

Rebirth: Elemental Growth Guide to Integrating Psychedelics  
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Published by Elemental Growth

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The Elemental Growth approach is always about setting heart-centered intention and allowing positive growth to compound over time. Consult with your own professional team for health advice specific for your 3D situation.

Thank you for reading this page and taking ownership of your life as you ascend and pave the way for others to do the same. I see you and appreciate that you are here.

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## PRECAUTIONS

Magic mushrooms are hallucinogenic, meaning they can cause you to see, hear, and feel sensations that seem real, even if they are not. The effects of magic mushrooms are highly variable and influenced by environmental factors, as well as, the consumers state of mind. This said, magic mushrooms have a long history of being associated with spiritual experiences and self-discovery. Magic mushrooms have been used for thousands of years for both spiritual and medicinal uses among indigenous people of America and Europe. Among other entheogens, sacred fungi naturally enables people to attain superior spiritual states, experience a sense of euphoria, connection, and a distorted sense of time.

The psilocybin found in magic mushrooms is converted to psilocin in the body and is believed to influence serotonin levels in the gut and brain, leading to altered and sometimes uncomfortable perceptions. The effects take 20 to 40 minutes to begin and can last up to 6 and a half hours. A number of factors influence the effects of magic mushrooms, including dosage, age, weight, personality, emotional state, environment and history of mental illness.

Before undergoing any psychedelic experience, I encourage you to get your physical health in optimal condition. Consuming psychedelics in combination with alcohol or pharmaceutical drugs may increase your risk for a bad psychological and/or emotional trip. It is advised that those with serious mental illness such as schizophrenia or bipolar disorder should not ingest these substances due to the way they strongly amplify one's current state of mind and emotions.

In contrast to pharmaceuticals, and so far as science can tell, psychedelics aren't considered addictive and they don't appear to cause organ damage or neurotoxicity. They can however, cause adverse experiences, such as increased heart rate, blood pressure and breathing rate, headaches, and transient psychological distress, dizziness, blurred vision, weakness and tremors, during the hours they are active. For some people, negative effects persist for days or weeks.

Most psychedelics mimic the effects of serotonin (the mood regulator) and 5-HT<sub>2A</sub> receptors in the prefrontal cortex. This enables the transmission of signals between nerve cells and plays a role in learning and memory. Microdosing cause cortical functions to be more fluid, leading researchers to believe that psychedelics may help certain brain areas work in increasingly flexible and expansive ways. Social media has played a vital role in the growing visibility of microdosing providing strategies for optimal results, minimized risks, and shared emotional support.

## DEDICATION

To all those times you didn't know  
how to show up for yourself or others.

May YOU here &

now reading this

page, forgive &

release the past.

May YOU allow

a new story

to be written

for yourself.

May ALL that

is SACRED & GOOD

find its way to you,

Now & Forever.

So it is.

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## OPENING PRAYER

I call upon the Guardians of the North, East, South and West. The divine masculine sun energy, the divine feminine moon energy, and all that is to guide me forward to my greatest wellbeing.

I cast a circle of protective love surround me, ground my energy into earth, I connect to heaven. I ask my teachers, guardians, mentors, guides, all forces and realms seen and unseen to be present with me, assisting my integration and my manifestation of all experience which is of divine nature.

I release all that no longer serves my highest good. I take 100% responsibility for my actions and I am willing to fail and to learn. I invite wisdoms in the name of love here to guide my direction.

I am receptive to all that is available to support me here. I welcome the easy delivery of this blessing.

May this, or something better, come to me, for the good of all.

So it is, thank you!

## GET THE MOST OF THIS GUIDE

This Book is an omen. We talk to your soul, nourish your cells, and connect your conscious & unconscious mind organically as you read.

The truth is, nothing I share here is anything you don't already know on a cellular level. This guide is simply a reminder, an activation and it is my deepest desire for you to integrate these principles into your daily life right away so that you can experience your BEST life, beginning now!

Use this 100 page vessel as a guide

1. Set an intention or read our opening prayer as you prepare to begin this guide.
2. Begin by reading cover to cover first. This will establish your understanding of what integration truly is and how to work with psychedelics.
3. When something resonates, take the time to do the activity. I promise you will get so much more from the experience of this if you honor yourself enough to do the work.
4. After that, you can utilize this book as a reference and get what you need, as you wish, to atune your personal integration.
5. Use it as your go-to reference for the top tools, habits, mindsets, and spiritual understandings you need to keep your HIGHEST vibration.
6. The more often you come back to this guide the better you can assemble the momentum and energy required to create & enjoy the life you deserve.
7. In this book you will not find a magic pill with an overnight solution, although let's not rule any possibility out.

Let the integration begin!

## INTRODUCTION

Hello my name is Ashley. I teach people how to integrate significant life experiences so they can live their HIGHEST potential. My work is to assist your focus on your self-work. Throughout this book, I help you synchronize your soul with mama nature so you can manifest magically!

You've been wondering why I became a psychedelic professional even when I was terrified... So, what was I going to do? Could I really talk about how psychedelics allowed me to heal myself when they are illegal in my country? Would people think I am an unfit mother, or worse compare me to my parents and say things like “the apple doesn't fall from the tree” or “she's just like her mother”, but because I felt so much passion around psychedelics, I was driven by nature. Before, I'd jumped into things, like business ventures head first... but then, I was a new mom, alone with no partner. I didn't have much money and these fearful thoughts were consuming me from the inside out.

The truth is psychedelics did change my life for the better and I was more passionate about sharing nature's messages then I was about anything else. You see, I had convinced myself that the gift of motherhood was from Source for doing spiritual and medicine work. The moment I found out I was pregnant I felt blessed; I knew I was on the right track and for the first time in my life being rewarded for it, including transitional and beautiful moments like the all-natural, home-birth of my happy and healthy son... crazy right?!

Plant allies introduced themselves to me over 18 years ago and today I share some of the information with you that I have learned along my own elemental growth journey. There were many mentors along my path who assisted me with challenges like, “I want to help people by sharing nature's secret messages, but how can I do this when people are too busy to seem to care?”

For the answer to this specific question, I turned to Alyse Parker who helped me enroll into IIN, The Institute for Integrative Nutrition, and become a certified health coach. I also reached out to



Ellen Fisher, an all-natural mom and influencer that encouraged me to share myself with the world “because that’s what stories are for, to be shared”. I would reach out to someone who has mastered getting people to not only listen, but care whole-heartedly about natural alternatives.

When I was in nutrition school getting certified, I was inspired to keep reaching out to people who were influencing others to get happier and healthier naturally. I wrote Joe Rogan’s team for a full year, Dr. Dan Engle’s secretary for three years, and Evan Carmichael too... I have grown even more friendships just because I took consistent action to learn from others doing this work.

Once I was fully certified as a Coaching Master with additional certifications in Nutrition, Hormone Health and Reiki, I felt confident in my skills. I was helping people, yes; I even published a book with the help from my teachers, but I still wasn’t feeling fulfilled. Psychedelics were still my passion and I was scared to talk about them.

I decided to email MAPS, Multidisciplinary Association of Psychedelic Studies, to see how I can volunteer and they sent me resources to Sociodelic, and The Zendo Project.

Then it happened, when I was doing the work and ready for my teacher, he appeared – Zander Fryer. Zander and his team specifically help coaches launch their business so they can leave their “9-5” and make a High Impact. While I didn’t have a 9-5, I did have this burning desire to make an impact in the psychedelic space and knew I was in the right place, with the right team, at the right time, so I never looked back for a minute.

I launched Elemental Growth in 2017 and began integration coaching with recovering addicts to heal themselves through nutrition, but there was still a stuck piece in the puzzle.

Today, with psychedelics still illegal in many parts of the world, our community of research provides us profound evidence of benefits

with psychedelic use and is an integrative piece of our natural world medicine that we are fitting back onto the game board.

When clients invest in integration coaching with me and my coaches, we confidently & courageously dive into suffering and guide our clients to make tools for their tool boxes to be self-sufficient in self-care, this includes providing resources relating to topics in many fields, science, spirituality, nutrition, legacy building. What makes our coaching environment at Elemental Growth unique is we create an Integration Process using nature to nurture and help you find your upgrades, inspirations, passions, and actions for changes in all areas of your life. So you can learn to Rebirth yourself.

My relationship with and guidance obtained from my psychedelic experience are compiled here, in an assimilation of research, experiences, tips & tools, for your discretionary use to powerfully incorporate into your life as knowledge and practice. This compilation is intended to support your work with psychedelics, yoga, meditation, journaling, integration work, self-care and so much more while in this body & on this planet.

I encourage you, follow this manual NOT 100% and instead trust your own direct experience, follow your intuition, and above all, open yourself up to know your beautiful soul. This book can be used as a mentor.

You have a gift that this world needs. You matter, you will never comprehend the depths of your potential. Everything you want is waiting for you... and may you find these tools immensely valuable for where you are along your life path.

The truth is, this book is not enough. There is so much to learn and remember about our world and its up to you, me, all of us, to individually and collectively step-up our game and be the best version of our calling to contribute.

There are millions of people out there just like me and you that have outstanding potential to transform themselves and those around

them; a transformation that ripples out to this world for the better. And it's going to take every single one of us to change the way things are right now. Change starts with us. I love to watch the ripple effect unfold!

Sending you much love and positivity on your Elemental Growth Journey ♡

*Ashley Michaud*

“Nature loves courage. You make the commitment and nature will respond to that commitment by removing impossible obstacles. Dream the impossible dream and the world will not grind you under, it will lift you up. This is the trick. This is what all these teachers and philosophers who really counted, who really touched the alchemical gold, this is what they understood. This is the shamanic dance in the waterfall. This is how magic is done. By hurling yourself into the abyss and discovering its a feather bed.”

~ Terence Kemp McKenna



"Without further adieu, let's dive right in!"

## Chapter 1: THE ESSENCE OF REBIRTH

For decades the Psychonaut mantra was “Set & Setting” and that was all the Harvard Psychedelic club was preaching around safety. Today we know so much more. These ancient psychonauts knew more too. For instance, Dr. Andrew Weil moved into the Integrative Nutrition space and Richard Alpert traveled to India and became a disciple of Hindu Guru Neem Karoli Baba who gave him the name Ram Dass.

What really allowed me to develop this protocol, was my experience working with freshly cultivated mushrooms. Psilocybin’s stem looked so much like an umbilical cord, like a tether to the planet. I knew in that first glimpse that psychedelics, specifically mushrooms, were our connection to Mama Nature and the Collective Consciousness.

Psychedelic Integration is a lot like the birthing process and in these opening pages, and throughout our time together, I am going to walk you step-by-step, through what we call REBIRTH.

**Conception:** This is the point where you decide to work with psychedelics. In my practice this is when I help people to know if they are ready for a psychedelic experience and provide them resource or research specific to them. I help people tune into their intuition, while they experience peace and decisiveness to proceed into a next phase, the pregnancy phase.

**Pregnancy:** Every expecting parent knows books like, “What to Expect When You're Expecting”, because it was recommended to us to help prepare us for each phase of pregnancy & the upcoming infant years. I was gifted this book too, never read it and absorbed enough of it to know that preparation is important. I enjoyed books like *Hypno Birthing*, *Childbirth Across Cultures*, and Doula books. Reading biographies like *Home Grown* and *Squirting Milk at Chameleons* truly made the pregnancy phase enjoyable.

**Rebirth Day:** In one famous psilocybin study at John Hopkins, participant data gathered says "67% of participants rated psilocybin among the 'top 5' most meaningful experiences of their lifetime".

Psychedelics have the same proactive nature to get the nest ready and uncomfortable qualities, like body changes, as a pregnancy. You see, pregnancy provides us generally 9 months to prepare. I always recommend planning a sacred ceremony like a sacred garden, preparing an atmosphere (Set and Setting, we'll get into this throughout the book) and a self-ego surrendering initiation to your dose, like caring for another life coming from your spell or affirmation and manifestation (we'll get into this through the book too).

**Birth process:** is on average 6 hours. The more intense the birthing, the more time you need for integration and healing. On average I would say 1-3 years can be an integration period for an intense trip, 6 months for an uneventful trip. 7 years for cell rejuvenation or the next stage of life and growing in relationship, community and independent life events. From my experience, pregnancy with my son and our all-natural home birth event -one Friday the 13th- was in itself a psychedelic trip!

Expecting parents are almost always thinking ahead to the birth and infant stage, even some elders thinking farther ahead to the toddler stage and college age. Just as psychonauts always think about the adventure of the trip.

There is so much more that comes before, like preparing for conception and relating to ease in an experience; and even more preparing and attention comes after; including learning, teaching and celebrating responsibility for one's life.

### **Celebrate Rebirth Day's:**

**First step:** Getting in the mood.

Setting intentions. Set your space. Smudge your space, and do anything to be done first for you to be fully present without distractions for a CELEBRATION!

When you're ready, you can consume and celebrate your dose. Some people consume a little at a time, I don't recommend that. In my mind once you have made a decision, go all in. It's never easy to surrender but when you "diddle the dose" or are indecisive, you may not receive all you can out of your experience.



*"Don't diddle  
the dose. Once  
you have done  
your  
homework,  
go for it."*

-Terence  
McKenna

### **Second Step:** Surrender.

This is especially hard for trauma victims who are often the ones called to work with these medicines for healing complex-ptsd, ptsd, addiction, and grief.

Even 18 years into my psilocybin journey, I am still learning more about surrendering control. What helps me during ceremony is meditation and Kundalini yoga. Moving my body helps me release control, to surrender and relax and observe the forces much HIGHER than myself. In doing this, I am also opening myself to receptivity for clear and conscious downloads for my experience.

**Early Years:** When life is seen through the eyes of a baby, it must be some psychedelic trip! Time, visuals, all the other senses brand new and heightened beyond belief... Mystical-type experiences induced by psychedelics, like psilocybin, facilitate a closer connection to our personal meaning and spiritual significance allowing us a sensory awareness even up to 14 months later.

During this early year stage, I teach my clients how to nurse from nature. We go into this more in the protocol of my book, *Be The Change* where we carry through a year of transformation using nature's cyclical cycles with the Moon, Sun, & Seasons to manifest the changes you want to see in yourself.

The first seven years are so important for children and our own parental rebirth to responsibility too. Greek philosopher Aristotle said wisely, *“Give me a child until he is 7 and I will show you the man”*.

Another important factor that comes into play during the early years is testing independence. It's in these early years that children begin to learn everything they will need to know to find their Tribe for their next phase in the teen years.

**Teen Years:** There is honestly no stronger power in the world than a freedom-seeking teenager. After a psychedelic journey people often feel liberated and can see more clearly that which is holding them back from connecting with themselves fully. Some of these teen years are the definition of liberation. More teenagers could be singing in the streets these days – maybe technology is distracting some of this independence right now. These teen years are opportunity to really master energy, define identity, and express FULL independence in the wild and free years.

Like the teen years, a psychonaut will go through these phases once again. Sometimes it's a chance to reparent ourselves, other times it's an opportunity to stand up, speak up, and revolutionize culture.

**Elder Years:** When the powers of the teen fade into responsibility as an adult, Wealth & Legacy really come into play. The Toltecs taught us the path to freedom is taking 100% Responsibility. In the Early Years and as Teens we get in the habits of blaming other people, lying, playing victim and making excuses for why we are NOT doing our best. It's part of the process. As an adult we learn to take responsibility, which later is rewarded with flow.

Once you are face to face with fears and limiting beliefs from your self-foundation built in the early and teen years, that kept you from being fully present in your relationships, you now have an opportunity to put names to these challenges. After naming these feelings, you become better at recognizing feelings and when you feel uncomfortable. You begin setting healthy boundaries in your existing relationships. You begin to notice where you became so much of your current self through others' opinions and habits themselves that you mimicked from an infant or to fit in with your original tribe. Becoming your potential you, helps you attract a tribe of community.

If you were like a black sheep in your family, and longed for this as a child, just how as a teen, you were likely building relationships and values by proxy to all those around you, including friends, teachers, parents, siblings, etc. Here, in the elder years WE ARE reparented and we begin to share our wisdom. Elders are here to help us get clarity to find our purpose, define a clear path, and experience true happiness as we change the world together.

Why is it essential to Rebirth?





## Essential Rebirth

I started my journey to recovery when I was 25 years old. Before that, substance abuse, mental health imbalances, and the SAD (Standard American Diet) was all I knew. The influences I had growing up rippled into my career and lifestyle. My college experience as a hospitality and tourism student landed for me many jobs in the industry. This meant a decade of the 'work hard, play harder' routine.

I am so grateful to be free of many unhealthy addictions I adopted at a young age – alcohol, cigarettes, porn, consumerism, scrolling... I feel like each of these addictions led to my suffering and had to be re-patterned for my habits to serve me in dynamic ways. Today, I truly honor my body for my healing abilities and my inner knowing for rising to the occasion. It's liberating to claim my power back and I discover a flow state with a lot of help from mama nature!!!

I know what its like to have family who didn't believe in me, who project negativity and fear in times when I was working hard at my personal healing and recovery. I know what its like to want to please everyone and to hold the weight of shame, guilt and resentment. As a person with an addictive personality, I will admit it is common to misuse a substance, or engage in behaviors with seemingly rewarding effects, even when I'm surrounded with positive influence and support.

Addictive behaviors involve brain pathways of reward, reinforcement and the neurotransmitter dopamine. It is important to know that brain pathways are changeable. Think of your brain like an overgrown meadow you're born with; as a child your family members create many pathways in the meadow. As you get older some paths grow over while others become trails. The trails you rely on most often become roads and even highways. Any time a road is unused, nature will take it over, and any time you can choose to forge, you create a new path of your own. The problem is we forget that we have a choice. A bigger problem is giving our power away because we feel like it takes less of our energy to make change.

## The Complexities of Addiction

Addiction is a complex condition, a brain disease manifested by obsessive and compulsive behavior with harmful consequence. Addictive behaviors are often accompanied by mental health conditions such as depression and anxiety, or other pre-existing problems. All addictions have the capacity to induce a victim mindset and feelings of failure, shame, and guilt.

People with severe addiction have distorted thinking, behavior and body functioning. These changes in the brain's wiring are what cause intense cravings and make it harder to stop. Many substances cause harmful changes in how the brain functions and these changes can last long after the immediate effects of the substance.

For twofold examples, the dopamine hit associated with glucose-fructose will release intense pleasure and cause inflammation. Coffee will release energy and cause nervousness. Smoking creates a sense of peace and causes problems of the immune system. Alcohol boosts our confidence and causes mental health issues...

Common causes of addiction include: development of drug tolerance, genetics, mindset, habits, environment, adverse childhood experiences, and as we discussed, mental health imbalances.

The good news is, everything has an opposite.

The opposite of big is small,  
the opposite of fear is excitement,  
the opposite of yes is no,  
and the opposite of addiction is flow.

Flow is a psychological construct, a state of optimal experience characterized by intensive concentration and a feeling sense of expertise.

## Flow Fractal Characteristics of Addictive Behavior

The nine characteristics of flow are:

- balance between challenges and skills
- clear goals
- immediate feedback
- intense concentration
- merging of action and awareness
- loss of self-consciousness
- a sense of control
- time distortion
- experiencing a sense of reward



Accessing flow reduces psychological problems associated with different states of mind like stress, anxiety, boredom, etc. Turning your addiction into flow can help to switch your mind from stress to bliss, while also avoiding negative consequences.

Reward is important in the beginning of an addiction cycle, but the response to reward is reduced as the disorder continues. However, as we begin turning addiction into positive flow states, the rewards become greater with every challenge we face.

The general idea most recovery specialists suggest is to ride out the wave of intense desire to our addiction, but if you have never taken a surfing lesson you will likely feel more defeated with each wave.

How well you ride matters. If you go into it like an addict—craving more flow, you're not going to be able to recover enough to actually get the flow you desire. It's critical to know how to navigate the tide, how to deal with emotions and thoughts as they arise. Sustainable recovery requires emotional control and the ability to delay gratification. And it's not easy.

With proper mindfulness tools anyone can use this addiction to enter a healthy flow state. Growing evidence suggests mindfulness can counter the dopamine flood from addictive behaviors.

Mindfulness trains people to pay attention to desire without reacting.  
Mindfulness encourages people to notice why they feel pulled to  
indulge.



Meditation is one mindfulness tool.  
Meditation quiets the neural space involved in rumination.

There is so much power in being mindful.  
There is so much power in meditating.

The cycle we want to be most mindful of is, cue, routine, and reward.  
When we understand cue and routine, we hack the reward. The  
reward comes from the *nucleus accumbens*, which releases dopamine,  
the brain's principal reward drug. This reinforcement locks habits  
into place. This cycle is how we enter flow.

The seven flow conditions are:

1. Knowing what to do
2. Knowing how to do it
3. Knowing how well you are doing
4. Knowing where to go
5. High perceived challenges
6. High perceived skills
7. Freedom from distractions



Some of the challenges to staying in flow include the same states that  
lead us to our addiction - apathy, boredom, and anxiety.

### **Flow states require three conditions:**

First, one must be involved in an activity with a clear set of goals and  
progress. Second, the task at hand must have clear and immediate  
feedback. Third, one must have confidence in one's ability to complete  
the task at hand.

Flow has been linked to persistence and achievement in activities  
while also helping to lower anxiety during various activities and raise  
self-esteem. Flow is known to produce intense feelings of enjoyment;  
it's a healthy way to experience a life with enhanced happiness in the  
long run.

People who have experienced flow, describe the following feelings: Completely involved in what we are doing – focused, concentrated. A sense of ecstasy – of being outside everyday reality. Great inner clarity – knowing what needs done, and how well we are doing. Knowing that the activity is doable – that our skills are adequate to the task. A sense of serenity – no worries about oneself, with a feeling of growing beyond the boundaries of the ego. Timelessness – thoroughly focused on the present, hours seem to pass by the minute. Intrinsic motivation – whatever produces flow becomes its own reward.

I enjoy helping people turn their addictive behaviors into healthy flow states. I teach you what I learn, so you can explore plants, fungi and nature, yourself. In my work, I place a strong focus on the integration of indigenous psychedelic medicines for mental health.



## Chapter 2: Deciding to Conceive

### **Know Your Why**

How I started my Why? I began life off a mess - using sex, ecstasy, alcohol and cocaine to cover up pain rooted in childhood abuse. I was taught to hold things in and to stuff what I wanted to talk about because it didn't matter. I was shown that drinking, putting on a mask and consuming SAD foods were my only options for consuming material in life. Then, I had my first dose of psychedelic mushrooms.

A reality check! I realized just how f\*\*\*ing oppressed every culture is. I learned that there are real villains that walk this earth. Also, that we harness real superhuman powers to look inward for illumination and to shine our light in our shadow work through our door to rejuvenation.

I moved out of my mom's house at 14 years old, was kicked out of high school shortly after, and had a rough few years learning the hard way about the world around me and who I was.

At 20 I began experiencing hormonal issues, but continued my thoughtless lifestyle. This was around the time I enrolled into college as a Hospitality and Tourism student. My stress was building. I was burning a candle at both ends. Student loans, long work hours, late nights, early mornings and heavy partying were definitely some triggers to exacerbate any physical issues I was experiencing. I had believed college was a wise decision and hadn't realized the length of time and energy I would consume from my energy to pay off those loans. I hadn't considered the toll I was paying for even the longer length of time and energy I would need to harness, to heal my mind & body. There was a price to pay for this party phase of my life.

After a few semesters, I began to travel Canada. I was accumulating new life experiences along the way. One day, I was in Western Canada looking at the blue water and hearing waves crash the shoreline of the Pacific Ocean. I was feeling relaxed and I could hear my inner voice of strength say, "Its Time to Get Sober". I knew at

that moment, for me to do this, I had to go home to the roots of where my trauma started.

I did get sober shortly after my return. I cleaned up my diet and truly started healing my roots. I created a timeline of my life. I said goodbye to friends, family, items and thoughts that did nothing good for me.

I committed my energy to focus for 2 hours of Kundalini Yoga DVD's by Maya Fiennes everyday. This is thankfully a ritual that has become automatic when using mushrooms at any dose. I started practicing kundalini yoga when I first made the commitment to my health and happiness in 2014. There were 7 DVD's - one for each chakra / day of the week. When I quit alcohol and smoking cigarettes in 2015, I thought it best to double up. I was practicing one hour of kundalini yoga in the morning, and one hour before bed. I experienced a kundalini awakening during this time. It was this natural release of DMT from my lungs and pineal gland... the relaxation after strenuous fitness, both mentally and physically... divine loving energy was moving through my entire body.

It sounds amazing and none of this was easy, but I did have a personal guide along the way, magic mushrooms. Working with mystical doses of naturally growing fungi allowed me to activate the natural healing potential I already had within myself.

I was meditating deeply. I was noticing and cleaning up my nutrition habits... and my addition of incorporating mushrooms in my diet truly assisted me in making connections. I began having new experiences guide me back to purpose, presence and passion for life.

In beginning to know my why, I was looking at my food in a new light - thinking about life force energy - I became aware of full aspects of my being, psychically, mentally and spiritually.

To help you get started Knowing Your Why, I provide 3 Steps on the next page.

### 3 Elemental Practice Steps To Know Your Why

1. Write an ongoing list of all the things you hate and title it “Things I Will No Longer Tolerate” and beside it a list titled “Things I Love”.

- Refine this list every 3 months (13 weeks), as the seasons change. You will understand more about you and where you can set boundaries and non-negotiables for your self care.

2. Take action by recognizing your feelings as they come up and then begin eliminating the things that make you feel like sh\*\*.

- The full moon is a great time to perform release rituals. You can do things like, take a moon bath, infuse herbs or water with the moon light, have a meditative shower, go swimming in a lake or ocean, walk or dance in the moonlight. Even have a good cry.
- Cleaning, burning and donating are also great rituals. As your release ritual comes to an end you will naturally receive all the good coming your way.

3. Reward yourself with new habits that align with who and where you want to be. Your dreams are only possible when you believe. Your beliefs expand when you see it's all happening. So reward yourself with a positive reward.

- The new moon is a great time to ask for blessings, as well as the charmed life you've always imagined. This is the best time to get clear about what you want to manifest and the action steps to actually receive that which you desire.

It's beneficial to practice your gratitude and patience along the way. Putting a strong focus on these practices will help you manage mental saboteurs, like fear, doubt, and anxiety around the future.

Research has also shown that psilocybin can be used to enhance one's spiritual practice. In a recent study, 75 participants engaged in



a six-month spiritual course involving meditation, awareness, and self-reflection. During the course, participants were given either a low or high dose of psilocybin. At the end of the six months, the participants given the high dose of psilocybin showed significantly greater improvements in measures of spirituality such as interpersonal closeness, life meaning, death transcendence, and forgiveness.

With this all in mind, many people believe psilocybin (and other psychedelics) could be a key component of self-improvement and self-optimization. By occasioning the experience of feeling connected to the universe and confronting the deepest part of yourself, many believe psilocybin can help you take the necessary steps to become the best version of yourself you can be. I personally believe psilocybin and other sacred plant medicines are here to help us navigate the challenges we face today.

I noticed how I became nourished more by what I was now consuming. I became self-aware to ask myself questions when I felt out of alignment, like 'Why I am consuming this?'. I began to see clearly my greater abundance of choice. I started collecting and naming my ANTs (automatic negative thoughts) and developing my affirmations to release FEAR (false evidence appearing real) everyday, so I can fill my mind with better content!

HERE IS A TANGIBLE EXAMPLE



I develop affirmations through a process we call the TRINITY TEXT, it's a text my clients send me every morning. You can do this too, just get a journal and track your ANTS, GRATITUDES, and ACTION STEPS for the day. As you check in with yourself you will uncover the affirmations that you are already using, as well as gain clarity around creating affirmations that will best serve you each day, like...

I am so happy & grateful I am respected. I am respecting my body, my mind, my spirit. People are looking to me for guidance. My body is my vessel to work here on this planet and do all the things I am here to do. I am treated & treasured. I am receiving love.

## **More about Knowing Your Why**

Did you know that seventy percent of plants with anticancer properties exist only in the Amazon Rainforest? Or that the Amazon Rainforest produces more than 20% of the world's oxygen, 20% of the world's fresh water, and contains and nourishes our largest collection of medicinal plants for our planet?

The Amazon rainforest is our most abundant source of natural medicine. It's the planet's greenhouse with more than 80,000 plant species. The medicinal properties of plants found within have been used for centuries by Amazonian tribes to cure all sorts of ailments. In fact, around 25% of all drugs used today have been derived from rainforest plants.

Below you will learn about just 10 of the 150,000 discovered species of plants found in the rainforest, and their scientifically proven benefits -

**Cacao (Chocolate)** All chocolate comes from the Cacao tree but most of what we consume is cut with dairy, sugar and preservatives, leaving it a “dead food”, that can actually make us sick. The real and raw cacao however has many benefits, and is said to be the number one superfood for our brain according to many expert studies.

**Coca Leaves** Coca is associated with the dangerous street drug, cocaine. However, Coca is actually a medicinal plant that has been used by indigenous South America for thousands of years. Coca is used to boost energy and relieve pain, nausea, breathlessness, upset stomach and altitude sickness. Coca leaf is also a nutrient powerhouse - It's packed with essential minerals (calcium, magnesium and phosphorus), vitamins (A, B1, B2, B6, C, and E) and contains important nutrients such as fiber and protein.

**Brazilian Ginseng (Suma)** Ginseng is an adaptogen, aphrodisiac, healing tonic, energy booster, and immune system enhancer. It also has anticancer properties. Test tube studies indicate possible anti-tumor activity of suma constituents called pfaffosides.

**Tawari Tree Bark** The Tawari Tree bark has multiple anticancer properties with treating infection, cancerous cells, tumors, and inflammation. In Western medicine, it is primarily used as an anti-inflammatory, fungicide, and anti-bacterial agent. It is also used as a laxative and to stimulate the immune system.

**Sodo / Iboga** The Sodo plant or Iboga shrub can be used to cure addiction of nicotine and alcohol. It is another natural medicine helping curb today's opioid crisis. Iboga is proving in one single dose for some, a cure for severe heroin addiction. Some countries like New Zealand and Canada have recently begun to legislate therapeutic uses, and MAPS, Multidisciplinary Association for Psychedelic Studies, has success introducing clinical trials in other countries.

**Pusangade Motelo** This medicinal plant is used to treat anxiety, calm the nervous system and is a good alternative to mass produced psychotropic medications and used alternatively for depression and anxiety meds. Users claim it makes them feel happy!

**Kambo (Giant Monkey Frog Wax)** Shamans carefully scrape waxy secretions from a frog onto wooden sticks leaving them to dry. The frogs are then released back into the rainforest, said to be stressed, but unharmed. The wax is a purgative, immunity-boosting medicine considered to be the "vaccine of the forest". The properties of kambo peptides are used to treat depression, migraines, blood circulation problems, Alzheimer's and Parkinson's disease, vascular insufficiency, organ diseases, cancer, fertility problems, deeply rooted toxins, chronic pain, fever and infections, negative energies (traditionally known as "panema"). Kambo is also used for alleviating addiction to opiate or painkillers and the physical pain associated.

**Psilocybe Cubensis** Commonly called 'shrooms', magic mushrooms, golden tops, cubes, or gold caps. *Psilocybe cubensis*, is a species of psychedelic mushroom whose principal active compounds are psilocybin and psilocin. *Psilocybe Cubensis* proves to provide tremendous healing effects, both mental as well as spiritual, psychological and emotional. Some benefits include, but are not limited to, brain cell growth, increased creativity, less anxiety, decreased need for caffeine and reduced depression.

**Ayahuasca** Ayahuasca is actually a combination of two plants – a vine (*Banisteriopsis caapi*) and a shrub called Chacruna (*Psychotria viridis*). Scientists have uncovered several long-term health benefits from ingesting Ayahuasca, like brain and memory boosting, beneficial psychological shifts, treatment for OCD, addiction, anxiety, depression, and PTSD.

**Maca Root** Maca has been cultivated as a vegetable crop in South America for at least 3,000 years. Maca root has traditionally been used to enhance fertility, sex drive, improve energy and stamina.

## **Society Overwhelmed by Mindset, Habit & Addiction**

Sugar is 8 times more addictive than heroin, more addictive than gaming, social media, and Netflix too. Yet, our medical advisors are diagnosing our totally normal reaction to societal pressures and sh\*\*\* food as an illness. In this, the dominating forces get you addicted to inferior substances and fear for the rest of your life. The average American takes 11 prescription drugs each year, each with its own set of side effects, while solutions are found in nature. Whole foods heal, they strengthen us from the inside out and will naturally reduce the need for medical intervention down the line.

If you add toxic ingredients, such as prescription drugs, alcohol, caffeine and processed sugar to a diet, you'll have a recipe for an imbalanced body. An unbalanced diet can lead to poor digestion, inflammation, pain, mood swings, brain fog, inability to focus and make decisions and low energy. Processed foods are designed to make consumers crave them. In fact, the food industry created what has been described as the "Bliss Point" the perfect combination of sugar, salt and fat that makes processed food difficult to resist. Often this combination is created mathematically to appeal to most people.

I also want to bring attention to FAKE FADS, like "low-carb" diets. Our body requires fiber found in whole foods. Whole grains have been a central element of the human diet since early civilization - it's estimated that humans were eating grains as far back as 105,000 years ago. If low carb diets make you fat, Asia would be full of obese people and if a diet high in protein makes people fit, we would see more fit people in North America.

Today, a person's daily existence can be troubling to the point of numbness. We are anxious, depressed, lonely and addicted. The pharmaceutical industry is worth annually a minimum of \$400 billion dollars because they are making out for themselves and their industry, but keeping people dependent to living lower quality lives much longer than ever before in history.

Most of the time pharmaceuticals treat these symptoms, but are for many creating more problems because of the side effects and

decreased efficacy after long-term use. These drugs are known to cause well over 125,000 deaths per year in the United States, even when taken correctly as prescribed.

The SAD diet still out weighs people on a natural food diet in this 21st Century. Many foods, even in a Natural Food Store may not be 100% natural. This is why it is important to learn how to read your nutrition labels!

Western medicine today is instructing patients to, "Carry on with indulging, consuming, and when you get sick come see me and I will give you a magical pill, radiation or a referral, because I don't know what it is I'm seeing in-compared to your description of what you are feeling. There are many tests we can do to rule things out that I do know or remember from school. I have so many patients and we've got 15 minutes here. That's beyond my license. Here, let me refer you to a specialist. You have insurance, right, and plenty of time to focus your health into the system?"

As you've heard me say, the ripple effect... We have surgeons and other treatments that can take poor care of us better than we can take care of ourselves, unless we choose to care for ourselves. As we care for ourself, we set an example for others to care for themselves and this can extend to their caring for others. When we care for ourself, we care for our environment, we care for our animals, we care for our planet...

The reason(s) for this National Health Crisis are complex. This can include a sedentary lifestyle with large portions of processed foods, high in sugar and fat, that exceed caloric needs for our body and can burden and tax our system.

*"PEOPLE ARE FED BY THE FOOD INDUSTRY, WHICH PAYS NO ATTENTION TO HEALTH... AND ARE TREATED BY THE HEALTH INDUSTRY, WHICH PAYS NO ATTENTION TO FOOD."*

*~ WENDELL BERRY*

Food-like, processed products are a problem! Cancer, obesity, mental health, addiction... are all rooted in global industrial disease.

The plastics, chemicals, pharmaceuticals and GMOs in our food and water, the list goes on. Statistics say nearly 30% of the world's population are obese. Even more are diagnosed with other preventable disease. Yet, only 3% of our healthcare dollars are spent on disease prevention. However, we are each responsible for our lifestyle. More fun facts:

- 1 in 3 American adults have high blood pressure (preventable)
- 70% of deaths are caused by chronic conditions each year (preventable)
- Less than 20% of physical doctor visits include any nutrition counseling.
- When you change your food, everything else changes!!!

When we consider the amount of people dying from mental health issues being doubled in the last 10 years (CDC estimates that 115 people die from opioid overdoses everyday in the United States) while psychedelics are showing an 80% success rate in treating some of the most difficult mental health disorders currently plaguing North America. It becomes clear that these native plants do indeed contain medicinal superpowers.

It was the 1950's when LSD was born. 70 years ago psychedelics were hailed as the new tools of psychiatry. The "Timothy Leary Era" blew up... inspiring the Harvard Psychedelic Club in the 1960's. This club included Timothy Leary, Ram Dass, Huston Smith, and Dr. Andrew Weil. Next came Terence and Dennis McKenna, the brothers who brought us back to the Amazon Rainforest in the 1970's. They remind us, the war on drugs has been only minimally effective at tackling recreational use, but has been extremely damaging for any genuine medical research.

Since the awakening of the 60s there has continued be an underground society working to figure out the many possible therapeutic and conscious expanding properties of psychedelics.

The evidence so far suggests anxiety (neurotic) disorders tend to do well with psychedelics. This means anxiety, post-traumatic stress

disorder, and obsessive-compulsive disorder could all be healed naturally and sustainably in as little as four hours. This is because these drugs are particularly good for allowing the user to access otherwise repressed and painful memories and do some meaningful psychotherapeutic work during a psilocybin ceremony.

Subscribers in Silicon Valley have spoken of microdosing magic mushrooms and LSD possibly holding therapeutic benefits for cluster headaches and addictions among other benefits. Most participants found the remarkable characteristics of how use of ayahuasca could modify self-destructive behaviors, such as heavy drug abuse. The studies have confirmed changes in brain electrical activity and blood flow consistent with these claims and now holistic health teams globally plan to assess the effect on long-term psychedelic users.

As our view of the human mind and nervous system expands, it is being recognized that different mind-body states, different from our waking state, are also useful. As a species we crave the need to experience different states of mind – in fact, we tap into it hormonally each night as we dream and we actually experience the largest dose of naturally occurring DMT right before we die. These altered states are linked with enhanced wellbeing and flow states.

After decades spent banished, psychedelics are determinedly making their way back into mainstream culture. This is changing the course of our evolution and focuses us to take a better look at medical research currently done on the body, mind and human spirit.

Modern research into psychedelics only restarted in 2011. As of 2017, there were at least 5 early clinical studies on LSD, and 5 on psilocybin. The FDA also approved a phase 3 trial on using MDMA to treat PTSD and around a dozen other mental health studies. Psychedelic events are being established too.

With people's addictions to sugar, negative thinking and chemical dependency, informational and celebratory *Psychedelic Dinners* and

health retreats are happening across the world and internet. People are sharing their deeply introspective and emotional experiences.

The global market for mental health medications was worth \$88.3 billion in 2015. I personally am excited for when I see this money go to better use... Saving The Amazon Rainforest. Similar to the cannabis industry, psychedelics and medicinal mushrooms will continue to drive education, regulation, safety, investment, research and development in a positive direction.

Humans have used psychoactive plants as medicines since the dawn of civilization. Ancient records and oral traditions detail the use of peyote cacti and cannabis plants for treating inflammation, promoting wound healing, and easing pain. The serendipitous discoveries arising from this renaissance of psychedelic research is showing that psychedelics could someday be medically recognized natural alternatives to anti-inflammatory and anti-depressant medications with the potential to change a patient's perception, cognition, mood, and more, more naturally.

Today, a person's daily existence can be troubling to the point of numbness. We are anxious, depressed, lonely and addicted. Pharmaceuticals treat these symptoms, but for many, create more problems because of their side effects and decreased efficacy after long-term use.

Psychedelics like MDMA, psilocybin, ibogaine, mescaline and ayahuasca are still treating the root of our health issues. I am so grateful psychedelics are becoming a hot topic, with outlets from The Wall Street Journal to Pub Med covering the psychedelic revolution. Medicalization is just one path for psychedelics to enter the mainstream.

As scientific research grows, it continues to help unite and empower psychedelic communities worldwide. There are also dozens of projects studying ayahuasca, ibogaine, Salvia divinorum, LSD, ketamine and other psychoactive substances. There are over 50 psychedelic groups and societies spanning the globe. Art, music, film and television are also serving the rebirth of psychedelic culture.



With cannabis becoming decriminalized in 2018, all the recent psychedelic research is proving the healing potentials of psychedelic drugs and the relaxing of laws relating to them. Seasoned Psychonauts, like myself, continue to come out of the psychedelic closet to contribute and participate in correcting the stigma about psychedelics that has oppressed us for the last 50 years.

Research into psychedelic drugs came to a halt in the 1970s due to the U.S. government's War on Drugs but thankfully today some schools have launched efforts into psychedelic research. Private donors even provided \$17 million to John Hopkins University to start the Center for Psychedelic and Consciousness Research. The research is miraculous.

- John Hopkins University School of Medicine found that under a controlled and specific environment providing psilocybin to smokers lead to an 80% abstinence rate.
- The Multidisciplinary Association for Psychedelic Studies (MAPS) studies MDMA – the main ingredient used in ecstasy and molly – to treat PTSD.
- The US National Library of Medicine found that a dosage of 3.2 grams of psilocybin was found to have the highest increase of well-being for cancer patients.
- Rolling Stone magazine wrote that in the corporate environment, microdosing psychedelics has been reported by workers as a common way to reduce migraines, depression and chronic-fatigue while increasing productivity, focus and creativity.
- Additional studies have confirmed the capacity of psychedelics to modulate processes that perpetuate chronic low-grade inflammation and thus exert significant therapeutic effects in a diverse array of preclinical disease models, including asthma, atherosclerosis, inflammatory bowel and retinal disease.
- Researchers are exploring ibogaine as a treatment for opioid addiction.
- MAPS is beginning clinical trials of smoked marijuana for treatment of PTSD in US veterans.
- Numerous clinical trials and exploratory treatment methodologies using psychedelics to address PTSD, alcoholism, and depression, among others are happening globally.

## **How to Know**

The day I made the decision to quit drinking I was listening to the Joe Rogan Experience (JRE) Podcast. I remember how empowered I felt making a decision to get sober. Although, the feeling of bliss lasted for just a brief moment. Suddenly, my fear took over. Fear was telling me that I was going to fail at this trying again, this was who I was and I was not the observer. I thought I was drifting while listening to myself bullsh\*t.

I did the damn thing anyway. A BOLD statement, decision and choice. I set the goal to quit drinking alcohol, at that moment. I had been bartering with my landlord to build patio stones as trade for living. Continuing to work in the Hospitality & Tourism Industry would be a disaster for me if I had any chance of getting sober.

Thank you God for this supportive time, support, shelter and service I needed to make my life happen more easily with my commitments and for this amazing landlord.

I had just moved from British Columbia to Ontario. I remember there was a case of Kokanee beer in the fridge. Once the patio steps were complete I grabbed one to celebrate a job well done, sat on the new steps and cracked the can open with my feet up to relax. I am a monkey with my fabulous yoga practice! I had one sip and before swallowing, I caught myself and was surprised to remember my commitment; "I made a decision to quit drinking; this is why I came here". I questioned, "W\*\*\*\* T\*\* F\*\*\* am I doing?".

I was in over my head but, I had this drive to be a winner. To win this game I was playing with my addiction to alcohol... So, I upped my game! I started working my body beyond my already doing 2 hours of Kundalini Yoga. I began ADDING better habits. I started doing HIIT workouts and running laps around my neighborhood. I began eating healthier foods and drinking more clean water to hydrate my muscles.

The most influential thing to keep me sober was the lectures I was finding online. I listened to Terence McKenna on Psilocybin Mushrooms one special afternoon. He spoke a lot about the Heroic

Dose (5g of dried Psilocybin Mushrooms). Seeing as I had already experimented with magic mushrooms several times at parties, I challenged myself to do this Heroic Dose in a sacred setting, with intention, during a 24h fast.

Did you know it takes about 3 weeks to rehydrate your brain after a night of heavy partying?

I took my dose in the form of tea with cannabis. As the mushrooms started to work, I felt like a fungus and kind of queasy, so I lit up a pre-rolled joint and walked barefoot, towards the beach.

When I reached my sandy destination, I sat there, then laid there. When I closed my eyes, I saw tunnels swirling through my mind. I held myself from exploring them further, which was okay. The mushrooms were quite entertaining in their own way!

A short while later, I slowly stood up and walked through the forest trail back home.

That night, I received many downloads, including a new understanding of the fractal effect. I learned what family karma was and that my victim mindset was not going to serve me in the future. I felt a sense of forgiveness pouring out of my heart and into the places within myself love needed to go. I felt free and connected in a way indescribable by words.

About four hours later I found myself on my couch ready for bed and inspired to *Be The Change* I wished to manifest. While I did continue to practice with Terence McKenna's Heroic Dose, this trip alone empowered me to maintain my sobriety, reconsider my self worth, and create new beliefs that were overdue for updating old ones. I also was inspired to follow in the McKenna brothers' footsteps and plan a trip to Columbia, South America.

## Heroic Dose

### *Hold on To Your Seats, It's One Intense Trip*

Terence McKenna liberated his audiences with tales of doing what he called a *heroic dose*, 5 grams of dried psilocybin mushrooms. I have been on this journey many times myself, but my greatest trip to date was following in his footsteps into South America; while I never arrived at the Colombian Village of La Chorrera, what I learned from the people and experience has changed my life forever.

The great psychonauts, someone who uses psychedelics to reach a higher level of consciousness and spiritual fulfillment, like Terence & Dennis McKenna, Paul Stamets and Joe Rogan, describe a heroic dose as consuming 5 plus dried grams (15-20 grams if they are fresh) of psilocybin mushrooms in silent darkness, alone. The trip lasts about 4-6h, and takes you on a hero's journey. Referenced from Joseph Campbell's book, *The Hero With a Thousand Faces*.

Some people's biggest fear is just the thought of being alone in darkness with solely your thoughts and a psychedelic substance. I enjoy these sacred journeys and I am by no means a stranger to consuming a heroic dose in an attempt to better understand my body, purpose and soul.

The reality is, if you truly want to make a change in your life, the first step is to step outside your personal comfort zone and challenge yourself to know you're capabilities. Today, I have the honor of holding a safe place for many others to become the hero of their own story.

*I was coaching 25 entrepreneurs to make money from their passion-based business in a 3-day bootcamp. On the last day my step-dad pulled out 10g of dried psilocybin and said "its time you try this". My first thought was "I am far too stimulated and tired for this", my second thought was "maybe this is a good thing; I am ready for a change and Fynn is with my family", so we ate the mushrooms at about 6:00pm, followed by tea and a rolled joint.*

## How To Decide

*Psychonaut:* One who explores altered states of consciousness through mind and soul manifesting. One who studies and experiences the subconscious through use of psychedelics.

Psychedelics come in many forms, doses and parts of the world. There are at least 144 types of psychedelic mushrooms alone, also roots, vines, leaves, flowers, seeds and amphibians that naturally contain psychedelic properties. The term psychedelic was coined by psychiatrist Humphry Osmond in 1956. It means "mind manifesting" used to describe an altered state of consciousness, various stages of ego-death and fractal visions.

Yes, there are a number of psychedelics that are found in nature. There are even some found inside of us that we can tap into with a little training.

There are psychedelics created using science, like LSD and MDMA. Most psychedelics are used in a traditional ceremony to help us heal and tap into our human potential. DMT is one psychedelic that we actually produce ourselves. Some psychedelics are also used as party drugs, which truly takes the soul out of the medicine – coming from a recovering addict, it's destructive. So, through propaganda and the war on drugs, psychedelics have also been criminalized.

When I choose to work with a psychedelic, it's usually because it has presented itself to me in some way. I then get aligned with it, prepare my body and my mind and create a sacred ceremony.

Knowing where a psychedelic falls on the spectrum you can better determine what "ceremony" will look like for you.

Below is a list of elemental psychedelics that have crossed my path. Some, like psilocybin & Kambo (Sapo), I know on a very spiritual level and others, like San Pedro Cactus (Huachuma), I admire and am drawn too, but have not yet worked with ceremonially.

## **Spectrum of Elemental Psychedelics**

### **Tonics:**

Kola, Poppy, Kava, Nutmeg, Valerian, Yerba Mate,  
Tobacco, Caffeine, Gotu Kola, Aphrodisiacs

### **Level 1:**

Cannabis, Wormwood, Hawaiian Baby Woodrose,  
Cocao, Coca, Dream Herb, Datura, Kratom

### **Level 2:**

Salvia Divinorum, Magic Mushrooms, LSD, MDMA,  
Mescaline, Morning Glory Seeds, Kambo Frog

### **Level 3:**

Ayahuasca, DMT, Bufo Toad, Sea Sponges, 5-MeO-DMT,  
Ketamine, Ibogaine, Blue Lotus, Soma

### **Master:**

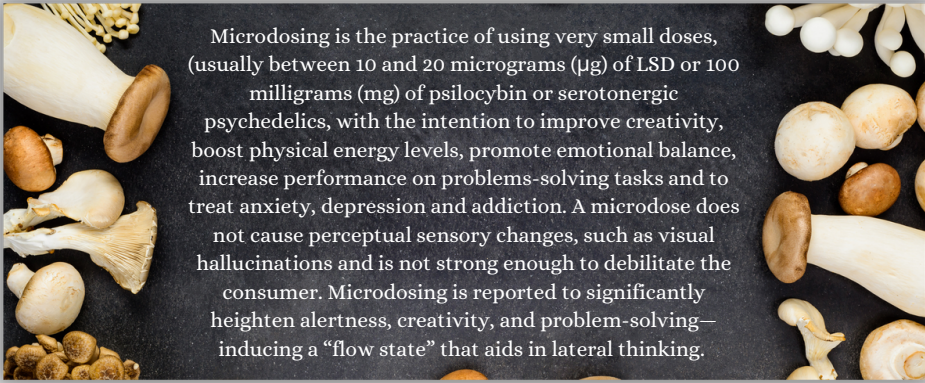
Meditation, Dreaming, Flow State, Birth,  
Near Death, Art, Astral Projection, Lucid Dreaming

The more we open up the conversation around psychedelics and ask questions with an open mind, the more of a glimpse we see into our future as ascending monkeys!

Today, so much has been forgotten about the natural world and spirituality, but thanks to emerging psychonauts and indigenous peoples we receive these shared messages. Now, our responsibility is to continue inviting this opportunity into our experience so we may do, continue to do, and love to do, our important soul work as an individual rebirthing, and for serving a collective rebirth in a new world.

## Chapter 2: Pregnancy Period

### Microdosing



Microdosing is the practice of using very small doses, (usually between 10 and 20 micrograms ( $\mu\text{g}$ ) of LSD or 100 milligrams (mg) of psilocybin or serotonergic psychedelics, with the intention to improve creativity, boost physical energy levels, promote emotional balance, increase performance on problems-solving tasks and to treat anxiety, depression and addiction. A microdose does not cause perceptual sensory changes, such as visual hallucinations and is not strong enough to debilitate the consumer. Microdosing is reported to significantly heighten alertness, creativity, and problem-solving—inducing a “flow state” that aids in lateral thinking.

#### **What to Expect**

To know that we live inside is the beginning of remembering ALL. The truth is, there are millions of people out there just like me and you that have potential to transform this world for the better, but are struggling to get happier and healthier naturally.

So many people want to get happier and healthier naturally, but lack direction. I talk to people waking up everyday that want to make a positive impact in this world, yet, are unclear about what actions to take. To know what actions to take and what direction to go there is first preparation. You are not born the day you are conceived in your mother's womb; you have to grow first. You have to get to know your inner world first.

You are born the day you come out of your ignorance into Rebirth. Your greatest awakening comes when you are aware of your infinite nature and completely vulnerable and naked. But, for now let's get to know our inner world and our nutrition to support our growing sprouts.

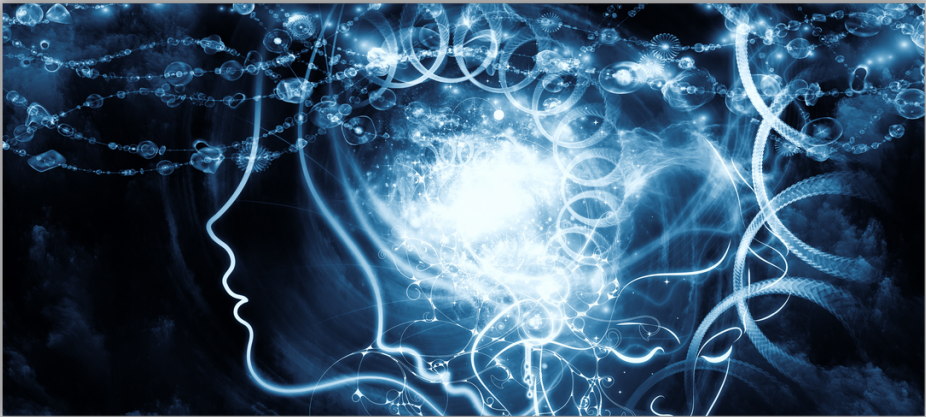
## Prepare Yourself

### TRIP PREPPING 101...

Over the next few pages you will find my top tips for creating a safe setting so you can get the most out of your psychedelic experience.

I have organized the tips into three categories; inner world, outer world and integration. Each is super important to consider as you embark on your psychedelic journey. You learn the first category, inner world here, in Pregnancy Period. Your outer world in Early Years and Integration into your Teen Years.

By following these tips, you can reap the most of what will always be a transformative experience.



### Getting to Know Your Inner World

*What Matters Most to you?  
Empty Your Mind,  
Have no expectations,  
Surrender.*



## Tips For A Transformative Experience

**Supplies:** YOU, your dose, and a private location - preferably earthed or energetically grounding into the earth. Find a space that will allow you freedom to move. Bringing a journal and having a pencil handy to write any intentions, goals, inspirations, or even ANTs that come up is also a good practice.

### Set Timer: 3 minutes

- Have an intention - an aim or goal you want to center your experience around. Sit down and figure out what matters most to you from your experience. An intention works as an anchor, a weight to connect you to momma nature. If you find your mind venturing into frightening territory, you can remember your anchored image.

*Studies suggest that grounding yourself outside, also called “earthing” actually provides healthy benefits for relaxation, reducing pain, and better sleep.*

- Empty your mind of harmful thoughts - make room in your subconscious for this new experience. Get out all dark fears, panic or anxiety by doing any exercises you learn in this guide. Allow your energy to express itself in whatever form feels right to you – journaling, jumping, uncontrolled shaking, yoga postures, dancing, or ritualistic types of movements.
- Do not attach to expectations - whether physical, intellectual, or spiritual. Get out of your own way and allow the medicine to guide your experience.
- Prepare to surrender - rather than fighting your discomforts, lovingly observe them and take note of them. Be curious about what you experience. Write down anything enlightening and then move on.

## **Knowing Your Inner World**

*Take action and occupy yourself with activities that will increase your happiness or enhance your life, such as, cooking nutritious meals, exercising, learning a new skill, or reading. Put forth the energy you want, the universe can only provide you what you are capable of and if you have BIG dreams then you have to work your way there. It's in you to accomplish whatever it is you want in life.*

Addictive behaviors involve brain pathways of reward, reinforcement and the neurotransmitter dopamine. It is important to know that brain pathways are changeable. Think of your brain like an overgrown meadow you're born with; as a child your family members create many pathways in the meadow. As you get older some paths grow over while others become trails. The trails you rely on most often become roads and even highways. Any time a road is unused, nature will take it over, and any time you can choose to forge, you create a new path of your own. The problem is we forget that we have a choice. A bigger problem is giving our power away because we feel like it takes less of our energy.

User and scientific trial research shows most psychedelics mimic the effects of serotonin (the mood regulator) and 5-HT<sub>2A</sub> receptors (HT for hydroxyl-tryptamine, which is serotonin) in the prefrontal cortex. This enables the transmission of signals between nerve cells and plays a role in learning and memory.

For those new to the research, psychedelics prove effective at treating mental health illness, such as PTSD, depression, anxiety, and addiction. Serotonergic neurotransmission, an assistant to processing of emotional stimuli, opens one up to experience life fully.

Neurogenesis, the biological process for forming new neurons, molds one's personality. This has an important impact on one's value systems. These value systems include our cognitive flexibility and behaviours.

Further, psychedelic reports show us a boost in psychosocial wellbeing, cognitive enhancement, creative enhancement, reduced depression and anxiety, enhanced self-insight, mindfulness, improved mood and attitude toward life, improved habits and health behaviors, also improved social interactions and interpersonal connections. These natural flora and fungi may just be our saving grace when it comes to self-regulation and recovery.

While addiction and addiction symptom treatments are still dominated by prescriptions for pharmaceutical drugs, this does NOT mean those prescribed have a pharmaceutical deficiency for selective serotonin reuptake inhibitors like Prozac and other SSRIs.

These types of drugs boost levels of the neurotransmitter, serotonin, in synapses by blocking its reabsorption by neurons. Despite the fact that these drugs can have destructive and damaging side effects throughout the body and difficult withdrawal symptoms, such as depression, vomiting, brain zaps and death, doctors are still dealing drugs for quick solutions rather than educating themselves on safer and natural alternatives.

The truth is, psychedelics work like Nootropics (noh-ə-TROP-iks). They are smart and natural cognitive enhancers. They improve cognitive function, particularly executive functions, memory, creativity, or motivation in healthy individuals. These naturally sourced substances seem to unlock the brain's ability to remodel itself through Neuroplasticity, meaning they rewire the brain. Working in tandem with a coach or other health professional may further support new growth of connections for cognition.

We also know that psychedelics decrease blood flow to the DMN “default mode network”, an area of the brain that is activated when the mind is wandering and has no commitment. In Napoleon Hill's book, *Outwitting the Devil*, he refers to this wandering as “Drifting”.

When taken with intention, psychedelics allow us the ability to think beyond our limited set of beliefs programmed within the DMN, and find NEW solutions. As psychedelics decrease DMN

activation, users expand their ability to connect seemingly unconnected pieces of information and create revolutionary new solutions. These changes enhance lateral thinking and creativity, both of which are critical for problem-solving and analytical thinking.

Mental Health disorders like addiction, OCD, and ADD are powerful superpowers and psychedelics give us the Jedi Master Yoda wisdom to “use the force for knowledge and defense”. Psychedelics have regained interest because users report beneficial effects on cognitive processes and well-being.

While using psychedelics and for basic health & nutrition maintenance, it is also important to including more fermented foods in your diet to support gut health. Probiotics are our troops of beneficial microorganisms which populate our digestive tract. They help to digest the food we eat, facilitate absorption of nutrients and regulate our mood.

Folate and other B-Vitamins are also crucial because they help in the production of dopamine. You can get your folate from a daily intake of lentils and leafy greens.

Lastly, I want to mention magnesium, a key nutrient for nerve and muscle function and regulating the heartbeat. Magnesium deficiency could exacerbate depression and anxiety, so, ensure you enjoy dark chocolate with its high supply of natural magnesium and have Epsom salt baths more often.



## **11 days of Psilocybin: Microdosing...**

*The covid-19 pandemic hit Canada and I was finding healing by laughing at memes about coronavirus online – of all my reading, training and experience, “LAUGHTER IS THE BEST MEDICINE” of all.*

*One of my favorite memes read “has anyone just took magic mushrooms and talked to the virus?”. I replied aloud to anonymous author “CHALLENGE ACCEPTED!”.*

The week included Day Light Savings Time, the Full Worm Moon, Friday the 13th and the Spring Equinox was coming next. I contemplated, *was someone playing Jumanji? Or was this a synchronicity?*.

I decided that this couldn't have been more of a sign for me to plan my next sacred journey using Psilocybin Mushrooms.

I took the following week to prepare for ceremony, received my home-grown fungi and committed myself to a 11-day microdose journey initiated on the first day of spring. Preparation, tracking and journaling is so important to monitor growth. I do this so I can later revisit and see my progress. We only know how far we've come when we look back and celebrate our successes. My 11 day trip report:

- *Day 1: Prepare my apartment by spring cleaning. Portion out my home-grown mushrooms into ten envelopes. Get super paranoid of co-vid 19 after talking to family and friends. Attend a Board of Directors meeting over Zoom to discuss the Amazon Rainforest Conservancy. Take my first dose around 5pm and fast the rest of the night, drinking only water and practicing Kundalini Yoga. I prayed for the planet and people of earth. I practiced Reiki and washed my body. I slept like a baby, next to my baby.*

- *Day 2: I woke up in a terrible mood, really impatient and ready to move. I cried aloud to my step-dad about my fears, pressures, life's mission, messages from the cosmos and everything else under the stars. I felt everything and thought to myself, how can I teach my son emotional intelligence when I can't even hold myself together?. Once I allowed myself to feel the feelings, name the feelings and practice introspection, the more aligned I felt to mission and my job as a*

mother. I went Live at noon to open my Seasonal Coaching Circles and knew I was going to be talking to the right people at the right time. At 5pm I took my next dose and went to jump in puddles with Fynn. We fell asleep shortly after returning home.

- Day 3: Sunday, the day of rest and I felt rested. I was wired... Ready for change and ready to move! There was no way I was staying in the city with my son, paranoid of a virus, people, vaccines, martial law and a million other things that were stealing my focus, my life force energy. I post a funny meme to my personal Facebook and get called out hard. I received hundreds of comments – some supportive, some calling me insensitive at best...

I don't give a f\*\*\* if I have a lousy sense of humor – I am not for everyone. After some journaling and deep contemplation, I sat with my step-dad. Over some herbal tea we questioned our ideal style of living and unschooling Fynn. At 5pm I took my next dose, ate a bunch of popcorn and watched some stand-up comedy with my step-dad who I had now been isolated with for 8-days.

- Day 4: It's Monday morning and I am back to work, plugged into the computer at 8am and taking coaching calls by 9. Feeling so f\*\*\*ing grateful for my place in this world, to be my own boss, to be educating my son in a way that's unique to him. I am blessed. At 5pm I take my next dose and close my eyes. I meditate, I visit my inner worlds and talk with the corona virus about medicine. Images appear that show me what I already know – mushrooms can save the world.

- Day 5: I sleep in until 7:30, usually I am up at 5am naturally. I needed to rest longer today. At 8am I am on the phone with my accountability partner, Victoria. We're kindred, her and I, like soul sisters connected through internet & synchronicity. We discuss our success, our goals and help each other tune in on our next action steps. At 9:30 I interview Lorenz, a yogi and psychonaut from Germany about how he healed himself using psychedelic mushrooms. After recording we discuss how psychedelics have played a role in how I parent Fynn and I agree to be interviewed about *Spiritual Entrepreneurship, Parenting & Psychedelics*. I spend the rest of the day unschooling Fynn and at 5pm after he's fed and

*content with his papa, I take my next dose. I feel super optimistic about my future and our future as a species.*

- *Day 6: Wednesday, my favorite day of the week because I feel like a female Neil DeGrasse Tyson – my Carl Jung is the one and only Dr. Dan Engle. If you don't know Dr. Dan, he is the doctor behind Onnit, owner of Full Spectrum Medicine and a High-Level Influencer in the psychedelic world. I have been willing him to be my mentor for 3 years and now a group of us meet to learn from him every Wednesday for sixty-minutes. This Wednesday he shared the most awesome news that we would now be meeting for an extra half hour every week, "YES!". When I got off the call at 6pm I took my dose. I felt grateful, aligned, full of purpose and driven by passion.*

- *Day 7: Another awesome day, another awesome mentor. I have been waiting months for this opportunity to be on a Zoom call with Paul Stamets and the team that created the Fantastic Fungi Collection. I cried to my step-dad, sobbed actually – we needed to get to the country asap, I needed to focus with the medicine now. We found the cabin we would stay in until the pandemic was over and I began packing us up and closing down our city apartment. On this day, I also got news that my friend, who has been sick, was finally called in for CoVid-19 testing and was now sedated in the Intensive Care Unit. He is, to date, still in the ICU, but also doing better at breathing on his own compared to other patients tested positive in the area. Bless the staff, bless apple cider vinegar, bless everyone who is affected by this pandemic. At 5pm I take my dose and shortly after join the lively Paul Stamets Zoom Call.*

- *Day 8: I awake with a headache, I rest, I go inward, I breathe... On this day I fast and skip my 8th dose. Instead I cuddle with Fynn and we watch Harry Potter as a family. I don't often watch TV, but when I do, I commit!*

- *Day 9: I awake feeling really good and rested. I maintain my fast and take my 8th dose at 8am, starting to eat again at 10am. I finish packing up for the country cabin we're moving to and close down our city apartment for the duration of the pandemic. I am in go mode, but also so calm and focused – I am aligned and by noon were ready to hit the highway. We arrive at our country homestead*

*around supper time, unpack the car and explore the land as a family. Fynn adventures, while papa and I discuss how we are going to care for the land, forage and grow food. A mild headache returns around sunset so I give myself a massage with a home-made cream and consume my weight in water before I fall asleep like a baby – we made it!*

*• Day 10: Wow the beauty of this place is stunning, the smell of maple brings me back to my childhood and I am inspired to make a video for my friends and family about our move. At 2pm I remember I still have two doses left, I take one and as Fynn naps I write and then together we adventure outside and clean the log home we moved into. Life is good!*

*• Day 11: It's all happening. I have accepted what has happened, I have adjusted what needs to be adjusted and now I am more aligned with my purpose than I could have imagined before this journey. As I write this, I see the clock read 5pm and I take my 10th and final dose of psilocybin mushrooms while I listen to my son giggle with his papa. I am so grateful to be Fynn's mom, grateful for my step-dad that believes in me and helps me everyday to raise a happy, healthy and wealthy human. I am entirely at peace with my new reality, honor my ability to not only ask the universe for something, but manifest what I want as well. I am also so grateful to Sociedelic and all of my readers that resonate with my story. I love you all so much!*





## Set & Setting

It's become mainstream knowledge that everything is energy. What's more is that the human body consists of five layers of energy. The first layer is the physical body and there are four other energy fields surrounding, referred to collectively as a person's *aura*. Together, these five energy bodies, comprise the human energy field.

These layers are where our mental, physical, spiritual, and emotional data is stored. Energy medicine practitioners believe that it's not enough to treat the physical body when people are ill, but to also treat multiple energetic aspects of the body.

It takes someone doing aura photography or having clairvoyant ability to see the layers of your energy bodies. Psychedelics, like MDMA & Psilocybin can help, as they relax your third-eye to receive visualization.

The Five energy bodies include: Physical, Etheric, Emotional, Mental, and Spiritual. According to ancient Eastern wisdom, these are layers of our being, sometimes known as *Koshas*.

You can build your life force energy by the way you choose to live your life. Your posture, what's on your plate, your habits, your mindset, your activities, your tribe, and your attitude matter while cultivating habits to live your Highest Potential and have your happiest life. Prolonged imbalance may lead to physical disease and mental health challenges like addiction, depression or anxiety.

Our ability to heal is as natural as our ability to breathe. Through energy work you bring healing and balance back into your awareness.



## 11 Ways You Can Tap into Your Natural Healing Abilities

- 1. Crystals / Gem Stones:** Sometimes crystals are used to help stimulate the flow of energy. These minerals carry different vibrations & energetic properties, from momma nature. Depending on what your body might need, different stones can work with vibrations in your body. Try a crystal grid, or charging your crystals with sun or moon light.
- 2. Smudge:** Burning Herbs helps rid negative energy and gives you a fresh start. Sage & Cedar cleanse the aura. Shamans use *stick of the saints* smoke of Palo Santo. When your area is smudged, open a window so the negativity you are cleansing has an exit.
- 3. Acupuncture / Cupping / Tapping (EFT):** Pressure, suction or rhythm is strategically placed where pockets of energy are stagnant to help balance the energy systems of the body. Touching points on the body in a specific pattern can ease stress, anxiety, depression and chronic pain.
- 4. Qigong / Yoga / Tai Chi:** Ancient energy work integrates movement, mantra, and breathwork to move life force and balance the mind and body. Kundalini yoga is my personal favorite life changing practice.
- 5. Self-Care:** Take the time to tap into your body's frequencies to promote well-being. What's makes you feel good... microdosing, journaling, healing others, affirmations, baths with Epsom salts, essential oils, DIY spa days, dancing like no one is watching?... What ever it is, do more of that!
- 6. Pranayama / Breathwork:** An active meditation, to be mindful - an act of meditation. Change your breathing pattern to boost mental, physical and spiritual health. Dr. Andrew Weil teaches the 4:7:8 breath to neutralize the nervous system, and Ice Man, Wim Hof shares transforming breathwork exercises too!

7. **Herbal Infusions / Essential Oils:** Anything made from mama nature will harness her good vibes & intelligence to promote well-being. Try growing your own medicine, making your own home apothecary alternatives, and infusing your creations with sun & moon energy.

8. **Reiki:** Reiki promotes healing, increases relaxation, and reduces stress. Reiki has no dogma, there's nothing you must believe to learn and use Reiki. Reiki is guided by consciousness. As such, Reiki can never do harm. The recipient of Reiki must simply be willing to receive. Reiki is recognized and used by professionals in some hospitals today.

9. **Touch / Hugs / Massage:** We are all touch deprived. Even if you are in a loving relationship you may not be touched in all the ways you need. Touch is a fundamental human need and when we are unable to touch each other in-person, it is important to consider alternative ways we can touch a heart.

10. **Proper Nutrition / Ayurveda Teachings:** Infuse your food and water with intention. The color of food can be matched to each color of the chakras and provide every cell in your body unique and essential nutrients.


11. **Psychedelics:** Psychoactive substances can induce flow states as they cause brain waves to shift toward alpha oscillations. Additionally, while sustaining higher levels of serotonin, psychedelics create an opportunity for our brains to make unique communication connections, thus, allowing you the opportunity to heal all parts of your being.



## Set & Setting Energy Channels

All yoga traditions talk about energy pathways, some call them chakras, others meridians, nadis, or channels. These pathways are an intricate system within each of us where our energy, life force, prana or chi moves. It is said that 72,000 Nadis and 114 Chakras are moving energy through our system. Energy, like water, should be moving to keep it fresh. When water is stagnant too long it grows bacteria, stiffens things up, and can cause many more ills in the body.

There are seven major chakras, each in a specific location along your spine. The seven major chakras are; Root Chakra (Muladhara), Sacral Chakra (Svadhithana), Solar plexus Chakra (Manipura), Heart Chakra (Anahata), Throat Chakra (Vishuddha), Third eye Chakra (Ajna), and Crown Chakra (Sahasrara), linked to transcendence.



It is important to consider 'Set and Setting' because your preparation prior to a psychedelic experience leads you to your intention, whether conscious or unconscious, and ripples to a creation process. Moving your body with yoga, prepares your body for flow as you naturally activate and energize your chakras with the practice.

Smudging your space with sage clears your surrounding environment.

Breathing deeply clears and expands your lungs and capacity to be in a parasympathetic state where you can rest and digest in feeling secure.

Having your practice in a cluttered environment blocks energy, so clear your space. Clean dust bunnies from corners. Help a few spiders make a chance outside. Set your altar and make your intentions clear.

If a chakra is low in energy, you'll have difficulty expressing particular qualities associated with that chakra. If a chakra is overactive, the qualities are a dominant force in the person's life. This can affect all of your energy bodies. In general, the location of the chakra that is out of balance may affect all parts of your being. This may include your organs, bones, joints, and tissues near that area. Or increase your risk for emotional imbalance such as increased anger, sadness, fear, or indecisiveness.

Yoga postures are great for releasing stagnant energy, breathing encourages the flow of energy and meditation brings clarity of mind. Intention, spelling, affirmations, and psychedelics all enhance your natural psychic abilities.

These swirling wheels of energy correspond to massive nerve centers in the body. Each of the seven main chakras contains bundles of nerves to our major organs as well as pathways to our psychological, emotional, and spiritual states of being. Since everything is moving, it's essential that our seven main chakras stay open, aligned, and fluid. If there is a blockage, energy flows are restricted. Our mind, body, soul, and spirit are intimately connected and an awareness of an imbalance in one area through chakra meditation will help bring the others back into balance.

Each chakra holds the beliefs, emotions, and memories related to specific areas of our life. The lower chakras are related to Earthly matters such as survival, sex, and power. The top three chakras are related to higher consciousness, truth, intuition, purpose, wisdom, and your connection to the divine. They connect at the heart chakra, which bridges two worlds with empathy, love, forgiveness and compassion.

The chakra system offers a map that helps us see the correlation between anatomy, mindset, emotions, and energy. It integrates the mind and body connection in an accessible and practical way. Our holistic being needs energy in order to be healthy and happy. A balanced chakra anatomy reminds us of our infinite potential and guides us to get happier and healthier naturally.

## Chapter 3: The Rebirth

### **Rebirth Day: Moons & Astrology**

The New Moon is considered a fallow time, in which one rests and rejuvenates. This is also a time when hormonally balanced woman will menstruate naturally. In other traditions, it's a time to ask and manifest. When the sky shows the dark side of the moon it appears as a black canvass for us to visualize our desires. I focus more on intention during this phase, tap into my inner self and affirm my monthly goals.

The Waxing Crescent Moon is used to focus on positivity which naturally draws things to you like a magnet. This is the moon phase when you will get things done. Anything I need to achieve my goals appears to me through synchronicity during this time. As the moon gets closer to full, so do my resources, my trust in the universe to provide.

The Full Moon includes the day before and the day after a full moon. Highly sensitive people can even feel the powers of the full moon up to three days before and after, for a total of seven days. If your want to follow the phases of the moon for your sacred journey, the full moon is a good time to do rituals focused on personal growth and spiritual development.

The Waning Moons are used to banish unwanted energies and encourage us to get rid of or destroy things we no longer wish to be burdened by. This is a time each month when I cleanse my environment and write a letter releasing all the baggage that has built up inside me over time. While the moon is fading and dwindling, I do a simple ceremony to help me release negativity back to mother nature who knows what to do with it. I make it a habit get rid of anything that's bad, hostile or toxic so that come the next moon cycle (New Moon), I can start over fresh.

Astrology can be a powerful integrative tool for psychonauts and truly does allow for other exceptional experiences to manifest.

## **Celebrate Rebirth Day**

### **Kundalini Yoga Time**

As I do every journey, I started my yoga practice and set an intention with the mushrooms to be gentle while guiding me to the answers I am seeking. I started to feel really tired and went to my bed to lie down... Immediately with no warning, I entered hell. Within 20 minutes of ingesting the psilocybin, I was shot directly into the infinite abyss of human suffering.

I felt my nervous system go into a panic, I was experiencing my past, present and future all at the same time, embodying every person who has ever suffered, every person currently living, every terrible thing that has ever happened to anyone, every pain and every grievance. Every emotion tied to any human who suffered was being channeled through me.

As this was happening, I was screaming out, moaning, and crying. Later, as I grounded into my breath, I comforted my inner child that was still suffering, thanked my body for being the magnificent vessel it is and individually blessed every body part I could think of.

### **Birthing Process**

#### **Laughing**

The first phase of the dose three lasted about 90 minutes, which for me meant non-stop breathwork. At some point, I knew I had to move, I had to pull myself out of hell on my own. I didn't know how to make anything better, I just remember somewhat "coming to" and out of the human suffering. I began to laugh bigger, longer and louder than ever before - To overcome hell, I had to allow the psychedelics to consume me in uproarious laughter!!!

If you try to fight them or keep control, you are going to have a bad trip. You have to be strong enough and brave enough, you have to trust that you made the right decision and enjoy the process of change. I accept whatever the mushrooms choose for me and wherever they choose to take me. Acceptance of what is and growing your adaptability is a major part of psychedelic therapy.

## **Consumption**

People around the globe have been asking me to get deeper into the topic of setting intentions before using psychedelics – even those level one psychedelic medicines like coffee, cacao, tobacco...

So often people don't even consider tobacco, coffee and chocolate as psychedelics but they are, and they require preparation – such as, setting intentions and the integration work following. This is important because every psychedelic is mind altering, soul manifesting and opens up your native psychic abilities naturally.

There are all kinds of psychedelics, but using anyone of them can open up a core wound that you may have been oppressing. This is called a “bad trip” and even coffee and cannabis can lead to this. By setting intentions before consuming you can better surrender and work with the medicine.

This is when the “mindset shift” happens and you freely move through the feeling of a core wound reopening into loving awareness that is actually a core gateway, a place inside yourself that only you are responsible for cultivating. Psychedelics are great guides and each has their own unique teachings.

Much of the ancient knowledge around psychedelics has been lost and scientific research has been oppressed even though people are waking up. People around the world are seeking connection with nature, themselves and honoring these psychedelic tools as they go through a process of Elemental Growth.

Soil, like our gut, has its own microbiome. This supports the health of the plants growing on Earth. Our consumption of highly processed foods, overuse of chemicals and antibiotics have destroyed key microbes in the human gut. We have also carelessly damaged the earth soil microbiome through overuse of chemical herbicides, pesticides, fertilizers and fungicides. Heavy plowing and tillage, as well as failure to add organic matter back into the soil is causing BIG problems both internally (our gut) and externally (our home planet).



*"We have an abundance of free food and medicine growing all around us, yet choose to poison our herbal medicine and pluck it out of lawns. We separate the parts of a whole and patent the parts. We remove nutrients and add in chemically modified substitutes. We farm and drug animals and then consume the distress locked in their flesh. We rely on doctors to heal and governments to dictate what's right and wrong for us, even though we are all so unique." - Ashley Michaud*

Two-thirds of American adults are obese or overweight, and childhood obesity has grown into a national epidemic. The craziest statistic here is that this is the first time in human history children's life expectancy is less than their parents. It's insane to me that North America is #28 for life expectancy rate, yet trillions of dollars are spent treating disease. This is not so surprising when you consider the average drug label lists 70 potential adverse reactions.

Overall drugs are 62,000 times more likely to kill you than nutritional supplements and 7,750 times more likely to kill you than herbal remedies. I am not a doctor, but I recommend you go to your pharmacy and get a list of all the adverse reactions of all your prescriptions. Then call your doctor, if you have any of those side effects, because medicine should make you feel better, not worse!

The answer is NOT in a pill bottle! The answer is out there growing in the garden! No matter what you are looking for you'll probably find it at the bottom of the smoothie glass - energy, stamina, focus, fat loss, digestion, beautiful skin and hair, longevity... all of these things can be achieved and even improved upon by adding more colorful whole foods and pure water to your day.

*Do you know how to source / purify water? How to grow your own food? How to cook & preserve food? How to build & maintain a home? How to connect to your infinite energy, or how to love unconditionally?*

The body is programmed to be healthy when provided with the right building blocks, such as organic whole foods. Whole Foods have the information our cells need built in. Real food gives specific instructions to our cells. You can upgrade your software with the right food. The human body will heal itself, by itself, given half a chance.

These are the very concepts that changed my life. Our gut bacteria, our cells, our blood, our being, is determined by what we let in us.

When it comes down to it, the only knowledge that really matters, we *literally become what we consume!*

At the end of the day what works is Mama Nature. She feeds us information from the growth stage, through harvest and consumption, to elimination. Mama Nature is conscious and gives us the power to tap into our own consciousness.

Our food is our body's direct link to the external world. Everyday we enjoy our meals, our snacks and every time we digest that food, the energy of that food becomes our body, becomes us. Life force food, vibrant colorful whole foods... This is what the body craves to feel our best.



The vibrant colors of fruits and vegetables aren't just visually appealing; they are also indicators of abundant protective nutrients. You'll likely have a healthier diet if you use color as your guide in choosing fruits and vegetables. While there's nothing wrong with eating a lot of green vegetables, research suggests the wider variety of natural colors you have on your plate or in your daily diet, the better your nutritional needs will be met.

Reds: Provide us with powerful antioxidants

Oranges/Yellows: Protect the body from oxidative stress

Greens: Are a great source of vitamins

Blues/Purples/Blacks: Protect against carcinogens

Whites: Contain immune-stimulating properties

A rainbow diet is a colorful, intelligent and intuitive system for designing your plate and living in a holistic way that brings you vitality, energy and peace of mind.

**Get Eco-Thrifty:** Consumption also plays a role in what we consume and how we utilize other material in our environment. Becoming a conscious shopper is quite an eye-opening journey. For example, I see plastic everywhere, everything seems to come in containers or non-re-purpose-able wrapping and gets thrown out.

When cutting down on plastic use you can use mason jars. If you have a scale weigh your reusable jar or have your natural food grocery store clerk tare the weight of your jar and label the bottom with the exact weight before filling with bulk items. In addition to jars when resupplying kitchen stock, use mesh bags which are small and light.

I love to find ways to use my garbage and even kitchen scraps. One way I do this is by re-growing sweet potatoes, lettuce, green onion, kale and herbs in water and then potting them. To be even more eco-thrifty I freeze other scraps from onions and herbs for soup broth. Leftover tea leaves, coffee grounds, and water from steaming vegetables can be used as fertilizer for plants.

## **Intentions for Psychedelic Consumption**

Setting Intentions before working with a psychedelic can be a powerful practice. Here are examples I have used along my journey.

**Coffee:** As I drink this herbal remedy, I will boost my energy levels, mood and brain function. This medicinal beverage is going to help me enhance my performance and nutrition today.

\*Note: Many people are actually very allergic to caffeine and have no idea, drinking too much too often also comes with negative consequences. I personally drink my coffee with foraged mushrooms like Reishi or Chaga and adaptogens like Ashwagandha or Burdock Root. You can also add MCT oil or cinnamon for some other benefits.

**Cacao:** By consuming this superfood I will naturally reduce inflammation and stress. Cacao is supporting my brain health and improving my blood flow. Every time I consume cacao in its natural form I am preventing age-related brain degeneration.

**Cannabis:** This herb is helping me heal myself. This medicine is going to come in my body now and holds the power to heal me naturally. As I use this tool, I will become more present, more focused, more creative and more grounded.

**Mushrooms:** Upon taking this dose, I become more present, treating any feelings of depression and anxiety that may come up today. This fungus is here to help me manage my addictive behaviors and transmute them into healthier flow states. These mushrooms allow me to dissolve my fears, mental saboteurs and unserving behaviors naturally. Psilocybin is opening me up to love my divine connection with all.

**Kambo:** I love my elimination organs. Kambo is healing me. I am now releasing my family karma, my own karma and all which no longer serves me. Kambo is a powerful frog medicine that is strengthening my immune system and dissolving any inflammation. Kambo is bringing me into homeostasis and much more.

**DMT:** I am opening myself up to HIGHER powers. I am increasing my confidence, boosting my mood, and becoming mentally healthy naturally.

These different tools are helpful for many people; psychedelics are just one tool and each is very unique. If you are interested in psychedelics make sure you look in nature for quality medicine or find an experienced guide.

### **Download**

The power of the plant world is in us too, we have always been using herbs, fungi and plants. Archaeological evidence indicates that humans were using medicinal plants during the Paleolithic Period, approximately 60,000 years ago. We only started altering growing methods about 6,000 years ago. In reflection, the whole industrial food system began with fast food in the 1930's. This is when we became so disconnected. Before then plants weren't the alternative, but the answer.

The more you work with plants the more you will pick up on their vibe – food, calories and medicine are all one. Most people today don't even understand how bland their diet is, our guts need diversity from the soil, plants and bugs – you cannot live without plants and a diverse supply of them!!!

Plants feed us information from the growth stage, through harvest and consumption, to elimination. Plants are conscious and give us the power to tap into our own consciousness. When our society is overwhelmed with emotional pain, opioids, alcohol and addictive food-like substances we need to harness the power of plants before everyone becomes chronically ill and disconnected.

Brain scans show that sugar is 8x more addictive than heroin, that one dose of Tylenol makes you feel less empathy and I am not even going to touch on the alcohol and opioid stats today, other than 29% of people prescribed opioids misuse them because anyone can become physically dependent in under two weeks.

By consuming more plants - using them as food, medicine and in your personal care regime, you will free yourself of addiction and take your power back! Plants can help a lot of people with chronic pain – both physical and emotional. This means more livelihood success with less side effects.

Stress and pain are both symptoms of something more serious and plants allow us to identify the roots, while also providing our body everything we need to heal ourselves. Its so strange to me we have to look outside a conventional doctor to tell us that our body is intelligent and we do own healing when bonding with plants. Plants allow us to unlock our true potential as humans when we are fully nourished in mother nature's naturally abundant food and medicinal forest.

### **Surrender**

It was my step-dads 60th and the Full Moon was high in the sky before the sun even had time to set. I was making homemade chocolate in my kitchen and infusing it with Peruvian mushrooms (the magic kind).

As the cholates set, I hopped on Instagram to check what messages were awaiting me. One message really called out; it was from a follower that was selling infused cholates (serendipity, I thought). He mentioned that a popular post I share on microdosing could use an update.

The post suggests a microdose of .25g (250mg) boosts mood and helps you stay present. The truth is a microdose can be anything under .25g and for each person the dose and effects may be different. Its actually recommended to start with .05g (50mg) and work your way up to your personal “bliss point”.

In reality, I have scales but don't use them. I didn't even think it was relevant to share all the details on Instagram when I created the post. Maybe its because of this humbling message, or the consideration of overdosing a microdose, but when I ate my heart-shaped mushroom infused chocolate, I overdosed.

I felt the yawns, the tiredness and desire for fresh air. I felt the nausea and desperation for a comfortable place to lie down. To be honest, I didn't even know what was going on. Thankfully I honored what my body was saying and relaxed on my neatly made bed. It was probably about 20min later that I realized "oh, I am high – this is what an *overdosed microdose* is". Following this epiphany I was able to surrender and allow the mushrooms to guide me through an inevitable and humbling experience.

I hopped out of bed and got out my yoga mat. I had practiced yoga for a while now and didn't know this day when I hopped on my mat, I was going to have a breakthrough. My only intention when dosing was to enjoy love filled chocolates with my step-dad on his 60th birthday, then journal under the moonlight until I was ready for *dream time*. I was happy to be alone in my own private space because I began my yoga practice.

I was in flow; I was releasing toxins and going really deep into my breath and body. I felt it right then; the integration was happening. I knew the moment when everything became one, when a fierce energy begin rising from the seat of my soul, healing and strengthening through my spine... My breath and blood were generating heat, creating alchemy inside my only real home – my body.

I remember being on all fours, with my tongue out as far as it could reach, practicing Lion's Breath when the real magic began... Laughter! Truly, the best medicine. I had pushed through any hell, blockages and fears... I was reborn, with renewed energy and sense of freedom. I was liberated.

I met up with my step-dad for a cannabis session a couple of hours later. We were both quietly looking outside. I remember thinking, *I am free*. I knew in that moment my life wouldn't be the same – my attitude had changed; my body was in homeostasis. I felt so good. I went outside and watched the waves down at the lake until the sun set for the night.

## Outer World

- It is essential to know that any psychedelic you obtain has come from a reliable source and that you take the proper dose. Like any food or medicine, you want to ensure that if its going in your body, its from a happy and healthy source.
- Consider employing a Trip Sitter for the night. Make sure it's someone who you trust to help talk you through anything that may come up. Additionally, having someone around to help with practical needs (like getting you a glass of water or passing a joint) will let you focus on your journey.
- Make sure you have plenty of time to stay in the space for the duration of the experience. For example, LSD's effects tend to begin around an hour after ingestion and can last for over eight hours. Psilocybin mushrooms' effects usually start 30-60 minutes after ingestion and last between four and six hours.
- Keep in mind that going from place to place, being in a public setting, or dealing with logistical matters can be difficult while using psychedelics and can also be a source of anxiety.
- Setup the room that you will be in so that it feels right to you. You may want to have some music to listen to. Music without words is recommended, as it is less likely to pull your thoughts away. You may feel a deeper awareness of your body, so having a yoga mat or massage oil can be a nice treat. More profound emotions and feelings can come up and having a pen and journal is a must! Equip your trip space with cushions, blankets, and somewhere to lie down if necessary. Be within easy reach of a water source and toilet.
- Avoid general bad vibes of any sort. This may seem obvious, but do not watch scary or unpleasant films and do not listen to unpleasant music. Burn some incense or smudge if it helps you. Try to spend some quiet time in nature if you need to get into a positive and peaceful mood. Familiar and comfortable; an uncluttered room or secluded outdoor environment is best if you begin to have a "bad trip".



## Chapter 4: Early Years

### **Nursing from nature**

The Early Years brings passion. My passion grows for Herbology, including Entheogens, Permaculture and Conservation for our Land & Food Forests. I am coaching clients a prescription to sustain healthy habits, as well as holding clients accountable to healing their body and mind naturally.

My path has been full of scary obstacles, but I always believe I am worthy of feeling my healthy best! Yes, there are struggles in changing food habits. There are also feelings of excitement to have a choice in having the best food that my body craves to feel my healthy best.

*My mission became teaching others that eating at the golden arches, paves their way to the pearly gates.*

The truth is, after my psychedelic-awakening in 2014, I was feeling driven to dive deeper down the rabbit hole and get more curious about a world of nutrition. In 2017, I enrolled to the World's Largest Nutrition School. Today I hold two masters, 3 additional certifications in nutrition, hormone health and coaching. On my own time I practice herbology and permaculture.

### **Natural Foraging**

The following pages have been designed specifically for those of you foraging for naturally occurring psychedelics on this planet (Earth).

There is an estimated total of 800,00 plants growing on this planet right now. Of these, 120 are classified as hallucinogenic. There are also at least 144 species of mushroom which contain the psychoactive ingredient psilocybin. You can additionally find land creatures, sea life and bodily secretions which produce psychedelic effects. Psychedelics can naturally be found on each continent.

Please note that this is just a general guide to inspire you to research what resonates with you the most. There are many psychedelics that you will not see here because they are synthetic, produced in

your own body, can be grown in your home, or I just don't know of them yet. Are you currently working with any psychedelics right now? What is your experience, so far? If not, what psychedelic inspires you?

### South America

- **Flora:** Ayahuasca (The B. caapi vine is stripped of its leaves and branches, mulched into a fibre, and brewed in boiling water. Then, leaves of Psychotria Viridis, which are traditionally picked in the morning, are added), Mimosa Tenuiflora, Anadenanthera Peregrina, Anadenanthera Colubrina, Salvia Divinorum, Peyote, San Pedro (Huachuma), Peruvian Torch Cactus, Sananga, Guarana, Datura, Yakoana, Morning Glory, Echinopsis, Mimosa Tenuiflora, Cacao, Coffee, Tobacco, and Coca to name a few you can start with.
- **Fungi:** 50 species of magic mushrooms (Psilocybin, Amanita Muscaria), and an additional 53 species of magic mushrooms in Mexico.
- **Fauna:** Bufo, Kambo, Smenospongia Aurea, Smenospongia Echina, Verongula Rigida, and Eudistoma Fragum (Sea Squirt).

### North America

- **Flora:** Turnera Diffusa (Damiana), Calea Ternifolia, Morning Glory, Argyreia Nervosa (Hawaiian Baby Wood Rose), Eschscholzia Californica (California Poppy), Datura, Lophophora, Solanaceae, Nutmeg, and Kava.
- **Fungi:** 22 species of magic mushrooms (Psilocybin, Amanita Muscaria).
- **Fauna:** Sonoran Desert Toad.

### Europe

- **Flora:** Yellow Horned Poppy, Mandragora Officinarum (Mandrake), Hyoscyamus Niger, Atropa Belladonna, Papaver Somniferum (Opium Poppy), and Yerba Mate.
- **Fungi:** 16 species of magic mushrooms (Psilocybin, Amanita Muscaria).
- **Fauna:** Fire Salamander, Sarpa Salpa (Sea Bream), and Paramuricea Clavate.

## Australia

- **Flora:** Blue Lilly Flower.
- **Fungi:** 19 species of magic mushrooms (Psilocybin).
- **Fauna:** Villogorgia Rubra.

## Asia

- **Flora:** Mitragyna Speciosa, Ephedra, Valerian, Areca Catechu, Rauvolfia Serpentina (Indian Snake Root), Atropa Belladonna, Nutmeg, Papaver Somniferum (Opium Poppy), Tea, and Cannabis.
- **Fungi:** 15 species of magic mushrooms (Psilocybin, Amanita Muscaria).
- **Fauna:** None I know of.

## Africa

- **Flora:** Silene Undulata, Argyreia Nervosa (Hawaiian Baby Wood Rose), Tabernanthe Iboga, Areca Catechu, Pausinystalia Johimbe, Sceletium Tortuosum, Atropa Belladonna, Khat, Kola Nut, and Blue Lilly Flower.
- **Fungi:** 4 species of magic mushrooms (Psilocybin).
- **Fauna:** Paramuricea Clavate.



## First Seven Years

Having spent 7 years studying the chakras professionally and being a mom, I see how the two integrate. I am excited to share these secrets with you in the chart below showing chakra development in early year stages of life.

♥ 1st year (root chakra) ♥

Foundation, safety, security, survival  
Mantra “I am”

2nd year (sacral chakra)

Flow, pressure, sense of self, creativity  
Mantra “I feel”

3rd year (solar-plexus)

Willpower, purpose, strength, intuition  
Mantra “I do”

4th year (heart chakra)

Love, compassion, balance, acceptance  
Mantra “I love”

5th year (throat chakra)

Communication, truth, expression, tone  
Mantra “I speak”

6th year (third-eye)

Perception, imagination, vision, alignment  
Mantra “I see”

7th year (crown chakra)

Wisdom, knowledge, spiritual connection  
Mantra “I know”

## **Finding Your Tribe**

So many people have influenced my elemental growth journey and among them, named throughout Rebirth are here. Special thank you and gratitude for your mentorships. I find my tribe here with ever expanding psychonauts. Many of these Awesome Psychonaut's have influenced the world's view on psychedelics:

Alyse Parker, Ellen Fisher, my mother, IIN, Dr. Dan Engle, Oracle Dennis McKenna, and Mycologist Paul Stamets, Zander Fryer, Dr. Andrew Weil, Integrative Nutrition, Richard Alpert, Hindu Guru Neem Karoli Baba/Ram Dass, Toltec Wisdom, Maya Finnes, Joe Rogan Experience (JRE) Podcast, Terence McKenna, Humphrey Osmond, MD, Napoleon Hill, Fantastic Fungi, Neil DeGrasse Tyson, Raven, Jana, Conservancy President, Our Elemental Growth Online Community and Marketplace, Rick Doblin, Cary Grant, Dan Cleland, Michael Pollen, Aubrey Marcus, Sociedelic, The Zendo Project, Gabour Mate, Steve Jobs, Bill Gates, Timothy Leary, Bill Hicks, Richard Evans Schultes, George Carlin, Aldous Huxley, Susan Sarandon, The Beatles, Jack Nicholson, Alan Watts, Sam Harris, Carol Jung, Jim Morrison, Duncan Trussell, Mike Tyson, Shia LaBeouf and you!!!

Not only do I want to thank you for being a part of this revolution but remind you that these plants are indigenous, they aren't just these novel things we take to trip-out on, but rather a medicine, a nutritional supplement, an intelligence with powers to help us get out of our own way, so we can get healthier and wealthier naturally.

With such growth in both research and in organizing, we can look forward to the day when the acceptance of psychedelic medicine allows millions of suffering people to achieve miraculous healing how nature intended.



## Chapter 5: Teen Years

### **Mastering your energy**

To start at the beginning, I began using drugs really young – cigarettes at 9, alcohol & cannabis at 10, magic mushrooms at 13, ecstasy at 15 and so on... I come by it honestly too, while I am 110% responsible for my actions, during my early life all I knew was partying, alcohol, religion, anger, neglect and abuse. Sure, that may be framing myself as a victim, but in some cosmic way, I believe I chose this life and I am really grateful for everything I have experienced as I walk my path in life.

When I lost my dad to a morphine overdose at 17 years old, I swore off the pharmaceutical industry. My mom, however, did not. When I was 21 years old, I found her on the kitchen floor, blue in the face, wearing several fentanyl patches. Another common opioid made by big pharma. Yes, sad, but I am far from alone, there are over 120,000 deaths worldwide annually attributed to opioids.

### **Taking responsibility**

A virus more contagious than COVID is spreading. It's called "Victimhood Mentality".

Victims are contagious

Victims are convincing

Victims are not able to reason

Victims are the best recruiters

Victims do well on social media

Victims are not happy until they convert YOU!

When I had my wake up call, spiritual awakening, hitting rock bottom or breakdown – I was 25 years old.

I was walking the ocean shore when I suddenly knew I had to go back to the village I once called home to face my past, heal myself, break my addictions and rise up to meet my potential as a human being.

This wake up call was my call to responsibility.

## **Defining your identity**

Have you been trying to reach a goal, but not getting the results you want? It can actually be easier than you realize, once you see... one thing...

Most people consciously say they want a goal, but if they've been trying to reach something and not seeming to grasp the results, they procrastinate to look under the hood for what's blocking their engine subconsciously.

The conscious mind says, 'I'll take tall, dark and handsome, but the subconscious mind says, 'I want emotionally unavailable, passive aggressive and avoidant.' 🤔

You would never consciously ask for that. Now, I'm not saying anything about mechanics, but the mechanics here is... our programming wires familiarities that keep us 'safe' from our past. We see this when we look at who we attract, what dynamics our interactions play out, and we show ourselves evidence of our subconscious programming when we autopilot our experience without mindfulness creative to define our identity.

We can use any goal, relational, financial, physical, etc., and there are limitations our subconscious mind brings forth to ascertain a limit.

I read in various Journals, 95% of behavior comes from the subconscious. If we're not doing our personal soul level work, and are only bringing ourselves so far as we can bring ourselves in our journey, our subconscious mind holds the brakes. Our conscious mind stays on the gas pedal. We get in our own way. We make reaching goals much harder than necessary.

## **Trippy Hippy Phase**

When I finally made it out of my bed and back to the living room I sat on the couch and fell into a trance, I was listening to the same yoga soundtrack as I played 3 hours before. I felt comfortable, safe and in a state of love & peace. As I drifted in and out of a meditative

state my step dad and I continued to laugh and talk for the last hour or so of our trip.

What magic mushrooms allow you to “see” is your truth, they literally peel back every layer so that all that is left is your vulnerability and raw soul. When 1 of 3 people are being put on antidepressants for symptoms relating to traumatic events, psilocybin remains illegal in most parts of the world. Psilocybin grows naturally across the globe, there are at least 144 species of mushrooms that have psychedelic compounds which allows you to revisit your pain from a safe, alternative perspective in order to bring about a better understanding of the events that unfolded, which is a major part of any sustainable healing process.

Even as a well-versed psychonaut who has been taking psychedelics for over 18 years, I approached this heroic dose with a great deal of experience. I have had all sorts of trips and many breakthroughs as well and I do encourage you to do your research before attempting this therapy.

“Let’s put our faith in the natural way, forget the chemicals and your pesticide spray, educate yourself for the children of today.”

– Paul Izak

### **Wild & free independently**

A major cause of humans detrimental impact on Earth is the destruction of our natural resources, particularly, the Earth's ecosystems. On a global scale, scientific data shows us that humans are living far beyond the capacity of this planet. We're using 5-10 planets' worth of resources for domestication in unsustainable, unfair and glutenous ways.

1/3 of people on the planet are kids, let’s help them face this situation by changing how we live and making our home & earth home more sustainable. Transitioning to renewable living requires research and planning. Have no fear! You can get started today, wherever you live and with whatever resources and skills you already have.



At global level, the environmental impact of agribusiness is being addressed through sustainable agriculture and organic farming. At local level, there are various movements working towards local food production, more productive use of urban wastelands and domestic gardens, including permaculture, urban horticulture, local food, slow food, sustainable gardening, and organic gardening.

To reduce waste, industry business and government are now mimicking nature by turning the waste produced by industrial metabolism into resources. Dematerialization is being encouraged through the ideas of industrial ecology, eco-design and ecolabelling. In addition to the well-established "reduce, reuse and recycle", shoppers are using their purchasing power for ethical consumerism and less carbon footprint.

The expansion of sustainable business opportunities contributes to job creation through the introduction of green-collar workers and entrepreneurs. Research shows us that innovation driven by the depletion of our planet can result in fundamental advantages when the right principles of innovation are applied.

*"Freedom is the greatest fruit of self-sufficiency."*

- Epicurus



## 10 Steps to LAUNCH

1. **DECIDE:** Make the decision to do this... Decide for a product or service... Decide what social media you're going to focus on... Decide on your messaging & details...

2. **CONNECT:** Connect with the people who are living the life you want, the people doing the work you want to do, the people creating what you want to create. I am not saying that person exists because, there is only one you – and you have a unique dream inside of you to manifest. However, connecting with these people is a step in the right direction and you never know where their insights will take you next.

3. **GAIN AUTHORITY:** Get certified in something relevant and share the journey on social media. If your already certified or getting certification is unnecessary, you can gain authority as a professional in other ways too; creating a vlog, publishing, speaking as a guest or even traveling to places relevant to the people you are helping.

4. **MINDSET:** This brings me to mindset, the key that opens the door to success. For this key I am just going to refer you to Napoleon Hill, who wrote two amazing books, *Think & Grow Rich* and *Outwitting the Devil*, and my Coach, Zander Fryer.

5. **MESSY ACTION:** Being a highly driven person, I have no problem taking action. However, I am also a people pleaser and I would hold myself back. It was a consistent battle for so long as I would get stuck in *Perfection Paralysis*. What's important to remember is we are all humans and with everything so automated today, people are seeking an authentic connection. Owning your flaws and failures, as well as your success is -in all reality- what authenticity is all about.

6. **TRACK THE DATA:** Taking action is so important because you can immediately start collecting data. Some examples would be, how many hours are you working? How much money are you earning? How many people do you talk to? How many people are you reaching out to? Who are they? What did you connect on? How many followers are you gaining? Why are they following? What's your top post?

7. PROGRESS: Enjoy the process and believe you will progress more and more each day. This is actually how some of the best mantras begin, “Just for today...”. The truth is your only a beginner once and as long as you take consistent action you will progress naturally, so just do the work and enjoy the ride.

8. OPTIMIZE: Once you have some data and once you are seeing progress, its time to optimize. Optimize on the data you've collected by implementing necessary changes. If you don't know what to change – get curious, ask questions, meditate, discuss and seek an authentic answer that is true to you. The goal here is to take what is working and build on it. The challenge is releasing what's not working and believing that when it is meant to be, it will manifest organically.

9. COLLABORATE: I have coached over 50 female founders outside of my private coaching practice and even wrote some pieces around *Collaboration Over Completion*. The bottom line is, we are all in this together and by working together we can turn a ripple effect into a wave, and a wave into a tsunami. If this doesn't show you the big picture, think about your competitor making all the mistakes first, so you don't have to. Think about speaking to your competitors' following, and for just a moment consider there is someone else out there who cares as much as you do, because its true.

10. DO YOUR HAPPY DANCE: Celebrate yourself, how far you have come, what you have created. Something we personally do in our own home is track our non-negotiables on a *points system* so we can feel our achievements whenever we hit 50 points. This also allows us to build even more momentum through positive reinforcement.



## Chapter 6: Elder Years

### Manifesting money

Psychedelics have been helping humans optimize and evolve since at least 5000 BCE, yet people are just now coming out of the psychedelic closet to join the rEVOLVEution. The truth is your stance on psychedelics is an economical stance, political stance, for some, even a religious stance. I will go as far as to say, psychedelics are my religious and political stance.

### Three Elemental Tips for Wealth & Legacy



#### One,

Have appreciation and gratitude for all.  
If it's hard, do your best anyway.

#### Two,

If you don't like something,  
delete it, delegate it, or learn to love it.

#### Three,

Know where you come from. Timeline your life,  
know your story, know your money story.



The truth is we need more people like you making money, impact, and creating a ripple effect of health and happiness around the world. There is literally no excuse to hold yourself back!

### Integration

The after-effects of a trip can last for weeks or even months. Sometimes people have revelations about certain aspects of their lives that they wish to change. An integration specialist can be helpful in making sense of any visions, thoughts, or feelings that stand out to you. By examining these peak moments, you can learn how to bring these realizations into your day-to-day life.

Having a professional therapist can help individuals work through emotional issues or trauma that arise during their experience and

can help ensure the physical safety of the person undergoing the experience.

An integration coach, like me, can additionally help in examining visual, physical, or psychological experiences you gain for insight from the trip. A coach can help with setting goals and integrating a psychedelic experience for lasting, positive change. They can guide you in how to live with your new understanding of yourself or others, track your progress when moving towards goals and become accountable for making lasting changes.

- Integration circles are groups where people can gather to discuss their psychedelic journeys and integrate them into everyday life. They may be run by a professional therapist or a person with significant psychedelic experience.
- When setting intentions for future experiences, the rule of thumb is, the more profound the experience, the longer you should wait before doing it again. A comfortable time frame for most individuals is at least six months. It takes at least this long to integrate the learning and insights into your life.

Psychedelics can provide deep insights into yourself as an individual and how you interact with your world, but using them in a way that reduces harm and enhances benefits requires courage, an open mind, and a good attitude.



*"More than any other Discipline, fasting reveals the things that control us." -Lynne M. Baab*

### **Ultimate Fasting Guide for Psychonauts**

While I am certified in Nutrition, these next pages are more about fasting for spiritual benefit than physical body benefits, specifically for those of you practicing with psychedelics.

Traditional fasting is the act of abstaining from all food and drink (with the exception of water) for a period of time. In our modern age, there are many types of fasting and they are frequently used for religious, spiritual, and health purposes. Although complete fasting eliminates all food and drink, there are also a variety of fasts that limit certain food groups or only allow specific beverages or liquids. You can also fast from non-nutritive things, like technology or certain behavioral habits. Fasts can last from hours to weeks depending on the purpose.

Fasting is voluntarily abstaining from something for a limited amount of time. It's not fasting if you plan on giving up the thing for good, though at the end of a fast, you may decide not to reincorporate it back into your life.

Fasting prior to a psychedelic ceremony is recommended in most native cultures that work with medicines. It is common before and after Kambo Treatments, Ayahuasca Rituals, Peyote Ceremonies and Mushroom Gatherings. Some even prolong the fast for days after the experience, which is said to help integrate the insights.

From my experience fasting is useful for two things; aiding the absorption of the psychedelic (quicker absorption, quicker onset and slightly higher intensity). Also, it helps you be more conscious and present so you're not as likely to be consumed by unconscious patterns.

On the nutrition side of things, fasting helps create a 'clean' experience. When you go into ceremony with a clean vessel you are more likely to go on a visionary journey because your body, mind and soul can focus on fulfilling your intentions.

## **10 common motivations for fasting include:**

1. Weight loss
2. Disease (Dis-Ease in body)
3. Mourning, Grief
4. Seeking redemption
5. Renewal of faith
6. Seeking a sense of purpose or direction
7. Struggling with a major life choice
8. Overcoming addiction or a crisis
9. Holistic health and wellness treatment
10. Gut health



It's not necessary to fast or have a special diet for long before a psychedelic experience but even four hours can make a difference.

### **Inner World Fast**

The Inner World fast is probably the deepest and most important one. This is the place where we may have some limiting beliefs. Maybe something embarrassed you as a child and is now holding you back. Maybe you experience an addiction passed down in your genes or you have some fears holding you back. Some of the things we want to fast from in our inner worlds may include negative thoughts, unconscious affirmations, limiting beliefs, values & judgments that don't align with our soul and barriers of any kind.

Some steps you can take during your fast include reading inspirational stories, meditating, sleep schedule, explore your spirituality, seek out moments of peace and solitude or spend some time in nature. Don't be afraid to write-down or journal your goals, thoughts, and feelings.

### **Outer World Fast**

An outer world fast is what I call it when I am helping my clients break habits that are holding them back, making them sick, stressed-out and tired. For this fast you simply pick one habit. It can be your relationship with food, smoking, coffee, social media, or something else that is significant to you at the time. You then set a timeline.

You can do intermittent fasting with this too. For example if you are spending too much time on your cell phone, you can start turning it off at night, choose a specific time, 7 p.m. or tell yourself that you won't even turn on your phone until 10 a.m.

The discipline of fasting dates to ancient times. Fasting is common to nearly every religion in the world as well as philosophy and nutrition. Did you know fasting is mentioned in the Bible more times than baptism?

Fasting one of those things that bring us together globally. It is the most concrete and viscerally embodied of the spiritual disciplines, and it may be one of those things that produces effects that bridge the gap between body and soul. In recent times, fasting has become popular for its health benefits, but when also practiced as a spiritual discipline, it can unlock far more possibilities than science could possibly document.

Before you go off planning your fast, remember that billions of people do this all the time. If you're new to fasting, it can feel like a big and nearly impossible challenge, but you can do this.

To simplify, some elemental tips for you:

1. Plan ahead (Date? Length?)
2. Stay hydrated with water
3. Journal it out and repeat



Working with the moon phases makes this process even more simple.

### **Magical Moon**

Looking for a bit more magic and a much deeper connection By following the moon phases and setting personalized intentions, it will be easier for you to connect with the rhythms of Mother Nature. Overtime this ritual will become part of the rhythm of your own life, harmonizing you with your environment and manifesting serendipity.



In my book *Be the Change*, I go much deeper into the moon cycles and how all of nature's cyclical cycles help in personal development and integration. For example, the moon has a huge stabilizing effect on Earth's tilt, reminding us the key here is, always to keep a healthy balance knowing when to hold on to your powers and when to release them to the universe. The cycles help you achieve this balance naturally.

For many people around the world, nature's cyclical cycles like the moon cycles are seen as magical. In some traditions, its believed the new moon, waxing moon, full moon and waning moon all harness their own special magical properties. As a native American woman obsessed with personal development, I naturally begin planning my psychedelic ceremonies accordingly.

The moon's lunar phases play a very large role in *mushroom flushes* (a period of time when large numbers of mushrooms appear all at once). According to lineage or those who work with mushrooms, you'll find more mushrooms during the full moon than at any other time (except maybe lightning storms, I have heard that too). The ancients considered Mushrooms to be under the dominion of the Moon and most influenced by it above all other growing things on earth. The ancients also believed in the *Doctrine of Signatures* which is a subject I adore and continue to study.

While mushrooms are no doubt influenced by the moon, individual species respond in different ways; some flushing spores at the full moon, others at the new and some mushroom species even appear flushing in the first or third quarters.



## **Self-Sustainability**

Consider the six essential categories of sufficient living: water, shelter, food, energy (including transportation), finances and community (including entertainment). Based on your situation, choose your categories where you will enjoy to focus your passions, unique skills and finances.

Where can you grow your own food? Can you treat your kitchen like a restaurant, and shop consciously? Notice how the quality of your food and life is improved imagining these questions. Reclaim your freedom by honoring the “3 D’s” Delete it, Delegate it or Do it and make eco-thrifty purchases when necessary.

There are smaller and simpler steps to start out with when moving towards self-sufficient living. Some examples include buying cast iron cookware that will last you a lifetime, buying clothing at the thrift store to reduce consumption and transportation costs, composting, home birthing, homeschooling, and home cooking.

Self-reliance is not about going at it alone. Your community is instrumental for your transition. By reaching out you may discover mentors, guidance and wisdom around you. Not every person will applaud or even support the path you’ve chosen, including your immediate family. Having your community’s guidance will encourage you to forage your own path anyway and to live out the richness of your sustainability goals.

Encourage collaboration for innovative solutions. There is no definitive guide on how to become self-reliant. It’s more important that you change the way you look at your actions, material and emotional dependency and seek alternatives in each area you think can use a little help along your way to self-sufficiency.

*“Unless someone like you cares a whole awful lot,  
Nothing is going to get better. It’s not.”*

— Dr. Seuss, *The Lorax*

## **Sharing Your Wisdom**

The body is a bio-computer that knows when to go to sleep, when to wake up, and when to go to the bathroom. Our body maintains the temperature of 98.6°F, repairs itself when wounded, and breaks down food into usable energy and nutrients. Our heart never misses a beat and our lungs never miss a breath. Our body is consistently processing information and monitoring our environment(s) to make necessary adjustments so we can keep balanced (homeostasis).

Biohacking is all about self-improvement and human optimization. As Tony Robbins explains it, “Biohacking is essentially the practice of changing our chemistry and our physiology through science and self-experimentation to energize and enhance the body.” Now I don’t know if Tony practices with entheogens, but I know they helped me make bio-hacking a more focused and enjoyable practice.

My excitement for biohacking began my alchemy to testing every seed from my local grocery store bulk bin to see if it would grow into new life. That’s how I further got into educating myself about anti-Fluoride, non-GMO foods, healthy solutions, growing food with permaculture design, eating with intention and furthering my education with integrative nutrition.

Mushrooms introduced me and ultimately the reason I became obsessed with Joe Rogan, Duncan Trussell and the McKenna Brothers. Mushrooms supported my sacred journey to sobriety, backpacking 3 countries in South America with no map or clue what I was doing... and mushrooms helped me clear out my C-PTSD so I could refill my life with laughter, good times, new memories and show up as the best me for my son.

## **Affirmations**

Affirmations are biohacking reminders to your unconscious mind to come to presence with repetition. Saying them aloud helps focus you on your goals and to come up with solutions to challenges and obstacles that might get in the way. They are an ancient practice used all over the world by people who speak to a higher spirit.

In yoga, mantras are medicine for the soul. Yogi's suggest that when we select a word or series of words, to repeat in the form of a mantra. We are affirming what we are saying to ourselves and allowing meaning to seep below the conscious surface, into our subconscious, helping to shift our negative habits and patterns into positive ones.

### **5 Tips to Develop and Use Affirmations or Mantras**

1. Make a list of what you've always thought of as your negative qualities/thoughts "I am broke", "It's hard to lose weight", "I am never going to meet somebody I can love" or "I never catch a break." Identify where they stem from and release it, it will not serve you.

Your personal release ritual may vary, however some great examples include; burning the list you wrote, rewriting each ANT as an affirmation, or transmuting the negative energy into art.

2. Begin listening to your own affirmation soundtrack or purchase some that resonate with you. Do this until you have the habit of listening down, and you feel comfortable with the changes you are experiencing while saying your affirmations.

When writing your affirmations include; your horoscope, personality tests, virtues you admire, desires and goals you wish to attain, also, write "I am..." statements which describe your affirmations in their already completed state.

3. Write, evaluate and rewrite affirmations on a regular basis - weekly, monthly, seasonally... and speak them daily. You may feel huge resistance as you do it. Maybe you won't believe a thing, feel discouraged, think it's weird, but do it! Speak them in the mirror as part of your teeth brushing ceremony and then again before bed in the form of a gratitude.

The more you reinforce your affirmations the more efficient you will become at planting seeds of positivity.

4. Experiment with Sanskrit sacred words of empowerment. Sanskrit is considered by some linguists to be the *perfect language*, as its correct pronunciation evokes a unique vibration in the Universe, placing into motion whatever you are trying to manifest through your mantra.

Chanting the sound OM brings us into harmonic resonance with the universe. OM is said to vibrate at 432 Hertz, which is the natural musical pitch of the Universe, as opposed to 440 Hertz, which is the frequency of most modern music.

5. Take action and occupy yourself with activities that will increase your happiness or enhance your life, such as cooking nutritious meals, exercising, learning a new skill, or reading.

Thoughts change as you reprogram your mind and you move from the concept of the affirmation to a real and positive embodiment of what you seek.

The best times for affirmations are early morning and right before bed because these times are when you're most susceptible to auto suggestions. Your self-talk is programming you for your statements to be true. Pay attention to your thoughts so that you can begin to eliminate the ones that no longer serve you, that may have never served you.

To see the magic unfold make sure to take time every day to repeat your affirmations – preferably out loud with high energy and enthusiasm.

*Affirmations are like seeds planted in soil, poor soil, poor growth - rich soil, abundant growth. The more you choose to think thoughts that make you feel good, the quicker the affirmations work. The universe can only provide you what you are capable of and if you have BIG dreams it's in you to accomplish whatever you want in life.*

## Chapter 7: Sacred Art of Alchemy

### **Elemental Herbalism**

For any ill there is a plant available that will help you restore balance to your body, mind and spirit. There is a story behind every plant, a story they want to tell – its up to you to reconnect and tell it.

As a species we are out of our natural rhythm. Indigenous people had flow, but our today world is over stimulating and artificial. Check in with yourself. What is the status of bacteria in and on you? How diverse is your diet?

We can always turn to momma nature for help.

Before we get into these Elemental Growth favorite Hippy Herbs, it's important to point out, organically-grown, food-grade herbs are the best choice. If possible, grow them yourself in natural soil, Even potting soils have chemicals and synthetic fertilizers added. Doing your research, reading soil and seed labels and obtaining the supplies you need to do it yourself, DIY, will enhance your plant's flavors, effect & aroma without compromising taste and benefits with dangerous, unwanted chemicals and toxins.

The fastest way to get healthier is to find the healthiest person you know and spend as much time as you can with them. I know because it's how I continue to get healthier, happier & wealthier naturally following my own advice!

### **Elemental Growth Herbal Favorites:**

1) Adaptogens: plants that help the body balance hormones and build resistance to physical, chemical and biological stress. These plants have been used for centuries in Chinese and Ayurvedic healing traditions. They include Ashwagandha, Tulsi, Ginseng, Astragalus, Cordyceps, Goji berry and Turmeric.

2) Brain / Pain Meds: There are too many to list them all but these plants make amazing natural alternatives to depression medication and addictive pain relievers. Skullcap for anxiety, Kava as a pain killer, Vervain for stress, Chamomile for sleep, Cayenne for energy,

Lemon Balm for happiness, St. John's Wart for depression, Vanilla for memory, Feverfew for headaches and Willow for inflammation.

3) Heart Herbs: Rose is an herb of love for good reason – its calming, soothing, is a beauty enhancer and opens our heart chakra so we may forgive more easily. In addition, Hawthorn is a good one to maintain heart function in those who are aging, Mother Wart is used to balance blood pressure. Linden is another one of those gentle and love bearing flowers.

4) Beauty Alternatives: Getting 7-8 hours of sleep each night and staying hydrated are both super important.

5) Psychedelic Therapies: Yerba-Mate for energy, Cacao has brain-boosting properties. Cannabis for mood, food, and sleep. Jungle Tobacco for spiritual well-being, Coca for stomach issues, San Pedro to understand the world. Ayahuasca to understand the heavens and psilocybin to connect with collective consciousness.

### **30 Awesome Hippie Herbs & Their Benefits:**

- Anise: Known to heal inflammation, fungal infections, depression, flatulence, menopause, and even congestion. NOTE\* use sparingly, no more than 5% of your smoking blend.
- Ashwagandha: A proven adaptogen that helps your body adapt properly to stress. Known anti-anxiety medication, antidepressant and mood stabilizer. Ashwagandha is used to promote focus and concentration as well as to provide a natural boost of energy.



- **Blue Lotus:** Popularly used by the Ancient Egyptians, thousands of years ago, used commonly during recreation and religious events. For more than 3000 years the Blue Lotus Flower has been used to induce higher states of consciousness, states of sedation, and extreme relaxation.
- **Calea Zacatechichi:** Also known as the dream herb or "Leaf of God" is a legal psychoactive plant used in shamanic rituals to predict future events, calea deepens and enhances the user's dreams.
- **California Poppy:** Commonly used when treating anxiety issues, insomnia, incontinence, and nervous tension. Reduces the effects of ADD and ADHD and increase mental capacity and memory concentration.
- **Catnip:** Catnip was once used in place of cannabis or as filler in weed since it produced similar effects, like making you feel happy and slightly buzzed.
- **Chamomile:** A powerful antidepressant and can help manage the withdrawal symptoms among smokers very effectively, thereby preventing relapses.
- **Clove:** Can reduce the cravings of even long-time smokers for nicotine. It could replace the habit while taking away tobacco's addictive substance, nicotine.
- **Coltsfoot:** An expectorant, helping to free phlegm from the lungs. The herb contains mucilage, tannins and bitter glycosides which give the herb its anti-inflammatory and anti-coughing properties.
- **Damiana Leaf:** Good tobacco replacement and is often used as a legal substitute for cannabis. Used by the Aztec for treating impotence. Smoke these fragrant leaves when making love.
- **Green Tea:** Green tea contains L-theanine, an amino acid. Studies show this compound has anxiety-lowering effects by interacting with neurotransmitter receptors.



- **Gotu Kola:** Is used to improve memory, relieve tension, enhance blood flow, reduce inflammation, and strengthen the liver. Gotu Kola herb is used as a tonic to stay healthy and aid concentration.
- **Hops:** A mild sedatives with a calming effect used as a principal ingredient in many muscle relaxants and tonics.
- **Kratom:** Proven to be an efficient solution for individuals who suffer from anxiety, stress, depression and other sorts of mood disorders. The plant has been found to act as a natural confidence booster.
- **Lavender:** Has an incredible flavor while allowing users to feel its therapeutic qualities.
- **Mugwort:** Many ancient cultures smoked mugwort to promote vivid dreams. It also produces a very mild psychotropic effect while you're awake. Dried mugwort plant gives its users colorful dreams and helps with memory.
- **Magical Marijuana:** Since Cannabis research made headlines in the field of medicine and wellness it has become more accepted around the world. The World Drug Report from 2019 stated that there are over 200 million cannabis smokers around the world. From vaping to concentrates people are finding out for themselves just how miraculous this plant is.

Yes, cannabis is one awesome hippie herb for anyone into health, wellness or getting high, but did you know that by blending your cannabis with other herbs you can receive additional benefits? It's true. Most of the herbs I have listed here have been smoked for thousands of years before tobacco was industrialized. These same herbs are a fun & enjoyable way to help even the hard-core chain smokers quit the toxic cigarettes.

Plants are so magical and mixing herbs together can not only enhance the flavor of your cannabis, it can also complement its other effects, enhance your creativity, buzz and self-care.

- **Mullein:** Helps to promote feelings of calmness, treats anxiety and can be very relaxing. Mullein is added to smoking blends to reduce harshness and sooth to the throat. Some claim Mullein cleans the lungs and can activate lymph circulation in the chest and the neck, naturally reducing phlegm and opening airways.
- **Passion Flower:** Customarily used as a soothing herb for hysteria, anxiety, seizures and insomnia. Smoking passion flower is a common practice in regions. The dried aerial parts of the flower can be smoked as an aid to help people stop smoking cigarettes.
- **Peppermint:** Smoking peppermint clears the lungs and respiratory passages and can make breathing easier. Smoking "magic mint," a slang name for *Salvia divinorum*, can cause hallucinations. Mint herbs like peppermint, spearmint and wintergreen do not have psychoactive properties.
- **Red Raspberry Leaf:** Has a pleasant, fruity taste. It can be smoked either alone or as part of a blend, to help soothe sore muscles and promote relaxation.
- **Rose:** Recently, the rose petal has become the next big trend in the world of weed. It is used spiritually to open the heart chakra.
- **Rosemary:** Associated with improved cognition and memory due to the active constituents found within the plant. The herb may also assist with inflammation and immune system function.
- **Sage:** Primarily to impart flavor to smoking blends. Indigenous peoples believe that sage clears out spiritual impurities, pathogens, and even insects. Adding a bit of dried sage to your cannabis can boost your mood, banish negativity and create an uplifting fragrance.
- **Skullcap:** An effective medicinal herb, helps in relieving symptoms of many diseases like insomnia, hysteria, delirium tremens, and anxiety. It is rich in vitamins and is used as a central nervous system booster. Also effective in managing headaches and restlessness.

- **Tobacco:** A commonly used Indigenous tobacco is one of the four sacred plants. It represents the mind. The Anishinaabe say it opens the door to the creator. Tobacco is one of the most sacred of plants for Native people.

- **Wild Lettuce:** Wild lettuce helps with diverse pain types like menstrual pain, joint pain, muscle pain, headache, migraine, and stress-related pain. NOTE\* Not suitable if user has narrow-angle glaucoma, it can make it worse. In some cases, wild lettuce can also induce a toxic effect.

- **Wild Oat:** A popular traditional herbal medicine that is widely used in providing relief from liver and kidney conditions and joint pain. It also relieves depression and is a natural tonic used to improve strength and vitality in both men and women. Wild oat is also used to reduce mental tension and anxiety. It is a powerful antioxidant and slows down the aging process.

- **Wormwood:** Remedy for headache, dysentery, common colds or mild rheumatism. Widely used as the main ingredient in Absinthe.

- **Willow bark:** Native Americans often smoke willow bark during ceremony to show respect and give spiritual protection. When shared with close friends and family it can promote kinship. Mark Twain smoked willow bark with his tobacco.

- **Yarrow:** Can reduce high body temperatures and fever. It is commonly used as a stimulant for appetite or as a tobacco substitute.

Smoking herbs for health while beneficial will never compare to the benefits of proper nutrition and exercise. Breathing any smoke into your lungs can be irritating. This is true because you are burning and breathing in carbon, paper, lighter fluid... The dangers include increased risk of lung cancer and heart disease, among others. Pregnant or breast-feeding women should avoid smoking completely. Consult a medical doctor if you have any pre-existing lung issues or are on any medication.

## **SPIRIT ANIMALS (DRUIDRY 101)**

### Frog Oracle

After pulling the frog oracle card I began working with a coach, who, by way of synchronicity helped me with some emotional healing. I started telling him all about the frog oracle and explained how I thought he was like the frog bringing me the medicine I needed to heal the pain of my past. He blessed me and recommended that I research ceremonial Kambo.

During my research I received an email from Amazon Rainforest Conservancy (ARC), the charity I sponsor. I saw this as an opportunity to learn more and emailed the Conservancy's President back some questions I had about Kambo medicine.

We wrote back a fourth for a while about the medicine, contemplating the ethical arguments, our fears, and ways we were called to use this medicine.

Then we came across a practitioner, Raven, a practicing herbalist for woman's hormone health, yes, another synchronicity - Raven is exactly who we wanted to work with!!!

This proved to me that my aligning with nature provides me a better chance to be in the right place, at the right time, all the time.

Now magically, seamlessly, my new relationships brought planning to receive three Kambo treatments in the Colorado mountains. Also exciting is the Hybrid rental and Ranch we found on AirBnb. We were learning about ourselves and how this medicine works. As all of our choices were aligning our missions, everything we needed was manifesting easily.

My friend Jana went first. Raven smudged her, set up her sacred area and purge bucket. When Raven burned her arm to open the gates for Kambo I felt alarmed by how many dots were required for this initiation. Jana however handled it very well, so I hummed along with Raven's music and sent loving intentions to my friend.

When my turn came, my biggest fears were screaming. Still I asked Kambo to be gentle with me, thanked my body for all its functions and stayed present as the medicine worked through my entire body starting with— my hands, torso, head, toes...

The first Kambo session was clearing years of toxins built up in my body. The second session goes a bit deeper, working on the physical, mental, and emotional build-up. Life got deeper the third session when Kambo began clearing spiritual and ancestral illnesses.

### Starting a 3-day initiation

Raven explains it like cleaning a floor -  
day 1 you pick up the clutter  
day 2 you sweep  
day 3 you mop up all that remains  
Now, you can start fresh!!!



Reflecting on my sweep day, I was able to surrender, breaking through clenching fears from the first day. Ceremony had lasted about 1 hour, 20 of that on the toilet. Afterwards, I was refreshed as ever and Jana and I headed out to hike Three-Sisters Peak.

We met some fellow travelers who offered us some hippie herb (cannabis) for our hike. When I smoked a little smoke, I felt the medicine flow through me, reminding me that I am still in ceremony and the Kambo spirit is still strong within me. I truly looked forward to a proper initiation next.

We woke up in the Ranch to the morning sunrise and breathed in fresh air. As the sun was peeking over the mountain top our preparation for Kambo cleanse number 3 began. We were looking forward to this dose because we had time to contemplate and integrate our experience so far. We were also experiencing our three sessions within a moon cycle, following a tradition among practitioners.

I felt much appreciation for just how powerful this medicine is when day three of our Kambo cleanse came to fruition. It had been far from an easy experience. My life changed for the better during these three days. Now, everyday I continue to set intentions. I thank every organ & bless my body functioning. I am grateful I asked Kambo to be gentle with me. And so it is!

### **Kambo**

Traditional ritual of Kambo used by Shamans (and practitioners) uses the poison of the giant monkey frog to purify the body and treat various health conditions. Some believe that Kambo can treat Alzheimer's disease, Parkinson's disease, cancer, infertility, chronic pain, depression, anxiety, migraines, infections and addiction. Kambo can purify the physical body of toxic substances, purify the mind and spirit of negative energy, bring luck, increase stamina and cure physical ailments. None of which I knew of when I was called to use Frog Medicine.

When I drew the Frog (Loggann) oracle card this last summer, I learned that in Druidry the frog governs sensitivity, medicine, hidden beauty and power. Traditionally the frog unites the elements of earth and water, bringing Joy, delight and healing. In Frog singing and hopping, this totem is leading you to the secret spring from which you may be refreshed and renewed.

Being a cold-blooded creature living half on land and half in the water, Frog possesses an extremely sensitive skin, considered magical by Shaman's. A companion of the Rain Spirits, Frog can help you develop your sensitivity to others, to healing and to sound through your skin, your physical body and aura (energy body).

You will feel close to the goddess and close to both earth and water elements. Frog teaches us to look for beauty and magic behind appearances. As a master healer, Kambo, an Amazonian tree frog secretion will cleanse your body, all bodies; energy body, emotional body and physical body, when used with loving intention – in 40 minutes or less.

This sacred medicine is not a hallucinogen in that you will see things. From my personal experience, Kambo takes your cells for a ride while you remain conscious as the observer of the process of Kambo's healing work.

Nothing is what it appears to be, and life is more fun than you ever imagined when you surrender and see the hidden aspects of nature: Beauty and Power. All you have to remember is, Frog brings medicine, and medicine from Frog brings healing!

If you hear the Frog Call,



I encourage you to listen.

If you are called to work with this medicine, you will find below my  
**8-step guide to prepare yourself for Kambo ceremony**

1. **Decide:** Kambo is not an easy medicine, in fact, I can guarantee you that you will release things you didn't even know you could.

Emotionally, spiritually and physically, Kambo will help you purge what shouldn't be there. If you've heard the call, done your research and feel it's your time, you must fully commit to the process because resistance will only make things worse.

2. **Plan:** Finding the right practitioner for you is really important. You want to be able to relate to the person on some level, also to make sure that they are sourcing their medicine in a sustainable way.

Anytime I have been called to work with this medicine, I have had to travel as well. This means planning transportation, accommodation, food, water and companionship.

3. **Week before:** Set an intention for your ceremony, get really clear about why you want to work with Kambo. In addition, it's good to fast before many sacred ceremonies. This could be coffee, social media, alcohol, sugar, cannabis or really anything that may be in the way of your personal growth. During this week I also stay hydrated.

I practice self-reiki and affirmations like “I love my elimination organs”, “Kambo is healing my body now”, and “I am ready to change”.

4. **Night before:** Pack comfy clothing, blankets, pillows and a yoga mat. Prepare at least 2 liters of water and definitely make sure you fast. In this time, I also like to plan my itinerary for the day of ceremony; food, nature, rest...

5. **Pre-Ceremony:** Before ceremony you're going to want to pull your hair back and have a bucket close by. Make sure you also have a toilet close to where you are. It's super important to tell your body that “this is what we have been preparing for” so your body knows what to do when the medicine is applied.

6. **During Ceremony:** Submit to Kambo, be present and observe. There is not much more I can say. Humming does help break up some stagnant energy and any resistance, but this part is a very individual experience.

7. **Post Ceremony:** Before flushing your purge, look at it – what do you see? Foamy white? Yellow? Black? It all has a meaning that could teach you something about yourself (Google it for yourself). After a quick clean up its nice to just relax, eat something light if you can and observe nature in some way.

8. **Integration:** The integration process begins the moment Kambo touches your skin and can last a year or more. Music, meditation and a clean diet are all tools you can use to enhance how this frog medicine works its magic. I also encourage you to keep a journal of sorts or even just take notes on your calendar as you transform - body, mind, spirit, soul.



# ANGEL NUMBERS (NUMEROLOGY 101)

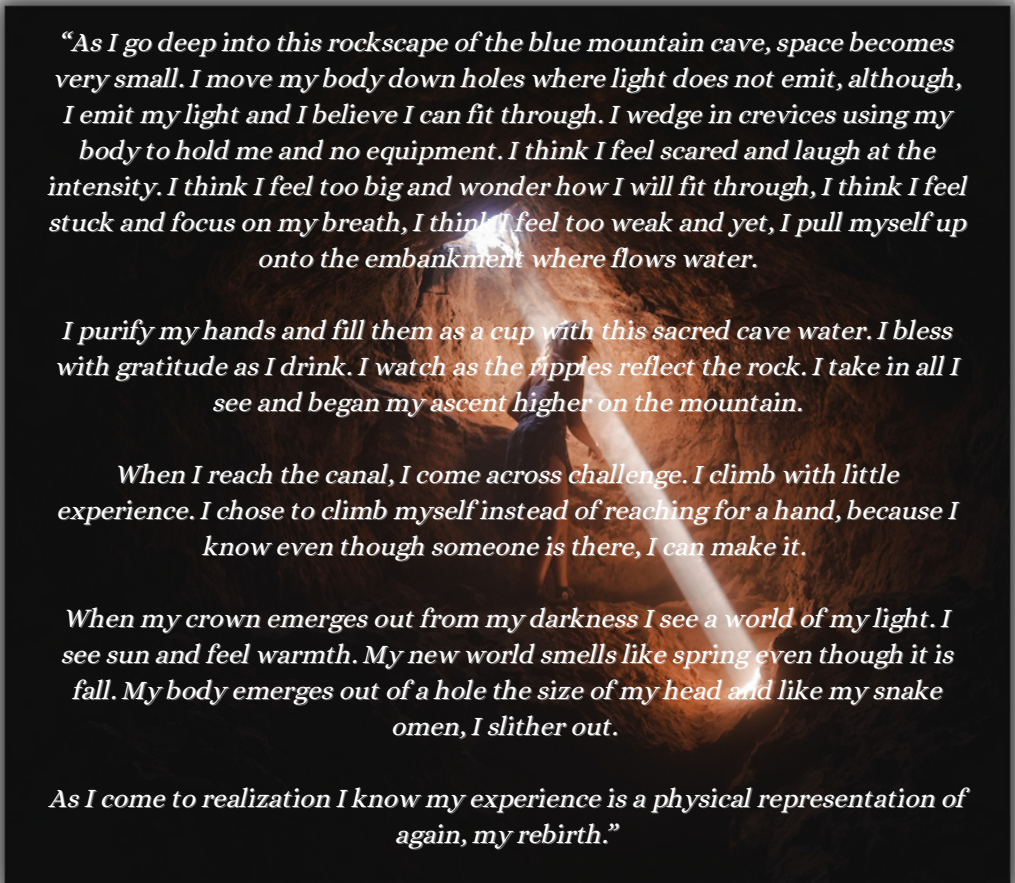
8:08

I notice the clock, Its 8:08. I've seen this time 3 times in the less than 24 hours. I look up its meaning. This Angel number means:

*The relationship you are heading towards is one that is destined to be. It is likely a highly spiritual connection that will bring great purpose and abundance with it. But we have to understand that it will require us to end a previous cycle.*

I see it. I feel it. There is an ending coming. That is what this fall season is all about. Its what I feel inside. What I see manifesting all around me. Cycles are ending and I feel the grief. I know its time to surrender.\* Surrender is a Rebirth Day.

\*Day 6: 12 Doses for Christmas: My 12-Day Holiday Trip Report 2021

A photograph of a person climbing a narrow, dark cave passage. The person is illuminated by a bright flashlight beam, creating a strong contrast with the surrounding darkness. The cave walls are rocky and uneven. The person is wearing a dark jacket and appears to be in a crouched or climbing position. The overall atmosphere is mysterious and adventurous.

*“As I go deep into this rockscape of the blue mountain cave, space becomes very small. I move my body down holes where light does not emit, although, I emit my light and I believe I can fit through. I wedge in crevices using my body to hold me and no equipment. I think I feel scared and laugh at the intensity. I think I feel too big and wonder how I will fit through, I think I feel stuck and focus on my breath, I think I feel too weak and yet, I pull myself up onto the embankment where flows water.*

*I purify my hands and fill them as a cup with this sacred cave water. I bless with gratitude as I drink. I watch as the ripples reflect the rock. I take in all I see and began my ascent higher on the mountain.*

*When I reach the canal, I come across challenge. I climb with little experience. I chose to climb myself instead of reaching for a hand, because I know even though someone is there, I can make it.*

*When my crown emerges out from my darkness I see a world of my light. I see sun and feel warmth. My new world smells like spring even though it is fall. My body emerges out of a hole the size of my head and like my snake omen, I slither out.*

*As I come to realization I know my experience is a physical representation of again, my rebirth.”*

## Personal Notes

## RESOURCES

Contact me [Ashley@ElementalGrowth.org](mailto:Ashley@ElementalGrowth.org) or [www.ElementalGrowth.org](http://www.ElementalGrowth.org)

*Be The Change* is your guide to Elemental Growth through nature, love, food and movement. This is the ONLY book available that uses nature to nurture the process of change so you can step into your HIGHEST POTENTIAL with ease. My plant-powered menu brings you over 40 NEW recipes for nurturing your body, mind and spirit as you change with the seasons. These simple menus will turn your home cooking experience into a powerful expression of LOVE so you can build a high energy body and cruise through life with the windows down and a smile on your face. Eating well is a form of self-respect!!!

As The Amazon Rainforest Conservancy works to protect the Amazon Rainforest, it's essential that we remember the potential cures within medicinal plants, nutrient dense foods and remedies that get to the roots of the problem. So far, we have found plants that can be used to cure AIDS, cancer, diabetes, arthritis, multiple sclerosis and Alzheimer's. I imagine there will be much more information on this in the near future! Check out their website here: [www.amazonrainforestconservancy.com](http://www.amazonrainforestconservancy.com)

Raven Raven Rose from @MoonMedicines  
John Hopkins, MAPs, TheThirdWave.co

<https://www.sociedelic.com>

<https://psychedelictimes.com/psychedelic-timeline/>

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