

*Traditional medicine* often uses remedies which, in a way, are absolutely valid nowadays in order to support recovery in the physical body as well as in destructive forms of thinking and feeling.

At the same time, *ancient spiritual traditions* can propose effective ways of healing for disorders and problems which are present in the everyday life of the 21st century.

A transcultural view of *shamanism* shows us multiple kinds of ancestral rites which can enable people to change their lives quite fundamentally - people who originally came and asked for psychotherapy.

In my work, I will introduce you to *expanded states of consciousness* as a path on which existential transformation can become possible. Themes I find particularly fascinating are: *Empagenia* or the fountain of compassion, the rites of passage, and a transcultural vision of death (as a rite of passage). This whole work will open a new perspective on psychopathology. It will consist of theory and practical experience.

A point of high interest will be to combine shamanic practices and rituals with the latest techniques of modern neuroscience. Particular forms of *breathing, meditation, drumming work, and dance* will be the fundament for the part of practical experience. I developed specific methods of *visualization* and we shall apply them frequently in a blend with *art therapy*.

In nearly 30 years, I gained much recognition and respect for the traditional indigenous wisdom. I obtained directly a lot of my nowadays' knowledge in our fieldwork with different ethnic groups in Mexico, Siberia and other ancestral cultures in Central Asia. They taught us what I call today *Shamanic Activation*.