

Exploring the Psychedelic Experience; For People Who Want More



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"Psychedelic is formed from two greek words. 'Psyche' meaning the mind, or soul and 'delos' meaning to manifest or make clear. Simply put, psychedelic means mind-manifesting. In particular, psychedelic is a term often used to reference towards a type of psychoactive substances. More broadly it references the altered state of consciousness, "the psychedelic experience", that these substances occasion and the culture and ideas that emerge from those experiences.

The two psychedelic plant medicines that I will be discussing are Magic Mushrooms and Ayahuasca. First and foremost, psychedelics are not addictive drugs such as cocaine, heroine etc.. The experience one has on psychedelics is very therapeutic and spiritual. These natural plant medicines are actually known for curing addiction to harmful drugs and alcohol. Psychedelics expand our awareness and consciousness in a way that is desperately needed in today's world. DMT, also known as the "spirit molecule" is the responsible agent for the mind altering experience. DMT is naturally produced by the pineal gland within our brains. The release of DMT allows us to disconnect from our sense of self and see that we are all connected to one consciousness.

Consumption of psychedelics interrupts ordinary consciousness and its reality- manufacturing

assembly line. For a brief time we glimpse (and/or hear or experience) fundamental reality. More correctly, we return to becoming that which we truly are (the universal consciousness) without the illusion of the particular, the local, the separate.

This is why consumers of psychedelic medicines routinely describe feeling “at one with everything” and also state that what they see is somehow more real than the so-called real world. This is one of the great surprises from the active ingredients in mushrooms and ayahuasca: where one might expect a nonsensical dreamscape, psilocybin and dimethyltryptamine (DMT) often present the mind with powerfully organized realms of information. In essence, we finally experience what it is like to think with the right and left hemisphere of our brains at the same time. We are learning to heal and manifest by getting outside of the box we have created in our brains. These boxes are limiting and often make us feel trapped and stuck in disease or illness, whether this be mental, physical, or spiritual.

Plant medicine opens up doors to growth and healing that are forever life altering. Many people feel a drastic shift after only 1 experience. Mother earth/Gaia has provided us with her nurturing and love in these plant medicines that she has lovingly offered us.

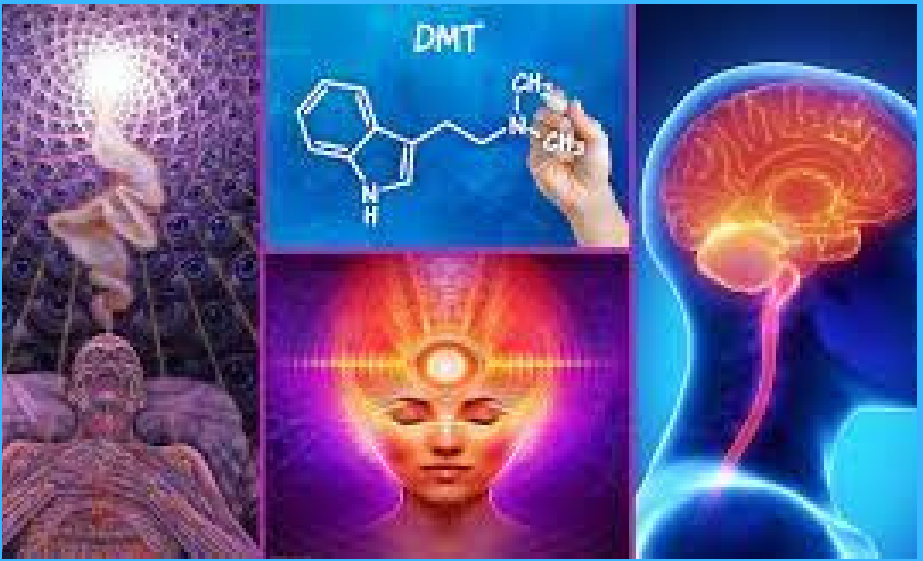


"Kundalini Rising" – By Hakan Hisim

"What's happening isn't that the psychedelic is stimulating the imagination; instead, the hallucination we normally call reality is interrupted, and a deeper reality of universal consciousness leaks in."

REALITY DOES NOT HAVE TO BE THE BOX IN OUR
BRAINS!

The Pineal Gland is the Third Eye



The pineal gland, in its natural state, is supposed to be the size of a golf ball. However, most of the population's pineal gland has been shrunk to the size of a pea. When the pineal gland is at its natural state (Golf Ball) it can release adequate amounts of DMT to fight off depression, anxiety, PTSD, insomnia, etc. Due to the fact that the Pineal gland is being calcified by fluoride, heavy metals, and other toxins, many people are caught in states of hormonal distress, fear, anxiety, depression, insomnia, weight gain and physical distress. This causes them to be in a constant state of the fight or flight response. When psychedelics are consumed, the pineal gland releases DMT, the right and left hemispheres of the brain are both lit up, and the pre-frontal cortex is prepared to be rewired.

It is the perfect set-up for fast and furious healing. Furthermore, the use of ayahuasca and magic mushrooms opens your connection to a healing energy that is beyond yourself. I myself and others have experienced psychic surgeries and other healing miracles. We are all energy and our birthright is to connect to the energy of "one" or anything that exists. When we apply that principle to our healing experience, the dead and stagnant energy of a physical, emotional, or spiritual disease can be easily shifted and altered.

In my practices with clients I have been amazed at how rapidly dis-ease can shift and heal in the psychedelic state.

I believe in the safety of using natural plants that grow from mother earth. Often times when you hear of someone having a bad experience it is because they are digesting chemicals that are not natural that have been mixed with the plants.

It is very important that the person making the brew has an activated light-body and are aware that the plants soak up intent and belief systems.

My colleague and I work on ourselves immensely before making the brew to ensure that our clients are getting the best brew and treatment possible.

The goal is to be more than okay! The goal is to bring our heaven to earth and live this consciously.

What is Ayahuasa?



In the Amazon rainforest, approximately 80,000 higher plants grow in that lush, verdant environment. Perhaps as many as 10,000 plants are vines. Virtually all of the plants in the Amazon have leaves. And yet, somehow, somebody set out to use one particular species of vine (*Banisteriopsis caapi*), and one species of leaf (*Psychotria viridis*), to make a ceremonial psychoactive brew. Here the so-called trial-and-error theory dissolves like sugar in water. Neither the vine nor the leaf is especially distinguished in appearance. There is simply nothing morphological to suggest that either one, or the two together, would in any way be more suitable for the making of a psychoactive healing brew than any

plants. The odds of selecting these two plants from all the others is a multi- billion to one long shot. So how did this take place? The shamans will soberly tell you that the plants originally told people. When we realize that mother earth has ALL of the answers and cures that we need, we truly embrace the enormosity of a mother's love. I took a trip to Sedona, Arizona about two years ago and I went on a hike that was life changing. I noticed that all of the plants seemed to be communicating with me and working together as one. There was a force that pushed me into a cactus that drew blood from my leg. It did not hurt, it just felt like a prick. After about a minute of walking I came across a silver looking tree with a red berry growing from it. I heard the tree say "this is your berry, you need to put it in your brew, it will help with your blood circulation issues". Of course, I put the berry in my personalized aya brew that night and I felt great afterwards. I realized that mother earth actually took a blood sample through the cactus and grew the berry that I needed! This is how connected that we are with everything! We are supposed to trust and honor mother earth and the planet that we live on. Of course as you work on growing the pineal gland, the more messages you will receive like this.

The vine used in ayahuasca is called "caapi" also known as "the vine of the soul," It contains a group of compounds called harmala alkaloids. These compounds are MAO inhibitors. They prevent the activity of naturally-occurring agents in our bodies called monoamine oxidase. Think of MAO's as doormen standing in front of the night club of your brain. Psychoactive compounds, notably the potent vision-inducing agent DMT, want to get into the club and attach themselves to your brain's receptors. But the MAO doormen prevent this from happening. The harmala alkaloids in *Banisteriopsis caapi*, however, tell the doormen to take a nice log coffee break. They do. That's when the *Psychotria viridis*, rich in DMT (N,N Dimethyl Tryptamine), comes into play. DMT is the most potent vision-inducing agent known. And oddly, DMT is not only found in many hundreds of plants all around the world, but it is also manufactured in our own bodies. But thanks to MAO's, we do not trip on DMT all day long. DMT is not orally active. You can eat a handful of DMT, and nothing will happen. But if you consume an MAO inhibitor, then the DMT will in fact be orally active. So the enigma of ayahuasca is that somehow, by some means, some native person(s) a long time ago figured out to combine harmala alkaloid-rich caapi vine with DMT-rich chakruna. Ayahuasca is made by

pounding sections of the vine *Banisteriopsis caapi*, to remove the outer bark, and to soften up the rope-like bers of the vine. A large amount of pounded caapi vine is placed into a large cooking pot. Atop the pounded vine, a large quantity of *Psychotria viridis* (chakruna) leaves are added. Then another layer of pounded vine is added, then another layer of leaves. When the pot is pretty lled almost to the top with pounded vine and leaves, then water is added. If the pot is large enough, as much as forty litres of water may be added. Then the mixture is cooked over a re for several hours. Over time, the liquid in the pot begins to evaporate. After several hours, perhaps eight or so, the ayahuasca is nished. The pieces of vine and leaves are ltered out through a strainer. Perhaps only a litre of viscous uid remains. This liquid is “La Medicina.” Read “The Quest for Medicinal Plants in Peru” in Ode Magazine“Ayahuasca is the greatest of enigmas. How, in a forest of at least eighty-thousand plants, did anybody gure out to use one particular species of vine and one leaf, cooked down into a concentrated psychoactive potion? The very notion of trial and error falls apart. Shamans uniformly insist that the plants communicate their uses directly.” - Chris Kilham, Ode Magazine

Ayahuasca is amazing because it acts as a "mother goddess" during the ceremony. She has an agenda. Like an intuitive, loving, yet direct mother, she quickly reveals what your agenda needs to be. I have often heard mother ayahuasca described as the ghost of Christmas past, present, and future. Mother ayahuasca has an amazing memory and can reveal small childhood traumas that a person may not even remember. Often times, ayahuasca can take you into past or parallel lifetimes. Really I could go on and on about the unusual yet life-changing spiritual experiences that happen during ayahuasca. One of the reasons that I work so well with clients during the ceremonies is because mother ayahuasca has shown me how to literally look through the eyes of my client when working on them and with them.

During my first experience I went in armed with the spiritual knowledge of what this brew does as well as the physiological knowledge and answers offered by the medical world. This was important to me because I have in depth clinical training as well as the gift of being born highly intuitive and an innate ability to work with the energetic body.

During an ayahuasca experience people will often purge, cry or experience diarrhea. From the medical perspective this is releasing stuck emotion

in the limbic system and working with epigenetics. Epigenetics is the soft wiring of the genetics in relation to the cells. When we change our thoughts, beliefs, and programs we are changing our sequencing in the body, epigenetics. Of course this is long lasting and can be life changing. During a release such as purging, diarrhea, or crying, the body is freeing the limbic system of stuck emotions. These stuck emotions could stay stuck for an entire lifetime otherwise. I can tell you that during a purge, it does not feel random. The person in the experience will come to the realization that something has been stuck. As soon as this realization happens, the purge happens and it feels like a relief. I have come to realize that releasing can also be done through yawning, sweating, laughing, or learning the life-force breath as well. I remember after ceremonies, feeling as though I had zero neck and back pain. This is because we often carry stress in our necks and back. In my PLAETM certification that I give my clients who sign up for my ceremonies, I teach the life-force breath as a way to purge. This can be used in everyday life to assure that one does not get sick!

Spiritually, one can feel mother ayahuasca work through them. She whispers insights, awareness, and answers through your thoughts, or visualizations. Visualizing can be done through seeing, hearing, feeling, or just knowing. Mother ayahuasca will bring plant spirits to work on the individual. Many of my clients and I have experienced this. It feels like something lovingly enters into your body and makes you sit up straight with your neck arched as you are being healed. Often times energetic surgeries happen. This feels very safe and is the biggest blessing. Mother Ayahuasca will show you other dimensions, realities, angels, etc. She knows what you are prepared for and intuitively offers that to you.

Both the spiritual and physiological learning are imprinted on you permanently after the ceremony. We have learned that different plants bring different experiences to the brew. There are particular brews used to work on genetic and ancestral issues. This is powerful in shifting your DNA to heal yourself and family members. Some brews bring high frequency starseed beings to your journey as well as release your ability to speak and communicate in starseed/light language. PLAETM reviews and teaches this as well.

What are Magic Mushrooms?



Magic mushrooms are wild or cultivated mushrooms that contain one or both of two psychoactive, hallucinogenic ingredients called psilocybin and psilocin. Although certain cultures have known the hallucinogenic properties of some mushrooms for centuries, psilocybin was first isolated in 1958 by Dr. Albert Hofmann, who also discovered lysergic acid diethylamide (LSD). Magic mushrooms are often prepared by drying and are eaten by being mixed into food or drinks, although some people eat freshly picked magic mushrooms. Magic Mushrooms start to work about fifteen to forty minutes after digestion. Both the right and left hemisphere of the brain are lit up and cross communicating after they start to work. The sense of self that contributes to depression, anxiety, etc. is muted and one begins to experience the world with much more insight and awareness.

Ordinary consciousness represents only a fraction of what the mind can take in. In order to keep us focused on survival, the brain must act as a “reducing valve” on the flood of potentially overwhelming sights, sounds and sensations. What remains, is a “measly trickle of the kind of consciousness” necessary to “help us to stay alive.” A new study by British researchers supports this theory. It shows for the first time how psilocybin — the drug contained in magic mushrooms — affects the connectivity of the brain. Researchers found that the psychedelic chemical, which is known to trigger feelings of oneness with the universe and a trippy hyperconsciousness, does not work by ramping up the brain’s activity as they’d expected. Instead, it reduces it. Under the influence of mushrooms, overall brain activity drops, particularly in certain regions that are densely connected to sensory areas of the brain. When functioning normally, these connective “hubs” appear to help constrain the way we see, hear and experience the world, grounding us in reality. They are also the key nodes of a brain network linked to self-consciousness and depression. Psilocybin cuts activity in these nodes and severs their connection to other brain areas, allowing the senses to run free.

It's tempting to say that, after a magic mushroom experience (for instance), one has accessed another dimension. I think this is fair, but I resist the idea that this dimension is part of another world. Instead, I feel it's another dimension of this world. In fact, I venture it's a dimension of this world that creates this dimension: the two (or three, or ten) dimensions are inextricably linked. Whenever I journey (with or without medicine) I often have the sensation I'm witnessing this world brought into being. Our internal world IS our external world. As we shift the frequencies within our consciousness we will 100% shift what we are experiencing in our external realities. I had a really cool experience working with a client who came to me for a natural plant medicine ceremony. This client came to work through trauma that was preventing him from bringing his heaven to earth in all areas of his life. He wanted to fall deeply in love with the perfect girl for him, live in complete health, and close a multi-million dollar deal in his business. We had a two night ceremony. This gentleman experienced a miraculous healing. I had him anchor a state in the field of his heart so he would always be able to tap back into the healing. His anchor was the metaphor of a fire in his heart that will never go out. That night we had a fire in the firepit during the ceremony.

When he and I went to put the fire out , it would not go out! We tried at least 10 times to put the fire out and it restarted over and over again. That is a perfect manifestation of the internal reality reflecting into the external reality.

Individual VS Group Retreat



I have an abundant amount of experience treating clients in a clinical manner and in the energetic world as well. I am a doctor of Integrative Medicine and that suits me perfect. However, I do not ignore my past experience as a clinical psychologist or what I know about energy. When I work with clients who are on psychedelic medicine, I prefer a 1-1 ratio. Often times I have noticed that individuals are very sensitive to group distractions and have a tendency to absorb other people's energy. In an individualized experience the chances of this happening are

tremendously reduced. As the practitioner, I can focus all of my attention and healing work on that specific client. We have been given the gift by mother nature to be in a very effective healing situation. My intent is to 100% make the most of that situation for my client. I feel that group experiences are more for the person who desires groups of people around them and is 100% assured they can navigate through the experiences themselves if need be. I work with a colleague who I spent quite a bit of time searching for! We work amazing together and everything just flows in a natural and organic way. I am representation of the divine feminine and he the divine masculine. Both of these energies are important to open up important healing portals. We have a ratio of 1-2. This means that for every facilitator there are a maximum of 2 clients. This means that you will have a maximum of 4 people including yourself at the retreat. This setting is the best situation to amplify your healing space and maximize the results of your journey. Of course, the cost of this experience is going to be higher than a typical group experience, but the amount of healing you can create for yourself is priceless! We have had people heal from CTE, Cancer, Lymes, Celiac, autoimmune disease, PTSD, anxiety, depression, and much much more.

People have come to our ceremonies feeling trapped in their work, love life, or personal situations not knowing a way out. Once we go into the field of the heart/zero-point and work with the stuck energies, the universe shows up for them in miraculous ways. These natural plant medicine retreats are the gift that keeps on giving . We teach you how to stay in the energy before, during, and after ceremony so that you can create lifetime results! We do this by using the PLAETM modality of engaging in natural plant medicine.



PLAETM stands for Psychedelic Languageing
Activation and Encoding.

Through my journey, I have learned that in order to successfully navigate the world of psychedelics you must know the language. As with any other morphic field of consciousness, it has its own language and encoding. The relationship with the morphic field is special and has its own set of wisdoms. This is an art that can redefine the world as we know it.

PLAE™ has 16 modules in it that will teach you the ins and outs of the natural plant medicine journey. It teaches you about life force breath, movements, shadow work, shapeshifting and much much more. These are techniques that you will be using before, during, and after your journey to amplify your healings and manifestations. PLAE™ was created to certify people in becoming a psychedelic coach. It can be used as a tool for your own journey or used to embark on a career in this field as well.

You will receive PLAE™ for free with the purchase of a retreat. This is a \$2500 value.

What are Your Retreat Options?

The United States

OR

Costa Rica

+

Your Choice of

Couples/Tanta



OR

Individual



The United States retreats are 2 night, 3 day retreats that consist of 2 ceremonies. This will take place in a comfortable setting. Maximum number of participants is 4 people. Ratio is 1 practitioner to 2 participants.

Cost: \$4000 per person- lodging included

The Costa Rica Retreats are 7 night, 8 day retreats that consist of 4 ceremonies. Luxury Lodging, Airfare, transportation, yoga, massage, farm-fresh food and 3 activities included. Ratio is 1 practitioner to 2 participants. Maximum participants is 4. Cost: \$20,000 per person

**To Reserve Your Spot: Please
text 301-268-5956 or email
Rebecca at
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**Rebecca will give you
information on availability and
upcoming dates.**

Please Visit

www.consciousinfinity.org/awakeretreats

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master video and to learn
more about PLAE™**

**Review the first module of
PLAE™ for free at:**

<https://awake.thinkific.com/courses/plae-introduction-module-1>

Facilitators



Rebecca Sullivan



Andrew Wilson