

Heinz Valentin Hampejs

- MD in Neurology and Psychiatry
- MD in General Medicine
- Investigator and expert in Indian-American Shamanism
- Author of the monograph by commission of the Ministry of Public Health of Ecuador: "**El Éxtasis Shamánico de la Conciencia – Principio Medular de la Medicina Shamánica**" (Translation of the Spanish title: "The Shamanic Ecstasy of Consciousness – Fundamental Principle of Shamanic Medicine").

Phone: +58 – (0) 274 – 414.55.93 Mobile: +58 – (0) 416 – 470.80.12 (Venezuela)

E-mail: <valentin_shamanism@gmx.net> and <valentin_hampejs@yahoo.com>



Ladies and Gentlemen, dear friends!

Allow me, please, to invite you to our **Shamanic Christmas - and New Year - Seminar 2005 / 2006** in Venezuela's mountains. Particularly, however, I would like to direct to such people today, that suffer from depressions and want to benefit from my assurance to be freed from that illness definitely in at most three weeks. I ask you for your indulgence if you were supposed to have gotten the one or other piece of information already once.

Concerning an article published on September the 18th 2004 in the Health Section of "FRONTERA", a newspaper published in Mérida, Venezuela, with the title "*USA admits relationship between the consumption of antidepressants and suicide of young people*", I would like to manifest that the psychiatric incurability of the depressive illnesses, growing at a world level, even alarmed the politicians of the European Union (UE), because – as is well known – this syndrome of psychic dysfunctions produces the biggest number of suicides among all illnesses. The following experiences present information about a medical initiative supported by the European politics and my own initiative and personal experience in the cure of depression with the help of the Indian-American Shamanism:

The Shamanic Cure of Depression – The example of two young women in Ecuador:

In May 2004, a friend from Pirmasens, Germany, informed me that I could visit the so called www.kompetenznetz-depression.de ("A German net of competencies for depressions") that represents an initiative supported by the European Union (EU) that sensitizes people affected by depressive illnesses and the public in general through the Internet. I had already started a personal initiative at the beginning of the month in order to spread, among friends in Europe, the information on the shamanic curability of the so-called "**Endogenous Depression**". Naturally, I was very grateful to have received this tip, because I could now address to an already preexistent platform of information exchange, of which existence I had not heard before.

It is widely known that depression, denominated "endogenous" by the formal medicine, is an illness of the soul, spirit and mind, characterized by such states of psychoenergetic exhaustion, anguish and desperation that people affected prefer, with alarming frequency, suicide instead of existential torment. Taking into account the relatively easiness of shamanic curability of depression, it was a genuine desire to put in circulation this information, as **in my shamanic rituals**,

depressive patients are definitely healed in a maximum period of three weeks. The only prerequisite that I must claim, however, is that the participants give willingly way to be guided through the experiences revealed during the shamanic ritual. For the uninitiated participants, these experiences still are strange and unknown at first and it needs an expert leadership, to be able to benefit from them for the sake of healing purposes. Nevertheless, I only can affirm depressive persons to be healed of their illness with regard to my own, personal shamanic healing methods.

1. To tell the truth, my wife and I participated in this night ritual with the **San Pedro* medicine**, carried out in the surroundings of QUITO/Ecuador, only as invited shamans. Hilario Chiriap, a young shaman of the people of the Shuaras, who lead this ritual, made me the honor of inviting me spontaneously to direct the ceremony together with him.

The ingestion of the **San Pedro medicine** submerged us in a special state of consciousness and perception known as "**Shamanic Ecstasy of Consciousness**". We had already spent some hours praying and singing mantric and shamanic healing and invocation songs, when a young female participant named Paola, of about 23 years old, began to cry deplorably and call for her mother with all her body shaken by continuous touching sobs: "Mother, Mother, Mother ---!"

The woman's state, really worth of pity, was intensified by such moments that all others began to worry, particularly when this situation had already gone on for about three hours. Neither the interventions of Hilario nor the other participants', mostly familiarized with the Shamanic Medicine, were able to provide a real and effective help to the patient during this dramatic passage of her heartrending psychic state. Suddenly, I "knew", I "saw" what had happened in the girl's past life, and without thinking about it, I proceeded to ask her: "Do you know, deep inside, why you are calling for your mother so despairingly?" She did not answer. – Thus I said: Because she wanted to abort you!"

Then I was over the other side, her side, and while telling her peacefully that she should now have to learn how to forgive her mother, I gave her three blessed blows with my Medicine Pipe over her hands, joined with prayers, on top of her head, her back and her chest. During these moments she was living with her mother in the same house, the one that today is her best friend, and she could not know the desperate circumstances her progenitor was living during her pregnancy. Who, of all of us, should not be forgiven for something? After five minutes, Paola was calmed and centered. In the morning she was a little separated from the group and sat down on a high rock in the proximity with her body bent forward and her arms crossed on her calves. She was obviously absorbed in a deep meditation.

2. This **San Pedro Ritual** was carried out in our own Place of rituals in Tumbaco, near Quito, and it was under my personal direction. Monica, a woman in her forties, was sitting to my right. There were also about eight young men and women. After some hours, I felt that I had to help her, because she was very nauseous, and I felt that these nauseas were not going to diminish although she had already vomited several times. The fact that she was sitting with her legs bent towards her belly, in a curved embryo like position, also attracted my attention.

When I blew an alcoholic extract of aromatic herbs over her hands joined together as for a pray, she immediately bursted in such sobs, whining and cries that I was moved to sit next to her in order to calm her down with my hug. After about half an hour, she finally calmed down and babbled, still sobbing, that when her mother was pregnant with her, she had lost another infant.

Monica naturally knew about her brother's tragic death, because she had been told about it, but only through this ritual experience the cellular memory of her body could remember the abysmal

sadness, to which she was subjected in her mother's belly for some months during the pregnancy, and the one that was still instilled in her after birth with the maternal milk. In spite of all the psychiatric help, Monica had suffered serious depressions for many years, being unable to even imagine which the causes of her depression were. However, in this case, a single shamanic ceremony was enough to cure her.

With these two casuistical examples I do not want to insinuate in whatever way that the maternal intention of aborting the fetus or the death of an infant during the mother's pregnancy, thus – prenatal circumstances of this particular nature, would represent the only imaginable causes for the manifestation of a depression in the later life of this fetus.

If it is not possible to understand that these two women were definitely liberated from their depressions with these ritual experiences, it is because one does not simply want to understand. But for thinking men, it should be easy to understand that such a definite CURE cannot be produced neither with antidepressive pills nor with electric shocks, classically applied in the psychiatric hospitals (and much less with the futurist (?) implantation of some kind of chips (!)), because in the best (!) of the cases, these measures would only be symptomatic, exclusively used to hide and camouflage the symptoms of depression: something very similar to the relief of a pain with analgesic remedies that definitely cannot eliminate its causes.

I said "in the best (!) of the cases", because it is a settled fact that the medical authorities of the USA (the **FDA** – **F**ood & **D**rug **A**dministration) put the antidepressants into question: It was recognized that they are related to a higher suicide risk among the young, and the experts strongly warn doctors and patients. Studies showed that a young person taking the researched antidepressants ("Prozac" and "Zoloft", among others) has twice a risk of having suicidal thoughts than any other young taking placebos.

Apart from these "side effects", the medication with antidepressants hide even more the mechanisms of the causes of depression, that is to say, it puts them in the direction of the subconscious. This does not even give the patients the opportunity to understand their illness or discover its possible real causes. For this, the "**Sacred Power Plants**" of the Indian-American Shamanism are indispensable, because opposite to the concealing strategy of the classical psychiatric treatment, they facilitate the psychocatalytic** liberation of the pathogenic material contained in the structures of our subconscious. Undoubtedly, these shamanic medicines can only be used under the expert guidance of an experienced shaman.

Taking into account the 80 millions abortions appraised at world level annually, it is more likely that some people among you are suffering from depressions for the same causes, because depression implies a serious lack of vitality that can lead to cruel states of psychoenergetic exhaustion. In the cases presented above, we can see how much a deficiency of vitality can become "endogenously". To understand this, no medical university education is needed, just a healthy common sense.

I suppose that your mother, for comprehensible reasons, has kept secret before you such a possible crisis of consciousness that might have existed during her pregnancy; she might not even be able to tell that to you nowadays. In order to liberate the subtle energy scheme (the cellular and reticular memory) of the body from such negative, destructive energies, and in order to load it ("vitaminize" it) with natural vital forces, a lot deeper and more efficient instruments than those available for conventional psychotherapy are needed: the shamanically administered employment of the so called "**Sacred Power Plants**" from the Indian-American Shamanism.

The notorious incrimination as "drugs" by the **WHO (World Health Organization)** of the "**Sacred Power Plants**" is not only antiquated, because it has always been untenable by the light of the ancestral wisdom of Shamanism, but it is also totally absurd and truly grotesque, because, among other things, the "**Sacred Power Plants**" are also extremely capable of curing the drug-addiction itself, which is equally incurable for the formal medicine!

Actually, at the end, why should psychocatalytic or shamanic medicines, that do not produce any dependence and are characterized by a healing power inaccessible for the formal medicine, and even used expertly by an experienced shaman, be prohibited, when such heavy poisons, gravely addictive, as the opium or the morphine, can be used legally in our clinics?; - Maybe, just because doctors do not know how to handle the shamanic medicines? For the interest of the health and the whole humanity, the rejuvenated investigation, now carried out under a competent guidance, i.e. shamanic guidance, of the healing effects of these psychocatalytic medicines has become an unconditional demand of our time that should not be left aside anymore.

***SAN PEDRO** – botanical denomination: *Trichocereus Pacchanoi*, a cactus from the Andes, medicinal agent is the mescaline alkaloid.

** **PSYCOCATALYTIC** – term that refers to the catalytic action of the shamanic medicines on the subconscious and the consciousness. Due to this action the material in our subconscious becomes perceptible for the consciousness.

Apart from these really auspicious cure outlooks for depressive people; our **Shamanic Christmas – and New Year Seminar** also represents, however, a quite unique and extraordinary possibility for spiritual growth and the cure of numerous health disturbances.

In order to be able to understand this better, I would like to remind you hereby of the quite particular circumstances, that should be taken into account at the cure and instruction with shamanic medicine, which constitutes a system of knowledge and practices focused basically on the medicinal alteration of the therapist's consciousness and perception and – given the case – also of the patient. In the specialized anthropological literature, this modification of the consciousness and perception is denominated as "**Shamanic Ecstasy of Consciousness.**"

The main objective of our Seminaries consequently consists of the shared awakening and living experience of this "**Shamanic Ecstasy of Consciousness**", because with it also takes place simultaneously the awakening of our inherent and natural healing potency ("**The Doctor Within**"). For this, we make use of the shamanic methods transmitted since immemorial times as a universal strategy of the whole humanity for the acquisition of personal and collective knowledge, strength and health.

The South American lineage of Indian Shamanism distinguishes itself mainly of an imposing abundance of very extraordinary healing plants. Among them we also find the particularly called "**Sacred Power Plants**", as for example the **San Pedro cactus** (botanical name: *Trichocereus Pacchanoi*) of the Andean mountains and – among many others – the **Ayahuasca wine** (botanical name: *Banisteriopsis Caapi*) of the tropical forests of the Amazon basin. To them we owe the activation and energetic transformation of our lucid every day's consciousness and of our accustomed and daily sensorial perception into the "**Shamanic Ecstasy of Consciousness**", which is indispensable for the shamanic cure. Because through waking up that latent "Doctor Within" in the deepest (archetypal or transpersonal) layers of our subconsciousness, simultaneously takes place a rectifying reprogramming of the not well driven vital impulses and a liberating transformation of blocked vital energy patterns.

Our this year's **Shamanic Christmas and New Year Seminar** will last 17 days (from Dec. 18 / 2005 to Jan. 3 / 2006) and comprehends again three nightly rituals and one day ritual, i.e. a **Shamanic Power Trip**, with the **"Sacred Power Plants"** of the Indian-American Shamanism for the mountainous forests of the Andes around Mérida/Venezuela. For the cure of depressive patients we need however a week of additional treatments (up to Jan. 10 / 2006).

To experience the **Holy Night** shamanically as a spiritual celebration of the birth of the light with the transforming potency of the **"Sacred Power Plants"** in the familiar circle of the participants has become a turning point for the life of some European truth and health seekers.

Quite same, to which creed or confession of faith affiliated, one is able to join in this night with a powerfully present energy of mercy, love and peace, both for the sake of one's own welfare and the one of all those people, with whom we share views in our personal life.

Our next to the last ritual is a so-called **"Shamanic Power - Hike"**. Shamans of all cultures feel and use since time immemorial hierarchies of entities or spirits of nature elements (such as those of the rainbow, the mountains, fountains, lakes, trees or special herbs, minerals and stones) as well as power places, which provide special energetic vibration sources for the cleansing, purification and cure of human beings.

This next-to-last ritual therefore takes place during the day. On our **"Shamanic Power - Hike"** in the state of **"Shamanic Ecstasy of Consciousness"**, the nature harmonies of the Andean mountains will lead us to a condition of purified and strengthened vitality. We experience psychically and physically how "bad energies" are stripped off definitely and left behind, how purity, strength and clarity is taken along.

"There the spirit rises above the physical and joins with the entirety, there I was pure energy and completely clear; and I know today that it was this moment, in which I was healed. (Commentary of a participant from Upper Austria)

With this, we are very well armed for our actual **"New Year's Eve ritual"**, which takes place during the night from Dec 31 / 2005 to Jan 1 / 2006. The birth of the newcomer follows the death (of the old year). Since ever, this turning point is being properly celebrated from all cultures, uniting all peoples and continents through a morphogenetic action field, in which from time immemorial we give a farewell to the old things and begin new ones. We benefit from this special quality of the time also in our final ritual.

In quiet meditation, we recall ourselves our weaknesses and bad habits, in order to definitely take leave of them by free will and determination. In the sacred fire, before our shamanic altar, we symbolically burn all that is not light and pure in us, in order to make place in and around us for our best purposes, so that we can go our way in the New Year with full confidence.

You will find a more detailed Seminar – Information in the attachment, however, do not doubt, please, to address also to my E-mail directions for personal inquiries: [<valentin_shamanism@gmx.net>](mailto:valentin_shamanism@gmx.net) or [<valentin_hampejs@yahoo.com>](mailto:valentin_hampejs@yahoo.com),

Sincerely yours and my sincere blessings,

Dr. Heinz Valentin Hampejs

Mérida / Venezuela, July 25, 2005.