



Itzhak Beery

Overcoming Your Fear Of Change To Make Room For New Opportunity

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Hello, this is Dr. Patrick Porter. Welcome back to the optimal performance summit today we have a very special guest someone who has been trained internationally by the elders in South and North America. You're going to get a real treat here because he's internationally recognized as a shamanistic healer and teacher. He's the founder of the shaman portal.org. He's a co founder of The New York shamanistic circle. And if you're wondering what shamanism is, we're gonna get to that in just a minute. His work has been featured in The New York Times and films TVs and webinars and who I'm talking about here is Itzhak Beery. Hey, give us a little bit of rundown First of all, I know that the Brain Tap nation, that part who's gonna be a big part of this, they might not know what a showman is, and what got a person who is a businessman to get into shamanism. So I'm gonna turn it over to you let you kind of tell us what's happening there.

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Thank you so much already very glad to be with you.

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Well, you know, I never knew where the shaman was until I get into my midlife crisis. And then I asked two big questions

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and for some, somehow I got my hand on a book that talked about shamanism and I, I felt like many of my questions were answered. So I invite you to delve into that field because this shaman is this this shamanic practice or what we call shamanism.

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like that, and I that's exactly what I did. Also, in my advertising, career, I, I measured the results of that I produced for my clients and because at the end, they measure every response that they got, and I needed to deliver that and so the Shama is in many ways is that the deliver, the deliver, or the I call it the pizza deliver of messages from spirit to, to their clients are to their audience.

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I asked tombless shaman, because, you know, if you want to know, you want to call the call the guy from that were the people that came that this language came from.

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And he said, something that I never heard before. That the name of the mean, the real meaning of the word shaman is the keeper of the fire.

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role. Through the people are fed that people are in the

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So these relationships are very, very important. And I think that it's very important because shamas or the people who are working with shamas they are they are handling the emotional,

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Everything in our niche in nature, everything that is around us all the physical form that we see and we think that are real, are actually made from vibrating automata and small particles, they are actually made of nothing, what we call in the Buddhist tradition nothingness but it but or emptiness but they are actually small little particles that are moving and changing and created creating. And that creation that tension between the particles, that's where the that electricity that is where we what we call awareness and consciousness. And through the way we work through the way we can manipulate energy or sending intention. We can change the makeup of any kind of form of energy or shape shifted or create a different outcome.

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Yeah, now I think that's fantastic. And we're going to learn a lot from you today we want to we



want to kind of delve into something, you're going to help us to overcome our fears of change and make room for new opportunities. So tell us, what is fear? How does fear play a role in your, in your teachings and, and how people learn? I mean, I, I've heard that fear is like the number one thing that blocks people from their, whether it be spiritual growth, health, whatever is going on in their life.

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Well, I always tell people that when they when they are sitting in front of a new challenge, that if they are not afraid of that challenge, don't do that. Because if you don't feel that butterflies in your stomach, that means that it's not for you. It's only when you're really afraid of that. That is the healing that you need to go over. To achieve that. That means that it's true that what you are afraid of,

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is the

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exactly the thing that you need to do. So where is fear come from?

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In the shamanic tradition, we

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we call it soul loss or the the fracturing of the soul due to a trauma. And so we have to say what a trauma is right? A trauma is any event that happened in mostly in early childhood and later in life that you experience that froze your body and soul and or your emotional responses.

Because otherwise, even if you if you had a terrible experience, if somebody beat you up and physical abuse and you you responded You stop that person or you beat him back, then it's become a hero journey. Because you because you responded in a way that allow you to keep your safety. solos happen with trauma where your body

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closed, close, you have no response.

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And that could be emotional, that could be physical that could be spiritual, that could be something that happened to you. That also could be something that you so happened to other people, something that you heard, but you hit you had no way to really deal with it, and you kept



it in your body. And fear is the memory of that or returning to that memory of that trauma. And in our work What we're trying to do is we try to, not to heal the fear, we are trying to heal the source or the root causes of, of that fear that was created by so loss. So there are in many different cultures, there are many different traditions, there are different ways to deal with, with soul retrieval or soul meant I call it soul bendiga because it's not just the retrieval part. It's you have to find it, the the, the incident, then you have to track the soul to find where the soul went or hiding. And then you have to convince it to come back and then you have to bring it back and then you have to integrate it. So it's a whole process that and you have to make sure that the person that that you're doing good work with would actually do the work. It's not enough just to bring that piece back for you to to own it. To, to accept it and to celebrate its own homecoming. And so it is this process. And it's, it's a works quite well.

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So can you I know that our listeners are probably wondering because I think what you said was very profound I understand where you're coming from, can you put it in the context of a story or tell us about maybe one of the journeys you took somebody on or something so that we can kind of visualize that what you're what you're talking about, put it in context.

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That plenty I wrote about them in my book, because I thought that it gives people an idea.

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So the one that comes to my mind

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is that woman she was 67 I think she was a retired teacher. And she came to me and because she was alcoholic and

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She had problems. And

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we talked about earlier about addiction so

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so we did a journey

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into shamanic way or the shamanic technique is to drum to change the vibrations of your brain



to bring it into an alpha state of which is the lowering of the vibrations of your brain. And it's 160 to 180 drum per minute, you want to know.

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way they were dressed and all of that and she decided to walk up the stairs to

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vacated house.

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Because that house in their mind, it was the witch's house. Nobody, nobody lives there, you know, medicines and have that that idea. So she pushed the doors and she walked in and she fell down to the basement because the the wood was broken, and he broke up under her.

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And so

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she found herself on the basement and it was dark.

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And she climbed back. She tried to clean herself up because she was wearing all white and blue and you know, came from a Jewish school. And she was so ashamed. She was so shocked and she couldn't tell her story. Her mother because when she failed, she lost her golden ring that her mother gave her. And so that incident, she never told the girls what happened. She never told her mother. She told her everything. She never told a soul in her life, what happened? And here I was, you know, almost 60 years later.

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Seeing that incident

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she was shocked. And, you know, a lot of emotional things came back. And for me in that journey, I so were her, her piece of song left. And I called it and I asked her to come back and it didn't want to come back. And I had to really convince her to that. That woman now she's old enough to take care of her.

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That's great. So



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go ahead. I was gonna say Just gonna ask a quick question, but go ahead, continue.

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And when, when they agree to come back, I blew it back into her energy body. And we talked about it. And she was so surprised that this incident that she hates so well, all these years. But I think that it was interesting about that is that her trauma caused her not to believe that the world is safe. So imagine that she was teaching children for all these years feeling she's not safe. She went home after every day and drink

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to calm her down.

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And I met her three years later, in a function that I was talking in a panel and she came in and she was she was so beautiful she, I mean, before she was like,

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whatever

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About this time, she had makeup and she had this nice hair and she came to me and she said that I'm not drinking anymore. And so that piece that she was holding so long in her body, that fear that the world is not safe.

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prohibited her from living full life.

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And that's what you bring to your business to.

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Yeah, so So tell us a lot of the listeners might not know when you say you blew it back into her energy body. When you're working with somebody, you're looking at their physical body, but what else are you looking at or working with? Besides the physical self?

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Well, we don't have a physical body.



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Our body is is actually water.

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I mean, each person is a little different, but it's between 60 to 70% water, calcium You mean other things and full pounds of bacterias and viruses and parasites. So most of it, most of the most of your body is actually something else. And they all moving, they're all creating energy. And this energy is what we have around us. And that's our emotional, emotional body, which is the way our body reflects emotions, all the emotions

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in the shamanic healing in the in the Andes tradition, we believe that there is an orb of energy field around you, that holds the trauma, the issues, the problems, the questions that all of those things that that you were dragging with you, you know, we have this expression that you're carrying in your back. It's true.

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We carry issues all the time with us. And mostly the traumas, not the good stuff. So much We carry also ancestors and other things like that. So if we talk about ancestors, sometimes the fears are not necessarily from this lifetime. And sometimes we carry it from a past life or from other experiences that we had. And I had quite a few clients who pointed, they were afraid of water.

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And from sex

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and the issue was that she never drowned, and she never had sex. So why would you be afraid of that? And so we did a soul retrieval and we realized that in her past life, she was used and dumped into the ocean. And when I told her what I saw, because I thought that I was just crazy, because why would they think this way? Because I didn't know why she came.

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She said that she always knew it.

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But she didn't have a place to hold that knowledge. Why is she afraid of sex? why she's afraid of water? Not all water, but oceans. And that's what was she was. She was used as as a disposable woman in



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freight shapes. So that's what happened.

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Yeah. Well, I think you'd be happy to know that science is actually showing that we have a we have a heart radius, up to about 18 feet, it looks like an orb. And they can actually measure it. And, you know, they can actually measure the heart coherence from 18 feet away. So science is catching up with you guys.

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And then I don't I'm sure you're familiar with Dr. Bruce Lipton. He's one of the teachers at chrono university

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And he talks about epigenetics, and now they're showing that our ancestors, like what you're saying. And I just want to put this in perspective to some of the people that might be too scientific out there, but they know that we are actually seven generations into the future. So that means the future is already happening. And we and we're also seven generations in the past, and they know that it affects us right now, science has shown that through many empirical evidence based research projects, so this is amazing that shamanism, like a lot of the research we've done in India because I have a lot of research we do over with the universities in India with their ancient cultures and in teachings. But I've not heard this with shamanism, so, but it's kind of mirroring that these these ancients knew something that it's taken us the science to prove that it's actually true when a lot of people used to think this was something more like akin to cosmic Fufu or something where they they don't know what it is. So Let's go on a little bit more. Let's go a little a little bit deeper. So if someone were to work with you, let's say,

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let me tell you a story about that about science.

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So in 1997, it's quite a few years ago, I had my first iraq experience in the Amazon in Ecuador. And in that, I'm not sure if it was 97 or was 98 A year later, but in that experience, I was told that to be to see the strengths of the universe, the matrix,

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and



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they was showing me how all every string moves and connect to all being and they gave it a name, the elegance of the world of the universe.

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At that time, I didn't know about the string theory.

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But I came back to New York and there's a book came out like a month or two months later by Brian Greene. I don't know if you heard of him. Yeah. And the title of his book was exactly what spirit in the Amazon gave me. So I went to the to that. He did a book reading at Barnes and Nobles. I went there because I was so it was so strange. How come I I see all that and he did a slide presentation. And the slide presentation was almost to the images that I've seen on the on the audio Raska. And I was my God. And if I and I was a novice, you know, I was the first a second time I did that. Receive that message. Imagine what they know about the universe. How they Communicate with plants and trees. How do they get to understand the sky, the sky, or how they can understand the world. So we, we call it or the industry monetization, we call it the the science of nature. And we also understand that you can't repeat the same things over and over because their world is changing. And if we go back to fear, fear, the acceptance of that the world is changing. It's never the same. It's a same, you can do the same thing over and over again, it's always a little different. And to accept that that is different. And to actually like it, that you can actually you become the Creator.

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Right? No, that's great. That's what we want to talk about a little bit too because we're talking about new opportunities. Right now. We're with what we've just been through. Now. We're going into some new space hopefully, the people We'll experience more compassion and joy and love in and things of that nature. But how do you, when you when somebody comes to you, I know when you're doing your classes at the New York center, or you're taking people on trips to the Andes, or where all these journeys that you go on and you take people, what is the, besides just being in the energy in the space, which maybe you can talk about that too, but what what is, what are some of the techniques that maybe some of our viewers can take away from this to start maybe going on their own shaman journeys? I mean, they're not going to be shaman, for sure, but they could maybe go on a journey or you can teach them something is there's some tidbit we could we could share with them today.

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One of the things that I think the most important is to surrender to your heart. And when we talk



about fear, so we have that experience of trauma, that trauma is stuck in our body and it's stuck also in our mind and what we can call ego is that what it is is the mechanism that we have to keep ourselves safe. Now, that memory of being safe, it was home when you were five years old when when when you put your hands in the fire, but it's not really relevant when you're 34 or 50 or 60. It just doesn't, because you know better, but your mind doesn't know that. And so our training is really to, at the very end, is to surrender. to surrender to the universe, or to be led by your heart. And so a lot of this work that we do in in, in classes or in in, in the Amazon or through a guy Rosco, other med medicine is not to get the visions is to open yourself, your heart to the cosmos. And so to become one, and then when you become one, there's no fear because you you are already connected. And there's nothing you can that will take you away but to do that you really have to make your gatekeeper quiet. You have to talk to your ego brain

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that there is no fear there's no

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no challenge that will keep you from getting into your heart or through your your life purpose in a way we call it. So,

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there is techniques of course.

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If you like we can do a journey your your job, that'd be great. Yeah, yeah. Okay, so is it okay to rattle a little bit? Yes. So The drama The rattle is used to change the vibrations of your brain is to allow us to keep our gatekeeper out of that vision. And I have to tell you that practically, that as an advertising person, I used to do that in class in with my clients, you know, I used to go to a meeting. And if I didn't know what my client wants, I would just close my eyes. I'll ask him when he went out to,

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to the bathroom, and

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we were in the middle of negotiation, and I didn't know what to say I called I close my eyes and I called my spirit guide, my spirit teacher, the archetype that is I use and I asked to help me find out what this guy wants. And he immediately gave me a list of things that I've never even



thought before. So when he came back, I told him, okay, so here, this is what you want, right? And he says, Yes, of course. And I said, Okay, so I'll give it to you. And we got the account. So it is not just for the birds. It's not just for, for spirit. It is actually to be more productive, more useful, and to get what you need, not what you want, but what you need. Okay, so here it is. So, I've asked the ask you if you are sitting, wherever you think, is to close your eyes, and I'll just lead you in, maybe in a meditation, your and we think what, wherever it takes us,

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okay? So imagine that you're standing on top of the mountain.

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No below you

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Thank you

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to the mountains

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And on top of the mountains and take a big breath in, in a big breath out

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and a big breath in and a deep breath and feel the air around you and slowly slowly open your eyes

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Fantastic I know that the the Brain Tappers out there really appreciate that because that's not exactly what we do. But it was very, it was a great journey and I think people can learn from that. So I do have other those Do you have any of those that are recorded or anything like that, that people listen to? What do you do? Do they live with people?

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There are some recorded but I don't sell, you know, I must rather do it. I mean, I change them every time. But what I want to say to the people who were doing this journey is that the language of shamanism is a language of symbols. It's a language of poetry. So it may not be that you've got exactly the words, but you've got the meaning. So you want to learn really learn to decipher what it means like a mountain or what do you mean by Condor? What do you mean



by I saw a lake or I saw a big tree. So each one of them has meaning. And the colors also have meanings. So you may want to write, write down your journey and then start to figure out what it means. So what, what, what, what the, what's the message was, it's very important because many times people give up because they don't understand what they see. So they need sometimes they need help to understand that. And that's really what the teaching is about is to really help you to learn how to technique but also to learn how to teach you how to understand the those symbols.

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Because

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at the end, we have many, many symbols we all our life is about symbolism and poetry in a way and sometimes the messages may come physically, you know, you may feel physically in your body or you know, you just have a knowing or you just see one word and even if you get just One word and sometimes it's the most important could be the most important message that you receive.

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What is the what is the purpose in shamanism or just in ritual for opening up a person's mind or awareness to these different realms? Because what you're talking about is, most people think they're this, like you said, we're just this water bag or whatever, you know. In most people think that this is who they are. This is only a small part of them. What does ritual plot is ritual play into that and what's the role of it in shamanism?

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So

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we do ceremonies and rituals every day. For instance, do you drink coffee every morning?

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Yes,

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there's a ceremony.

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You get from the from the bed it's from the same in the same from the same leg ceremony. You



brush the teeth from the from the side of that It is a ceremony. So we we build our life on ceremonies. But what shamanic ceremonies do

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they help us

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to

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overcome our gatekeeper, our skin skeptic mind, a frightened mind that the mind that doesn't want to have control that wants to control and that's really our biggest enemy. As business people, as creative people, as psychotic, psychotherapists, people, all of those constructs that we are putting in our head, that this is how it should be to protect ourselves.

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We don't need protection.

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We already protected by spirit. So the more you allow your mind to be in a ceremony The more you're able to get into your intuitive side into your heart,

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let's say in a different way.

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So, our mind our logical mind is, is is a masculine side. In the shamanic tradition, our heart is the feminine side. So I can say in that way, the more you give room to the intuitive side of yourself, the feminine part of yourself. It's quiet the fear of the masculine side. And so, fear is about losing control of the masculine side. And that's very hard for men to do because that's how we brought up. Right? We we need to be in control. We need to be the soldiers. We need to follow. Elders we need to do the Papa Papa Papa. And that's really stuck in our mind. So ceremonies and rituals in the shrimati tradition help us to circumvent the mind.

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It helps us to become

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part of the universal part of a community. It's part of celebration of life. And it doesn't allow that



fear that that limitation of our mind to to to overrule us.

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So tell us a little bit more of how can people learn more about you will read your books, they can I know they can go on to Amazon because I I saw you have some YouTube videos, were explaining things you have books on Amazon, tell us a little bit about what how the books can help somebody on this journey a little bit more. What are some of the key things that they might take away from researching that and learning about it?

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So I wrote the books because I wanted to kind of sum up All the thing that I know, so I don't have to teach it. It turned out to be wrong the wrong idea, because I'm teaching more now, but, but the idea is to put everything there. So I put it in one book is really devoted to the visionary part of it. How do you use shamanic journeys? How do you use soul retrieval dreamwork holograms, how do you see? How do you the whole idea of visions, and the other book is more about healing or healing techniques. So it

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at the end,

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it's all part of the same work. But it's divided this way. So it will help people to first of all understand that we we do

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see and, you know,

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every person on this earth Dreams

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and every person on this earth have daydreams.

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And every person not every person but many people had out of body experiences and many people had so ghosts and

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so our



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our DNA is built

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to be shamans

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because we have the ability to see a greater vision and the ability to heal because every person that can listen to one another or sing a song, or put your hand on your shoulders or give you a hug in good times.

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He's a healer

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and it's not it's not such a big deal.

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The people in the Amazon they all see that we are all shamans. Every person is a shaman. Not every person has to do it is life work. That's a whole different idea. But every person is a shaman. And I think that a lot of people say, No, no, no, no, that's not me. That's not me. The fear is that you will have to be responsible for what you do. So shaman is about responsibility for the well being of other people, so some people don't want to take that responsibility and I understand but we are still dreaming. We are still doing it and and all of those tools that shamans use, they only use it for one thing. They use it for survival, for the survival of humankind. And that's that's so important to understand that we are using all of those TIG tools and ceremonies and rituals. To develop our ability to survive on this earth and that's why it's so important that each of us own that gift that God gave us to become a healer, a shaman, a teacher.

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We're seeing it more and more when when we used to travel and do shows, we would do three to four shows a month, actually, within within our network of doctors and clinics, and we're seeing shaman show up at several of them, especially in Beverly Hills. And, you know, like the upgrade labs conference, they have a shaman that speaks there, and we're seeing we're seeing this come more, instead of it being like a back room or some hidden place. People are coming out in the open and sharing this. Where do you see this kind of work going in the next 5/10/15 years?

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You know, I wrote the book The shamanic healing book because I believe and I'm not the only one that

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shamanism doesn't has to become mainstream

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in hospitals.

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In other words, you can do healing or curing or healing

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without using

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emotional spiritual, the emotional spiritual aspect. You it's just that doesn't have you have to combine the technical the technology achievement of the medicine that we have now, you know, which saved me too. You know, I had cancer and I had to take it out and that's what, that's what happened. And I survived. So but, but I also received shamanic healing by another shaman to help me deal with it and recover quickly. So it's it's not separate psychotherapy today, as far as I understand there is a huge surge in psychotherapy models that are based on

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shamanism, on on experience.

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It's no longer just the choice of Freud or nothing. There's so many different models and many of them using what we talked about this the the experiential thing. And so, we also understand that psychotherapy models, not everything happened because of your mother and

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your father.

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So, we have to look at we have to look at sole purpose. We have to understand how, at the age of five months A new a baby in the in the, in the, in the womb receive consciousness and, and



his nervous system happened and you're the palm of the hands are forming and that that map is the map of your life. We we don't take that into account in psychotherapy, which I think that we should we have to bring this to these two systems together

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because a lot of the time

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people are

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there's nothing to talk about. They tell you stories. What you really want to look at is the narrative of healing and how you bring this narrative and make a connection to their sole purpose. Because when you are at in your we talked about fear so when you are in your sole purpose

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You have no fear

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because you know that this is what you came here to do. You're in line with your purpose on this earth. So if you know that your your purpose is to be a teacher, but you are really afraid of being coming a teacher, you're you align yourself with that not it's not because of you is because what you serving is your soul.

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And that there is no fear.

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I'm not saying in the beginning there is fear.

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But if you surrender to your life purpose to your sole purpose of why you're why you came here to this earth

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then you could be unstoppable. It's like



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speed train, you know?

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You Cuz you know that this is what you came here to do.

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All right, well, I know we could keep going. And you could tell us more stories. And that's great. I think people are going to go to our VIP section. Hopefully, we'll have something there from you that we can share with them. But they can go get your book online, they can look you up on YouTube, of course, see some of your talks in. There's one on there, where you're doing a book signing and telling people about it. I know that that was very interesting. So people can go there and learn. So I want to thank you for being part of the optimal performance summit. And I believe it's like you that we have to change the way we do healing. They have to, we have to incorporate the heart, we have to incorporate the emotions, because it's we're not met, we're not machines, you know, and unfortunately, medicine as well as a lot of counseling becomes mechanistic, mechanistic, I can't just check off the boxes and say you're schizophrenia, or, you know, and all those things and, and then just because you have a diagnosis, you're fixed, you know, it's like, you know, I think there's something to be said. There. So I look forward to, you know, following along with on your journey and finding out how you help bring this into the new into a new way of thinking and acting. And I know there's a big movement in the center that you're with. They're the New York open center. I know they're, they're kind of cutting edge, they bring a lot of big power players in this kind of feel through their doors. And then of course, they kind of go to San Francisco or, or LA and the other bigger cities, but this is exciting work you're doing and I'm going to encourage people to go look up what you're doing, how you're doing it. We appreciate your time here. And is there anything before we end this, this summit talk today that you want to leave or reinforce something that you've already said to our listeners today?

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I think that the most important thing for all of us is to remember that we are all shamans that we are all healers that we are all dreamers we are all fears because we have intuition And I think we really have to pay attention to that. Because when you start leaving from that place of the heart or for intuition or for the feminine energy

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miracles happen. Really do

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you live in the magical world?



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Unbelievable, you know, and the thing you see, and I'm sure you every one of you, I mean, why would you go to work with other people to help them out? Secretary because they want to help other people, but but also because they know they see they have visions. So, if I can just say just embrace your Shaman inside. Let let it let it guide you. trust it. Trust that you can fly on the wings of the Condor in unseen world, in a place where this is Just the air I'm seeing there.

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It's faith.

53:05

That's wonderful. Well, thanks again for being part of the summit. I know that people are going to get a lot out of this and, and they might not have ever heard of shamanism. So you've opened some eyes and in help people understand that there is a shaman inside of everyone, like you said, Let's embrace it. Let's start visioning going on these inner journeys and figuring things out from the inside out instead of looking for the outside world to fix us on the inside, which is, I think, part of your journey. So again, thank you. Now, those of you on the summit, remember the next speakers coming up, please tune in, tell your family, your friends, anyone you feel could benefit from this recognition of the shaman within. So tune in watch this, share it with your family and friends. Let's spread the word that we can awaken our own healing potential by embracing the feminine and using our own mind. So again, thank you and we'll look forward to hearing about your journey.

54:00

Thank you very much

