Narrative Medicine in Action Series: A Symphonic Experience - poetry and a ketamine journey Transcript

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Podcast Introduction

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Welcome to the To Curious MD podcast. I'm Dr. Ali Ahmed. And I'm Dr. Surya Ravan. In this podcast, we are asking the unasked questions. We're physicians applying the lens of narrative medicine, exploring integrative practices and psychedelic treatment and health.

Poem on Being Human

Together with our guests, we weave new learnings from stories, expertise, and the sciences. With the wisdom from holistic, alternative, and these conventional medicines, we are here to challenge the status quo.

We're curious about the connectivity and complexity between diverse fields of knowledge as a relief to consciousness, chronic illness, mental health, resilience, and beyond.

Learning more about the art and science of healing or listening to stories of extraordinary healing, you're in the right place. Let's dive in. I'm going to read you a poem that I wrote in kind of an inspiring moment I had two nights ago.

Interoception and Body Signals

It's called A Symphonic Experience on what it means to be human. To be human is about a noetic sense of being, to know and not know, to wonder what it is and what it can be, to knowing why and why not.

I ponder why I'm here and what all this means. Interoception, a word that might sound like a futuristic sci-fi concept. is actually something quite familiar.

It's the symphony of silent signals your body whispers to you all day long. It's the flutter and pulsations of your heart that it makes before a big presentation.

The grumble and the tumble of your stomach reminding you of the angst and disgust. The panic-pressured gas of breath that incapacitates you in voluminous fear.

The clicks of old joints as you climb up old terrain.

Ketamine, Psychedelics, and Entrainment

The sizzles, sharps, pricks in the back like a riff that pulls you to the floor. In essence, it's the way your body talks to itself. A constant stream of musical notes messaging SOS signals of distress or turmoil in the internal state.

The way of psychedelics and music activate into reception is fascinating and complex. I have known the cacophony since the insult of pained experiences, the rise of the burn as friction and resistance in disjointed parts.

As the medicine, which I would call ketamine, infuses like a quiet hidden stream, the stream in the vessels of the limbs rushing into the concert hall, ready to receive what awaits, the soul sits up in the audience.

The weight of the body lifts in anticipation in the opening that begins with the first impressionable fortitude of awareness. The dissonance rumbles as the body merges with the confluence of harmony.

Entrainment, just like its sounds, synchronizes the external to the internal and vice versa.

Music, Healing, and Synesthesia

The music engages the observer into the story, the swaying conductor as it brings it all together. The maestro now governs the pit with stance and vigor, old memories and rotting beliefs float away, forgotten with the orchestral maneuvers in the dance.

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Each part, playing its piece like artisans in the park, open to the sonic envelope they co-create. The arc of the journey peaks just as the story teaches its climax, the visuals of sound and synesthesia, what joy and peace look like.

in color, tone, texture, and theme. The rhythm and frequency modulate. Even the cellular world inside invigorates in the intimate dance. Love is palpable in that worn-down body.

The aches of heartbreak and circumstance now flow like a freshwater dam. The waterfall cleanses the spirit.

Integration, Trust, and Self-Compassion

The mind releases all control. It softens and soothes stubborn aches and woes in non-dimensional flow. Be the child, the elder, the veteran, the wounded or tormented.

The music brings them all. to the gratitude table, nourish, explore, and release. You are free. You are in trust and empowered. As the dance now begins to slow, it breeds itself into the body.

The breath eases and deepens into the moment. The body and mind and spirit are now united, neither lost nor disjointed nor dismantled. The soul, pacified by the drums of the heart, The mind sings lullabies of self-trust and compassion.

The eyes flutter open to the clearer lens beyond older opacities. Words still utter back slowly as the tongue awakens from its mystical sojourn. Still unproducible thoughts that falter and dissuades from the experience slowly emerge.

But to be at ease with creativity, unashamed eloquence, and lifted confidence, the embodied face of trauma is dissipated. The glow of the inner sage arises.

Closing Remarks and Call to Action

The clamor of celebration, applause. Thank you. Thanks for joining us on the Two Curious MD podcast. We hope today's episode inspired you to ask new questions and explore fresh perspectives.

We challenge you to ask us those unasked questions that you're curious about in your medical practice, condition, health and wellness. If you enjoyed the podcast, don't forget to subscribe, share it with somebody just as curious and leave us a review.

It helps us keep the curiosity alive. post or comment with a question or curious inquiry that you have and seek to explore or learn with us. Stay curious and we'll see you next time.