

The School of Modern Soul Science

Basecamp Curriculum – The First Semester

ALCHEMICAL ASSIGNMENTS

- (page 2) 1 – *The Science of Safely Navigating Your Shamanic Calling*
Multiple Choice and Short Answer Test
- (page 3) 2 – MSS 102 – “*Soul Tending*” as a *Daily Practice*
Creating Your Alchemical Journal, Techniques for Inner Work
- (page 6) 3 – MSS 100 – *The Shamanic Archetype Workshop (first pass)*
Your Personal Constellation
- (page 9) 4 – MSS 101 – *What is Modern Soul Science? (first pass)*
The Vessel Assignment (I) - Capturing the Past
- (page 15) 5 – MSS 103 – *Approaching the Modern Call in the Spirit of Shamanic Psychiatry*
Healing soul fragments in the Shamanic Hospital, Creative Self-initiation and Critical Self-guidance, Magical Remedies
- (page 30) 6 – MSS 101 – *What is Modern Soul Science? (second pass)*
The Vessel Assignment (II) - Injecting Remedies
- (page 32) 7 – MSS 104 – *The Archetypal Shamanic Initiation Narrative*
Approaching the Threshold Guardian
- (page 35) 8 – MSS 101 – *What is Modern Soul Science? (third pass)*
The Vessel Assignment (III) - The Resulting Synthesis
- (page 38) 9 – MSS 100 – *The Shamanic Archetype Workshop (second pass)*
Personal Constellation + Mandala (with archetypal symbols, creative animation, possible Torus mapping)
- (page 41) 10 – *End of Semester Essay – Retrospective: What Has Changed?*

1 – The Science of Safely Navigating Your Shamanic Calling

Multiple Choice and Short Answer Test

Assignment:

Go to the course “*The Science of Safely Navigating Your Shamanic Calling*”, download the test, open the recording of the webinar, and re-watch the webinar, pausing when necessary to answer the test questions. Once complete, follow the submission instructions on the test, and receive your certificate of completion.

Purpose:

The webinar is a foundational lecture for the entire Basecamp Curriculum. The purpose of this test is to inspire you to go back to the webinar and digest it more thoroughly, inscribing it into your conscious long-term memory. It also has the purpose of inspiring your inner student (who may have rebelled from high school so many years ago!). This test is reminiscent of high school open-book take-home exams designed to help you translate your comprehension of the foundational material to your long-term memory.

Challenges:

Maintaining the focus. You will need to go back to the webinar and watch it carefully, pausing in many places. There is a lot of information there, so you might have to break it up into small sessions.

Benefits:

Gain a firm grasp of the fundamental concepts of Modern Soul Science. Gain a basic compass for your journey. The concepts presented in this webinar will be a continual reference point for you as you proceed through the curriculum.

You will gain greater capacity for discernment, shadow work, and comprehending your own developmental, initiatory process. You will also find more inspiration to complete your course work, because you will clearly understand how and why it would be so beneficial to you.

Timeframe:

The first assignment, to be done in the first week of enrollment.

2 – “*Soul Tending*” as a Daily Practice

Creating Your Alchemical Vessel, Techniques for Inner Work

Assignment:

Watch the first part of MSS 102, pertaining to the preparation of your Alchemical Vessel (soul journal, student portfolio).

The first thing you must do, before embarking on the alchemical adventure of the Basecamp Curriculum’s assignments, is to prepare your vessel for the work ahead.

You must create your alchemical vessel – a sacred “soul journal” that will contain ALL the inner work and creative work that you do in the school – encompassing the rough work, brainstorming, journaling, dream work, active imaginations, sketches, etc. plus also your final creative products, your drawings, your mandalas, your stories, plus all your notes on the lectures, plus all the rough work for your final essay.

This will be your student Portfolio, which will capture ALL the transformative work, course work, and alchemical processes that you carry out in your journey through the school’s curriculum.

MSS 102 will give you directions and advice on how to prepare this alchemical vessel. But these are only suggestions; each individual must prepare their own vessel according to their own soul-impulses.

After preparing your vessel, watch the rest of MSS 102 for the foundational techniques of “soul tending” – of engaging in the forms of inner work that you will need throughout the curriculum. You are likely to continue referring back to this portion of MSS 102 as you progress through the other courses.

Purpose:

The purpose of your Alchemical Vessel is to act as a container to capture and document all the inner work and creative work that you do in the curriculum. It is meant to act as a “hermetic seal” for this inner work, so that everything is contained in one place, without any leaks, so the transformational magic of the work is held and sustained.

It is also meant to be a student Portfolio (in the more academic sense) of personal work, creative work, transformational work, healing work, initiatory work and spiritual evolution.

At the end of your journey, you will be able to review your Portfolio, distill all your best work out of it, and create a “Portfolio Distillation” that sparkles with magic and numinous soul forces, acting as evidence of the profound transformation you have accomplished in the curriculum.

This Portfolio Distillation (along with a summative essay) will be your final project of the Basecamp Curriculum, which you will need to complete in order to receive your certificate of graduation, and the option to proceed to the 200-level of the school.

The purpose of the second part of MSS 102 is to help you develop, right at the beginning of your journey, simple but extremely powerful and effective techniques for the sort of alchemical inner work that you will be doing throughout the entire curriculum. This will enrich your “inner work skill set”, giving you what you need to carry out the rest of the assignments.

Challenges:

The challenge is to create a vessel that is capable of containing everything in one place (with no leaks). You may need to invest in some sort of box, into which you place separate books for journaling, for your dreams, for your lecture notes, for your art, for your crafts, etc.

And given the fact that at the beginning of the journey you don’t really know what is going to come out of you over the next year, you may need to upgrade your vessel further on. If, for example, you end up creating a sculpture of some sort, this could get tricky, and would require innovation!

Another challenge is more psychological. You are at the beginning of your journey, and you may or may not stick with it. It might be difficult for you to fully commit to creating an adequate vessel if you still aren’t convinced that you are going to stick with the program. In this case, I advise you to start with a humble vessel – perhaps just a 3-ring binder, or a journal of some sort – and if you end up sticking with the curriculum, you can continue to renovate your vessel. Whatever you do, don’t procrastinate! It is essential that you inaugurate your vessel right away, even if it’s just a journal with “Soul Work” written on the front.

With regards to the “soul tending” techniques, the only real challenge is to consistently find the time for the work – and of course to overcome any laziness or excuses or resistance that will likely come up to prevent you from doing what is necessary for your healing, transformation, and evolution.

Benefits:

By creating a vessel now, and containing all your inner work within it, you will truly consecrate the alchemical process in which you are about to engage. This will help you to regard your own soul – and its mysterious process of unfolding, transforming, and evolving – with real reverence.

By keeping everything in one place, you will ensure that all the self-transforming powers inherent in your soul remain contained in the vessel, thus maximizing the transformational magic and protecting against leakage. The Renaissance alchemists warned constantly about leaks in the vessel; for if the transformative mercurial spirit escaped the vessel, the opus would not come to fruition.

Practically speaking, this hermetic vessel will help you create the adequate space in your life for this genuinely sacred work. You will have to literally create physical space for your vessel, and for the work to take place, and this physical space will further encourage you to create mental, psychological space in your busy life (aka. setting time aside) to do the work.

Another practical benefit is that you will be able to see all your alchemical progress at a glance, and this will continually encourage you to keep going with it (because you are bound to face resistance and challenges).

Finally, at the end of your journey through the Basecamp Curriculum, you will be able to look back at everything you’ve accomplished – all the work you’ve done, and transformation you’ve attained – and not only will you derive a profound sense of satisfaction, you will also be able to show it, prove it, through the “soul artifacts” contained in the Portfolio. In short, you will have something profound (and tangible) to show for all your efforts.

Timeframe:

Create your Alchemical Vessel right away, within the first week of enrollment, in conjunction with your completion of assignment #1.

3 – MSS 100 – The Shamanic Archetype Workshop (first pass)

Your Personal Constellation

Assignment:

The first pass at your personal constellation. Print out the Shamanic Archetype Workbook. Get a pencil, and complete up to page 50. For this first pass, the right column of page 34-36 (the “forming and empowering section”), and pages 39-40 are optional. Keep your rough work in your Soul Journal.

Purpose:

Think of this as a sort of shamanic assessment at the start of this transformative curriculum, which will give you a clear snapshot of where you are at right now, and will clarify a great many things about the pivotal events that have led you to this present moment.

To certain extent, it can be considered a sort of “shamanic career assessment tool”, because it will clearly show you the particular way in which you are meant to incarnate the archetype. It is a map of how the archetypal energies are flowing and seeking to incarnate.

The personal constellation will suggest a trajectory for your ongoing development, within the school and beyond. It will also function as a measuring stick for you to assess the impact of the school’s curriculum on your psyche – the “before” part of the “before and after” pictures.

It is also meant to give you a master symbol to represent the place where your ego, your soul, and your Higher Self all converge. This is the singularity out of which your true “I am” is continually emerging. This assignment will give you a map and an anatomy of your “I am”, reflecting past, present, and future soul development.

Challenges:

There is an inherent tension between left-brain and right-brain activity in this assignment. On the one hand, you are working with archetypal forces in the subconscious, and on the other hand, you are attempting to grab a hold of (quantify, somehow nail down) inherently elusive consciousness.

This exercise requires a sustained effort and focus. At times, it will bring up memories of your past, which might be challenging. However, the particular way in which these memories are brought up is fundamentally empowering and redeeming; your memories are brought up in order to understand the indispensable initiatory role your past has played in forging your spiritual destiny, in determining your greatest gifts and your particular purpose in the world.

It is common to have some difficulty when it comes time to construct your core nucleus of facets. The TA's will be able to help you with this stage, and I will also help.

In general, it is difficult to assign hard numbers to fluid archetypal energies and complexes. It is also difficult to nail down your personal constellation because as you work on it, the very act of working on it causes it to shift. But it is out of this tension that the sacred mandala (and the new self-awareness) will emerge, so it is a tension to be embraced!

Benefits:

Working out your personal constellation is a true adventure into “*Knowing Thyself*” more profoundly. Not only does it give you a precise snap shot of the current state of your soul, your ego, and your Higher Self, it also ties together fragments of your past, weaving them together to pave the way to the future.

Through this effort, murky realms of your subconscious will snap into focus, and a murky comprehension of your past will be illuminated by a burst of clarity and insight. Archetypal potential that has been lying dormant in your subconscious will be activated, and more importantly, will have a strong bridge to emerge through the conscious individuality.

This activity guards you against the first and most universal danger of working with the shamanic archetype: Inflation. By working with the archetype in such a precise and exacting way, you are pinpointing how you are manifesting (or attempting to manifest) the archetype, without over-identifying with it in a grandiose or illusory way. Instead of vaguely over-identifying with being a “shaman”, you can map out exactly the sort of “shamanic individual” you have been, you are, and you are becoming.

When you emerge with your personal constellation, you will have a map to guide your ongoing initiatory efforts, a master symbol that represents your destiny, and your inherent wholeness. Your personal constellation is innately healing and empowering, because it weaves together the fragments of your psyche into a coherent and meaningful whole, strengthening the connection between your Higher Self and your conscious “I am” (your ego, in the truest sense of the word).

Timeframe:

After you finish the test on the webinar, and after you’ve prepared your Alchemical Vessel (soul journal), proceed to the first pass of your personal constellation of the shamanic archetype (you will do a second pass later).

This first pass should take you about 4 weeks.

4 – MSS 101 – *What is Modern Soul Science? (first pass)*

The Vessel Assignment (I) - Capturing the Past

Assignment:

Watch MSS 101.

Then, using the alchemical motif of the vessel—containing the “soul body” in various stages of transformation—create a primarily visual autobiography of your soul (your astral body).

Using your understanding of MSS 101 and the webinar, think about the history of your soul body/astral body. What have been the major “soul events” in your life, in which your soul body underwent a very definite “operation” - was somehow changed?

For example:

- Perhaps for a period of time your soul body was tied up with x, y, or z. But then in another event, you had a dismemberment crisis, which separated your soul body from its attachments.
- In another event, perhaps your soul body expanded very rapidly.
- Or perhaps you met a soul mate, and your soul body merged with your lover’s soul body.
- Or perhaps your heart got broken.
- Or perhaps you went through a stage of addiction or obsession.
- Or perhaps you got sick and nearly died.
- Or perhaps you had a life-changing entheogenic experience that radically awakened and magically charged your soul body.
- Or perhaps you went through a creatively productive period.

- Or perhaps you went through a period of writer's block, but something happened to unblock you.
- Or perhaps you suffered a soul-loss and really lost connection with your soul body, and sank into a dark depression.
- Or perhaps there was a trauma, which inflicted a fragmentation or even a demonic possession, and darkness began to overtake your soul body.
- Or perhaps you encountered magical knowledge, or perhaps you read a really influential book, which gave you a sort of spiritual epiphany.
- Or perhaps you had a direct mystical encounter with God, and that illuminated your soul body and completely changed your life.
- Or perhaps you became a father or a mother, or a grandfather or a grandmother.
- Or perhaps you suffered an agonizing loss.

The possibilities are endless. But the common bond is that you are re-creating a linear narrative, which involves chronological events in which *the condition of your soul body changed definitely*.

MSS 101 and *The Science of Safely Navigating Your Shamanic Calling* (the webinar) offer enough of a working definition of “soul body” (also called “astral body”) for the purpose of this assignment.

So, in no more than 12 (minimum 3) “alchemical vessel” images, recount the most formative events in the history of your soul body's evolutionary journey.

Each image should depict a single vessel, and the content of your vessel is your soul body. How you depict your soul body is entirely up to you. We haven't dived into alchemical symbolism yet, so nobody is expected to use specifically alchemical imagery.

The main motif is *the vessel*. Ideally, the vessel is hermetically sealed. However, perhaps one of your events is the shattering of the vessel, so the event would feature the shattering, and would presumably be followed by the reconstituting of it!

In general, a circular vessel is recommended, or oval. Examples of past student work is included in MSS 101.

Accompanying each image should be a short description of the event it is depicting.

Recommendation: Journal first.

Before you begin drawing the vessels, I strongly recommend that you spend some dedicated time contemplating your soul-history, and engaging in a round of journal writing, specifically geared toward this assignment. If you open a stage of our journaling with a heading like, “The History of My Soul Body – what are the major events that shaped my soul?” you will have an opportunity to warm up the memory pipeline, and begin already making important discoveries and insights about your soul’s embryological narrative.

It won’t necessarily be obvious at first which events to “capture” in a vessel, but if you spend some time journaling, certain events will naturally emerge, and the major turning points will become clearer to you. Then, the vessels will grab hold of the resulting distillation of your initial journaling, and you will already be further along in the alchemical process.

Purpose:

The purpose of this first pass at the vessel assignment is to capture the major events in the history of your ‘soul body’ in an alchemical vessel, so that you will have (in your consciousness) the subject for all subsequent transmutational, healing, and soul-retrieval work in the following stages of the curriculum.

To bring the contents of the subconscious forward, up, and into the necessary state to be worked on and eventually transformed.

In addition to capturing your soul’s past in a vessel, this assignment is meant to get you thinking about your ‘soul body’ as a subject per se. It is

also meant to help you further consolidate and clarify your initiatory narrative. It will get you thinking about shamanism in an alchemical way, and alchemy in a shamanistic way, mythology in an esoteric way, and the esoteric in a mythological way. And it will open you to many potential insights about your soul, the state of your soul, your healing work, your journey of initiation, where you've been, and where you are going.

Challenges:

Unless you are a dedicated artist by trade, don't spend too long on the crafting of the images per se. The most important thing is to capture the *essence of the soul* in the vessel. It doesn't have to be pretty. Quite the opposite, it can be quite crude. But the primordial soul force should be somehow captured in the image. That is the task and challenge.

This is a mini-version of an epic life's work. It is calling on you to dive into your past, and heroically pull out a boon (a narrative thread) to work on for a sustained period, and perhaps even share with the community.

This will almost certainly bring up some difficult memories, particularly when you have to capture soul-trauma in one (or many) vessels. This is the main challenge of the assignment – dealing with the energy and the gravity of the past. When you capture it in a vessel, you are essentially bringing it out of the subconscious and into the realm of your ego-consciousness, and keeping it fixed there, so the subconscious pain and gravity will become more consciously experienced. And you are bringing it up in order to transform, so the weight of the past will continue to exert its weight until it is transformed. Once it is transformed, however, the burdensome weight will become personal power and new vigour, and old chains will become new wings. You need to bear it all with patience, courage, and good faith in the alchemical process.

So please, I am asking all of you to be very supportive of one another, because this is essentially collective soul-retrieval work we are embarking on here. When this assignment gets heavy, look to your classmates for compassion and alleviation; seek out “compassion medicine”, and offer it to others generously. Sharing your difficult vessels in your group can really help to alleviate the burden of this type of work, because all of us have a burden of our own, and should be able to experience genuine compassion for one another, and this compassion can give much comfort. Much of our

pain is related to feelings of isolation, so the compassion of your classmates can really help.

Always remember, this is the necessary first stage of the soul retrieval process. The pain that you capture in some of these vessels is being bottled solely for the purpose of healing and transformation. The weight that you may feel now will be transformed into strength, wisdom, self-knowledge, personal power, and even comfort – but you need courage and determination and persistence in the process.

Benefits:

Taken together, the three passes of the vessel assignment (see assignment #6 and #8) constitute a profound cycle of soul-retrieval work. This is the first stage of the process, which is the most difficult. But it is essential to accomplish.

The damage that has been inflicted on your ‘soul body’ in the past has almost certainly sunk down into the subconscious realms, because you’ve had to survive and ‘get by’, and continue building your ego, despite the cracks and leaks and damage at the foundation. This assignment is going to bring the subconscious more into consciousness again, so you can work on the healing process in a state of full awareness. Subconscious sadness will become more conscious sadness, and subconscious pain will become more conscious pain once again. But this is the only way that healing can take place; *as long as the damaged parts of your soul body persist in the subconscious, they cannot be healed*, much less retrieved and transformed and integrated into your total “I am” complex. And pain that persists in your subconscious manifests as neurosis, mental imbalance, various disorders, and can eventually manifest as physical illness.

So the main benefit of the first pass of the vessel assignment is to bring the damaged parts of your soul up and out of the basement, out of the cage, out of closet, out of the dungeon, and place them in the ‘spiritual hospital’; in the alchemical vessel of healing and transformation. The scared, isolated, damaged, and suffering fragments of your soul can have hope to receive charity, light, and liberation, and to be eventually reintegrated into the original wholeness of your “I am”, bringing wisdom and strength and integrity.

Timeframe:

Watching MSS 101 should take 2-4 weeks. But much depends on your lifestyle; it can be done in a single dedicated day, if you are so inspired and have the time and space.

Just another reminder – I recommend journaling before you sit down to draw the vessels, it would benefit you to contemplate and journal on your past, attempting to locate the main events of your story – the main turning points.

The art (vessel drawings) itself need not take a long time, but this is a serious and solemn assignment, and people need to be able to take their time. I estimate about 1 month for this first pass at the vessel assignment.

In total, this section of the semester should take approximately 4 - 6 weeks.

5 – MSS 103 – Approaching the Modern Call in the Spirit of Shamanic Psychiatry

Healing Soul-fragments in the Shamanic Hospital, Creative Self-initiation and Critical Self-guidance, Magical Remedies

Assignment:

Watch MSS 103. The alchemical assignment is complex, and in four parts.

FIRST PART: THE SETTING

Envision the ideal “shamanic hospital”. This is a special place where souls go who are destined for shamanic vocation, who are experiencing the crisis of the onset of their calling; who are experiencing a mental breakdown that can potentially result in knowledge of the spiritual world and shamanic capacities; who are experiencing a sudden chaotic awakening, or any form of initiatory illness, and would really benefit from support.

It is also a place where people go who have been traumatized by dark forces, have experienced soul fragmentation, and need to undergo healing, soul retrieval, and recovery.

Ultimately, it is a very special place designed specifically tailored to help souls become the shamanic individuals they are destined to become. It is exactly the kind of hospital that is so badly needed in our culture, but that cannot really be found, except in humble fragments here and there.

Not only is it a place to receive those in the midst of initiatory crisis – it is a place for these same individuals to receive initial training in their shamanic vocation. It is not the place for more advanced training; it is a place for the *initial* training that immediately follows the onset of the crisis and/or the healing and soul retrieval. For advanced training, it is necessary to check out of the hospital and go elsewhere.

There is an emergency intake area, to deal with people going through an acute crisis. This is the shamanic equivalent of getting checked into the psychiatric hospital during a so-called “psychotic episode”. If a soul operation is necessary, this is also the equivalent of an ambulance taking you

to the emergency ward of a materialistic hospital for surgery. What is the intake process for the emergency area?

There is a place where spiritual operations (spiritual surgery) takes place, just like in a materialistic hospital. The difference, however, is that instead of your physical body being operated on, it is your ‘soul body’ that is being operated on.

And there is a residential area, where people can transition from crisis (critical care) to longer-term care, treatment, rehabilitation, training, and eventually being discharged. This is also where they recover from their “soul surgery” and soul retrieval operations. What is this area like?

What is the surrounding area like? How is this hospital integrated with its natural environment? Perhaps nature therapy plays a crucial role in the recovery process. Envision the geography of the area in which it’s located, and even the journey to arrive at the gates. Maybe it’s located in a city, because that’s where it’s most needed. Or maybe, more likely, it’s located far from the city. How would one get from the city to the hospital. What would the drive there be like? Maybe it’s located, quite simply, in another dimension in the astral plane, and one needs a special shamanic technique to arrive there, or a special messenger to ferry you across the threshold.

Envision this imaginal place of healing and treatment as vividly as possible, and as ideally as possible – the shamanic hospital of your dreams. Imagine you had unlimited resources at your disposal to build it, and it could be located anywhere on earth, a real place or even an imaginal landscape. The only limit is your imagination. What is the layout? How is it designed? What kind of treatments are available? What is the intake process? Flesh it out. Draw it, design it. Map it out. Draw a blueprint. Envision a story that takes place in this imaginary place. This will be the location for much personal healing work.

At the very least, draw an overview of the hospital – a blueprint of the layout. If you are inspired, you can go much further, the way a fantasy author continues to build out imaginal places. Just think of how J.K. Rowling continued to expand Hogwarts, or how J.R.R. Tolkien spent decades expanding Middle Earth, complete with maps, languages, culture, extensive history, innumerable storylines and characters.

SECOND PART: THE INTAKE PROCESS

You are now going to split yourself into two: On the one hand you are going to assume the role of shamanic nurse/shamanic psychiatrist – who works at this shamanic hospital. And on the other hand you are going to assume the role of soul-fragment/patient, who is being checked in for emergency and/or long-term treatment.

There are two general types of intake cases for yourself:

- 1) An intake related specifically to the onset of a shamanic call, with the treatment aimed at first of all thoroughly understanding the particular nature of the call, and then most successfully facilitating the next stages of the initiatory process in a fruitful way (safely navigating).
- 2) An intake related to treating the aftermath of trauma / soul damage, with the treatment aimed at healing, soul retrieval, integration and recovery (which would also lead to the next stages of the initiatory process).

Frequently, the two types of cases will be one and the same; the onset of the shamanic call often comes in the form of a trauma. Trauma can be seen through an empowering perspective as the call to become a psychopomp and wounded healer. Moreover, in the absence of adequate elder guidance, the onset of the call can often lead to a difficult period of life, which can subsequently lead to traumatic damage being inflicted on the soul, either voluntarily or involuntarily, by yourself or by others.

In this assignment, you are going to go back in time and creatively change your past. When you were at the crossroads of the arrival of your call, you embarked on a certain path. But now, you are going back to that same crossroads and instead of taking the path you took, you are going to give yourself the option you didn't have, check yourself in to the shamanic hospital, and give this past fragment of yourself a thorough treatment, recovery, and initial training.

Perhaps this is a time in your life when the call was arriving, but you didn't realize it was a call, and so you didn't answer it in a healthy way.

Or perhaps you just didn't have the knowledge, support, or resources to answer it effectively. You are using the knowledge you have now to help yourself in the past.

Or if there is a “darkest, most wounded” period, you can check yourself in precisely at this point, so that you can use the knowledge and gifts you have now to work on healing this past fragment of your soul.

Or perhaps there was a definite time when you stepped right off the precipice and fell down into the abyss. You might want to check yourself at the moment right before you stepped off. Although you should consider very carefully that perhaps it was karmically necessary for you to plunge down, and it might be more effective and ultimately more beneficial for you to treat the consequence of the fall, rather than to simply try to prevent the fall. It is always more constructive and more empowering to consider that perhaps it was your own Higher Self that called your hardships upon you (even the ones that happened when you were a young child), in accordance with your karma and what is needed in order for you to liberate yourself from the past and evolve into the future.

So you are encouraged to do an “intake” on more than one part of your past. Perhaps you could do one intake on a part of your past where you can recognize the onset of your call, and another intake on a part of your past where, due to not having adequate guidance in the first place, you embarked on a dark trajectory that resulted in soul fragmentation.

With regards to the intake related specifically to the onset of a shamanic call, the contents of MSS 103 (and the accompanying worksheets) and the webinar *The Science of Safely Navigating Your Shamanic Calling* will give you the framework for your role as shamanic nurse, psychiatrist. And your job is to do a thorough intake for the other part(s) of yourself, the soul-fragment/patient, and do a thorough assessment of your call. What type of call? What triggered it? What dangers are looming?

Once you have really assessed your own call, conclude with wise and sober “shamanic mental health” guidance in the form of a protocol, while simultaneously helping you to train this younger version of yourself through the first stages. Be the elder for yourself that you never had, remembering the webinar – the imperative to develop a healthy “initiated ego” in order to safely navigate your calling.

The key is to locate a point in your past where you can recognize the onset of a shamanic call, but due to lack of guidance, lack of support, the initiation process was not able to unfold fruitfully, and instead of becoming a healer or a shamanic individual, you went through a whole cycle of suffering, darkness, confusion, instability, soul loss, addiction, abuse, fragmentation etc. from which you are perhaps still recovering. To put it in the language of shamanic psychiatry, due to lack of guidance, you fell into a pathological initiation process and were not able to form a healthy “initiated ego”.

The formation of a strong and balanced and healthy “initiated ego” is the goal and ideal of this paradigm of shamanic psychiatry. Such an “initiated ego” is founded on integrity, total truthfulness, accurate clairvoyance, is free from delusions (for the most part), and can function equally well in the spiritual realms and the material realm. Recall the content of the webinar, *The Science of Safely Navigating Your Shamanic Calling*, to call to mind the ideal of the “initiated ego” – who can “tame the dragon of the astral body” and wield it for effective shamanic work.

With regards to the intake related to treating the aftermath of trauma, your work from the first pass of the vessel assignment in MSS 101 will likely give you a lot of the content for your role as the soul-fragment/patient. In this case, the other part of you that is treating the soul-fragment will be more of a healer than a psychiatrist. Your imperative is, first, to heal the soul-fragment. Then, once the soul healing has taken place, you can shift to a more ‘psychiatric’ elderhood, and focus on developing an initiated ego. Heal first, train second.

Existential consideration: It was necessary for you to go through everything that you went through, for the most profound reasons related to your karma, and at a basic level, because all the things you’ve gone through have made you the complex and remarkable individual that you are today. It is very good for you to regard the awful things that happened to you with a sort of stoic attitude like, *“All this has happened in accordance with the divine cosmic wisdom of my karma. I accept it, and I will courageously transform and move forward, evolving and liberating myself from the shackles of the past.”* This attitude will empower you in a profound way, freeing you from the disempowering feeling of victimization.

Do not think that by entertaining the “going back in time and changing the past” you are negating the complex “self” that you are today. Imagine that

the complex self you are today, who has endured all manner of things to get to the point you are at right now, is fixed and preserved in the role of the “shamanic psychiatrist” – the wounded healer.

So your current self – that had to go through all the things you went through, for the sake of your karma and your shamanic specialization – is represented in the role of the witch doctor / healer who, by virtue of all the things that you’ve gone through, is now in a position to engage in creative healing magic on other fragments of your soul.

Through this process, the ‘wounded healer’ part of you will not lose any wisdom, strength, depth, or complexity. Quite the opposite, the wounded healer part of you will receive even more wisdom and strength and integrity, because it will further reunite with the wounded parts of the whole complex of your “I am”.

It is recommended that you spend some time journaling, in order to determine which ‘past self snapshots’ to check in to the hospital. Review your first pass on the vessel assignment to locate critical turning points in your soul history. Also, review the lectures from MSS 103 to contemplate the arrival of your call.

When you determine what part of yourself to check in, be sure to include a date on the intake form. For example, if I were checking myself in right before I started experimenting recklessly with psychedelics, I would write, on the intake form, “Andrew Camargo, as of September 2004.”

So, once you have determined which “soul fragments” to check in to the shamanic hospital, and the date of these past selves, your current self (as you are) will proceed to play the role of shamanic psychiatrist and/or healer on these past soul-fragments of yourself. Being acting as both the witch doctor and the patient at the same time you are bringing together your present self with your past self and creating the conditions for greater wholeness in your total psyche.

The purpose of the intake process is ultimately to determine the next steps of treatment. Do you need healing? What sort of healing? Do you need therapy? What sort of therapy? Do you need protocols and training regimens? What are they?

*THIRD PART: HEALING OPERATIONS, THERAPY, TREATMENT
PROTOCOLS, SOUL REMEDIES*

Once you have completed the intake process, you are now going to follow through on the healing process within this imaginal shamanic hospital.

If you are checking in at a crossroads of the onset of your shamanic call, use the forms from MSS 103 to assess this part of yourself. Imagine that the shamanic psychiatrist of today is going back in time to assess the shamanic candidate of the past.

Once you have assessed yourself at the crossroads, gather together your notes from the intake forms, and proceed to design your own ideal treatment and/or recovery and training protocol.

In designing your treatment program, ask yourself:

- What is the nature of the call?
- Given the nature of the call, what sort of shamanic work would help me most to pass through the initiatory crisis as effectively as possible?
- What are the danger zones that are lurking, and what sort of treatment can help protect against these?
- What pathological tendencies are evident, and how can I help myself to balance these out?
- What are the signs of inadequate formation of an “initiated ego” and what sort of treatment protocol could encourage the development of a stronger “initiated ego” to successfully navigate the stormy seas (tame the dragon) of my awakening astral body?
- What sort of treatments can help my astral body unfold properly, without doing unnecessary damage to myself and those around me, without leading you into delusions, fantasy, narcissism, solipsism, “uroborus poisoning”, or undesirable manifestations of unconscious and even conscious sorcery?

If you are checking in a critical juncture in the arrival of the call, then (to use the language of the mythological hero's journey) the “patient” would be the equivalent of the “would-be hero” on the threshold of the quest, and the “shamanic nurse/psychiatrist” would be the equivalent of the “wise old man/wise old woman” giving the would-be hero crucial guidance and critical tools at a crucial and critical moment in the journey.

If you are checking in a traumatized soul-fragment (from the first pass of the vessel assignment), you must come up with a healing treatment program. Use your Soul Journal to brainstorm and ultimately decide upon the treatment. Perhaps there is an initial need for a soul-operation, perhaps to remove/extract something, or perhaps to amputate something or transplant a soul organ, or regenerate a part that is dying. Most likely, the soul-fragment will be somehow trapped in an undesirable dimension, so the treatment program would be a shamanic soul retrieval with the aim of bringing this soul-fragment to a different dimension where healing can commence.

Use your imagination and your intuition (and if you can, your clairvoyance) to determine what operation may be initially necessary.

Once you have determined the necessary operation, you must creatively depict the operation taking place (see the Fourth Part: Creative Magic). Draw it, and/or narrate it. Using the magic of creativity, conjure the operation into existence. Narrate it as though it were actually happening. Draw it as though you were an eye-witness to the operation. I recommend the “comic strip” style for this. Narrate and draw the events leading up to the operation (the intake process), then the operation itself in a few stages, and then the aftermath and recovery process.

Disclaimer - there is a difference between imaginal soul retrieval work and the kind of soul retrieval work that can take place in serious shamanic ceremonies,entheogenic ceremonies, or in a state of deep trance. Carrying out the operation in your imagination promotes healing, and helps to re-program your psyche in a healing direction, but it is not necessarily the life-changing healing event itself. It *invokes* the healing process, like a self-fulfilling prophecy. The creative magic is suggestive, but to accomplish the actual healing, I recommend working one-on-one with a bona fide healer, shaman, therapist, and possibly even seeking out entheogenic ceremony/therapy, or some form of shamanic psychotherapy or hypnotherapy.

After the imaginal operation itself, you must create a long-term recovery program and treatment protocol within the extended-care wing of the hospital. This can include any variety of treatments, therapies, training, etc. Design the program as thoroughly as possible, as though you were a materialist doctor giving a long-term recovery protocol to somebody who just had a heart-transplant, or had a stroke and is learning to walk and talk all over again. This protocol can include daily exercise, diets, plant remedies, ceremonial work, nature therapy, psychotherapy, creative art therapy, music therapy group therapy – whatever the shamanic psychiatrist in you thinks would be necessary for a thorough recovery process.

If the wounded soul-fragment does not need an operation, you can proceed directly to the treatment protocol. You must design a sort of therapy program to help the soul-fragment heal, get strong again, and eventually reintegrate into your total “I am” complex (which happens when the patient is discharged from the hospital and proceeds to the second pass of the vessel assignment).

There is no single way to go about this. You must be flexible and assess the unique needs and circumstances of your own soul. In general, you are meeting your past self at a crossroads in your initiatory call (when things perhaps took a turn for the worse, due to lack of guidance and support), and/or you are meeting your past self in the aftermath of trauma, when damage was inflicted on the astral body that resulted in fragmentation and soul-loss.

If you feel that you might be dealing with an entity attachment that is basically welded onto a fragment of your soul, consult the lecture “*Dealing cases of entity attachment, possession in the Shamanic Hospital*” in MSS 103.

Your treatment program is also infinitely variable, but like the intake process is generally comprised of two themes:

First, giving your past self much needed support at the onset of your shamanic call (creatively going back in time and mentoring your younger self), providing your past self with initiatory guidance that you were lacking in the first place.

And second, if you endured trauma in your past, providing your past self with healing and therapy to recover from fragmentation and soul damage.

If you are *currently* going through shamanic crisis, or the onset of your call, you do not need to use a ‘past self’. Check yourself in to the shamanic hospital now, as you are in the present! Split your current psyche into the two roles: Your self as shamanic witch doctor, and your self as shamanic candidate in need of support. And then assess what you need right now, and give yourself a protocol that would help you get through what you are currently experiencing. And you might even consider carrying out this protocol in waking life!

If you have done an intake process on more than one part of yourself in the past, it is essential that you end the treatment process by **REUNITING ALL THESE FRAGMENTS TOGETHER**. If you checked in three different fragments at different stages of the past, the final stages of the treatment process must involve these three fragments reuniting with each other to form a harmonious whole.

Note - If you have already done a lot of soul retrieval work on yourself, and you feel that this assignment would be kind of like “backtracking” then alternatively you can do the same process for others – parents, children, dear friends etc. Instead of checking a fragment of yourself in to this imaginal hospital, imagine that you are checking in someone dear and dear to you, and carry out an imaginal healing protocol on them instead.

If you do this, please be sure to actually contact the person in real life, and seek their blessing and permission first. Take seriously the reality of the imaginal realm, and the real magical power of your creative work. It is not ethical do this work on another person without their consent, even if it is positive.

FOURTH PART: MANIFESTATION, CREATIVE MAGIC, MAGICAL REMEDIES

This goes hand-in-hand with the third part. Essentially, you should make some sort of creative artifact to further *manifest* this process. Make the imaginal experience at the shamanic hospital all the more real by drawing it

out, and/or narrating it. Creating magical remedies will also help to manifest healing.

If you are a creative type, I recommend creating a comic strip or storyboard. In this comic strip, tell the whole story. Start out at the patient's home – the problematic situation in which they find themselves, which they have to leave in order to heal. How does the patient end up in the hospital? Show the check in process. If the patient needs an operation, show the operation, and the subsequent recovery process. If the patient needs ceremonial work, show that. If that patient needs nature therapy or psychotherapy, or some sort of training, show that. And show the patient getting better over time. And end with the patient being “discharged” from the hospital.

Remember, if you gave treatments to multiple parts of yourself, the story must end with these various fragments being brought together and somehow united, and being discharged from the hospital together.

Once they are discharged, the patient(s) should head directly to the second pass of the vessel assignment, to “inject the remedies” gained from the time spent in the shamanic hospital.

A comic strip / storyboard style is ideal because it is both visual and a written narrative. Alternatively, you can depict it solely in images (if you're more of an artist), or solely in written narrative (if you more of a writer). As usual, the images can be crude, like the drawings of a child. If you are artistically inclined, go for it!

However, if you are more inclined to magic and ritual, I recommend creating magical symbols, power objects, or some sort of ritual or ascetic discipline – anything to work towards manifesting the remedy in a more tangible way. Examples and recommendations for this possibility will be included as a lecture in the MSS 103 course itself.

Purpose:

This purpose of this creative magic should be clear enough. It is all geared towards the soul retrieval process. You are working to unite fragments of the past with the “modern soul scientist” of the present.

You are also training, working on your own soul (‘healer, heal thyself’) as a sort of initiation toward helping and being of service to others. Ideally, after

completing this assignment, you will be in a better headspace and higher energetic vibration to help others.

The initiation process for becoming a shamanic healer invariably involves becoming ill or wounded, and the struggle to recover from that constitutes the first portion of the initiation. In this assignment, you are compassionately tending to this first stage of the process.

In societies in which the shamanic impulse is well integrated, the signs of a shamanic vocation are much more likely to be recognized and effectively tended. In modern western culture, however, we have to contend with a sort of anti-shamanic impulse that denies the reality of the spiritual world, and labels the onset of shamanic crisis as mental illness which should be medicated with psychiatric drugs that shut down the connection to the spiritual world.

Due to the reality of the culture in which we live, it is very likely that the onset of our shamanic calling is utterly surrounded by trauma – from which we still are trying to recover. The purpose of this assignment is to compassionately understand this situation and to tend to our overdue healing needs, so that we can get back on track with our shamanic vocation, and overcome the setbacks laid upon us (necessarily) from our karma and from our culture.

In the more macrocosmic sense, the purpose of this assignment is to work toward establishing a basis for a “shamanic psychiatry” – or a paradigm of mental health that has truly integrated the reality of the spiritual world and a much deeper understanding of the nature of initiatory crisis. In this paradigm, the reality of the spirit world is taken as granted, as is the reality of the ‘soul body’. The soul body is considered just as real as the physical body. Moreover, it is clearly understood that the onset of a shamanic vocation is inherently difficult to navigate, and so this paradigm of shamanic psychiatry must be developed in accordance with this.

We cannot change the current paradigm, but we can create a much better one, and begin to manifest it, first in the imagination, and from there, it can manifest in the material world. But it begins in the imagination, and so that’s where we will begin.

Challenges:

As with the first pass of the vessel assignment, this assignment is likely to bring up difficult emotions, memories. And even the treatment protocols might bring up some pain, resistance, or even confusion. Healing is generally a painful process, and requires much courage and tenacity. You will very likely face considerable inner resistance to this assignment, due to fear, shame, and the inherently evasive nature of our traumatized soul-fragments. *But you must courageously overcome your resistance in order to heal.* If you are having a particularly hard time doing this, contact us and we will arrange a “blockbusting” session for you.

Remember, you have a community of warm and wise and compassionate souls, who can understand what you are going through, and who can offer help, understanding, insight, compassion, and solidarity. You are not alone! If you are stuck, reach out.

Remember, if you feel that you might be dealing with an entity attachment that is basically welded onto a fragment of your soul, consult the lecture *“Dealing cases of entity attachment, possession in the Shamanic Hospital”* in MSS 103.

You may also have a very negative association with the concepts of “psychiatry” and “mental health”, the concept of a “hospital” and even the concept of “diagnosis” and “protocols”. You may feel an inner resistance to the idea of a standardized “initiatory ego”, feeling that such a standard might be forcing you into a mold. These feelings are very understandable, and likely due to either a personal trauma you’ve endured in the so-called realm of “mental health”, or else your shamanic soul innately rebels against the constraints that these ‘patriarchal paradigms’ seem to impose.

But we are working always in the guiding spirit of the School of Modern Soul Science, which is to unite opposites and hold the tension, so that a new creative solution can emerge.

As with the personal constellation assignment, there is an inherent tension between left-brain and right-brain impulses, archetypally masculine and archetypally feminine impulses, analytical and intuitive-creative impulses. On the one hand, you are a doctor diagnosing yourself, and on the other hand, you are an intuitive healer who is feeling compassion for your suffering soul fragments and receiving creative inspiration for your healing protocols.

So embrace the left-brain/right-brain (masculine/feminine, analytical/creative-intuitive) tension here, because we need both polarities. We need precision and intuition. We need to analyze (cut up) and creatively synthesize (mend). This dual process will result in balance, healing, and a third thing that is more effective than a one-sided approach would yield.

It is also necessary to “hold the tension” in order to rescue the notion of “mental health” and “psychiatry” from the tyrannical grip of materialism. Carl Jung managed to save psychoanalysis from the tyrannical grip of materialism because he was disciplined in the way that he wrote about shamanic and esoteric concepts in a rigorously scientific way, clothing primeval wisdom in the modern language of his field of study. He walked a fine line. He held the tension in himself between being a “scientist” and a “shaman”, and as a result he bridged the gap between spirit and matter, between past and present, and saved the emerging field of psychoanalysis from being swallowed by the abyss of atheism and materialism. We should aspire to do the same here, with psychiatry and the field of mental health and critical (soul) care.

Benefits:

This complex set of creative and diagnostic assignments is necessary to begin healing what was brought up from the first pass of the vessel assignment. This will give you healing remedies to inject into your vessels.

These assignments will also promote wholeness in general, because the “you” that you are today will be working on the “you” of the past, creating a stronger conscious connection (based on compassion and healing) between past and present, working towards unifying everything into a coherent whole, all the while brining healing forces into the vessel.

I cannot claim that this assignment will result in profound healing, but it just might! The creative imagination is intensely magical and powerful, and even if you don’t come out of this with a tangible sense of soul retrieval having been accomplished, at least you should feel like you are re-programing yourself in a very positive way that is oriented toward healing and greater psycho-spiritual integrity.

Depending on how deeply you go with this, you can experience any number of benefits typically experienced with soul retrieval work: Increased energy and sense of well being, inner peace relief, security and safety, increased

inspiration, self-confidence, clarity of self and purpose, happiness, gratitude, empowerment, feeling more whole, free from the shackles of the past etc.

You are also likely to feel empowered by your creative manifestation of a solution to a serious problem we face in our society: The lack of support for shamanic candidates going through initiatory crisis. This is nothing short of an epidemic. If we conservatively estimate that 1 in 100 individuals are meant for some sort of shamanic vocation, what would mean that there are millions and millions of souls who are never making through a healthy initiation process, and are likely getting diagnosed with mental illness and subjected to stigma and medication, even institutionalization in a decidedly anti-shamanic hospital.

This assignment is a powerful and empowering step toward manifesting a solution to this problem. And if we manifest it first in our imagination, we can manifest it collectively in the school. And if we manifest it collectively in the school, we are helping it manifest in the material world.

Timeframe:

This should take some time. Watching MSS 103 should take from 2-4 weeks. Envisioning and mapping out the “Shamanic Hospital” should take about 2-4 weeks. The intake process and determination of treatment protocols should take another 2-4 weeks.

And your main creative artifact (the comic strip, story, and/or art) should take a while – 4 weeks or more, depending on how much creative craft you apply to it.

If you opt instead to do a creative-symbolic magical act, magical ritual, magical remedy, this can taken any amount of time, ranging from 1 day to, for example, a daily regimen where you do the same magical act at the same time every day for 40 consecutive days.

All in all, this course and its creative assignments should take you anywhere from 2-4 months to complete. It must also be kept in mind that when it comes to this level of healing work, you are bound to face resistances, which can lead to procrastination, distraction, getting knocked off the tracks, and any number of formidable obstacles. If you allow yourself to get knocked off the healing trajectory, this assignment could drag on a long time. For this reason, it’s important to remain encouraged, courageous, and determined to

work hard for your ongoing healing and soul retrieval. If this assignment is blocking your progress, reach out to us and we will arrange a “blockbusting” session for you.

6 – MSS 101 – What is Modern Soul Science? (second pass)

The Vessel Assignment (II) – Injecting Remedies

Assignment:

Return to the vessel assignment. Focus on the vessels that are in need of healing, light, comfort, soul retrieval and transmutation.

Ask yourself, “*What do I have now, what do I know now, that I didn’t have or know then?*” And with this thing you have or know now, go back to your vessels of the past and insert it.

All the work you did for MSS 103 in the Shamanic Hospital should give you lots of good remedies (knowledge, love, compassion, understanding, comfort, healing) to insert into your vessels. So carry over the boons of your last creative assignment into this one.

For the vessels into which you are going to insert healing remedies or forces, redraw them. Draw the inserting process. If your current self is going back in time to give something to your past self, draw your current self in the vessel, and draw your past self receiving it. If a certain sort of illumination or enlightenment is being inserted into the past, draw the illumination or enlightenment touching your past self, reaching your past self and making an impact. If an encouraging message is being inserted, draw the message and even the messenger. If your work in the Shamanic Hospital has yielded some sort of magical remedy, redraw the vessel with the magical remedy, and draw your old self receiving it.

So re-draw the key vessels from your first pass, capturing the moment where the healing boon is being inserted, and the old soul/self is receiving it. Consider this a sort of “impregnation” operation. After you do this, you are going to leave your vessels to sit, and go do another round of work elsewhere, giving a chance for this impregnation operation to germinate. You will come back to your vessel for a third pass in assignment #8.

Purpose:

- To carry over the boons and healing forces gained from the Shamanic Hospital assignment.

- To continue to promote healing and soul retrieval.
- To transmute the wounds of the past into greater strength, wisdom, and self-awareness in the present.
- To impregnate the wounded past with the healing forces earned in the present through dedicated inner work.

Challenges:

After all the hard work you did in the last assignment (the shamanic hospital) this may seem unnecessary, or a bit redundant. But this step of the process is giving due consideration to the creative magic you began when you first captured your soul's past in the vessels. You are taking seriously this idea of a hermetic vessel that has somehow captured a part of your soul, and by depicting the act of inserting remedies into the vessel you are manifesting, as much as possible, the creative magic to really transform the contents you originally captured.

Benefits:

This second pass will impregnate your vessels with healing and transformative forces. Give it time to gestate, and you will see the benefits further on.

Timeframe:

2 weeks. Do not procrastinate. Carry over the boons from the Shamanic Hospital while they are fresh. Insert them, move on, and let the magic continue working in the subconscious.

7 – MSS 104 – *The Archetypal Shamanic Initiation Narrative*

Approaching the Threshold Guardian

Assignment:

Watch MSS 104.

Imagine that you have reached a “Threshold Guardian” on the path toward your self-realization. In order to pass the Guardian, you need to “tell your story” clearly, without digressing, without spinning off into the fractal nature of the narrative.

Using the framework and language of the “archetypal initiation narrative” write a biographical sketch of your initiatory journey so far, telling your story in a relatively succinct manner.

Once you are done telling your story, the Threshold Guardian will ask you, *“And what do you expect to encounter past my threshold? And what makes you think you will be able to handle it?”*

Using your understanding of the archetypal narrative, express to the Guardian what you expect to encounter past the threshold, and make a case to the Guardian that you will be able to handle what comes next.

If the Threshold Guardian is convinced that 1) you know your story thus far and 2) you are correctly anticipating what comes next and are ready to brave it, the Guardian will let you pass.

You may choose to write this story in first person, third person, or in the form of a dialogue with the Threshold Guardian.

You have a page limit of NO MORE than 5 pages, double-spaced.

Purpose:

- To get you to simultaneously flesh out your narrative and distill it into a succinct form.
- To get you to boil down your personal story to the essentials.

- To get you to see the archetypal nature of the narrative.
- To get you to recognize the fractal nature of your story while simultaneously requiring that you don't get sucked into its fractal chaos.
- To prepare you for your encounter with the Threshold Guardian. To help you with your current encounter with the Threshold Guardian. To build a more conscious and fruitful relationship with the Threshold Guardian.

Challenges:

- Staying within the page limit.
- Not spinning off into the fractal nature of your story.
- Being succinct. Leaving out parts of your story. Determining what to cut, since it's all important.
- Not trying to cram everything in. Hitting upon the main points.
- Making a convincing case to the Guardian that you are ready for what comes next.

Benefits:

- Solidifying your sense of self across time.
- Gaining clarity about your initiatory narrative, so you can better anticipate (and prepare for) what comes next.
- Preparing for your encounter with your actual Threshold Guardian (which is inevitable in any shamanic path).

Timeframe:

4-6 weeks.

Tip: The 5 page limit will be attained through editing. First, just write the story, without much regard for the page limit. Just get the material down on the page, and then you can begin to distill it.

The first draft may be 25 pages. Keep writing it down. Distill, distill, distill! This assignment is specifically a distillation operation. You are after the ‘essential oil’ of your initiatory narrative here.

8 – MSS 101 – *What is Modern Soul Science? (third pass)*

The Vessel Assignment (III) - The Resulting Synthesis

Assignment:

Return to the vessel assignment for the third and final pass.

Look at the vessels you redrew for your second pass – the vessels into which you impregnated healing forces. Now that they’ve had time to germinate, draw the result. What new synthesis has formed? What effect did the inserted element have on the old vessel?

To come up with the imagery, you must follow your intuition. Don’t fake it. Draw your most authentic expression of the truth of your soul body’s condition. If the remedy didn’t help much, have the courage to draw that. If the remedy helped, it will be a challenge to visually depict how it helped. To find a creative solution, you must get away from your conscious mind, and allow yourself to go into a sort of trance, where you channel the third pass from a place deep within your psyche.

Purpose:

- To synthesize the past and the present.
- To further integrate the creative healing work.
- To promote the reintegration of soul fragments into the total “I am” complex.
- To creatively depict the results of your soul retrieval work.
- To creatively depict a new synthesis in your soul body.

Challenges:

The greatest challenge will be to remain totally authentic. To not “fake it” – to draw the truth of your soul, and not what you think the synthesis should result in. How to follow the imagination with your ego, instead of leading the imagination with your ego? Your ego is the artist, who is the servant of the

soul. Allow the images to emerge, without judging them or attempting to control them.

At this stage, you might be tempted to think that you are “just making it all up” and that nothing profound is actually taking place. This is tricky, because on the one hand, it could be true. You could be forcing the creative synthesis in a way that is not authentic. In this case, the voice that says, “you’re faking it” is good guidance.

On the other hand, you could be in the midst of a profound breakthrough, and a voice of doubt comes. This is negative voice (even a diabolical voice) that you should rebuke and resist and defy with all your will power, because it is attempting to rob you of something precious at the end of a long and rewarding process. Don’t let it! Continue to believe in the power of what you are doing.

How to tell the difference? You have to be sensitive to what is going on inside of you. If it feels authentic, deep down you will know. And if a voice of doubt comes, it feels like a sudden shift in the energy. One moment you are inspired and encouraged, and the next moment, you lose the inspiration and doubt everything. This is the trap.

But if you don’t feel the inspiration in the first place, there can come a moment when you realize, like a moment of clarity, that you’re not channeling the authentic state of your soul. In this case, the voice feels liberating, because it’s speaking the truth.

At this stage, if you are not artistically inclined, you may start to experience a difficulty in rendering on the page what you are seeing and feeling in your imagination. This third pass will invariably be the most profound and complex and original vessel imagery, and you might experience some frustration that you are not able to do it more justice.

Benefits:

The integration of wounded fragments into your total “I am” complex. These integrated fragments may also bring with them a new range of emotions, energies, creativity, inspiration, shamanic capacities. If you have managed to channel the authenticity of your soul body in these vessels, you should get a most profoundly satisfying feeling when you are done. These vessels will continually promote healing and wholeness within you. They will

be like ‘power objects’ that can help you re-align when you are feeling ungrounded, and help you feel confident when you are experiencing self-doubt, and give you encouragement when you are feeling discouraged.

This third pass of the vessels will be the most accurate reflection of the complexities of your soul as it is today, with the past united with the present, and the pain and the healing inseparable from each other.

At this stage, the vessels are also likely to have much numinous power radiating from them. Sacred geometry and inspired spiritual imagery is likely to emerge at this point, for example. Make the most out of those old pencil crayons! Color, and discover the magic of color.

Timeframe:

2-4 weeks. If there was ever a time to make your vessels as beautiful as you are able, now would be that time.

9 – *MSS 100 – The Shamanic Archetype Workshop* (second pass)

Your Personal Constellation + Mandala (with archetypal symbols, creative animation, Torus mapping)

Assignment:

Having completed the three-part vessel assignment and the multi-stage shamanic hospital assignment, along with the archetypal narrative assignment, it's time to go back to the Shamanic Archetype Workbook, redo your personal constellation, and go even further to construct your personal mandala, complete with personalized symbolism.

To help you and inspire you (if you haven't done so already), watch the lectures on the 25 facets in MSS 100.

So you will likely have to print out the workbook all over again, because (hopefully) it will be all marked up from your first personal constellation.

This time, you will do the right column on page 34-36, and also page 39-40. When you determined your initial personal constellation, you focused on how the supporting facets empower your core nucleus. This time, you will determine which facets are the most supportive and empowering (service-oriented), in addition to re-determining how the supporting facets now empower your new core nucleus (self-oriented).

Try to forget about your first personal constellation, so that it doesn't overly influence your choices this time around. You will have a chance to compare the difference between your first and second constellation in assignment #10. For now, focus on being true to the new and updated state of your soul and your ego.

Once you've reached your second personal constellation, translate that into a mandala and animate it with symbolism and imagery. Imagery generated from the previous assignments may work their way into the mandala.

To really "seal the vessel" of your personal constellation, map out the torus. The torus captures the nature of the archetype that simultaneously gives and receives inspiration. If you are interested in constructing a 3-d torus mandala,

you can follow the instructional video made by one of the school's first students.

Purpose:

This will be a master symbol of your ego-soul-spirit complex. It simultaneously ties together the past and points to the future. It is a symbol of wholeness, healing, and the unification of your ego (conscious) and your astral body (formerly unconscious).

It will also record the alchemical transmutation that you've done so far in the school, by virtue of how it differs from the initial constellation. And at the same time, it will confirm the constants in your soul – the facets that have always been and will always be central to your purpose and your “I am” singularity.

Challenges:

“You mean I have to do the shamanic archetype workbook all over again?”

Yes!

“And I have to print out the workbook all over again.”

Most likely, yes. You'll want to start from scratch. If you can see your first pass (even if you did a thorough job erasing your pencil marks), it will influence your second pass.

Some people have difficulty determining their nucleus based on their spread. Some people have difficulty figuring out whether a facet is “forming” or “empowering” to their core. Others have difficulty understanding page 39-40, or how to construct the mandala, or how to construct the torus.

I have two things to say to that: First, you will receive ample support from the TAs and from myself. Second, if you're stuck, break free from the workbook and take creative license to do what feels/looks right to you. Use the workbook as a jumping off point for your own creative work.

The workbook is certainly a magical tool, but it's not perfect, and it should not overly constrain your creativity and intuition. Try to follow the instructions as best as you can, but if your creativity and intuition is getting

stagnant, break free! The point is to create a personal mandala that emerges as a sacred symbol from the depth of your soul. It is more important to remain true to your soul's creative impulses than to simply follow the instructions laid out in the workbook. That being said, try to follow the instructions! ☺

Benefits:

Once complete, this mandala will be a veritable “power object” that symbolizes your inner growth, your current state of consciousness, and the Higher Self you are in the process of becoming. It can be used as a sort of magical sigil to call in your Higher Self more powerfully - to invoke your higher nature.

It will also give you a clearer understanding of your vocational specialization.

This mandala will consolidate all the inner work you have done so far, and will act as a tangible artifact of your alchemical efforts and the fruits of your labors.

Timeframe:

About 4 weeks, depending on how fast you work and how deeply you go with the symbolization process. And if you go all the way with the torus, it could take longer.

10 – End of Semester Essay – Alchemical Retrospective

What has Changed?

Assignment:

This essay culminates the first semester of the Basecamp Curriculum.

Carefully compare and contrast your initial personal constellation of the Shamanic Archetype to your second personal constellation. Make note of all the changes. Your job is to consciously realize the changes that have taken place inside of you, and then to account for how these changes came about.

Questions to consider:

- How did the act of doing the first personal constellation shift your psyche?
- How did the first, second, and third passes on the vessel assignment shift your psyche?
- What about the shamanic hospital assignment?
- What about the initiatory narrative assignment?
- How did the act of doing the second personal constellation shift your psyche?
- What about the process of creating the mandala, animated with archetypal symbolism?
- What about the lectures? How did watching the lectures shift your psyche?

Account for the changes that have taken place inside of you.

- How are you different? In what ways?
- What evidence do you have of these shifts? In your moods? In your interpersonal relationships? In your daily life?

- How are these shifts evident in the creative artifacts that you created?
- And finally, how is your second personal constellation different from the first? What strikes you about this difference?
- What conclusions can you come to about yourself, your purpose, your healing process, your progress through the Basecamp Curriculum, and your future outlook?

After considering these questions, organize your thoughts in an outline and write an essay (5-7 pages, double spaced) answering the question: *“What has changed, within me, and in my life and immediate surroundings, from the start of the course to this current point?”* Try to pinpoint it with precision.

Finally, end the essay in the spirit of the uroborus (the serpent that eats its own tail) by answering the question: *“How has the act of writing this essay, itself, shifted (is shifting) my consciousness? What new insights is the essay writing process bringing me or has already brought me?”*

Purpose:

- To get you to engage in a comprehensive retrospective on your alchemical labors thus far.
- To get you to become highly conscious of the changes and transmutations that have taken place in your psyche.
- To get you to translate a passive understanding of your alchemical progress into an active understanding of it.
- To inspire you with the spirit of a “soul scientist” as you pinpoint and account for these changes. How did these changes come about? Analyze, clearly understand, and clearly convey in writing.
- To conclude the first semester of the Basecamp Curriculum.

Challenges:

If you have been having a hard time with the assignments, or have not really been doing them in all earnestness, you might find this assignment daunting and discouraging.

You might have an aversion to essay writing in general. If this is the case, compare and contrast your first and second personal constellations, and make notes, and just write your notes out in prose form. You are not being graded. The TA will be reading your essay in search of personal insights about your alchemical process.

Unfortunately I do not have time to read all the essays, but the TAs will be showing me the outstanding work they receiving.

This is also a point where the devilish voice of doubt may come in, particularly when you are feeling most satisfied with your progress, and attempt to convince you that your progress is somehow not real, or that you’ve been faking it, or that you’re actually no different than before, that you’re the same sorry sack of flesh you were at the start of the process, etc. Don’t bite the bait! Rebuke and do the opposite of the provocation. If the voice is telling you that you haven’t changed, understand that the truth is that you have changed, and this doubt-spirit is simply testing you to see how strongly the transformation has taken root. If it has really taken root, you will be able to rebuke the doubt, because you will have an overpowering faith in your own transformational experiences. If you have changed, but the changes haven’t taken root deeply enough, you will be more easily swayed into self-doubt. If you are being swayed by self-doubt, write about that in the essay. Be totally transparent with everything.

If you are really stuck, reach out to us and request a “blockbusting” session.

Benefits:

This assignment will really tie together all the deep inner work that you’ve been doing up to this point.

It will also give you a big picture perspective on the journey so far. You will come to appreciate much more the good fruits of your efforts, and this will give you encouragement and a deep sense of satisfaction and even happiness.

Becoming keenly aware of the impact of this alchemical inner work on your psyche will really fire you up to keep going with the “opus”, because you will understand the power and potential it has, and this will inspire you to dive into the second semester.

This assignment will culminate not only your inner work, but your first wave of education in the alchemical art. Alchemy is an inherently uroboric (self-creating, self-reflecting, self-transforming) art, and the retrospective nature of this essay really embodies that uroborus spirit – especially if you conclude the essay by addressing how the very act of writing that same essay is shifting your psyche and leading to new insights about your work.

Timeframe:

You’re almost there! Don’t procrastinate. Try to accomplish this within 2 weeks of completing your personal mandala.

When you are done, submit your essay to a TA and petition to receive a certificate for successful completion of the first semester of the Basecamp Curriculum.