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Celebrating Three Consciousness Trailblazers

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EDITORIAL

Celebrating Three Consciousness Trailblazers: Jeanne Achterberg, Ruth-Inge Heinze, and Stanley Krippner

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Abstract: Following the previous homage to Charles T. Tart and considering that Stan Krippner has celebrated more than 90 birthdays, this issue celebrates Stan along with two consciousness trailblazers who collaborated with him while they were alive: Jeanne Achterberg and Ruth-Inge Heinze. Jeanne was a very influential pioneer in mind/body medicine, particularly imagery in healing. Ruth-Inge Heinze had a deep commitment to the study of shamanism and promoted its interdisciplinary study in many ways. Finally, Stan Krippner is the quintessential liminal figure with major contributions to the study of dreams, anomalous cognition, personal mythology, and other consciousness areas.

Keywords: Consciousness, altered states of consciousness, shamanism, mind-body medicine, mental imagery, anomalous cognition, parapsychology, Jeanne Achterberg, Ruth-Inge Heinze, Stanley Krippner

The previous *JAEX* issue celebrated the life and work of altered states of consciousness researcher and theoretician Charles T. Tart. I now turn to three other pioneers: Jeanne Achterberg, Ruth-Inge Heinze, and Stanley Krippner. The first two passed away some years ago, but when I decided to honor Stan in his 90+ years, I thought of how much women have been undervalued in all fields, including the study of consciousness. I decided to balance *JAEX*'s celebrations of Charley and Stan with a recognition of two (out of many) outstanding women who, incidentally, had some association with Stan.

Jeanne Achterberg: Woman as Healer/Researcher/Author



I start with Jeanne Achterberg, Ph. D. (1949–2012). She added her research skills and multidisciplinary knowledge to those of other women who have soothed ailing bodies and souls as shamans, nurses, or other type of healers (Achterberg, 1990). Her focus was on mind-body medicine –which studies and uses the effects of psychological variables on medical conditions– particularly guided imagery, which she researched for decades. *Time* magazine named Jeanne one of six innovators of alternative (complementary might be more appropriate) medicine for the 21st century (Lemonick, 2009). Recently, cognitive-behavioral therapy approaches seem to have “discovered” the importance of imagery but without crediting her contributions or those of the centuries-old study of hypnosis.

Jeanne was faculty at Southwestern Medical School, Saybrook University, and the Institute of Transpersonal Psychology (ITP), co-chaired a panel on mind/body interventions for the Office of Alternative Medicine of the NIMH (National Institutes of Mental Health), advised the Office of Technology Assessment of the US Congress, and served as senior editor for the *Journal of Alternative and Complementary Medicine*. She is also known for her collaboration with the Simontons on psychological effects on cancer outcome (e.g., Achterberg et al., 1977), and books on imagery in healing and women as healers (Achterberg, 1985, 1990). She also co-authored an overview of anomalous healing experiences (Krippner & Achterberg, 2014) and a creative study on distant healing intention and the brain function of recipients (Achterberg et al., 2005).

Our paths crossed a few times at the NIMH, Esalen, and the then called Institute of Transpersonal Psychology. (ITP; now Sofia University). She was a daring but careful and demanding scholar and did not tolerate sloppiness and arrogance masquerading as spirituality. I recall a conversation we had at ITP deploring how a student was boasting that s/he would complete her dissertation without using a single reference. Her luminous presence can be gleaned from an interview available online (Mishlove, no date).

Ruth-Inge Heinze: Playful Tamer of Shamans



Ruth-Inge Heinze and Stanley Krippner

Another vibrant woman who did not suffer fools gladly was Ruth-Inge Heinze (1919–2007), an indefatigable actor and anthropologist who organized yearly meetings on shamanic scholarship, interspersed by rituals conducted by experts from all over the world. She had had a successful acting career in Berlin collaborating with the likes of Lote Lenya and Peter Lorre before having to emigrate to the US, where she got a Ph. D. in anthropology and became faculty at the University of California, Berkeley, the California Institute of Integral Studies (CIIS), and Saybrook Graduate School (Anonymous, 2007). She was an expert in Southeast Asia shamanism and published, among others, about 15 (!) proceedings of her organized International Conferences on Shamanism and Alternate Modes of Healing, *Shamans of the 20th Century* (Heinze, 1990), and *The Nature and Function of Rituals* (Heinze, 2000). I probably met Ruth-Inge through Stan and we got along fabulously because we shared careers as actors; she published a couple of my papers discussing ritualistic and shamanic practices in 20th century performance (Cardeña, 1987, 1991). Ruth-Inge could be fierce with those she disliked, but I was fortunate to receive instead her child-like playfulness and open heart. With very different personal styles, Jeanne and Ruth-Inge unveiled the importance of imagery and visions for individual and communal healing.

Stanley Krippner: The Liminal Psychologist

And now to my decades-long friend and colleague Stanley Krippner. Stan is the most liminal person I know, straddling along noetic, cultural, disciplinary, and personal frontiers. I met him while I was doing my Ph. D. at the University of California, Davis, in the late 80s and our paths crossed many more times in conferences on shamanism,



dreaming, and parapsychology. I could see how skillful he was as a presenter, neither rushing nor dragging his presentations, and ending always precisely in time.

He was always generous with his time even when I was a mere grad student and he already a recognized figure. We have been friends since, although in the bargain he got, for better or worse, a friend who can also be a critic and does not think that he is a holy being, as some seem to do...

Stan has contributed to many areas in consciousness and we have co-authored various publications, foremost *Varieties of Anomalous Experience* (Cardena, Lynn, & Krippner, 2000, 2014), which made history by being published by the American Psychological Association in 2000.

Stan's legacy includes supporting international communities and authors interested in the study of alterations of consciousness, anomalous cognition, and shamanism. The writeup for the American Psychological Association's 2002 Award for Distinguished Contributions to the International Advancement of Psychology credited his: "...efforts to expand the frontiers of the psychological study of consciousness... service interpreting indigenous traditions of world cultures for Western audiences (Anonymous, 2002)." He published an important overview of shamanism in response to this honor (Krippner, 2002).

From his work on dreaming and anomalous cognition, I would single out the ground-breaking studies on dream telepathy at the Maimonides Center (Ullman et al., 1973) and his 10 volumes or so of *Advances in Parapsychology Research* (with various co-editors). Stan, thanks to his bohemian side and acquaintance with many artists and musicians such as The Grateful Dead, also crossed the borders between art, science, and creativity, as in his studies of use of psychedelics and creativity (1985), and a telepathy test in a concert of the Grateful Dead (Krippner et al., 1973). His mind remains generous and creative, despite the many years weighing on his body.

All students of consciousness are in debt to these three singular and courageous consciousness explorers.

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Célébration de Trois Pionniers de la Conscience: Jeanne Achterberg, Ruth-Inge Heinze, et Stanley Krippner

Etzel Cardeña

Résumé: Après que nous ayons déjà rendu hommage à Charles T. Tart, et en prenant en considération que Stan Krippner a fêté ses plus de 90 ans, ce numéro rend hommage à Stan ainsi qu'à deux pionniers de la conscience qui ont collaboré avec lui de leur vivant: Jeanne Achterberg et Ruth-Inge Heinze. Jeanne a été une pionnière très influente dans le domaine de la médecine corps/esprit, en particulier en ce qui concerne l'imagerie mentale et la guérison. Ruth-Inge Heinze était profondément attachée à l'étude du chamanisme et a encouragé son étude interdisciplinaire de multiples façons. Enfin, Stan Krippner est la quintessence de la figure liminale, avec des contributions majeures à l'étude des rêves, de la cognition anormale, de la mythologie personnelle et d'autres domaines de la conscience.

Translation into French by Antoine Bioy, Ph. D.

Zur Feier von drei Wegbereitern der Bewusstseinsforschung: Jeanne Achterberg, Ruth-Inge Heinze, und Stanley Krippner

Etzel Cardeña

Zusammenfassung: Nach der vorangegangenen Hommage an Charles T. Tart und in Anbetracht der Tatsache, dass Stan Krippner mehr als 90 Geburtstage gefeiert hat, wird er in dieser Ausgabe zusammen mit zwei Wegbereiterinnen der Bewusstseinsforschung gefeiert, die zu Lebzeiten mit ihm zusammengearbeitet haben: Jeanne Achterberg und Ruth-Inge Heinze. Jeanne Achterberg war eine sehr einflussreiche Pionierin auf dem Gebiet der Geist-Körper-Medizin, insbesondere der Bilderwelt in der Heilung. Ruth-Inge Heinze engagierte sich sehr für das Studium des Schamanismus und förderte dessen interdisziplinäre Erforschung auf vielfältige Weise. Stan Krippner schließlich ist der Inbegriff des Grenzgängers, der wichtige Beiträge zur Erforschung von Träumen, anomaler Kognition, persönlicher Mythologie und anderen Bewusstseinsbereichen geleistet hat.

Translation into German by Eberhard Bauer, Ph. D.

Celebrando Três Pioneiros da Consciência: Jeanne Achterberg, Ruth-Inge Heinze, e Stanley Krippner

Etzel Cardeña

Resumo: Seguindo a homenagem anterior a Charles T. Tart e considerando que Stan Krippner já completou mais de 90 anos, o presente estudo celebra Stan junto de duas pioneiras da consciência que colaboraram com ele enquanto estiveram vivas: Jeanne Achterberg e Ruth-Inge Heinze. Jeanne foi uma pioneira muito influente na medicina mente/corpo, especialmente no uso de imagens voltadas para cura. Ruth-Inge Hein-

ze revelara um compromisso profundo com o estudo do xamanismo e promoveu seu estudo interdisciplinar de diversas maneiras. Por fim, Stan Krippner é a figura primordial por excelência a trazer grandes contribuições para o estudo dos sonhos, cognição anômala, mitologia pessoal e outras áreas da consciência.

Translation into Portuguese by Antônio Lima, Ph. D.

Una Celebración de Tres Pioneros de la Consciencia: Jeanne Achterberg, Ruth-Inge Heinze, y Stanley Krippner

Etzel Cardeña

Resumen: Tras el homenaje previo a Charles T. Tart y tomando en consideración que Stanley Krippner ha cumplido más de 90 años, este número celebra a Stan junto con dos pioneras de la consciencia que colaboraron con él: Jeanne Achterberg y Ruth-Inge Heinze. Jeanne fue muy influyente en el campo de la medicina mente/cuerpo, especialmente la sanación usando imágenes mentales. Ruth-Inge Heinze se enfocó en el estudio del chamanismo y promovió su estudio interdisciplinario de muchas formas. Por último, Stan Krippner es una figura liminal por excelencia, con importantes contribuciones al estudio de los sueños, la cognición anómala, la mitología personal, y otras áreas de la consciencia.

Translation into Spanish by Etzel Cardeña, Ph. D.