

Shrink Rap Radio #7, October 1, 2005. Mayan Shamanic Healing

Dr. David Van Nuys, aka “Dr. Dave” interviews Norbert Muigg

(transcribed from www.ShrinkRapRadio.com by Dale Hoff)

Introduction: Hello everyone. This is David Van Nuys, aka Dr. Dave, again. As I hope you know, our show revolves around interesting personalities in and around the world of Psychology. I've just gotten back from fourteen days in Switzerland where for one week of that time, I was co-leading a personal growth group with Dr. Ron Alexander whom I hope to interview in a subsequent podcast. Owing to the rigors of transcontinental travel, I came down with a cold right after I got back. So if my voice sounds all nasally, that's why. I really missed being able to put these podcasts together while I was away so I'm pressing ahead, cold and all. Hope you don't mind. While at the retreat center in the Swiss Alps, it turned out that there was an Austrian fellow there leading a large workshop on Shamanic Healing. I didn't get to attend any of his sessions but I thought he would make for an interesting interview. Fortunately, he consented and I had my portable recording setup with me. I hope you find the interview interesting and informative. Here it is.

Dr. Dave: Okay. I am in the Swiss Alps at a retreat center called Schweibenalp and I've had the good fortune to meet someone who's teaching here—who's leading a group separate from the group that I'm involved in co-leading. His name is Norbert Muigg and he, for a number of years, has been studying Mayan approaches to healing. I'll let you explain. I think Ron mentioned to me that you had received cassette tapes from Mayan Elders and that you translated those and had those turned into three books. Was that right?

Muigg: Not really in this way. The way started like this that I was—fifteen years ago I got a job in Guatemala as a teacher. And for me it was absolutely clear not to change the continent, to be a teacher there, to look for the culture there. So I was really called inside myself to get in contact with the indigenous people of Guatemala. And, after years, by and by, I got in contact by the president of the Indian tribes. They are organized. In meetings, he is called Maestro Alejandro Cirilo Perez Oxlaj. He is a Mayan Elder, a prophet of the Mayans. And he invited me to an Indian meeting in Columbia where I got in contact with all his consciousness. And there I found another elder of the Mayans. He offered me the

way to Mayan priesthood. So he showed me by doing it with me, going into it by experience. He showed me the way to purify somebody, to clean the different bodies, to concentrate the mind. This was a long way where he showed me how to use the plants in these cleansing parts and, the following years, after I got the priesthood as a bridge people. That means that my job is to really bring the consciousness of the Mayan, which is a very, very esoteric part, hidden and protected by the tradition—to bring it outside and, on this way, whenever we came together for years, he gave me all his consciousness really, all his ideas, all his ways to heal people, to offer people the way to priesthood. And before he died last year, we didn't have too much time to come together because I already lived in Europe, only coming to Guatemala with groups, so he taped me cassettes because he wanted to complete his own inner mission to bring out some really, for me, very, very important parts, how to heal people in the different aspects of being involved, for example, in the darkness.

Dr. Dave: Yes. I forgot to mention in introducing you, just so that the listeners will know, that your native home is in Austria and you went originally to Guatemala as a teacher. And then you had a very special experience. I was in Guatemala about five years ago but only for two weeks. But certainly in that period of time I saw the beauty of the Mayan people—wonderful people. You could just tell there was a deep quality there. So please tell us more about your teaching and your work.

Muigg: So we know that the Mayans didn't write too much about their really esoteric content. They call it the Cosmovision Maya. I don't feel it like a religion. It's just like a wisdom—humankind in connection with other levels of consciousness of realities. So it was not really a form of teaching I got there in Guatemala, it was a form of going to different Mayan altars, there are thousands of them in Guatemala, and these altars are connected with the holy Mayan calendar with different archetypes. For example, if you want to open up your telepathy, there are altars to open that. So the way to the Mayan priesthood is also a way of walking to different sites, to different altars in Guatemala, with ceremonies. And if you have the connection to these altars, something very special goes on. You don't have to read a book or to talk with a person about the content of a wisdom, you just get it.

Dr. Dave: You just get it. It opens up to you when you're there.

Muigg: It opens up to you. It's just like a connecting of— you speak about something and while you are speaking, you get the information you need. And you get it from the heart of Maya, I would say, which is always connected with the wisdom of other cultures and religions. It's not really different. It's just in a form it's a little bit—

Dr. Dave: Yes. We were speaking a little bit over lunch and you talked about your role as being a bridge person, as you put it, to bridge different traditions and different cultures. And you mentioned a coming together of various Native American Indian groups, of reaching out to Australian Aboriginal groups.

Muigg: I got really this— it pleased me to do it because the Mayans feel themselves now in a time where they have to open up themselves. We know that they were under very strong repression of the military systems there and I had the luck that fifteen years ago, the tradition broke up a little bit. Before, it was nearly impossible to get something out of the Mayan. So what they have in their prophecies is that the Cosmovision Maya, they feel that they have the key to open up the DNA in the peoples because there are forces— Maya you could define the wisdom to handle the power of creation. And so the Mayans themselves still keep the wisdom of the powers which keep the human DNA. It's called huracán del cielo, huracán de la tierra. We know with huracán, it's the word hurricane. It's a connection of the sacred Mayan language of Hun, this is one, Ra is the blue ray, just the Michael ray, the sword power, and Kaan is the serpent. And the double force of this is the human DNA. So the Mayans, themselves, think that now we are in the change of time, this DNA will open up by and by and that they have a lot of wisdom in handling the circumstances people get in if this opens up. That means the Mayans feel themselves as travelers through space and time and if that opens up in humanity, people go crazy. So they say we need people who handle that in children, in adults. When all these aspects open up, the people learn how to handle the different realities they are in.

Dr. Dave: Yeah. To be able to handle the energy, that if they don't have the right teaching, the right structure, they may be overwhelmed by the energies that are opening up. It's as though you're saying we're in an important transitional period. And this is something I've heard from other Native American, North American groups. I've heard from people who've worked with those groups who've said that

there was a similar recognition that it's time for the hidden teachings to come out otherwise they might be lost to the onslaught of so-called civilization.

Muigg: It's part to heal the world and to save the world. So in the Mayan calendar they say that in the year 2012 there's the big change of the fourth soul cycle to the fifth. And the end of this cycle, the time is running faster and faster. So that's what's going on. Everybody is speaking about stress. The technological evolution is going on rapidly. So that's very typical for the Mayan people to say everything is on time and what's coming on is that in this change of the cycle there is a very deep change in all living beings. That means that we need the consciousness of different cultures and religions—the essence of the religions, not what the people made out of it.

Dr. Dave: Right

Muigg: And to use it just like a tool to handle all the phenomena which come closer to humanity because they say, alright, there are two options for people staying into this strong evolutional power – to rise...

Dr. Dave: Yes

Muigg: ...or to fall.

Dr. Dave: Yes.

Muigg: So they say two-thirds of the peoples in the world will fall because they cannot keep the energy— independent of catastrophes and what they say in the natural catastrophes. It's just an effect that if you can't hold the very strong light, you get destroyed by the same light; another person rises and feels himself free.

Dr. Dave: Yes. Now do you lead trips to Guatemala or lead workshops in Guatemala for Westerners?

Muigg: I have built up with my wife a center in Guatemala. It's a Healing and Peace center and there we work together with Mayan shamans in ceremonies and I do a lot of work by myself instructing people into these powers and to the connection to the holy Mayan calendar and at the end the people—I help them to find their individual way to handle these powers. So I lead a lot of people who are working in the healing work, psychologists and doctors. So many people who are

on this path find, er, look for help to handle all these phenomena, how to take, to help people to find a way from the darkness to the light.

Dr. Dave: Yes. Over lunch you mentioned that you were involved with a medical clinic that's blending western and native healing traditions.

Muigg: From the Mayan elders we got so lot help in the last years, open up their consciousness for us as western people that we had the idea to give something back to the Mayan people. So in our piece of land we have there we formed a foundation and over this foundation we built up a hospital. As you say, it's a connection of different methods of healing. And, just like a project which should grow in other parts of the world too. To find out how does it work if a medical doctor works together with a shaman, with a natural healer, with a therapist. And, this project is also just like a bridge project of people from Guatemala working there and people from other countries so, of course, the United States are closer than Europe. Working together with people who want to get the experience to work in that and on the other hand side to learn from each other.

Dr. Dave: Okay. If somebody wanted to be in one of your workshops or find you in Guatemala or find you center, how would somebody follow up on this to get more information?

Muigg: That's a little bit difficult because our homepage still is not in English. So the best thing is to contact us over email and then, whatever if something is in English, if there would come groups from America speaking English, we could form a group of people interested to come to Guatemala. That means fourteen days of hard work in the center and rituals and daily working on the people and one week of a trip through Guatemala where we visit very special Mayan places to get in contact with the tradition and with the power of the Mayan, of the original places, pyramids, temples there. So it's a three week stay in Guatemala. This—in the last three, four years, we worked especially for European groups. But, it's a question of time, as you say. America is a little bit closer. To offer it for American people, I'd have to give the chance right away to find a way into the Mayan cosmological part.

Dr. Dave: What is your email address?

Muigg: It's omrael@to-om-ra.com. That's O, M, R, A, E, L, @ and, our mantra of the center and for the work is to-om-ra.com. That's T, O, hyphen, O, M, hyphen, R, A—to-om-ra. That's a mantra which we were given by the Mayans. This mantra, to-om-ra, are the three rays of Kukulais, one of the high Mayan spiritual forces, creative forces which some people know as Kukulkan, as the serpent, the serpent with the feathers.

Dr. Dave: Yes.

Muigg: This is the mantra of the change of time that these three qualities will be the main qualities of influence in our humanity.

Dr. Dave: Okay. I want to make sure I've got the email address right. What was the first word again?

Muigg: Omrael. And, here we have kontakt with a 'k'. Kontakt, this is my organization I have in Europe and Omrael this is my spiritual name

Dr. Dave: Okay. So that was O, M, R, A, E, L, @, T, O, hyphen, O, M, hyphen, R, A, dot com.

Muigg: Correct.

Dr. Dave: Is there any word of advice that you would have for the listener who is interested in following a spiritual path? Is there any sort of advice or wisdom or pointer that you would offer?

Muigg: Maybe that we have a very special time we are living in. Not looking for gurus, looking for people who give us help in parts of our way which the Mayans call El Camino Blanco, the white way, of getting in contact with God. So I think it's not really important if you do it in Maya, if you do it in Christianity, if you do it in Buddhism. It's more to say a clear yes to the language of the heart and of your soul that the spiritual forces start to see you and to lead you. This is a very basic thing that it's not really necessary to come to Guatemala to find this way. It's that everybody feels his own program, soul program. And that the people should try to find the essence of the religion, just as I told before, not what the people made out of it. The rules and then all these aspects we know and traditions we know and the

very typical part we are in is that we should take the traditions as a basis and find our own way out of this basis.

Dr. Dave: Yes.

Muigg: And that's what I am doing. I got the tradition of Maya and I was told there, you have the possibility to use the shamanistic forms of healing, but I did it my way. I formed out my very personal way and that's what the people find very, very interesting because I try to translate a very old tradition into western language and into the consciousness of western people and not giving them a new religion, to offer them a way how to take self-responsibility over their own lives.

Dr. Dave: Well that's a great wrap up. So I want to thank you very much—

Muigg: Thank you.

Dr. Dave: And wish you Godspeed in your work as you continue to be a bridge.

Dr. Dave: Well that's today's interview. I hope you found it as fascinating as I did. I've traveled in Guatemala and marveled at the beauty of the Mayan people who remain there and who continue to maintain their traditions in the face of years and years of oppression. The elders must have recognized some special quality in Norbert to have entrusted their teachings to him. Please email your comments to Shrink@ShrinkRapRadio.com and tell all of your friends to visit us. We'd love to get audio comments as well which you can send to that same email address. I've got lots of great guests lined up for the future. And you can leave audio comments on Gizmo Project for the name Shrinkpod. Finally, if there are any podcasters listening, let's talk about swapping promos. Speaking of which, I've been impressed recently by a podcast series called Awaretek. Ron Stevens, the narrator of the series, is especially thoughtful and articulate and touches on many topics of psychological interest. Please take a listen to the Awaretek promo, which will follow immediately after the close of our show. So until next time, this is Dr. Dave reminding you, it's all in your mind.

Ron Stevens: Hello, this is Ron Stevens, the host of the Awaretek podcast series. Awaretek is different, I promise you, than any other series of podcasts you will ever tune into. Awaretek is diverse but the common theme tying together all the podcasts is that they are concerned with our future as a culture and as a society. My

background is in science and technology and I am particularly interested in how the rapid developments in these fields are going to affect our society and our culture in the near and the far future. And I address this from many different angles so different podcasts will take on scientific or technological areas, but also economic, social, even political and religious impacts. It's the diversity that will surprise you the most about Awaretek. And somehow, I keep a common theme of how the future will unfold with respect to all the changes that are occurring so dynamically in so many different fields at this point in time. And I certainly am also concerned with what can we do about the future and how can we make it better. Not just sitting back and analyzing but what can we individually and collectively do that might impact the future for ourselves and our children in a better way, to come out with a better outcome. So stop by and check it out. I think you'll find it interesting. I think you'll find it educational and, hopefully, you'll find it very entertaining. It's at www.awaretek.com. That's awaretek with a 'k.' A, W, A, R, E, T, E, K...[awaretek.com](http://www.awaretek.com).