



In this unusual approach to creative process in visual arts to change perceptions of the world and of our belonging, Episode Reality-Shifting, explores an ancient phenomenon with popular- culture manifestation.

Trance is essentially an alternative state of consciousness. We go in and out of trances throughout the day, but we can manifest longer trances. The major trance is that of our culture's consensus reality. This reality is not serving us now and it is time to consciously shift realities. Through practice we can go into a different consciousness that is vibrant, real and interactive.

I suspect that most of you in your lifetime have experienced stepping out of so-called normal reality, a daydream, a momentary loss of awareness while your mind travels elsewhere both represent these times. But because it is not recognized in our cultural it often slips away unmarked. An experience in a shaman circle when I identified with 'other' – a large cat slinking towards a small, wounded animal -- was so complete that afterward I questioned normal reality. How could I feel the wet grass on my fur and tear apart something alive with my teeth, at the same time be sitting with a group of people? My fundamental perceptions of what is labeled as real was challenged.

As I've continued to explore this for myself I developed an art practice, Marking into Being and I have pulled from several resources along the way. My Projective Dreamwork with Jeremy Taylor that I used for years as a model for Transformational Painting changed when I was introduced to the work of Robert Bosnak. He is a seasoned international Jungian analyst who developed what he has called Embodied Imagination®. It is an original method that somatically goes back into dreams as an imaginal space. It is what one of his teachers, Henri Corbin called the Imaginal Realm where you enter an imaginal realm very different from mental fantasy that we associate with imagination. There were others that influences the Marking into Being groups that have been working with for over five years

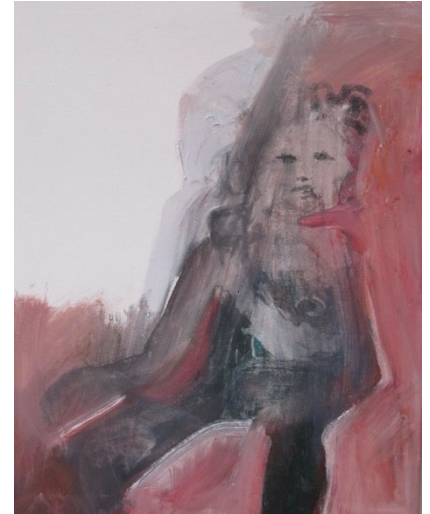
Stephen Busby in three channeled books, [Guidance for Life on Earth](#) is another kind of exploration of alternate consciousness states. Through exercises he invites us to expand our consciousness beyond the limited constraints of the agreed upon structure to enact life differently. All of these are powerful ways of shaking up our reality, especially when paired with the art medium. He invites us to experience how there is no outside or inside world, but rather we are emersed in the world. Everything going on in the so-called out-there is related to our consciousness. All artists somehow sense this and work off and on from this space. They because of cultural messages often come back to define their work and experience in subject/object terms with self as sole agent. They have identified with the product.

Tom Cheetham talks about active imagination, consciousness and life-changing experiences in the context of the philosophy and theology of Henry Corbin. He explores the nature of reality and what it means to be human offering a unique perspective on post-materialist science. He says he has come full circle from scientific materialism through Jungian psychology and Sufi mysticism to the realization that science is not an obstacle to accessing the transcendent, but another means of breaking the strangle hold of habitual consciousness. This perspective is helpful to recognize the paradigm that we have inherited and what it takes to expand it.

Returning to Robert Bosnak. Dreamworkers and psychotherapist who use Embodied Imagination are very much surprised to find a popular culture version that started on Reddit, then TikTok with over a million participants using similar techniques to shift reality. These young people perfect and share with others how to go into alternate places of reality like Hogwarts. Robert Bosnak has joined TikTok as the Old Shifter to share what he knows. He is open to exchange and learn from them. The world is changing spontaneous in lots of ways and these ancient ideas of animacy and shape

shifting have been deeply woven into the texture of humanity and now there seems to be the impulse for picking up the thread again. Embodied Imagination is by no means a phenomenon restricted to unsophisticated cultures remote in history and geography but is essentially found in every religion and mythological tradition across the world.

In an article, [15 Signs & Symptoms You've Shifted Realities \(Or Are About To\)](#), NyRee Ausler states his understanding that “Reality shifting is the act of breaking out of your physical constraints and having personal experiences in alternate universes. This can be done while awake or asleep. It's like hypnotizing yourself and using your imagination to travel to places that exist outside of the real world. The practice of reality shifting allows you to feel emotions as if they are happening in real life.” He does not mention that the reality shifters interact with their environment as a location as in dreams and often talk about it as a carnal experience.



Many of these images relate to the feeling body of shape shifting, which we all do whether it is swimming in the ocean or making love. We are animals with deep sympathies to the animal, insect and plant life around us, even in our post-modern world.

The art-practice of Marking into the Paradigm uses somatic imagery to explore imprinted beliefs of the over-culture through visual arts materials. We use a technique of becoming-like-other to gain experiential information, leading us to a sense of belonging to the world. It is a kind of shape shifting where we are creating an alteration in form or substance to become like plants, animals, humans, and gods.

In the Marking into Being circles markers have found that the exercises of becoming-like-other have greatly influenced our relationship to the relational-field. Creating an intimate connection to so-called inanimate objects. As I look around my living room to the objects that I have become-like they are no longer inert matter but have a history, function and perhaps and are kin beyond sharing space. It is much easier now in my markings to feel in my body in a passage of marking. The sound, kinetic vibrations, color and even an intent to collaborate, or not, can be felt. The practice has also helped me to soften barriers of judgment that were so immediate that I had no idea of the separation that I was creating. The sense of place allows for a flow of work that excites and invigorates me now more than ever.

We are reframing imagination from the derogatory realm of fantasy and fabrication to connecting to other realities. The Poet John O'Donohue writes that, “Other worlds come into view and we are invited to rich new and original ways of dwelling in the world.”

Resources for Imaginal Realm:

Islamic Scholar Henri Corbin

Robert Bosnak, [Embodiment, Creative Imagination in Medicine, Art and Travel.](#)

Imagination Is Closer To Truth Than You Think | Tom Cheetham

<https://www.youtube.com/watch?v=1xCQ-XTIV1M>

<https://www.tomcheetham.com/>

Article on TikTok Reality Shifters Link: <https://www.yourtango.com/self/signs-symptoms-reality-shifting-worked-will-soon>

TikTok Link for Old Shifter: <https://www.tiktok.com/@redsulphursaga/video/7239098559893736746>

Stephen Busby's first book, [Guidance for Life on Earth.](#)