I'm a human being or should I go get a degree and certificate in drug and alcohol counseling and get a minimum wage job filling out paper work and recipient the 12 steps to people who are only trying to get their court slips signed, or, or, or???????

That's when the psychiatric shaman was born, but, Marcia had a few choice rules for which I need to share with you. Number one, a psychiatric shaman cannot charge for their services, Marcia said its again the law of the galactic federation for this line of work, and, and, also, she told me that if ever the galactic federation discovers a single psychiatric shaman is charging, then, immediately they are stripped of the psychiatric shamanic credentials and have to take a lower paying job at a treatment center or, even worse, they are forced to go back to school and get a degree in either counseling or at best they have to become a certified life coach, so, to stay in this line of work, first and foremost, we cannot charge.

Marcia says, furthermore that they cannot charge because it is against the low prime directive of the galactic federation which states that green paper strips and little metal discs are diseased and contagiously dangerous to psychiatric shamans like crypto it is to Superman, therefore, to eep us safe, we are to not, at any times, handle these vile and dangerous items and, if and when we are force to, we are instructed at all times to story them in the safety place possible where they will be further east away from our heart and that is inside of our shoe!

RULES FOR YOU IF YOU WANT TO HIRE A PSYCHIATRIC SHAMAN

Now that you have heard our rules for working with you must hear out rules for working with us. WE are miracle workers, yes, but we do have very strict rules, and, number one, you must be in complete integrity with us at all times, and you must be willing to listen and follow, got it? Because, when Morpheus told Noe to do as he said in the building to save him from the men who were chasing you, we see the pills chasing you, and, there are also two rules, no private thoughts and no people plea seeing, and, if these rules cannot be met, we do not fire you, but, instead we go look for the next person. There is no punishment with psychiatric shamanism folks, there is either readiness or there is not readiness.

This is not therapy folks where we lead you on, if we can inject light into you we inject light into you, if we cannot inject light into you, we go where we can inject light, because, light must be injected, and if we cannot give it out, it will turn poisonous to us, we must give and the giving must be received, it's not good or bad or right or wrong, this is just the way of it, and it must simply remain this way point blank, said, done, clear, over and out.

Miracles no laughing matter folks, they are serious business, and they are not going to look like you are used to or thought they would, but this is what Marcia told me to tell you all, and when Marcia speaks, Kenneth listens

WHO IS THIS BOOK FOR

It's also for those who have been told they have a mental illness by crusty caterpillars who are frightened by your inspiration, your magnitude, your amazing insights and your powerful creativity, and, it for those who are being told you need pills and deep down in your heart you are just not convinced that is the answer to this "problem" that others you have which you don't view as a problem, and, as an alternative to pills, before you go on pills, I consider that you read the psychiatric shaman to find out what can happen to people who go on pills, what it will take to recover from the pills once you go on them and ways to, instead, tap your own oil well of your own amazing brilliant gift that you have been trusted with, because, trust me folks, caterpillars see your gift as a threatening illness but butterflies are all around to help you harness this sleeping giant inside of you that wants to come to life.

SO LONG AND THANKS FOR ALL THE FISH (bipolar is not an illness)

Bipolar was not some chemical imbalance in my brain that needed pills to lower the peaks and raise the valleys, that was all a big misunderstanding, I've been receiving transmission from Marcia and the galactic federation of light my entire life, but, starting back in the 80's, the Christians in orange country and the Pentecostal churches got frightened so they said it was all the devil so I stopped telling anyone about the pictures in my brain that were saying the opposite thing as the preachers on the pulpit, and trying to stuff those images that were arriving rapid fire was lie trying to keep a beach ball submerged, and they kept popping out in ginormous geysers, and they were unregulated like a nuclear reactor without cobalt rods, and they needed to be harnessed, they were much like an oil well giver before it got tapped and capped, and so they put me on pills to try and tap the getters that way, so i not judging psychiatry, but those polls were not oil wells that could draw the priceless crude from the ground they were actual caps that sopped the flow all together so, this is what bipolar is like, now the current psychiatric profession attempts to control it with their draconian Dark age bloodletting leaches, and, how a psychiatric a Shan will uncork the oil well and strategically replace it with an oiled rig that will draw off the prices less and precious crude oil which to the butterfly's is as valuable as the tears but to the caterpillars is just worthless black goo. So, no fault and no blame to psychiatrists, but, well, as the dolphins said to the humans in the beginning scene of hitchhikers guide to the galaxy "[so long and thanks for all of the fish](#)"

AMENDS TO MY FAMILY

I said in my opening paragraph that this book was dedicated to my family and i even titled in a late book chapter "LIVING AMENDS" But let me speak of this now, because this book needs to share with my family especially, that I am sorry I had to leave, and, I'm sorry if the way I left caused you all harm, because I know it did, and, you guys have never left my heart, but, i got pushed into the dark forest, and you guys tried help, and I will always be grateful for you for trying to help, but, once inside the dark forest it took a long and arduous journey, and, by the time I had reached the clearing, mom and dad had already passed, so, it has brought my heart great anguish knowing that mom and dad would not be able to read this book that I will dedicate to their loving kindness, but, for all of my remain family members who might find this book someday, we used to play together as children, and, once day again, you must now, that I have not forgotten to play, and, i will be playing with countless children now, children who are lost in the dark forest ,and, it's because we used to play together

in Orange County as children, that. Play will be now germinated 100 fold to rescue, countless still lost, so for my family, it's hopoonoono which was in the first page of my book "thank you, I'm sorry, please forgive me and i love you". I Was wrong, I thought you guys should bring out my inner shaman, I had it all upside down, I was supposed to bring out my inner shaman.

LIVING AMENDS TO ALL OF THE REST

For anyone else who participated in the parable of Kenny, I've tried to reach you all as best as I could with the conventional 12 step 5th step, and, if any of you can find your way to my book, now that the errors I made that came from a broken heart out of lost and confusion also need to be made right, and, if you participated in my parable, and you got hurt, it's also to you hopoonoooo and, also, my living amends is to help others because of what I learned by what you reflected back to me that I was not able to see in myself during the lost years. "Thank you, I'm sorry, please forgive me and i love you"

In the chapter ayahuasca ate my ego, say this, mother Ayahuasca has a little bit different and accelerate but rather brutal approach, she does not gently unwind your ego like a skilled spiritual teacher, but, instead, she goes for the jugular and simply eats it like a white blood cell would gobble up a corona virus before the global elite have the chance to tinker our RNA with their Voodoo vaccine jab jab

When i first entered AA and Alanon and CODA in the late 80's with an already compromised world view i became the Anita Bryant of addictions and I got a pie in my face

Continuation with the Anita Bryant pie in face paragraph, for example, even later in my recovery career, after my first ground breaking ayahuasca ceremony, I naively went straight back to my AA community and began to wave the crusade flag of Ayahuasca, and, instead of meeting me with "the Calvary has arrived Kenneth is our hear" they all, instead, started throwing, not just one pie in my face, but countless, but, I needed all of that, because, were not here to become crusaders, were here to become lighthouses.

And, it's all good, because this had been my pattern, because, when i first got into 12 step programs I had tried this decades before, with my family, driving home after receiving my 30 day chip in ACOA and announcing at the dinner table "hey, guess what mom and dad, I have just found out that I am an adult child of an alcoholic, isn't that great!" (Old patterns run deep)

IN order to become a psychiatric shaman, we often had to learn lessons the hard way, a psychiatric shaman is not a zealot proselytizing crusader to avenge the wrong, but, instead, simply a lighthouse to hide the lost.

The purpose of my book not to provide you with a formula that will generate for you a recovery but an experience that will help you recovery the heart that is inside of you, your innocence, your inner child, which will not be a vibrational match for any more withdrawal.

THE PSYCHIATRIC SHAMAN who is the book for/

1. This book is for people who are considering the use of psych meds to show you that it's not necessary and there is a better way

2. THIS Book is for people who are already on pills and considering going off pills and want to know how I did it and what tools worked best

3. This book is for people who have already gone off their pills and are lost in a withdrawal and would like to know how I got out

4. This book is for anyone, also, in any depression and anxiety who also finds these of stuck, because, if you replace the word withdrawal in off of pills to withdrawal in off of drugs or withdrawal in off of alcohol or withdrawal in from adolescent or, simply put, withdrawal in from ego, then, you can capture nuggets I guarantee

In the credentials chapter, if you're seeing someone with credentials, by all means, find someone with creditable, but, please, also, remember this, for most of us in this withdrawal community, it's the people with credit I also who got us all into this trap in the first place.

In the "what is a psychiatric shaman" chapter start off with this. There is no such thing as a psychotic shaman, I simply made it up to deliver this book to you, much like there is no such thing as a psychiatrist, because, the flat earthers who started flat earth school who were then abducted by the grey aliens made up a book called the DSM5 and they made up the word psychiatrist, so a psychiatric shaman is just as make believe as a psychiatrist is.

And, also, if you want to take this even further down another rabbit hole, there is no such thing as a soccer player or a soccer game either but, in order to trick your brain into realizing that everything here on the float earth is make believe, we need to start with make believe, and, since a psychiatrist is make believe, so, to, is a psychiatric shaman, and, if a soccer game is also make believe, well, why not play a make believe game of make believe soccer with make believe players, were going to put psychiatry on one team and shamanism on the other team, one team, psychiatric shamans and the other team psychiatric, and, you are the soccer ball, and, now, we're going to play you a game and score you a touch down!

A psychiatrist is not bad or evil or even real, they are just playing games with you, and, also a psychiatric shaman is not good or noble or real either, he will just, also, instead, play games with you. He will match the first team on their own turf. The first game the home team had the winning advantage of being on their own turf, but, for this second game, we now, us psychiatric shamans, we have the advantage and allopathy now has the handicap. The first game the psychiatry one, but, it not over, don't leave 5 minutes before the miracle, because, in the second game the psychiatric shaman wins, and, then, you get to decide which side you ultimately would like to be on folks, it's that simple.

Think of it this way, if psychiatry can fool you into believing you're sick, I'm going to fool you into believing you are not the one who the psychiatric believed could have developed an illness that needed pills in the first place. There you have it, we've got a match, now, let the games begin.

And, since we cannot heal by making any of this serious, we must have fun, and, trust me, a psychiatric shaman knows how to party down!

When i was dating George he was totally Christian, and, he told me a story about a man who carried so much "light of Christ" with him that one day he walked into a hospital and emptied the dam place out, by healing everyone inside, so, let's use that visual as we proceed with this book, I'm entering a hospital of people withdrawal in off of psych meds, and, you are all sick, but, I'm not a Christian missionary, I'm a psychiatric shaman, and, I'm going to empty this dam place out.

If you believe that there are only 5 senses and nothing more than welcome to a flat earth and the wonderful world of protraction, and, for you, this book will be compete fictional dark age nutso Ian science superstitious fairy tale pseudoscience balderdash then by all means, go try it your own way, and then, in the words of my Buddhist monk friend tony let me ask you “how is that working for you?” But, for you skeptics, you might want to continue reading anyway, because, if you think my book is nothing but entertaining, let me assure you, that a psychiatric shaman is quite mischievous, and let me warn you and give you a heads up, because, if you keep reading, i might just plant some very dangerous seeds of faith into that thick skull of yours which might end up making your flat earth world view into one great big Jiangxi [game of kerplunk](#).

However if you mind is like a parachute, and if you are suffering enough to consider going outside of the mainstream approach and hiring a psychiatric shaman to help you exit hell, then, please, and with all excitement, you are in for a treat.

The Bible says “and so a small child shall lead them” and after my withdrawals had ended, there was nothing left of me, there was nothing left of the adult me, the adult me who had tried and tried and tried and failed and failed and failed, but, instead of committing suicide, (and this is the point where many people do commit suicide) instead I finally surrendered, and, out of that returned the little boy, and from the little Boy returned the voice of Marcia and from the voice of Marcia came this book, and from this book returned joy and this was the end of my story of withdrawal, so, the Bible was pointing to something quite profound, because, this book is not written by an adult, this book is being written by a little boy who feels sad to see all of these grownups in the dark forest, he wants to help, he feels lonely, he wants friends to come play with him in the clearing, so, can you please, for the sake of this little boy, have the courage to follow the psychiatric shaman and listen to what he has to say please?

Because, a psychiatric shaman is not an adult, a psychiatric shaman is a little boy disguised as an adult (i told you that psychiatric shamans have many disguised didn't I?)

You see, it works this way folks, little kids are not afraid to go back into the dark forest, why? Because little kids know it's all make believe. The adults think this is all real because they are not real bright (forest hump) and they only have the 5 senses to rely on, and so all of their intelligence has made them very stupid.

Little children know the dark forest is only make believe, and, little kids know the dark forest is not real, adults (if we can call them that even), they are very funny, they still believe that all of this is real, so they will not go into the dark forest, and, since they think it's real, they throw pills into the dark forest to silence the cries coming from inside so that they do not have to hear the cries for help, and, now, do you see the irony in all of this folks? Do you see why i devoted a whole chapter to my roommate whose name is dyslexia folks? Because, everything I suppose down, its lie Alice through the looking glass, and, this is good news for you. The adults have it all wrong and the children have it all right. The adults are the children and the children are the adults.

Dam, folks, it takes forever to explain this stuff to you silly humans, you humans exhaust us butterfly's.

In a nutshell folks, it's an upside down world, children are brilliant, adults are stupid, you do not have a mental illness you have mental wellness and the mentally ill's world gas lighted you into a dark forest and they put you on pills, but, that's no Biggie, because this is what a psychiatric shaman does, we reverse gaslight you.

A PSYCHIATIC SHAMAN REVERSE GASLIGHTS YOU

MORE ON FAITH

So maybe that is the whole point of this book is faith, because i did not believe i could surrender all of those pills, not after 25 years, i was truly convinced, as I was told by well-meaning doctors and therapists and sponsors and friends that it would be too dangerous to go off of them after so much time. Folks, going off them was a risk, going off of them was jumping off of a cliff, but in my story, out of it, came mysticism, connection, synchronicities and more. Out of it came proof of god. Proof that would never have come otherwise. No folks, I'm not telling anyone what to or not to do, I'm just sharing with you my own story of inspiration, someone has got to be a way showers in this community, someone, for Christ sake has got to hold the light of this message, and that was the entire purpose of the parable of Kenny, so, there you have it, my gift to this community - Seek and ye shall find

A PSYCHIC SHAMAN IS A NAVY SEAL

A psychiatric shaman performs a rescue mission, they helicopter over the dark forest and the drop ropes down and they perform a hostage rescue, but, they will not rescue the adult, a psychiatric shaman will only rescue the inner children, because, this is a hostage situation where all of the little children have been held hostage by the evil big Pharma, but, that's not a problem for a psychiatric shaman, because we are navy seals, and we know how to go in like a swat team and rescue the inner children lost in the dark forest, and, then, here it is folks, we leave the adult in the dark forest, because, after the children are all well and recovery, then, it will be the child's choice if they want to go back in and rescue their adult.

In the parable of Kenny he left most of his adult in the dark forest, but I only went back in long enough to rescue the parts I needed, the parts that knew how to drive a car and operate a word process program just enough so that I could write this book for you. I might go back in later and rescue more of my adult if I need anything more from him (the parts that can still remember how to get an insurance policy and pay taxes) but for now, the only parts of my adult I need to salvage from the dark forest are the parts that need to remember how to operate a word processor and drive a car. It's no biggie, really, because the adult skills and abilities will never go dormant or lost, I can go retrieve them any time I need to or want to, but, for now, they really don't matter all that much for now.

And trust me folks, your internet child is not a vibrational match for withdrawals, and, he will leave your withdrawals in the dark forest, simply put, plain and simple.

If you would like to know more about what I mean by vibrational match, go see the teachings of Abraham by Esther and Jerry Hicks.

JESUS WAS A PSYCHIATRIC SHAMAN

Jesus of course was a psychiatric shaman, not because he had to withdrawal off of any psych meds 2,000 year abut but because Marcia told me that during the lost years he drank lots and lots of anyascuca (remember Marcia and Jesus are friends on the other side)

also, because, a psychiatric shaman is not afraid to go into the dark forest, and Jesus was not afraid to go into a leader colony, and, also, Jesus was not a vibrational match for leprosy and a psychiatric shaman is not a vibrational match for withdrawals either, because, a psychiatric shaman is not going to try to ill your illness but a psychiatric shaman will improve your immune system, your vibrational immune system, or something like that. Simply connect to dots here folks, were not reinventing the wheel.

Include this in the chapter “PICNICS BORE PSYCHIATIC SHAMANS” but, also, remember folks, try to not get angry at those who cannot help you now, the caterpillars in the clearing who are discussing metaphysics at the picnic table, because, you are going to cry even more tears when you get into your clearing, because a PSYCHIATIC shaman is not done grieving, because, your grievances towards those who refused to help you will be turned upside-down also, and now you will be grieving for those who could not help you because they will not let you help them.

INDIGOS ARE AREADY ABOVE THE BATTLE GROUND

In the Indio chapter include “because indigos are not a vibrational match for withdrawals”

The origins of mental illness, the inability to feel pain, feeling like a child lost in the dark forest all alone, cries for help that nobody hears, and having hour anger frighten the people having a picnic in the clearing who throw pills at your anger because they are deaf, and, they cannot hear your pain. But don’t worry, psychiatric shamans can hear pain, and we don’t just drop down of of the helicopter on ropes and scoop you up, but we are patient, and, before we do that, we sit with you and hold you and give you a blanket and return your teddy bear and we give you a box of Kleenex and we hear how sad you are and how much you are hurting, and we are patient, and, we do not bring you up into the helicopter above on our rescue rope until you have trusted us enough to do so, and, don’t’ worry, the psychic shaman helicopters do not run out of fuel, we can stay airplane for all eternity.

Without your pills, you will feel, and, like the holy spirit in the shack, PSYCHIATIC shamans are also the holy spirt, and we are thrilled for your tears, and, lie the holy spirit in the movie the shack, for us, your tears are currency, because, for psychiatric shamans, currency is not worthless green paper strips and little mental discs, but the tears of children, lost in the dark forest, and, for us, we value your tears, trust me folks, the PSYCHIATIC shaman will value your tears.

Jesus did not cure leprosy and psychiatric shamans don’t cure withdrawal, he showed the person the truth under their leprosy which was 100 times bigger than their leprosy, and, a psychiatric shaman shows you a truth 100 times bigger than your withdrawal. After Jesus showed the leper his ultimate truth, he was the one who go to make the choice weather or not he needed his leprosy anymore, and, after a PSYCHIATIC shaman shows you your ultimate truth, you get to the the one who make the choice weather or not you need your withdrawal any more.

Or better yet Jesus spoke to the leapers’ inner child and walked the inner child into the clearing. A psychiatric shaman speaks to your inner child and walks your inner child into the clearing. 2000 years ago the dark forest was leprosy. 2000 years later the dark forest is withdraw. Nothing has changed folks, same formula.

After your inner child is all nice and safe in the dark forest, he will make the decision if he wants to go in and rescue his adult who is stuck in withdrawal, it will be your choice folks.

I'm speaking to you as an adult now, I am sorry, a PSYCHIATRIC shaman cannot rescue you, but, for now, you are going to have to let go of a grip on that inner child you are frightening, because, a PSYCHIATRIC shaman needs for the adult to let go of the inner child, and, a PSYCHIATRIC shaman needs for the adult to trust the PSYCHIATRIC shaman Navy seal, because, if you can let go and trust us, we are going to heal your inner child, and, one day I promise, after your inner child is all rescued, your inner child will be coming back into the dark forest to rescue you. Our job will be done by then. So, please, let go of your inner child now, and give them a big hug, apologize to him for frightening him, and, then, one day, your inner child will return to the dark forest as a real adult, and he will be rescuing you.

It's all upside down folks, forgive yourself for having been dyslexic this entire time

What is the definition of a mental illness, it's not an illness, it's not that complicated, it's simply lost its way when both the adult and the child are in the dark forest together, and both need help but, for the PSYCHIATRIC shamans, we can only rescue the little kids, and, however healing, or found for us is when the adult is asked to be patient while the psychiatric shaman scoops the child up and takes the child into the clearing, but, for this to happen, the adult must trust the PSYCHIATRIC shaman and let go of their inner child who they have been frightening with stories about things like withdrawal and protraction and timelines and the lot. Stop frightening your inner child. Let go and let the PSYCHIATRIC shaman do his magic, trust us folks, we've been trained for this, we know what we are doing.

Zelda from poltergeist was a PSYCHIATRIC shaman

Think of it this way, if the helicopters navy seal example does not work for you, think of the movie poltergeist, and, you are not in a withdrawal, you are lost inside of a poltergeist, and, instead of being a navy seal, your psychiatric shaman is not a midget psychic woman, and, instead of dropping a rope for a helicopter, she will throw a rope inside of a portal with a tennis ball attached and Zelda is going in to rescue your inner child from inside the poltergeist inside the house, and, then, once your movie is over and Caroline has been rescued, you will take all of your pills and put them outside of the hotel room like Carol Anne's father told the TV set and put it outside of the motel room door, so, if that metaphor works for you better than the navy seal one then picture this as the movie poltergeist and were rescuing Carol Anne.

FROM 12 STEPPER TO PSYCHIATRIC SHAMAN

My first attempts at the 12 steps were complete and utter abysmal disaster, but that's not true they were just my learning curve (Apollo moon chapter [hyperlink bookmark](#)) because, in the beginning when I found out that there were words like codependency and alcoholism I tried to battle Alcoholism and battle codependency (and eventually battle psych med withdrawal) and I became a zealot and an 12 step crusader and it wound me into the spider web even deeper until I eventually needed a psychiatric shaman to help me out of the dark forest, so, there is my story. You see I had it all upside down and backwards, trying to recover from codependency and alcoholism and eventually psych med withdrawal only made me more of a match for the aforementioned three, until I cried "there has got to be a better way" and, well, if there ever is a magic word (open says me) that's

when the rope appears from a helicopter Adobe and a PSYCHIATRIC shaman was lowered form the helicopter above, so, in the words of bill w “that’s how it works’ (refer to the big book reference chapter on how it works)

My first attempts at battling Alcoholism and battling codependency and battling psych med withdrawal proved to be about as effective as Nancy Regan’s war on drugs, and we all know how successful that turned out to be.

When I first started writing this book my ego (refer to my other voice chapter at the end of this book) my ego said I could not do it, and I started looking for all sorts of coaches to help me and all sorts of readers to validate me, until, once again, Marcia’s voice came back and said “stop it Kenneth, I am your coach and you be your own reader”

FAMILIES ARE PAINFUL FOR PSYCHAITRIC SHAMANS

The most painful part of being a psychiatric shaman is that we love our family. Once , now, with fierce conviction and un-abandoned agape, and, also, we cannot extend the full power of this force those we love the most, our own family, and, our family won’t accept this gift even if they could, because, they want us to take it out into the world, and, this is their selfless consideration for the task at hand. It’s not rejection folks, its love. We are done needing or wanting anything from anyone, and, first on that list is our own family, but, to get from here to there is like Bilbo’s memoirs, there and back again. What is most important point here is that our families must never know what we do, and, when around them, we must not tell them that we have become psychiatric shamans, because, for them, its most kind and most loving and of the highest order to simply say thank you and be quite and smile and stand last in line at the Christmas buffet dinner line. That’s it, pure and simple, when you are performing rescue missions you can be superman, but, when you are with family, you must remain forever and always clark Kent.

LOVE IS OUT OF THIS WORLD (Do not complicate miracles)

Listen folks, do not complicate miracles, and, do not expect water to turn to wine, and, do not expect the blind to see and do not expect your symptoms to disappear overnight, but, listen, here is the direction where you must go. Anything that comes from love is a miracle, and that is the direction where you must be looking, instead of looking for your symptoms to disappear, and, your symptoms are coming from your body, which is in this world, but, here is the caveat (and i hope you can hear me) love comes from out of this world, and, I need for you all to start looking for the clues that are being dropped right in front of you that you are missing because you are so focused on your symptoms right now.

PSYCHICIATRICS SHAMANS SLASH AND BURN (Our very own modality)

OK, here it is folks, here is how the Psychiatric shaman came into print. I tried to recover using countless modalities, and, none of them brought me into emergence. It was as if Marcia would put modality after modality after modality in front of my path, but, she would never let me follow any one modality past a certain point, and, it was weird folks, it was totally weird.

I knew, in my heart, in my gut and in my intuition that this was the right path to be on, but, Marcia would not let me sit still on my vision quest, she would not let me pick one path, but, instead, she kept showing me path after path instead.

Then, one day, she said “enough” and “you’re done” and, now, sit down, use everting you have learned and create your own path, you will create a new one, and, yours gets to have its own title, yours will be called psychiatric shamanism.

Why? Not because you’re reinventing the wheel, but you need to reach people who cannot be reached otherwise, and, we need to burn this dark forest to the ground, we need to perform clearcutting, we need to perform “slash and burn” technology for this dark forest, the dark forest of withdrawal.

A PSYCHIATRIATE SHAMAN REVERSE ENGINEER THE HUMAN SPECIES (Don your tinfoil hat)

Ok, how about this for a metaphor, if you need another one (as if I have not given you enough already). How about using some good old fashion space alien conspiracy theory new age galactic channelings. Marcia wants me to reach everyone out there who are wearing their tinfoil hats.

Writing a book is much like gene splicing, you put everything thing down into words, in a word processor, and you view the words like chromosomes, and, you arrange the chromosomes. This was how the human race was engineered, because, according to drunvalo melchizedek, the galactic federation took 7 different species, took a gene pool of all 7, put the dna in a Petri dish and then cut and spliced into the human species much like a film editor creates a movie and, wala (voila) the homosapien was born

So, this was also how Marcia told me to birth the psychiatric shaman, much like gene splicing, I was to take all of these pictures that she has been planting in my brain, put them down, then, using cut and paste, create a book called psychotic shaman, and, instead of creating a homosapien, I’m creating a fictional character that will heal the homosapien instead. Got it?

Now, since the homosapien has gotten far off track and pulled themselves away from god, I’m just going to use some good old fashion gene splicing (editing) to bring the homosapien back to god, starting off with the withdrawal communities who, in my own experience, are the most lost at this time.

So, just a word to the reptilian aliens who have been trying to suck the human species of our lush because this is what is coming from the withdrawal communities, you nasty raptors, take this book and go smoke this in your pipe!

TO CAPTURE TRUTH IS TO LEARN ANOTHER LANGUAGE (Psychiatric shamans use the present tense only)

Years and years ago, when I was in the middle of my withdrawal, I said something which Joanne quoted me on, because, way back then, even when I was in the thick of my withdrawals, Marcia was trying to get through. I need to share this in my book because all of you are in withdrawals and you probably think you can't hear Marcia, but that's not true, because, when I was in withdrawal, Marci was still speaking.

Years ago my friend Joanne was saving my ass, and, one day, while I was emailing her, Marcia came through and I said "to capture truth is to learn another language"

Now that Kenneth has become a psychiatric shaman, he can see the full implications of that simple statement, because, Marcia wants me to write a chapter on language now, for you to understand that language keeps us stuck in withdrawal and protraction, and, Marcia wants you to learn another language so you can find your own treasure hunt eater egg hunts, so you can hear your own Marco polo, so you can make your own Couse correct, but, in order to do that, you need to learn the language of butterfly.

Since Kenneth is bilingual, he can act as a google translator, but, if you meet a butterfly, you're not going to understand what they are saying, because, remember, I said it already "to capture truth is to learn another language" my teacher, David Hoffmiester, is a psychiatric shaman hybrid because he is also a translator, he translates the course in miracles like cliff notes used to translate Shakespeare for us in high school, and, also, in order to speak the language of butterfly, then, you need to understand that they do not use conventional grammar.

Remember I said that agnes kept telling me to keep it simple? She was right, because, a psychiatric shamans do not require the 12 verb tenses. They do not need past simple, past continuous, past perfect, past perfect continuous, they do not need future simple, future continuous, future perfect, future perfect nocuous. They don't need any of those verb tenses.

They only have one verb tense, the verb tense NOW

THE DONNER PARTY (A gift from the Price Family to the Withdrawal community)

(This should be subheading under amends to my family) Marcia told me I had to leave home to return with a rescue party, but, then, when I did arrive (30 years later) my family was gone, and, there is the river of tears that must be grieved, but, then, instead of rescuing my family (rescue is a codependent word but I'm going to use it any for the sake of simplicity) you all, in the withdrawal community, were crying for help even louder than my family who was actually doing quite well (the ones still alive however) and, besides, if my family had accepted this gift, you all would not have a specially designed of breadcrumbs Taylor made for the withdrawal community, so don't thank me for this gift, thank my family, this is a gift, from the Price Family to the withdrawal community!

KLONOPIN WITHDRAWAL (The straw that broke the camel's back)

VISION QUEST (What it took to find my own inner (psychiatric) shaman)

Ok, so you want the rest of my story, or, how it all ended? Or, how the emergence finally arrived? Well, to begin with, it's had not arrived. Why? Because arrived is Well, it's hard to wrap up all of that in one chapter, but, here is the gist. The last chapter of my story.

Since nothing worked in my story to procure happiness, not the homes, not the college degrees, since the drugs proved to be absolutely and totally the wrong choice, since none of the addictions could assuage the pain and well, finally, by the age of 49 I said, I QUIT! I'm going to do absolutely everything that my grandfather told me not to do. I'm going to become a total caterpillar loser! (And guess what I won)

So finally by my late 40's I threw in the towel, I was done with my old worldview, and, i sold my house, gave away my stuff and just started drifting, but, drifting is not the right word. If you ask a person with a job and a car and a house and a retirement and a schedule and a mortgage and a plan, yes, from their world view I have simply been driving the last 5 years. But if you ask Marcia, she would call it trusting (listen and follow) what came out of the last 5 years? My own personalize vision quest (and this book of course).

Then what started to happen, well, Marcia has lots and lots and lots planned, lots of exiting places to go and people to see and experiences to be had, and, several more mistakes to make and lessons to learn, but, as these experiences unfolded, all of the withdrawal stuff began to disappear in the rear view mirror

But, as we used to say in AA "[we will not regret the past or wish to shut the door on it](#)"

I was told to drive to Southern California, and see Bryon Katie in Ojai, I was told to drive to Utah and spend 30 days with the living miracles community in Utah and meet [David Hoffmeister](#), I was told to fly to Mexico and spend a week at Casa De Los Milagros and I was told to drive to California and drink tons and tons of Ayahuasca. And I was given opportunities to serve and help others remodel homes and stay busy, and, all the while, I simply replaced all of this with the space where my withdrawals once occupied. It really was not complicate folks. Then Marcia sent me to Mexico and told a dentist to take all of the mercury out of my mouth

And, also, i asked Marcia if i should include any more of my story in this book beyond what I've already written, and she said NO, she said it was egoic of Kenneth to include one more single story, and, to only focus on this solution oriented macula for recovery instead, and, as I have said before, when Marcia speaks, I listen.

Things just started opening up once I said to god "OK, OK, I surrender" and that's how I healed from all of that. I did not plan any of this, Marcia planned it all for Kenny. It was kind of like [crying uncle](#)

And, slowly, my craving for addictions began to wane, my relationships began to improve, I began to have intimacy with women (not the yucky psychical kind because I'm still totally gay) and the fog began to life and I began so, well, simply, wake up. Wake up from the movie, the movie I called "the parable of Kenny"

So grandma maraca, yes, I did finally "[figure it out](#)" (audible chuckle coming from Marcia)

INDIGO KIDS DON'T NEED PSYCHIATRIC SHAMANS

In the beginning of my book I told you who my audience was, the medially injured. Those who need it most right now, those in withdrawals. So, now, towards the end of my book. I'm going to go in the opposite direction and tell you who this book is not for. This book is not for the indigo kids. why? Because, simply put, they don't it.

Have you uncouneted the new [indigo children](#)? Because, they are totally advanced and they already know everting that I have written in this book already. They are like super kids. For them, everything I have written in this book is just plain common knowledge. They are already connected to source and plugged in. They don't need a Marcia because they work for the galactic federation already. Whereas I am second generation they are first generation. (They don't' need the galactic federation to do cleanup work for them, because, they are the galactic federation cleanup crew).

The will never know or have to know what our world calls "mental illness" so they will not get caught I the spider web of pills in the first place. They are very wise.

They are smart, they are not buying into the draconian nonsense of fairytale religious punishing sky gods. Indigoes are not sheepeople. They will not allow themselves to be heard into the [cool aid](#) line of war, racism, consumerism or even politics. They are non-concerned with retirement, college funds, insurance policies, and they are not afraid of viruses or meteorites. And, since they will not ground themselves on the timeline of 3rd dimensional beliefs, they live in the moment. They are, by nature, and, simply put, they are miracle workers already. So, why would they need the help of psychiatric shaman?

However, I hope they will read my book anyway, because, I would like to begin to collaborate with them on this very valuable mission assignment, so, if you an indigo and you have read this book, please consider helping out here. I could use some support!

THAT'S ALL FOLKS (These are my tools and that was my testimony)

Ok, before I wrap this up, one final note which you, by now, I am sure, have figured out. IM still very rough around the edges, and, perhaps, if I wait a few years, I could write this book from a much softer, more warm and fuzzy place. (And, please, whatever you do, do not ever insult me and call me spiritual).

It's been just over 5 years since my last pill. So, if I were to wait another few years I'm sure this would be a much more assembled body of work.

But, and I am sure you will agree, this world needs this book NOW. Honestly, I don't' think we can wait much longer. I truly believe that this whole pharmaceutical nonsense has probably reach its pinnacle, now, more than ever, we have got to come up with solutions. And, so here is mine.

And, besides, who cares if I am not all nice and so what If I have not been able to quit smoking yet or if I still drink coffee and east junk food. Do you want a teacher who has his shit together so you can feel even more downtrodden because you're not perfect or would you rather have a guide that is has found truth and life and purpose even with all of his foibles and still with some addictions and, not in spite of all of his lose ends, but because of them.

And, since I just keep getting better and better every day, why the hell not write the book now.

So there you have it folks, my story, my trail of bread crumbs, my tools and my total testimony. Now, I'm going to publish this book for free because Marcia said I could not make any money on this, so this will eliminate the possibility that any of this could ever reflate the ego which she has spent decades trying to get me to deflate, so a heads up, I can write whatever I want and bypass all of the publishing companies that would force me to edit out stuff that might offend certain people, because, If I can save your life and make you happy, I don't care how many spiritual people I offend.

So, to end my book on one last quipping note, lets refer to the ending of the looney toons cartoon (Erik and I used to love to watch Saturday morning cartoons together) with [THAT'S ALL FOLKS](#)

FREEDOM (Thank you for reading my book)

Before I go there is one last piece of exciting news I can't wait to share with you, and, it only recently arrived, and, because of this last piece of the puzzle, I could not wait to write this, and, I mean, literally, Marcia started pouring out these chapters rapid fire as soon as I was able to digest this last piece of exciting news that made it possible to sit down and gift my wonderful family in the withdrawal community with this powerful and important book that I can't wait to deliver. I can't help you (because there is nothing wrong with you).

And, the moment I realized this profound and life altering revelation, after years and years of codependent trying to return and help others recovery, then, I finally put the oxygen mask on myself and [figured it all out](#) the final piece of this puzzle assembled like a beautiful combination lock, the final number to an already solved series of numbers that just needed that once last did get. And the then my entire story began to go down the drain like disgusting bath water should so I could finally get to work and clean the fricken tub.

And this is when the floodgates opened up to the truth which I am now able to pour all over this awful dark night cocoon delivery room labyrinth and dissolve the entire lot, once for all, in one fell swoop, with the final statement which is now, for the first time in over half a century, coming That's when the curtain falls and we all take a standing ovation Because, if I'm not helping you, then, instead, I am free to love you all, every single one of you, and, fearlessly, and, without abandon or conditions. Pure and simple, end of story. [Nancy](#) was right the whole time. It really was that simple. I love you guys thanks for reading my book.

WELCOME TO MY OTHER VOICE (Thank goodness [Felix the Cat](#) was a psychiatric shaman)

What did it take to bring this into form? Well, already I've told you the basics, in the backing the cake chapter. First, it required confusion, then it required mistakes, then it required trial and error, and then it required faith and then it required taking risks and then more faith, more mistakes, more risks and more faith. I tried to explain all of this in the Apollo metaphor because faith was present the entire time, and so was the desire, but, trying to compromise with god continues to require from Marcia more course corrections, which is fine, because, we should not take anyone word, and, we should not believe anyone, but, instead, every person must perform their own research, so here is mine, and, here are my results, and, as we used to say in AA "THE DATA IS IN"

But we have covered all of that already, so let me bring it back closer to home. My ego did not want me to write this book, and, more specifically, my ego has been trying to sabotage every step along the way to prevent this book from being put into form, and that's why it has taken 54 years for the first draft even, because, the voice in my head (which was certainly not Marcia's voice) would speak a diatribe something like this:

"You moron, who do you think you are? How brash and egocentric of you to believe you have any place to be assembling a manual when you are such a rotten and unworthy piece of scumbag shit. You just need to stop this nonsense right now and get back down on your knees and remember your place in this world and remember that you have damaged yourself way too much to even consider something as brash as writing a book, and, besides, you must remember that you are mentally ill and what you have to say is just a bunch of nonsensical mishmash anyway, so don't embarrass yourself any further by writing anymore and if you try to send any copies of this book to any of your friends run back to them and apologize immediately, tell them it was all a big misunderstanding and promise them that you will erase any and all copies right now and end the conversation by telling them you will be putting yourself back into therapy immediately and start looking for a job tomorrow."

Whew! Welcome to my other voice, and, let me tell you again, this is not Marcia's voice at all.

But I wanted to include this chapter in my book because I know you guys also have this same voice in your head. We could call it the ego, yes, or if you are a Christian you can also call it Satan's voice, or, if you're a new ager, you can call it the monkey mind, but, the reason I wanted to share with you my voice is because chances are you have one also, and, if you're in withdrawal, it's had about 35 shots of double espresso and its bouncing off the walls like a heard of, not just drunk monkeys, but a heard of monkeys on cocaine.

But, not to fear, because psychiatric shamans are familiar with this voice, and, we have more tricks up our sleeve than [Felix the Cat](#) had in his [Bag of Tricks](#), so, let me just finish this chapter by telling you that my teacher, [David Hoffmeister](#), has an actual name for this voice, he calls it an [ego backlash](#)

Well, if by now, you think that Felix bag of tricks is empty, well, its not, because if you can remember the carton, his bag never empties. This boo, may be running out of pages, but Felix the cat has a bag of tricks that never empties.

THE OTHER VOICE CONTINUED

I still reach out, and every single day. I learned this way back in the 12 step days when we still had to use rotary phones to call other members in the fellowship and our sponsors etc. And, if you think I've graduated, well, then, you don't understand what I'm pointing towards, because I've not, and I never will, my "other voice" still lingers in the shadows, and, I've learned to shake hands with my "other voice" and then take a deep breath and pick up a tool, and that's what I have been sharing with you all this entire books, my tools, and, also, the more tools we need, the less we may ever need to ever take those pills, because, once we have discovered that is another voice, and that voice is not course, or, that voice is not us, then we can stop taking our pills, we don't have to go on pills to begin with and if we are going off of our pills already then we can courageously face that voice which has ramped up now but will soon subside as we follow the way of the psychiatric shaman.

THIS BOOK IS MY LIVING AMMENDS (how to deal with the caterpillars who are still pissed at you)

My father and brother never did forgive me. They gave me the best caterpillar gift know to caterpillar kind and I smashed it, and, I would do it all differently now, but, alas, [hindsight's is 20/20](#) etc. and who knows anything at age 21 anyway. And, neither one of them ever accepted from me an amends.

However, they were my teachers, because, an amends is not an apology, it's a thank you. It's not saying I'm sorry for what I did wrong, but, instead, thank you for showing me a better way, it's not "I will do better next time" but, instead, thank you for helping me emerge off of the timeline itself. This is a nuisance folks, and it must be expressed in order for you to not get pulled back into the caterpillar kingdom where the caterpillars believe you should be locked in caterpillar debtors prison when you had to file caterpillar chapter 11 bankruptcy because you could not pay all of your caterpillar medical bills because you were failing as a caterpillar and they tried to put you back together with caterpillar technology and none of it worked.

Ok, so there you have it folks, the parable of Kenny. His adventure. Good and the bad and the ugly followed by the miraculous. My own personal "[there and back again](#)" trilogy, in a nutshell, and my [leading with the chin](#).. The only thing that matters now, folks, is that he followed Juan's advice, and he kept going, and, he made it, but he is glad he did because he gets the honor and the privilege of sharing with you all his [trail of breadcrumbs](#) and his roadmap.

It was a tough road folks, and Kenny almost didn't make it, but, as I have share with you countless times n over 100 pages, once the prayer is sincere, well, the healing miracles are not only become possible, they become inevitable

Listen folks, during the lost years there are about 25 years of stories, and many people got hurt while I was lost, gone and out to lunch, and, if I could, I would go back and make an amends to them all, but I can't, but, instead on their behalf, I can present for you all, instead, this [trail of breadcrumbs](#) and the roadmap out of my dark forest and your dark forest.

In AA we would call this a living amends, and, while the course of miracles clearly states that there are no victims and there are no perpetrators and that this was all just an illusion anyway, I still need to take responsivity for my illusionary dream character victims, so, since I can't go back and find most of them anyway, I will, instead, assemble this book as my living amends to all of those who got hurt while Kenny was pretending to be well assembled and acting recklessly and while he was complexly out of congruency with his heart and still unable to face his own shadow and take responsibility.

Although those are all just war stories, they are also my battle scars, and, perhaps, it goes without saying, battle scars of all the others who participated in the parable of Kenny, because, while Kenny was hurting himself, Kenny hurt others (hurt caterpillars hurt caterpillars)

But, now, they are basically just war stories and they could fill another book, but why would you want to hear another war story? History books are full of war stories, and, Marcia only began to speak when I made the decision to turn around and begin to write an emergence story instead anyway, so, there you have it, the parable of Kenny, and his [trail of breadcrumbs](#) and his roadmap, his roadmap out of withdrawals, away from the madness of psych meds, out of the shadows of additions and into his own emergence.

Well, I have already shared with you what mental illness feels. What addictions feel like, and, in a nutshell, what it feels like to be completely lost. It's lonely. It's just plain and simple lonely, and, with that, comes depression and anxiety and hopelessness.

So, on the other side, what does emergence feel like? Well, it's not opposite of lonely and it's not the opposite of depression and it's not the opposite of hopelessness either. Because, those are still words, and, there are no words in the English language to describe emergence.

like, so maybe I should now share with you what emergence feels like, well, it's actually too simple to put into words, well, without fear, well, i don't even want to use the word freedom, that would be disrespecting the feeling, well, maybe it's like this, without fear there is no time, maybe that's it, maybe without time, well, it's simple, it's something that I just can't describe but it's something that everyone, all 7 billion residents of planet earth long for, so maybe we could use the word home instead of emergence, it's what all of that searching was for, it was right here under my nose the entire time, there is nothing wrong with searching folks because we can't get here without the searching, but once we are done with our vision quest, and once we have fought the goblins and been stabbed by spiders and fought the eye of Mordor, then we don't need to search any more, and, we return to the shire, but, not the same hobbit who left with Gandalf on his journey, for what has been here the whole time. Its freedom, and it's very simple, its life without fear, and that is my definition of love, it's actually rather sublime in a way to be honest, it's like a calm sublime, yes, that's it, it's much like the world around become like a sublime dream of which a man is watching a movie sort of, yes, it's like that, it's like a man were watching a movie, so maybe all I did the last 54 years was retell the story of the hobbit, but, the man actually falls in love with the movie, or his movie, or his book ,or his parable, or, it's like hitting pay dirt, in that, a man, once he discovers he has been writing a movie, he hits the spot where Marcia's voice says, once and for all, bullseyes, yes, that's it, yes, but when that bullseye is on target, its dissolves the self, or, the one who is writing the book, or the solidity of the one who is the author, but, the author still is in the dream, or the movie, or the author is the dream itself, or, perhaps better said, it now changes, and it becomes a happy dream instead of a nightmares. So in a very complicated nutshell, this is what emergence feels like

THIS BOOK IS NOT FOR SALE

Oh, one last thing, his part is very important, and it ties into the chapter on [rules](#) of a psychiatric shaman, Marcia told me I cannot make any money off this book (see what a psychiatric shaman has to say regarding money), So, I won't (or, to be more accurate, I can't)

Here is why. I cannot, with any integrity, make any money off of the already medically injured. If I were to charge money, I would throw myself back onto my own timeline and my suffering and withdrawals would continue, and, the drowning cannot help the drowning, so there will be no fee for psychiatric shamanism.

If someone wants to give me shamanic credentials and put me on the list of blue cross and Kaiser Permanente shamanic payroll, fine, but, we, still cannot be paid with the kind of currency that got us sick to begin with, because, our currency cannot be measured. Green paper strips and little metal discs, for us, contain the mass of 10,000 pounds. They weigh us down.

Now, also, that being said, I cannot advertise this book either, because, psychiatric shamans find each other through the galactic web. We do not need websites or Utube advertisements. Those, like green paper strips and little metal discs, will also keep us grounded and put an immediate halt on all miracles.

Finally, to be just a little more pragmatic, I cannot charge money for any of this, because that would mean I was legally responsible to follow protocols and guidelines. And, legality and protocols and guidelines (along with [outlines](#)) are also caterpillar. And, we have already, by now, covered caterpillar quite thoroughly.

I am a builder and an artist, and I do not want to do this for a living anyway. My biggest wish would be for you all to heal right now so I could stop writing and go on to what I enjoy, remodeling homes and building furniture.

THE END

Notes to revisit

Note, if the word holographic does not make sense to you replace it with eternal

Define the galactic web

Define the medically injured

Speaking of drinking tea, I just love old movies. Do you remember the old [Doris Day](#) movies I love the classic ones the best. There was a song in this movie, called Tea for two, and, here are the lyrics to that song, and, also, here are my revised lyrics (*Tea for two, and two for tea, me for you and you for me* SHOULD READ AS *Tea for two, and two for tea, me is you and you is me*)

You see, Even Doris day was trying to deliver to us a metaphysical message way back in 1950 when she filmed this movie with [Gordon Macraye](#)

The reason started off this paragraph is because My friend, who was a writer, said I should write my book as if I were sitting down having cup of tea with you, so I'm going to pretend that your Doris day right now.

But, since I like to pretend, I am going to pretend that we are on the film lot of warner brother and Doris is shooting a film with [Judy Garland](#). In this film. Doris day got a headache one day, but since here dressing room was next door to Judy Garlands, she went next door to borrow some aspirin from Judy. But, by mistake, Judy gave her some of her prescription drugs by accident and next thing you know Doris day got hooked on pharmaceuticals and then went into a withdrawal like you are all going through right now (And, this truly did happen in a [twilight zone](#) episode which was never aired by the way)

But, all humor aside, just keep that song in mind as you read my book, because, I'm not writing this book for Doris or Judy or even you, I'm writing it for me, for you, and, also, for the both of us. (If I'm jumping too far ahead of myself, I apologize, just please try to bear with me and I will continue to clarify as we go on.)

I removed this from the course in miracles chapter in the beginning of the book

And, now, for the reason I present this to you, is because you need to know this about me for the heads up part before I write any further, so, if you still don't believe that the [grey aliens](#) abducted ben alexander and if you want to believe in sin and try to shame and guilt yourself out of the dark forest, then go right ahead, give it a whirl, and, as my Buddhist monk friend says "[how is that working for you?](#)" (For now, let's just say, in my own humble opinion, it totally [rocks the Casbah!](#))

This was removed from the mental illness or misunderstood chapter

Here we go folks, what does it feel like to have what psychiatrists call a "mental illness?" well, to begin with if nobody called an illness to being with, it wouldn't even be a problem and, only for the purpose of this paragraph would I ever go so low as to use that actual word (see what [david hoffmiester](#) and [krismamurti have to say on this matter](#)) but for the sake of racing audiences who many not be familiar for what your loved ones are going through, well, here is my own two cents.

Every step you take is an uphill battle, and, at first, the pills that the psychiatrist prescribe can assuage the pain of climbing uphill, so at first, when you first are put on medication, you say to yourself "this is a cure" but it's not folks, it's not a cure, because, it's does tinker with the brain chemistry, yes, but what it's doing is that its stifling your own warning bell that a change needs to be made, a change outside of the mainstream of contemporary norm and into shamanism

This was removed from the chapter what a psychiatric shaman sees in a mental hospital

Furthermore, what's it like to have this, and to have money, and to have a high IQ, folks, we learned ways to get around, you develop some very entrenched and sticky coping mechanisms that are often misunderstood and unseen at most caterpillar [treatment centers](#), because, for some reason, the undiscovered psychiatric shamans, like I was most of my life, cold see 5th dimensional butterfly's all around but others said he was hallucinating and said he (me) needed pills, but, let me tell you something, 5th dimensional butterflies are real, and, because most of the people can't see them means they are the ones with the mental illness (refer to the chapter on [dyslexia](#))

But, one day, I knew, [Marcia](#) said I was a butterfly, and she said I would fly one day, and that's as simple as it gets folks. It does not get any simpler than that.

But what's it like to have what people call a mental illness, well, when I could hear maraca's voice and came up with someone wonderful, all of the caterpillars run in and try to put it and you in a box and they try to get you to market the new creation, put a patent on it, sell it and then open up a business based on a piece of art works which, instead, was intended to make the world happy, to see the world free and to bring the joy of laughter and play back into the world, but, instead, the caterpillars try to market it and then your joy and enthusiasm and excitement dissolves tin depression and anger and rage.

The caterpillars love you joy, they suck it from you like starving people at a 4 course meal, but, then, when you crash from exhausting, and they can't get any more from you, they walk away and hand you the name of a psychiatrist for you mental illness problem.

I mean I am going to get all sorts of people angry at me for saying what I did in this paradigm (here comes the hate mail), and they are going to say things like (yes but) what about the spending sprees that people go on when they are in mania, what about the wild ideas that they come up with, well, let's pick and choose our battles here folks, and, just for beginners, let's talk about those spending sprees.

Most Americans are on a spending spree, and they are just going crazy buying things they don't need and that think will make them happy, so, instead of pointing your finger at the maniac buying gillions and gillions of things in the manic episode, why now ask yourself, instead< what in him do I not want to look at in myself?????

As for those wild and crazy ideas that never go unfinished, well, again, let's take that one apart, shall we, because, when you are trying to finish a project on a timeline, what kind of mayhem does this world encounter, you know, the old belief and saying "finish what you start" could it be that were not supposed to be finishing what we're staring, that, perhaps, in a holographic world of shamans' we start something and another person picks up where we left off. This is not mania folks, this would be, in other cultures, it would be called an advanced form of collaboration.

And I don't want to talk about the manic person running themselves into debt, because, last I looked the government that has been broke for years, so let's not even touch that one folks

Nope, once again the psychiatric shaman attorney strikes again, not guilty on all counts, and, in addition we need to throw in a psychiatric shamanic doctor and, by all accounts, not mentally ill either.

This was taken out of leading with the chin paragraph

, will explain further why in the end of this book, I already said it, I already said that this book will be the end of me, but, also in [12 steps](#), we disclose absolutely overdyeing, and, we are told that we are [only as sick as our secretes](#), and, that's why we harbor no private thoughts in AA, and, since I grew up in AA, and, also, since [David hoffmiester](#) my teacher says no private thoughts also and since I've seen the more I forget about the worthless reputation in my own story the more miracles multiply exponentially, well, I'm going to give you all of me, the good, the bad, the dirty, and the ugly, and, boy oh boy

This was taken out of the elevator is broken chapter

If you think I had one miracle like a Samantha Stevens or endora incantation well, you're wrong but, instead, I had countless miracles, but, we need to start looking for them and train our brain to call them miracles instead of just plain mere coincidences or good luck this is our own Easter egg hunt folks, we have got to look for the clues that are being dropped and hidden on our behalf for our emergence. This is your responsibility, keep going folks, you can make it out, the light has arrived, and this is emergence