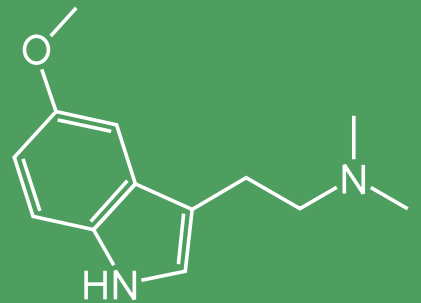


SACRED CEREMONIAL GUIDE



HOW TO PREPARE
& INTEGRATE YOUR JOURNEY

LIVING IN ALIGNMENT
WITH:

Natasja
PELGROM

DEARLY BELOVED,

Thank you for partaking on the path of supporting the evolution of consciousness.

We embark on this journey not just for pretty colours or as a beautiful distraction from our life, and especially not so we can brag about it to our friends later on. Whether you know it or not, this is about connecting to your deeper self and becoming aware of what it is to live a conscious life.

It doesn't mean that you have to live a completely different life, but this experience can awaken you to aspects of reality that were previously hidden. Once you've experienced this kind of journey, you may not be able to go back to living the way you were before (in a good way, trust me).

Don't be scared though. Whether you are trying it for the first time or looking to evolve your tech-

nique, following a few guidelines can help ensure that your experience is positive and therapeutic. The medicine experience is a blessing, one that I have seen increases a sense of peace, personal integrity, and capacity for love. It is also one of the most intense, rewarding, and otherworldly experiences you can have.

I hope you have an amazing experience and come to the same profound realizations that I did: We are special. We are loved. And we are all connected, my brothers and sisters. Your story is my story, and Life is our story. That is the truth I experienced first-hand while on DMT. Cliché? Yes. It is cliché for a reason. During a DMT peak experience, it couldn't be clearer: Love is all there is and the real blessing is having the human experience.



THE MEDICINE

Otac, the Seri, Yquis and otams word for toad is used throughout this writing as a gesture of respect to indigenous peoples of the Sonoran Desert, Mexico; a primary origin point of this medicine. Pre-Toad Humanity has long sought truth, healing, spiritual awakening & esoteric exploration through shamanic modalities. The sacred ceremonial use of Otac venom from the Sonoran Desert Toad **Bufo Alvarius** aka **5 MeO-DMT** is reputed to be a newly revived ancient shamanic practice. Akin to Ayahuasca, DMT, Peyote, San Pedro, Kambo, Iboga, Yopo & other Traditional Shamanic modalities. Otac is now being experienced with immense effect.

Amongst those who have partaken in this ceremonial ritual there is often reference to a total reset. This is most significantly a holistic reset that allows for a deep release of destructive emotional & mental patterns, as well as an influx of life force that is both inspirational & healing. Partaking in Otac can potentially be a life changing experience of immense significance. For well-being. However even in a held environment remain aware that it is ultimately yourself that is responsible for the benefits you garner & for the way you relate to any challenges you may encounter either during or after the experience. This is not a recreational drug & is certainly not for everybody. Otac is like no other psychedelic!

WHAT TO EXPECT

The way to consume it is by inhaling the smoke from a pipe which is produced when burning the substance that is extracted from the toad's glands. It's important to note that during the collection of the natural substance, the toad is not harmed, and it is returned back to its natural habitat. This toad only comes out 3 months per year and it is the only species of toad in the world that possesses this substance. The experience lasts between 15 and 20 minutes but the person living it loses his sense of time, therefore experimenting a vertiginous feeling of eternity and unity with all of existence. During the experience, it is possible to go through moments of great anguish which are the prelude to the encounter with infinity;



these seconds prior to ecstasy and to the oceanic sensation of communion with oneself and with the cosmos, has to do with the experience of being launched provisionally into the complete dissolution of the ego, which allows us to perceive for the first time, as an innocent child, the purity of all that exists. The mystical experience occurs when the observer fuses with the observed and consciousness is conscious of itself. It's about a change in vision. In life, we can experience the divine through the human, but with this substance, we experience the human through the divine. We look for an instant through the eyes of consciousness molten into the totality of the present moment. These words represent only a mere intent to explain the inexplicable.



PERSONAL GROWTH

Ego loss on **5 MeO-DMT** is often described in positive terms—even if the experience was terrifying at the time. Many see it as a process of death and rebirth followed by lasting self-improvements, including mental clarity, increased motivation, enhanced awareness, joy in living, and a sense of inner peace. Some have also had empowering “enlightenment” experiences characterized by a sense of inseparability from the universe or of being “all that exists.”

Being forced to let go of the ego is precisely what draws many people to **5 MeO-DMT**. The dissolution experience can impart an understanding and acceptance of mortality that helps to overcome the fear of death. It can also break attachments with past trauma, negative behaviours, and habitual negative thought patterns

HOW TO PREPARE FOR YOUR SACRED MEDICINE JOURNEY

Develop a deeper understanding of yourself as a multidimensional being. The spiritual practice of meditation and an awareness of the ego and shadow consciousness, within yourself, will help you easily navigate through the medicine healing. I suggest you have a strong spiritual foundation. The more you have cleared out of your subconscious, the more profound teachings from the medicine you will receive. Medicine first cleanses the emotional, mental and physical levels of your being before it will be able to teach you what it is

you need to learn. It can take several ceremonies before some people are actually able to receive the profound visions and teachings the medicine can provide. However, it is the healing, the purging of the energy fields that is really more important than the teachings -although at some point; the teachings will be of tremendous value to you and your soul's mission, but first you must purge a large portion of the energetic blocks that do not serve.

PREPARE YOUR EMOTIONAL, MENTAL, PHYSICAL AND SPIRITUAL BODIES

- **Emotionally**, discover what needs to be healed and released within your being. Become aware of it, so you can set a strong intention for healing to occur. Are you needing to release childhood trauma, anger, depression, addictions, attachments etc.... or perhaps you need to work on forgiveness.
- **Mentally**, do your research on the medicine so you will have a greater understanding of what to expect and how to manoeuvre through the experience with ease and grace. Prepare yourself to surrender. Once you ingest the medicine any resistance on your part is futile. Keep in mind any difficulties you may encounter are beneficial to your healing. Breathe through them and mentally tell yourself, this too will pass.



- **Physically**, prepare your body vehicle for the that might occur. Follow as much of the Shamanic Dieta as you can for at least 4 days before you the intake of the medicine. The shamanic dieta typically consists of no salt, no modern chemicals, no sugar, no vinegar or fermented foods, no spices, no fats, no dairy, no caffeine or stimulants, no alcohol, no marijuana, no drugs, no red meat, no pork.....no sex. The dieta is a very important part of the healing process because you are actually ingesting the “Spirit of the Medicine of the Toad” and you do not want anything in your system that could be a contraindication to the spirt of the medicine.

- **Spiritually**, it is best to have a strong spiritual foundation. Meditation will begin the process of bringing a higher vibrational spiritual energy into your being that will begin the purification process. Meditation will also help you connect with your inner being so when you are on the medicine you will be able to stay aligned with your higher soul. In addition, meditation will help you become aware of yourself as a multidimensional being and will also help you connect more deeply to the spiritual beings that work with you.



INTENTION

Approach the medicine with INTENTION but without any expectations. Your INTENTION is incredibly important. Before you ingest any medicine, I suggest you open up the lines of communication with it (spirit) through meditation a few weeks before you become “one” with it. When you ingest the medicine it enters into your being....you are ingesting the Spirits of It, as it is a multidimensional, it will help the energy to clean out your system. Connect with it and begin to form a relationship with the energy and your intention. I also suggest you

ask the spirit of the medicine to “show you what you need to see in a way that you will accept with ease and grace.” Also, make a list before the ceremony with all of your INTENTIONS you have for your healing and also what you would like to learn. Next chapter I will help you in creating this list. Slip the list of intentions under your mat/pillow before the ceremony begins. Your intention is an integral part of your healing and is usually exactly what you will receive and so much more....remain open to what happens. Intention with NO expectations, and “BE IN GRATITUDE” for the journey ahead



HOW TO CREATE A CLEAR INTENTION

Intentions are the fuel to manifesting your goals and visions. An intention will help create more clarity in your life, especially when the seed is planted right before you start your ceremony. Setting an intention is like drawing a map of where you wish to go — it becomes the driving force of your higher consciousness. Without an intention there is no map, and you're just driving down a road with no destination in mind.

1. KEEP IT POSITIVE

Make sure your intention has a positive tone. If your intention is to de-stress, then say something like, "My intention is to invite peace and calm in my life." Try to avoid saying something like, "My intention is to fight this stupid stress." Your chosen intention should always be positive, uplifting, and always in the present tense. You want to refrain from using any negative words.

2. MAKE SURE IT CAN EVOLVE

Our minds are very clever ... when something new comes along, the mind is intrigued. But as time passes, the mind gets bored! Think about when you walk into a fragrant room — you can sense the smell immediately, but after a few minutes it's not as potent. The same thing can happen with your intentions. If you stick with the same intention week after week, your mind will stop responding to it. The best way to resolve this is to make sure your intention or goal can easily be adjusted.

If your intention on your first day is to invite peace and calm in, after few days you may change that intention to, "My intention is to enjoy the peace I create in myself." Please be advised however, that you shouldn't drastically alter your intentions or goals too frequently. The goal is polish and enhance.

3. AIM FOR THE SHORT TERM

It's more practical to set an intention for the short term rather than the long term. You can still think of the big picture — just divide your long-term intention into few shorter ones instead. This will help you achieve a grandiose goal in shorter, more powerful segments. If your intention is to become more specialized in your profession, then first figure out the steps involved with advancing in your specific field. Then, once your intention is set, be sure to use it in our morning meditation.



LIVING WITH INTENTION

Treat it like a game and ask yourself: what is the healthiest day I can have today? Go hiking, meditate, call your father and tell him you love him, call your grandma and ask her for a story she has never shared before, she would really love that. Or do completely different things—just be sure to break up your routine. Do something new, something you know is good for yourself or someone else.

This is called living your day with intention. Set the intention to complete any chores that are overdue or stressing you out. Clean your apartment so that it recharges and relaxes you to be there, as opposed to just reminding you of all the things you haven't done lately. You want a completely open and clean consciousness. Trust me, it will pay dividends later when you are blasted to the centre of the universe to confront the Omni-self.



Make sure you are properly hydrated; if you are not, your body will definitely let you know during the ceremony. The sensation of thirst is just one more string connecting your consciousness to your body. We want to remove all such strings and distractions so that the consciousness can leave the body easily

THE JOURNEY

Once your intention is set, surrender and release control. RELAX. **Bufo Alvarius** is a beautiful medicine. It will open your spirit up from your crown and you will experience the journey immediately. After about 1 minutes of smoking the medicine you may feel a powerful surge in your body as the spirit becomes one with you and surges through all levels of your being....into the organs, the blood, all energy fields. The medicine will embrace every aspect of you. If you find yourself in a difficult phase where old traumatic events and emotions are surfacing give

gratitude and BREATHE. This is temporary and you are being healed at a very deep level. In 20 minutes, you will be in a different space as the Medicine cleans and heals very rapidly, and will provide you with periods of revelation, peace and a profoundly deep love....it will also show you your magnificence, your light! While the Bufo is working on you, you will remain conscious....you will know what is going on. Just remember to BREATHE through any difficult moments and remind yourself that "this too will pass.

You have a small window of time to get the active ingredient into your body, because you lose motor control quickly and your brain builds up a rapid tolerance. DMT is a precious molecule, and is easy to accidentally burn or waste, so having a fool proof method is crucial



FACE IT

The medicine will show you your own life in a very honest way. You will learn why you behave the way you do. The medicine will show you your anger, ego, prejudices, shadow consciousness, pride, pain etc. so you can receive the healing you need and release what no longer serves you. The veils over your consciousness will be removed that typically blind you from yourself. This type of healing can occur through visions, through a deep level of feeling/knowingness. You do not need to fully grasp everything that is being shown to you. The medicine does not teach on a linear, logical level. It teaches on a multidimensional level that pierces through the conscious and subconscious minds. It will take time of integration to figure out the language so don't get hung up on the "mean-

ing of it all" your soul knows what is going on even though the egoist mental mind may run into confusion. Simply surrender to the healing.

Understand that this ceremony is not just about taking the medicine and seeing visions. It is about healing (or purging) what no longer serves us and also it is a spiritual discipline. During the ceremony, we learn how to surrender, focus and also confront everything we like and dislike in our life with great love, acceptance and compassion. When we take the medicine in we are able to see a higher perspective and it teaches us how to be better humans....it teaches us about our true self, our highest potential and how we can cultivate higher spiritual qualities to help us deal with different problems in our human life.





HOLDING SPACE

The shamanic work, the ritual, the setting and the state of mind one is in will greatly affect the level of experience you will have. A good shaman/practitioner/space holder is one who is running the ceremony and is aware and in control of what is happening within the group. We make sure that the group is well grounded and anchoring you through sacred intention and by invoking protective spirits to maintain safe space. The space holders and the spirit of the ceremony work together; there is an immense intelligence within the ceremony of a really powerful shaman/practitioner/space holder. We make sure that the sacred ritual with the medicines hold safe, sacred space for you and we also make sure we are present to help you clear the blocks in your energy field that are rising to the surface to be cleared. Some of these blocks may be quite large and can be difficult to release.

With all sacred medicine, it is unpredictable in that you never know what will come up from your being too released. It is possible to have 10 blissful ceremonies, and then one very profound deep healing ceremony that will be incredibly difficult, emotional, painful and may make you feel like you are dying (the power of a shamanic death). You will need assistance to help you get through this, and you will also need the protection that our rituals provide. We make sure that facilitated environment is cleared and the land is held with grace and gratefulness.





THE AFTERMATH

The Aftermath and Integration of Your Journey

When the ceremony is over and it is time for you to go home, it will be important for you to remain committed to some sort of spiritual practice such as meditation, martial arts, yoga, regularly phases of offline and nature. Also stay committed to a healthy, alcohol and drug free diet. The medicines will expand your consciousness; however, you will need to connect with your inner being on a daily basis to maintain this expansion after you get home.

At a very basic level, any sacred journey requires for integration, which means cleaning up your act in support of your newly upgraded self. Job, relationships, diet, habits, mindset—all these are up for transformation in the weeks following the ceremony.

A second aspect of integration involves shadow work. **Bufo Alvarius** is a potent activator of the unconscious, bringing buried traumas, forgotten experiences, and rejected aspects of self to the light within your ceremony. Integration, in large part, is the process of absorbing and digesting this raw material; quite literally, incorporating it into your consciousness. This inevitably changes your perspective on life, self, identity, and purpose.

As we continue, a third level of integration emerges: the task of bringing soul to the world, showing up as our true whole selves. We begin to cultivate a way of being that is in touch with what really matters. Our fractured modern psyches have been disconnected from Nature and one another, with consumerism and digital distraction stuffed into the cracks to assuage the pain of separation. Truly integrating our work with the medicine provides an opportunity to heal who we are as individuals, and as a species our perceptions, and the world. Through this process we move from blame to responsibility, from drama to dignity, from unconsciousness to awareness. All three of these levels of integration require tools and practices to support transformation—practical ways to work with body, spirit, heart, and mind.

At minimum, we need to know how to deal with difficult emotions and destructive mental patterns, and how to sustain a healthy body that is both grounded on Earth and connected with spirit. If we have any insufficiencies in these areas, any sacred journey will expose them. It's not the medicine's job to magically remedy these deficits; it's our work—integration work—to grow into new ways of being. It might be helpful to recognize that many of us are already walking the path of integration in our lives, and perhaps were long before we ever heard of sacred medicine like Ayahuasca or **5 MeO-DMT**. A basic definition of integration is “to combine two things so they become a whole.” We naturally integrate as we take in new information and generate new perspectives. Simply put, integration is the process of growth and evolutionary change—and humans have been doing this pretty much forever.



EIGHT THINGS TO DO AFTER YOU'VE TAKEN PSYCHEDELICS

1. TAKE TIME TO YOURSELF

In Gabon in Central Africa, people are initiated into the Bwiti religion by eating the root of the iboga plant with a psychedelic dose very roughly equivalent to a flood dose of its derivative, ibogaine. The new initiate, or banzi, then spends a week or so restricted to the village, talking their experience over with friends, family members and elders. During this time, the banzi is dressed in red to symbolize their new birth and they are regarded as hovering between the spirit world and this one. A blessing from the banzi is especially prized at this time, but you will have to pay for it—as a token of the banzi's sacredness. The period of reflection culminates in a naming ceremony where the whole community gathers together and chooses the person a new name based on the imagery that emerged during their ceremony and subsequent conversations. That same night the whole community will dance in celebration together until morning.

In our culture, we don't have the social cohesion to replicate this kind of post-medicine process, nor do we permit ourselves the time it takes. But we can still give ourselves permission to slow down, recover and reflect. It's very good to take a few hours or days to lie back, drink tea, and stare into space. Maybe you want a friend to talk to or a lake to sit besides, as your head recalibrates. It could even feel like the glue that used to hold your ego together got dissolved and is now in the resetting process. Whatever you can digest in this period has the potential to stay with you, just as the initiate's new name in Gabon stays with them for the rest of their life.

2. WRITE IT DOWN

Research has demonstrated that memory is a funny old thing. Usually, we think of memory as a mental CCTV recording the events of our lives, and although much will get lost or decay, the picture itself does not alter as it goes along. In fact, memory is a construct. It is deeply structured by our assumptions and expectations as it is being laid down, and each time we revisit it we create it anew, with plenty of opportunity for change at each iteration. The vast majority of false convictions in a court of law for instance, come from eye witness evidence.

Now, along comes the super-sensory mind-boggling psychedelic experience, where the only eye witness is you. Every time you recall this unclassifiable event it automatically gets reimagined, and therefore revised, and this is such a natural process you can't even regard it as self-deception. The longer you wait to write it down, the more likely you are to wind up with a sanitized or romanticized version of events, because after all, every story improves with the telling. So, write it down, and write it down sooner rather than later—you did go to a lot of trouble to have this experience.

Another good reason to write things down is that the images from the medicine experience are not just a nice keepsake—they can be extremely useful in ongoing emotional healing. In my work with people in holistic healing, I have found over and over imagery that was on the brink of being forgotten turned out to be invaluable for people in their follow-up work. If we preserve images that may have been fading as fast as a dream, they have a chance to contribute to the healing journey.

That said, for some of us the act of writing may itself be what puts the experience into the linear, rationalistic box. Or you might find that a different form of expression, like painting, drawing, sculpture,



collage—even gesture or dance—works better for you than words. But if you do not preserve the experience externally, your job is to create a storage place in your mind and heart so that it stays alive inside you.

3. HOW TO TALK TO PEOPLE



Once the medicine is over, does it feel useful to you to talk to other people about what went on? If the answer is yes, who should you pick—people who have had a similar experience, or people you are close to and trust? Maybe you're lucky enough for them to be one and the same.

If you do decide to have a conversation, it's good to figure out ahead of time what your need is. You might essentially want to vent and have the other person hold space and listen, or you might be keen to get their comments, feedback and advice. These are very different kinds of conversations, so it's good to let the person know what you need ahead of time, so you're not talking at cross purposes. Sometimes you want to say, "Right now I'd like you to just listen while I get this out..." and other times you may say, "I'd really like to know what you think about this."

Likewise, you need to pay attention to the other person as you're speaking. Are they engaged and interested? Are they glazing over? Are they looking discomforted? If their attention is flagging or they are looking weirded out, you might want to wind things down or let them take a break. Like any other conversation, your job is to make sure the other person is still engaged and connected with you, and things are alive on both sides.

Also, sometimes so much new information gets downloaded into us that we think we need to let everyone know about it as soon as possible. Actually, no. Hesitate after you have taken the medicine and hold back on converting the world. Your uptight co-worker and your auntie in from a small village will be very grateful.



4. SET AN INTENTION

An intention comes out of a conversation you have with yourself where you figure out the things you most deeply want and how to ask for them with precision. Intention before and after your journey are to deepen your experience. You frame an intention with clear and simple words, none of the ifs and buts of regular speech, so your inner world can process it. People preparing to take the medicine are often invited to set an intention, and it may come out something like, “I want to change such and such a thing in my life,” “help me let go of this troubling mood,” or “let me find my deeper self,” and so on. During the medicine itself, it’s possible that your intention may help you negotiate the experience, make it more coherent and deepen your learning.

Once it’s all over, your intention may be due for a tune up. How will it be revised or deepened now, or has the medicine made it redundant and given you an entirely new focus? If your intention when approaching the medicine is about what will happen across the next few hours, the intention you set after the medicine will be about what will happen across the entire arc of your life.

Let’s say that when you took the medicine and your intention was to overcome anxiety. Now that you have been through the medicine, your relationship with the anxiety may have changed. What you used to see as a plague that ruined your life that you wanted to get rid of now might seem more deserving of your kindness, and you may want to help the poor thing out. If so, then your new intention would reflect this change and “rid me of this anxiety” might turn into “help me accept the anxious part of me so it can heal.



5. IT’S NEVER TOO LATE TO HAVE A GOOD JOURNEY

Author Tom Robbins famously wrote that it’s never too late to have a happy childhood. By this he meant that we always have the chance to rewrite our internal narrative of a difficult childhood from, say, a chronicle of suffering and victimhood to a journey of resilience and survival. We might even notice happy times we had previously discounted. In exactly the same way, it’s never too late to have a good trip, no matter what opinion you had of it at the time.

Some bad journeys are a temporary matter. The psychedelic experience is normal conscious experience squared, or cubed, or maybe a couple more. If your regular ego fears get triggered, they can hit the echo chamber of your tripping mind and turn from vaguely concerned to freaked out. Once the medicine experience is over though, this kind of fear usually calms down and most likely normal

service will quickly resume.

But some bad trips/ journeys take us to harsh places we are totally unprepared for, where fear and terror are the natural response. As the poet T.S. Eliot said, “Humankind cannot bear very much reality.” A visit to a place of such pain that it seems unbearable, or a place so alien it is totally unnerving, a Mordor of the mind populated by malevolent beings, or a place of agony and death are all experiences that may continue to seep into your regular consciousness after the medicine experience itself is over. Then it can be a harder job to put Humpty Dumpty back together.

C.G. Jung, the psychologist who was also a bit of a seer, said, “The greatest and most important problems of life are all fundamentally insoluble. They can never be solved but only outgrown.” Overwhelming bone-juddering fear can’t be solved, but it can be outgrown. This growth is what Jung called the individuation process and Joseph Campbell called the hero’s journey. In this journey, you broaden your sense of self from purely ego-based you to you as spirit. Spirit You has the resilience and fortitude it takes to get through the harsh places.



Besides being a trauma, maybe the ass-kicking of your bad trip/ journey was the push you needed to get started on the hero's journey. What doesn't kill us makes us stronger, and the medicine that doesn't kill us or drive us crazy can certainly make us wiser. The medicine will sometimes knock us out of our complacency, but it never signed an agreement saying it would do so nicely. Someday, though, you may be grateful for the shit-show of your psychedelic experience.

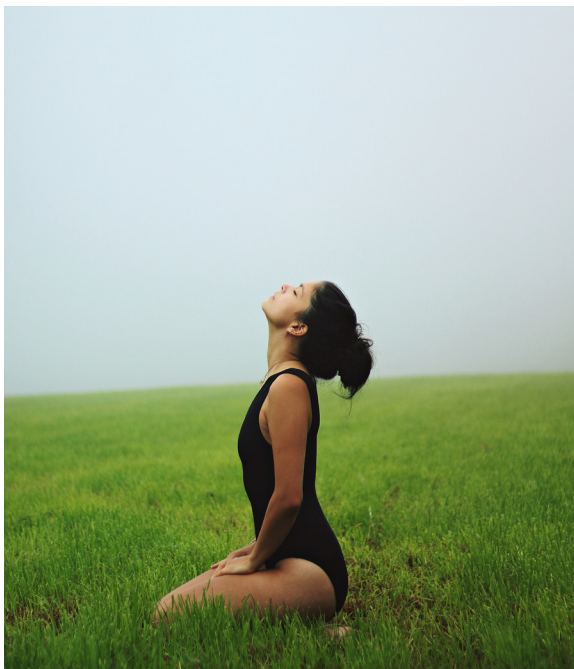
6. GIVE YOURSELF A BREAK

In my therapy practice with people who have taken medicines, I often have conversations where people think their experience was a bust, or that there was something wrong with them for not having an amazing experience. In fact, even if you didn't talk to God/Source/Divine or turn into an eagle, you may still be doing just fine. And even if you did talk to God and turn into a puma, you are still faced with the task of making that experience useful in your mundane, ongoing life. Reports of ego death, as Mark Twain once said of himself, have often been greatly exaggerated.

Because our culture has no traditions around sacred medicines, we are not adept at understanding them. Maybe you quietly thought a valuable experience was one where you got lots of visual imagery or deep insights, or the meeting with God thing, but instead what you got was much more sensory-based, or emotional, or even auditory; maybe you hoped for an answer to a particular question and the medicine changed the subject, or maybe you asked to see heavenly light and what you got instead was a bunch of robot monsters chasing you around a very bad Star Wars movie.

Pay careful attention to what you did get. What can you explore about the meaning? What if the medicine is wiser than you are? A client of mine felt like nothing much happened in his journey, but when I asked him about it he said, "I can barely fucking remember anything at all, yet it was a movie that kept playing over and over. I think I turned into a tree. It seemed to be about returning to nature for healing." That turned out to be a fantastic gift for him with life-transforming potential.

So, if you didn't have a spiritual peak experience, cut yourself a break and go easy. It's a challenge, once you're back in the ego world, to understand an encounter with immensity with equipment that is far from immense. The medicines are our bullshit excavators, and sometimes our expectations are what get shoved aside. Perhaps the robot monsters need to be there. Reconstructing and making meaning out of what happened is a subtle and painstaking task.



7. DO SOME EMOTIONAL HEALING

By emotional healing, I mean a spiritual/emotional modality of healing that directly follows up on the action of the medicine. It will speak the same language as the medicine, and the methods I am most familiar with are shamanic journeying, holotropic breathwork, and ThetaHealing®. Shamanic journeying comes from the same kinds of traditions that medicine ceremonies come from; holotropic breathwork gets us into an altered state that is recognizably similar to the plant medicine state; and ThetaHealing®. Theta Healing is a powerful technique that combines science and spirituality to identify and instantly transform deeply held blocks, negative beliefs and trauma in the unconscious mind. All three modalities work with imagery, emotion and body energies to heal the pain and the blocks inside us.



8. DO AN AWARENESS PRACTICE

They say that the journey of 10,000 miles begins with the first step, but the remaining 17 million or so steps shouldn't be forgotten. That's where an awareness practice comes in, because a lot of the qualities that an awareness practice develops—equanimity, awareness of course, clarity—are exactly what we need for entering a medicine experience and for absorbing its content after it's done. If the medicine is spiritual surgery, then an awareness practice is the diet and exercise regimen the doctor tells you to do afterward.

The practice you choose may be meditation, but it could as easily be yoga, qi gong or anything else that speaks to you. It might be a walk along the river or staring at a fire; whatever draws you closer to yourself and inner freedom of heart. Every session of awareness practice is a mini piece of the letting go, a further sorting through the debris we have inherited and accumulated as we make our way through life. A word of caution though, sitting around ruminating about how life sucks and people aren't fair is not the same as meditating, and it is good to get yourself exposed to some kind of a formal awareness training. If you work with psychedelics on an ongoing basis, an awareness practice will be a tremendous support. It's a sort of hare and tortoise collaboration where the slow work of the practice deeply informs the speedy and explosive work of the medicine. In the awareness practice, you absorb the lessons of the last medicine session and prepare for the next one by increasing your capacity for fortitude and attentiveness. Going from one session to another without enough reflection puts you at risk that the next medicine experience will be a rerun of the lessons of the last one, a spiritual Groundhog Day of the soul.

KEEP YOUR FREQUENCY HIGH

As an energy healer, I've found that the issue of boundaries can get very real. I am an empathic person, and I'm sure many of you are too. In fact, the more we get in touch with our bodies and health and our emotions, the more "sensitive" we are to toxins, to yelling on the street, to pollution, to others' deep and dark emotional states. Especially after the intake of medicine your receptors can get wide open. Maybe for some this may be very unconvertible, for those without energy healing experience this might be quite a challenging process.



If you're a person who works with other people (probably most of us), you are susceptible to energies that aren't yours and it's very important for you to keep your new-found alignment, light and magic to the highest frequency of you.

All matter in the universe is made up of energy. If you look at yourself under a microscope, you would look very different than you do when you look in the mirror. At the core of who you are, you are more energy than matter. Acting as a perceptual centre that transmits and receives information from the body and the environment, The Human Energy Field (HEF) is an electromagnetic field located 1-2 meter from your physical body. Your energy body and the energy bodies of others are constantly interacting. Someone may even be in your energetic space without being anywhere near you physically.

The field holds your history. Your thoughts, beliefs and life experiences are recorded there. The tone in which you send and receive energy creates the pattern in which you live your life. Store more joy, live more joy! Imbalances and disruptions in the flow of energy can be the root cause of unhealthy emotional and physical conditions. The good news is that it is not difficult to give your energy body a good scrub.



ENERGY FIELD MEDITATION

- △ Imagine yourself sitting in the centre of a circle of light that extends 1-2 meter from your physical body.
- △ Focus on your breath and with your intention bring your awareness to your circle.
- △ It may be helpful to breathe in to your circle with your inhalation and breath out to the edge of your circle with your exhalation
- △ Become present to the energy in your body. Notice how you feel—Where are you experiencing areas of stress, anxiety, pain or discomfort? Softly breathe into those areas.
- △ What energies are needing to be cleared? For example: A constant thought that won't go away? Anger over a conversation with a friend, worry about a sick relative?
- △ Whatever the experience, bring it to mind and with love and intention, gently place that thought, or that feeling outside of your circle. Visualize it on the other side. Continuing to put whatever is no longer serving you outside of your circle.
- △ As you gently see your thoughts and feelings outside your circle, notice how your body feels. Has the pain shifted, the thought left, the anxiety lessened? Any of these indications means you have cleared your field and your body of that energy.
- △ Bring your awareness back into your circle. Focus on your breathing. Is there anything else you see, feel or sense that needs to be released? Continue with this exercise until you feel lighter, calmer and more at peace.



SIX ENERGY FIELD CLEARING TIPS

1. GET TO KNOW THE POWER OF SEA SALT AND BAKING SODA

Salt/Himalayan salt is one of my favourite energy cleansers. Used through the ages for purification, salt water is incredibly powerful. I recommend putting a container of sea salt and or baking soda in your shower. When it's shower (or bath!) time, put the salt on your hands and

move it over your body (I often touch different chakra points while doing this, asking for each to balance).

Then affirm (out loud or in your head). "With this salt, I purify all my bodies (emotional, physical, mental, and spiritual). I release anything that is without my highest and best intention." If you're in need of more heavy-duty cleansing or relaxation, take a bath with baking soda.



2. SAGE AND SMUDGE EVERYTHING

Palo Santo. Incense. Sage. Burn that stuff. Over your body. In your space. Ask for clarity. Say a brief (lovingkindness) meditation while you do it:

“May all beings be happy, healthy, free from danger. May we live with peace and ease.” Sometimes I start sage-ing when my friends and I are having deep emotional talks (hey, the people are into it). It helps release everything.

3. CLEAN YOUR SPACE

This might sound a little wooh-wooh, but fairies, beings of light, angels — they all like clean spaces. Why do you think all yoga studios and spiritual havens are kept meticulously clean? Have you ever heard of clean home, clean mind? It's a thing. Clean your space, friend. Throw out old objects. Move things around. Shift the energy of the room. Feng shui is real.

4. RELEASE INTO THE EARTH

The earth is strong. The earth can hold big emotions. When in doubt, squat down, put your hands on the earth, and affirm “Mother earth, I give this energy back to you. Please absorb it. Thank you, thank you, thank you.”



5. SHAKE THINGS UP

Dancing, moving your body, and shaking are really great for moving energy and coming back to yourself. Set a timer for ten minutes and play your favourite tunes. You'll be so pumped that you did and you'll feel yourself way more than before.

6. IMAGINE A BOUNDARY, IMAGINE A ROSE

Draw a boundary around your body like a bubble. Pick whatever colour is calming to you. I like to imagine white or sparkly light. Then I switch it to gold or green or pink. If you've sensed that you've picked up someone else's stuff, see a rose inside your body. Let the rose open and blossom with all of that person's energy. Now send the rose out of your body and into the sky. Let it dissolve into pearly, iridescent, white light, purifying everything.

A good friend recently said to me, “Setting a boundary is an act of love.” And I love that.

So, set your boundaries as an act of self-love. You have taken the time to journey with the medicine so honour yourself all the way including the process in the aftermath and integration.





AFTERMATH CONCLUSION

In the following 3-6 months, the medicine is still “working” within you. Matters, triggers, programs might come up in a very clear and conscious way for you to transform. Integration sessions are therefore a vital element to your transformation process. This will help you tap into the inner peace of your being that has always been there, and it will also help you integrate the teachings and healings that the medicines have provided for you. The medicine is not a just one of thrill but a sacred live changing process that needs to be held in all its sacredness. You might have insights, questions, triggers and awakened parts of your being and you can start to feel quite detached from your day to day live. For you to get a better understand of how to integrate these new insights in your live, you may make use of a guided Alignment session. Want to know more about these sessions check here:

<https://natasjapelgrom.com/alignment-sessions/>

We also have a special Facebook private integration page where we help each other, answer common questions, share testimonials, music, meditations, breath work etc all to support your integration work.

<http://tiny.cc/facebookintegration>

DIET

A plant-based diet with plenty of water is advised, but if that is not for you then eat whatever you consider healthy, but taking in the below regards. We prime ourselves for hyperspace by making good decisions all day long. This high level of awareness will naturally extend into the journey. Combine your ceremony days with detox days, they pair together like peas and carrots.

Dietary requirement minimum of 4 days prior to the ceremony and 3 days after the gathering eat light and clean food and avoid the following:

Any alcohol, sacred medicine or other drugs (cannabis included).

- Chocolate
- Banana
- Red meat, and especially NO pork
- Coffee
- Avocado



PREPARATION

- Adjust your daily routine by meditating morning and evening at least 10min.
- Exercise; walking, yoga, swimming etc.
- Listen to motivational speakers
- Try to avoid low frequency activity like; Bing watching TV, Video games or an environment with negative individuals
- No sex min of 3 days before
- Start with intake of extra supplement Magnesium at least 3 days prior

This is all suggested to facilitate the best experience for you. The best prep for your body to integrate into the process. The more you follow this guideline, the better prepared you will be for the work.



++++IMPORTANT++++ MEDICATIONS & HEALTH CONDITIONS

Certain medications must not be taken over various periods prior to the gathering. This includes antidepressants, (MAO inhibitors serotonin re-uptake inhibitors) antihistamines, Painkillers, Tranquilizers, all stimulants including orally taken nasal decongestants, diet pills, medications for Attention Deficit Disorder and other meds, many prescription and some over-the-counter. Ulcers, certain heart, liver, psychiatric conditions and epilepsy present real danger in the context of the gathering. If you are taking any of the above mentioned or other prescription based medications, or have experienced health conditions listed above or other serious health issues, please let us know before committing to dates. WE will then discuss what is possible and the best course of action to take in preparing for the gathering.

If you have any specific questions regarding meds please email asap. Full disclosure about medications is mandatory. If you

have or take the following you will NOT be able to attend these ceremonies. Heart problems, taking any form of anti-depressive medication (like MAOI antidepressants), any mental issues like schizophrenia paranoia or any other psychiatric conditions.

It shouldn't be mixed with MAOIs or RIMAs, including some antidepressants, due to the risk of serotonin syndrome and death. Releasing agents and reuptake inhibitors, for serotonin and dopamine especially, can be dangerous in combination. For this reason, mixing **5 MeO-DMT** with other psychoactive drugs or alcohol is not allowed during this ceremony and is in general discouraged days prior to your ceremony.

WE MUST BE INFORMED IF YOU ARE OR HAVE BEEN TAKING ANY OF THE FOLLOWING:

- Antidepressants or other medications that contain MAOIs or RIMAs, inhibitors and serotonin re-uptake inhibitors. (not to be taken for 15 days prior to gathering)
- Tranquilizers (not to be taken for 15 days prior to gathering)
- Antibiotics (not to be taken for 7 days prior to gathering)
- Antihistamines (not to be taken for 5 days prior to gathering)
- Painkillers including Advil and Aspirin (not to be taken for 5 days prior to gathering)
- Flu Medications (not to be taken for 5 days prior).

Any other medications that are not listed let us know asap.



PLEASE INFORM US IF ANY OF THE FOLLOWING APPLY TO YOU:

- Heart problems
- High blood pressure
- You are or have been taking anti-depressants within the last year and/or if you have ever been hospitalized for psychiatric problems
- Liver issues
- You have or have had ulcers, IBS or other stomach ailments
- Possible pregnancy

REFFERALS

If you would like to refer a close friend or loved one please follow the following guidelines below.

Please **ONLY** refer people you can vouch for.

- Send us an email to this address with the following:
- Name
- Email address
- Phone Number
- And a short description of how you know them, and whether they are experienced or not.
- Also please include your own phone number.



CONFIDENTIALITY

By participating you are agreeing to not disclose to anyone outside of our circle, the names of anyone outside of our circle, the names of anyone else involved, including the organizer, the facilitator, the host or any of the participants. I also ask that you do not talk about the location of where we are working or the name of the place. You may of course discuss the nature of the work itself with very close friends or loved ones. This is for everyone's privacy and safety.

Please do not create Facebook or social media posts about our location, work or the facilitators. Appreciated.

Please take the following into consideration

- We are not responsible nor liable for the personal decisions made after the ceremony.
- We reserve the right to decide not to proceed with the individual ceremony on the day itself. If in the occasion that we feel it is not for your highest and best to attend the ceremony we will reimburse your payment.





CANCELATION POLICY

- After confirmation with inscription form has been emailed to you, a courtesy hold requires down payment within 5 working days to secure the reservation.
- **IF YOU CANCEL** there will be no refunds or credits given from the deposit. To cancel, you must send an email stating that you wish to cancel to: cocreateinspirit@gmail.com
- **IF YOU BOOK** 7 days prior to your ceremony please transfer full payment. If you cancel within those days there will be no refund.
- **IF WE CANCEL** a ceremony we will refund to you all deposits and payments you have paid. We cannot however compensate you for airfare or travel costs incurred.

FURTHER INFO AND LINKS

The Essential Guide To 5 MeO-DMT:
<https://thethirdwave.co/5-meo-dmt/>

FADE to BLACK Jimmy Church w/ Tricia Eastman : Bio-Hacking with DMT :
https://www.youtube.com/watch?v=gLR_VWoynoQ

Spell Breaking 2016 – James Oroc:
<https://www.youtube.com/watch?v=ZVBplzFr8wM>

Sonoran desert toad Medicine and Brain:
<https://www.youtube.com/watch?v=fjstlo-GziM&feature=youtu.be>



**THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION! WE LOOK FORWARD
SHARING WITH YOU THESE DEEPLY PROFOUND WAYS OF SACRED HEALING!
INFINITE LOVE & RESPECT**

