



Mčahuasca



MÉAHUASCA

JOURNAL OF THE SOUL

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Dedicated to ...
Mother Ayahuasca



MÉAHUASCÁ

JOURNAL OF THE SOUL

ALTHOUGH WE DON'T PRESCRIBE A WAY,
FOR USE OF THIS JOURNAL, ON ANY DAY.

WE KNOW NOT MUCH, THOUGH WE KNOW THIS:
REGULAR USAGE MAY PREVENT A MISS,

AND TO HELP YOU GAIN, A GREATER FIND,
WHICH OFT IS MISSED BY THE EGOIC MIND.

IT ISN'T WHAT YOU THOUGHT BEFORE,
ITS BEFORE YOU THOUGHT, YOU THOUGHT BEFORE.

SO BEFORE YOUR MIND GETS YOU TO FLINCH,
YOU MUST KNOW; *IT'S NOT WHAT YOU THINK ...*

THIS JOURNAL BELONGS TO:

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FOREWORD & INTRODUCTION

Did you hear the story about a man staying at a hotel? Upon checking in, he asks Mary the receptionist, for *a wake up call* ... Next morning Mary calls him, and says; *this is Mary with your wake up call sir ... "You are the Universe experiencing itself!"*

What a cool wakeup call ...

Tír Na hÓige, pronounced *Tear nan No-e-ga*, is the ancient mythical land, spoken of in folklore on the Island of Ireland ...



Tír Na hÓige is also referred to as *Land of the Youth* or *Promised Land*. In traditional mythologies it is told of those who dare to travel, journey, voyage or adventure to *Tír Na hÓige* can reach it by entering the *dolmens* (megaliths) or certain caves by invitation of the *Gods of Tír Na hÓige*, often referred to as the *Tuatha Dé Danann*.

Mortals who visit Tír Na hÓige are referred to as adventurers (echtraí), visionaries and ecstasies (baili).

Apparently you can also enter Tír Na hÓige by the Golden Path of the Sun across the Ocean. The God that rules this Sun-Ocean region is said to be *"the first ancestor of Human's"* and the *"God of the Dead"*. *Tír Na hÓige* is celebrated in Irish folklore as being the *realm*



of everlasting youth, a place of bliss where its inhabitants have conquered all fear and death.

There are many similar ancient mythologies told all over the planet, but this one has particular resonance for us, because of the particular words and descriptions used, in stories that have been passed on and told for tens of thousands of years.

It is reminiscent of someone recalling, describing or explaining his or her experiences with Plant Medicines (Entheogens), in a contemporary setting. The similarities and parallels defy coincidence. Entheogens are psychoactive substances designed by nature that coincidentally provide access to realms, states or dimensions beyond your conscious, egoic or thinking mind.

A THEORY: Let me stress, this is a ***THEORY***, about these Dolmens or megaliths: The Dolmens and other megaliths across the planet were **NOT BUILT AS, OR INTENDED FOR USE AS BURIAL MOUNDS**, as is commonly presented by contemporary archeology, historians and academia, but were purposely constructed to facilitate those, whom ***by invitation*** dared to travel, journey, voyage or adventure to other dimensions such as *Tír Na hÓige*. Saying or even suggesting that Dolmens and/or Megaliths were built as burial chambers is a purposeful distraction, the purpose being to create a false and concocted history.

Although skeletal remains of humans have been found in, under or around these sites, it does not demonstrably prove to any extent their real or intended purpose. The only aim in stating or suggesting such a fallacy is to get enquiring minds to look the other way, so to speak. To a large extent this trick or lie has worked, in that very few People ever challenge the validity of such statements, even those who have a genuine interest in discovering what the Dolmens or Megaliths were truly intended for. After all, the contemporary



model concerning these structures as being burial chambers does not correlate with any oral traditions, myths and legends passed on to us by our ancestors, and most certainly does not correlate with the physical carvings and/or art work found on such structures.

Aside from the question of being burial mounds, chambers or passages ... an invitation by the Gods to enter such realms as *Tír Na hÓige* came by way of imbibing (eating, smoking, drinking or ingesting) certain entheogens (Medicine Plants). One took the respective Medicine Plant, and when one felt your, or a God, beckon you ... you entered the respective Cave, Dolmen, Megalith or Portal and from here your respective God would carry or transport you to *Tír Na hÓige*, and/or perhaps other realms.

Dolmens are bounded dark spaces, and would have acted as a perceived, if not a real, Portal or access-route to other realms. After all, you cannot find caves everywhere, so Dolmens were built as archetypal portals. They represented the darkness or the abyss, so by going into this abyss you would ultimately emerge into light. As they say, ***if you stare long enough into the abyss, it will eventually stare back at you.***

These spaces were chosen or designed in part as sound chambers and have strong resonant frequencies of vibration, which oscillate, vibrate and echo sound as physical vibration, which can be felt in the depths of the human body, which in turn made them perfect venues for Spiritual ceremonies and travelling, journeying or voyaging to other realms.

The People who first built and used Dolmens or Megaliths - and nobody can (yet) verify for certain who these People were, but more than likely are our own ancestors - are probably the ancestors of those who have been told the stories referred to. You could argue that the knowledge of the Dolmens, Megaliths and Medicine Plants



etc., has been lost, but that wouldn't exactly be correct, as we still have the stories *told* by our forefathers and mothers, passed on to us in the medium of myths, legends and allegories and indeed through art, music and the megalithic architecture itself, some of which we can still see and visit today. And of course, access to that same knowledge exists via the imbibing of entheogens, under the right circumstances or setting etc.

It is far more accurate to say that the *organised religion* of churches, monarchs, emperors, kings, queens and imperialism has attempted to suppress and or destroy knowledge of Medicine Plants and its many benefits. In a contemporary setting, we can view *statism* as the modern equivalent to organised religion, in that it aims to control, limit or prevent People from accessing their higher self or being. It made, and makes, sense to those who wish to dominate or control others to reduce or remove access to Medicine Plants, by vilifying, pillorying or eradicating those who have knowledge of such esoteric things ... People such as Shamans, Druids, Seers, Prophets or Witches et al.

NOTE: We may from time to time use the terms Shamans, Druids, Seers or Witches interchangeably, and mean the same thing, more or less. To be clear, Shaman, Druid, Seer or Witch is not to infer a preference for either masculine or feminine, but may mean either or both, depending on the context, which you the reader can decide for yourself.

You cannot enslave or control People who don't recognise your reality as real.

The Druids (and Shamans, Witches, Seers et al) of our ancestors provided a process via Medicine Plants and other processes to gain access to inner and multi dimensions, and to open alternative states and realities. So much so, to the point that ***"this world or reality"***



was reduced to that of being a relative distraction, compared with other dimensions of reality, or altered states.

In developing such an ambivalent attitude to *the real*, death became, was and still is nothing to fear ... as in, voyaging to these other dimensions or realms showed and shows death as being an irrelevancy, and that life as it is, is simply a reflection of a (spiritual) being having a human experience on this, a particular plain or vibration of existence.

There is scant written research and or recorded history of Druids, per se. Contemporary academia notably shies away from any aspect concerning Druids and in particular the use of imbibing Medicine Plants ... in fact it is not talked about in any context whatsoever, other than to say or suggest that Druids were perceived as seers, wise ones, law makers, ceremonial leaders and medicine men and women, but there the discussion academically ends.

Thanks to these Druids, seers and wise ones, a great many of our ancestors experienced access to inner, multi- and alternative dimensions, realities and altered states.

These days however, far fewer People get or take the gift of an inner voyage, as part of a cultural norm. Much to the chagrin of organised religion, the rule of kings, queens, emperors, monarchs and statisticians, the freedom and ability to experience such voyages still survives, and is gaining resurgence once again, in these *modern* times.

My guess would be; if you are reading this text, you have either already voyaged with Mother Ayahuasca, and want to know more, or may be giving such an inner voyage strong consideration.

The job as creator of this text is to explain, as best can be explained, what an inner voyage with Mother Ayahuasca is about and why all

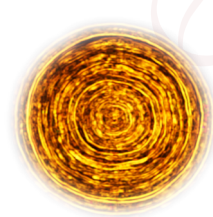


People on this planet (in this writers view), should take such an inner voyage, despite any reservations, objections or criticisms they may have, and perhaps even because of them.

Someone famous once riddled ... “Know Thyself”: How is it possible to figure this riddle out, if most clues about you are hidden deep inside you, but yet you have never investigated inside you? One of the clues to cracking or solving this riddle “Know Thyself” is in the word THYSELF! This is shouting at you ... Look Inside thyself, as where else would you able to find out about THINESELF if only by looking inwards?

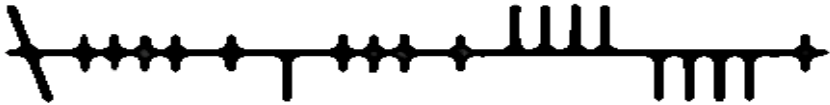
On this journey of my own inner voyages and discovery, many People have told me of their personal experiences with Mother Ayahuasca and other entheogens. Quite a few said they found it difficult to express their experiences in words, or that it was beyond their intellect to express fully.

It is difficult to explain how to prepare for an inner voyage or ceremony with Mother Ayahuasca, as you are trying to explain something that is impossible to be totally prepared for. Even though it can be difficult at times to find the right words to clearly express anything at all, it does not mean we should not try or have a go at it.



With this in mind, this book is an attempt to express in simple terms, my own personal voyages, which may in turn enlighten, inform, educate or even provide you with certain markers to consider or look out for, in your own practices and on your own personal voyages of discovery.

NOTE: This book is about going to, voyaging or journeying into the inner abyss or stillness that is you, me, us and we, with the



assistance, help or guidance of the entheogens or medicine plants know as Ayahuasca.

This text is not credited to a particular author. No credit is required for its work, as it may detract from the material, distract the reader somewhat, and may prejudice any potential learning. It isn't relevant to know who the writer or creator is, only that its *intent* is to provide an outline guide as to what might occur if you imbibe and/or voyage with the medicine plants called Ayahuasca.

We have refrained from making many references to works by other writers, authors or creators, as this may also prove an irrelevant distraction.

The material and content contained herein is broken down and simplified as much as possible. It is entirely up to each reader to critically research and/or verify for him or herself what is possible, what is real, and what may be imagined. Equally, just because something is imagined, does not mean it is not real.

We use the terms *writer* or *creator* interchangeably, as they are much the same. We view all People as Creators in their own right, although a great many choose not to use or apply their innate ability to write or create ...

We were unsure if an introduction was required for this book, as few People read introductions, but decided to include one anyway for the few who can be bothered. Perhaps because this is a relatively short and simple publication, more People will bother to read this introduction? We hope ye few appreciate the effort!!!

Bare with us in the first few chapters of this book, as we dive into some stuff that is academic to a certain extent, but may well stand as an elemental grounding to at least partially prepare you for a Voyage



with Mother Ayahuasca, should you choose to imbibe or participate in such a ceremony.

For those of you brave intrepid voyagers who may have already taken such a step, it may assist you in gaining a deeper, or at least, a clearer comprehension of all the paraphernalia, language and terms used around such voyages, alongside assisting in your own personal integration of such adventures.

Our book title *MÉAHUASCA* is coined partly from the Irish (Gaelic) word for me. *MÉ* or *Mis* in Gaelic means *me* or *is me* and obviously the rest is derived from the word Ayahuasca. M.E. coincidentally also stands for **Mother Earth**. We could suggest that our book title *MÉAHUASCA* means, "**This is ME Mother Earth**".

Onwards to the basics ...



PART ONE - THE BASICS

MÉATHUASCÁ

JOURNAL OF THE SOUL

MÉATHUASCÁ



THE TRICK AND THE LIE!

Only those, whom have travelled to the stars, can say with any certainty that stars exist ... the rest can only wonder.

This book is an attempt to trick you into remembering what you have forgotten, and remembering what you have forgotten you have forgotten.

Your forgetting who or what you *really* are is intentional; how otherwise, would you have convinced yourself you are just the part you play ... when you know you are so much more than that? We hope you remember that you have forgotten, and we hope you remember that which you have forgotten you have forgotten.

When you finish your first reading of this book, we will invite you, in the FINAL CHAPTER, to reread the FIRST CHAPTER (this one). This is to remind you, that everything you are about to read and have ever read is a lie - as in, we invite you to read and treat all that you read, all books and all writings, with a very healthy level of skepticism or criticism. Be highly skeptical and critical of all words on paper (including these words), and never treat them as gospel so to speak (excuse the intended pun).

The only way to KNOW with absolute certainty if something is TRUE or not for you ... is for you to experience it for yourself.



Be a Doubting Tom and doubt all ... We ask that you NOT BELIEVE, but instead gain a Knowing or Gnosis for yourself from your own experience(s), and do not rely upon the words of another or others, especially those on paper.

When you talk with People on a one to one basis, you can get an innate sense or vibration of the potential truths they speak. The same cannot be said of the written word, as it is cold, and has no inherent vibration or meaning, other than what your subjective senses might give to it.

Putting together of letters, words and sentence structures can be considered *craft*, and the spelling of words in certain ways can craft *spells*. The spelling and or crafting of words, the way they are put together, can be designed to manipulate or deceive a reader into thinking they have read something they have not, or that although not clear, something else was implied by the placing, positioning or use of certain words or language.

Be highly critical and skeptical of everything you read, and take it that everything is a lie, until you ascertain it to be otherwise from your own experience. And by the same token try not to allow criticality or skepticism to consciously overpower you with fear or anxiety, which may prevent you from experiencing what may turn out to be an endowing turn in your life in this realm of existence.

Authority: The word *authority* is derived from the word *author*. Therefore he or she who puts pen to paper as an author, becomes the authority over what they write, which does not mean that they are right, and it certainly does not give



them authority over you, unless of course you consent to such a thing, which quite a few People do, and sometimes to their own detriment.

It is said that, *“paper does not refuse ink”* ... so it follows that what is written herein, although it may seem authoritative, should not necessarily be trusted to be accurate or true. Only YOU can decide the truth of this or of any matter, through or via your own personal experiences.

Writing has helped me get to grips with many aspects of this life thus far, and has also provided me with an ability to convey some things spiritually and scientifically concerned, to paper.

More recently, having imbibed the medicine plant know as Ayahuasca, seems to have provided a certain access to information, which has helped me greatly with life itself and integration back into the realm of “the real” ... where we hope this book will help or encourage you to consider the thoughts conveyed in these pages, and decide for yourself what to make of it all.

At the end of each respective chapter you will find a blank page. These blank pages are for you to journal, jot or write down your own ideas on or about the chapter, or anything else that crosses your mind. In this way you can also use this book as a kind of personal working journal ... whereby you have a comparable reference in some cases, and in other cases you will be able to log your own unique experiences of your own personal voyages.





THE FIELD OF VIBRATION

EVERYTHING in the universe and cosmos is represented in terms of vibration. Everything that exists, or has ever existed in our understanding of existence, vibrates at a frequency specific to itself and relative to its surroundings, whether at the Micro (small) or the Macro (big/large) level.

When we use the term “***Vibration***”, we mean this in both a metaphorical as well as in a literal sense; that things vibrate. Your body can feel these vibration(s) in a real sense, on a variety and myriad of differing levels and intensities, depending on the circumstances of course.

There are obvious ways to experience, feel or recognise vibration. You could sit on a washing machine (when turned on), take a trip in a plane, or go on a roller coaster ride. You will feel, and sometimes hear, the vibrations (or energy) of the mechanism you are on or in, but there are a great many other ways to experience more subtle levels of vibration.

7.83 Hertz

The Human Brain resonates at 7.83 Hertz (Hz), and matches exactly the frequency of the Earth’s natural harmonics at 7.83 Hz. This Human Brain wave is titled the Alpha wave. ***This is NO coincidence ...*** and an important thing to note, which may



help you logically grasp (later on), some of what goes on in a voyage with Mother Ayahuasca, and/or other entheogens.

Some of the music, chanting, drumming, humming, sound(s) and effects etc., used in Medicine Plant ceremonies are purposely designed, have been chosen or have evolved over time, to resonate in the Alpha wave frequency.

When ingested, some entheogens or medicine plants can greatly amplify our senses and we can feel the subtle vibration or resonance of the Earth or Universe. You do not normally feel this vibration, to the extent that your body vibrates internally and you can literally tune in and feel the earth move or resonate. Your physical body emits or expresses its own outer and inner vibrations. In a literal sense, you can physically vibrate your own body by shaking, moving and by emitting sound - be it through movement, dancing, roaring, laughing, singing or humming etc. This perhaps can be viewed or experienced as an inner or outer form of vibration.

You can also experience both inner and outer vibrations through or via certain activities such as sport and games, and even more subtle inner levels of vibration can be experienced through prayer, chanting, meditation, yoga or drumming *practices* etc.

For the latter, and depending on the culture you came into by birth, it may take many years of *practice* to experience the subtle inner vibrations that may come as a result of such practices ... *To be clear about prayer, chanting, meditation, drumming or yogic practices (in this context), the ultimate intent or goal of these practices for the practitioner is to reach*



the inner vibration of a certain field, plane, level or state of non-duality, sometimes also called a, or the, Zeropoint.

What is non-duality?

Non-duality is a term you may hear or read about if you study philosophy or for that matter spirituality, which are *by eastern traditions* intrinsically linked. When something is non-dual, it is not split, or it is not two or more things. As a leading example; *western convention* treats science, spirituality and philosophy as separate disciplines, and does not treat these three things as being a perspective on the same theme.

Things can and often will appear as being different, and therefore may be perceived as being separate. But all and everything is interconnected, part of one or the whole. Your fingers all appear different, and seem to be separate, but they are just differing parts of one hand, and your hands, arms, legs, body and head all appear to be different and separate, but they are part of the whole body, and your body arises and comes out of Mother Earth ... which is one planet, which seems different and separate from other planets and so on and on.

The ONE behind all is expressing itself in many different forms, but our thoughts as a sense have lost that connection to the ONE, at least on the cognitive or conscious level.

When we still our thoughts, or silence our egoic mind, we can re-connect with a, or the, ONE. There are realms or states one may experience, beyond these fields, planes, levels or states of non-duality. *There is an absolute stillness.*



This non-duality state in certain religious or spiritual traditions is often referred to as Gnosis, Nirvana, Heaven, Bliss or Samadhi. It is a form of experiencing (a) death of sorts, or a non-duality state of being. A non-duality state is the experience of being at ONE with all, the dichotomy or separation of self and other dissolves and you become ONE with the Universe ... *for lack of a better description.*

Swami Ranganathananda put it this way: "***Our first hand experience of the non-dual reality is infinitely greater than meditation. They can't be compared... no wise man would give up the infinite bliss of non-dual experience and revel in unsubstantial things like reading and thinking. Reading, thinking and meditation are nothing compared to the direct experience of the reality.***"

Certain religious or spiritual *practices* may well take the practitioner a whole lifetime to achieve or experience such a ***non-dual reality*** or zeropoint field, if at all. Aside perhaps from some potential health or mental benefits of such practices, they achieve nothing more for the practitioner, than would a good nights sleep, or a relaxing walk in the park.

This is not to decry religious or spiritual practices, or the benefits that might be derived from such practices. Perhaps we should consider and or treat prayer, chanting, meditation, drumming and yoga etc. for what they really are, which is ***PRACTICE ONLY***, which is why they are called or termed as being practice!

In this case they are PRACTICE for helping us ***surrender*** to a state of vibration, or to the zeropoint energy field, with its infinite levels of dimensionality. They can certainly serve as a



guide to bring you to the door or doors you may seek, but will not necessarily open those same doors, in order for you to step over the threshold, in a consistent way or manner.

The vast majority of practitioners of prayer, chanting, meditation or yoga (only), in *modern western civilisations* have not ever critically accessed this zeropoint energy field, or the Zeropoint. Very few have even glimpsed it, or have only perceived it somewhat fleetingly, for the door(s) to shut quite abruptly, and for the/ir conscious memory of it to fade into relative obscurity.

Over the years, having spoken with many religious and spiritual practitioners, some of whom have voyaged, and many more who have not, for the ones who have voyaged, their general consensus and experience is that they spent years trying to learn or teach their relative practices to others, but never knew what reaching Zeropoint truly meant. And in retrospect, if they had voyaged to the Zeropoint first, before they had started their practice(s), it would have been so much easier to achieve, as they now knew where the destination was, and how to reach it. They would have been practicing and teaching from the perspective of experience and truth, as opposed to guesswork and/or beliefs.

Experience is what counts: Take a man who has never driven a car. The man knows the car can be driven, he has been in a car, and has watched and observed others driving cars. He has been a passenger in a car, and he feels safe with some drivers, and not so safe with others, but has never driven a car himself.



The man, although he observes that cars can be driven, cannot know what it truly is like to drive a car, until he has driven the car himself. Being a passive passenger in a car is analogous to praying, meditation and doing yoga, in that you are a passive observer, attempting to experience something you cannot truly experience, and you cannot direct or control the journey until you take the wheel for yourself.

As children, for many years we were taken to church (in a car) on a Sunday to attend mass. This ritual routine probably went on for about 10 years of my early childhood. Never once in all those years were there moments of enlightenment, awakening or transcendence, and my guess would be that the same was true for the rest of the congregation also. We were all just going through a monotonous routine of listen, pray, stand, sit, kneel, pray and so on. It was a training ground in obedience, no fun, no laughter, no craic, and certainly no moments of other-worldliness.

The priest was driving the car, which always led to nowhere, or to a complete dead end for all onboard. Instead of handing out a sacred sacrament or medicine plant, he gave out thin slithers of dry white bread, the sort of stuff you would eat if you were on a diet and preparing to go on a voyage of sorts. With the church it was all practice and no application, or 'all hat and no cattle' as a friend of mine used put it. The priests all talked a good deal, but with no deliverance, excuse the pun.

When you experience something for yourself, you now have a knowing of what the experience *really* is like. Then you can speak with real authority from experience, and all that you



thought, felt or believed before the experience, fades into relative obscurity.

The doubts and questions about whether or not you could drive the car become insignificant, because you now have a knowing through the experience. You now know you can drive a car, a car can be driven by YOU, and YOU can learn to direct and navigate the car, to go where YOU need. Now you do not have to be driven by others (all the time), that may not drive so well, or do not know where they are going most of the time.

From this point, as you can obviously drive, *practice* now becomes an all-important factor. After that, you may still wish to engage in advanced driving courses, or at least advance your ability in driving by getting tips from more experienced drivers.

Almost all practitioners of prayer, meditation, yoga, chanting or drumming, whilst they may well have driven cars, as in prayed, meditated, done yogic exercises, chanted or drummed, they have seldom if ever reached the destination(s) they seek.

We could argue that the vehicles they use are the wrong vehicles to start with. The vehicles of Prayer, Meditation, Yoga, Chanting or Drumming can be used once we know where precisely the destination is we wish to reach ... but most do not know that destination or dimension, because they have never been there, so do not recognise where they are going, and therefore get easily lost along the way.



To be Clear: It is highly improbable and unlikely to reach the Zeropoint destination via Prayer, Meditation, Yoga, Chanting or Drumming if you have not been there before.

NOTE: We have ALL been there before, because that is where we come from, but most People have almost completely convinced themselves they have not, so therefore Prayer, Meditation, Yoga, Chanting or Drumming can be a most confusing vehicle by which initially to travel to the Zeropoint ... if nothing else, because it can take such a long damn time, relatively speaking.

The following may read like a complete contradiction: When you do get to, or back to, the Zeropoint you will begin to (immediately) remember, you have been t/here before (perhaps a great many times), and that you can return anytime you so choose, with guidance or without, with the vehicles of Prayer, Meditation, Yoga, Chanting or Drumming, or without. By your own choice so to speak and of your own volition, as the need arises, or as needs must.

If you had a choice of vehicles (to use) to travel *a vast distance* (to another dimension), initially you would more than likely pick the vehicle that was going to get you there the fastest, and because it is such a vast distance, you would probably choose to put that vehicle on **autopilot**, if such a thing were possible or available.

Lets assume for the sake of argument that you have been to this Zeropoint place or destination before (on some level), and the map or route of how to reach such a place is stored



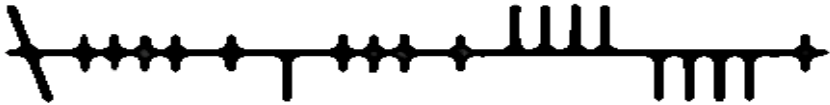
somewhere in your sub- or super-conscious, your gut or perhaps even your soul.

It matters not where exactly the route map is stored, saved, or hidden. Let's just assume it is hidden somewhere deep inside (you), and simply awaits the correct combination to be unlocked or released. By using the above practices you may *eventually* find the correct combination to unlock the map, and perhaps YOUR MAP has already been unlocked (to an extent), but what next? How do you reach the destination of Zeropoint?

Wouldn't the next logical step be to feed the co-ordinates of the map and its chosen destination into the autopilot and press GO? Our chosen destination is the Zeropoint field of vibration, which initially is subtle, although once you have reached it, tends not to be so subtle.

Ok, ok ... you are probably shouting (by now) at this inanimate piece of paper, "***What feckin' autopilot?***" The autopilot we refer to are the MEDICINE PLANTS of Mother Earth (ME). We are taking it, at this stage so that the relevant coordinates which are innately already mapped out somewhere inside of you, and once your autopilot is engaged (properly), all you have to do is sit or lie back, and surrender yourself to the voyage.

ALL INDIGENOUS CULTURES have had at their root (pun intended), the use of Medicine Plants for the fixing or curing of illness, disease and sickness - be it physical, psychological, mental or spiritual, for the promotion of wellbeing, cure and



for spiritual growth and also for recreational usage. Recreation or **re-creation** is embedded deeply in all cultures.

Pharmacological and pharmaceutical drugs have a root base in plants, or are derived through diverse nefarious processes from plants. There is no getting away from this fact, no matter how one dresses it up.

The difference between Medicine Plants and pharmaceutical drugs is that the goodness of what is contained in Medicine plants is stripped out, with a view to *providing treatment* which is ongoing, to provide for profit, as opposed to providing a remedy or cure that may be permanent, and thus NOT provide for an ongoing profit. The pharma-industry strips the god or good out of the plant, and thus provides no goodness.

Most Medicine Plants are taken in a very raw form. Some Medicine Plant preparations are simply mixed or combined together through very simple methods, such as cooking, boiling, drying, diluting, steaming or burning etc., the aim being not to destroy or inhibit its holistic effectiveness (wholeness), and in many cases to enhance or to augment its potency and GODness.

Many Medicine Plants are very subtle and gentle in the way they work, and many more are not so subtle - are in your face, direct and to the point. In other words, the patient does not always get what they ask for, but often gets what they need at that time. Medicine Plants are not interested in treatment *per se*, they are more about finding the source of illness, sickness or dis-ease, and rooting, driving it out or dispelling it from the body, one way or another.



There are obviously a great many Medicine Plants, but the one that by a great many accounts brings you or gets you to the Zeropoint in the most stable, consistent and efficient manner is Ayahuasca. That is, of course, if you surrender to it ... More on this later.

Why would you wish to get or go to the ZEROPOINT?

The Zeropoint is the borderline between this reality and other potential realities. When you voyage to the Zeropoint via, say, the Medicine Plant of Ayahuasca, you step into an Avatar. You *temporarily* become an inter-dimensional being of sorts, with the vast potential and capability of emotionally, spiritually, mentally and or physically experiencing the multi-universe (multiverse), all that exists and has ever existed.

A *temporary* voyage with the Medicine Plant Ayahuasca can last anywhere between 4 to 8 hours, depending on your preparation, the setting and the amount taken. Measured timeframes can vary depending upon certain qualitative preparations and or conditions. *More on this later.*

As one potentially interested in reaching the zeropoint, it behooves you to understand Vibration, and to recognise it when it occurs. Not to fear it ... but to see it as Mother Earth revving up her engines to TAKE YOU to the zeropoint.

All things being equal, when you feel in quite a literal sense, the vibrations of the Universe coursing through your body, albeit at first in a very subtle way or manner, and then latterly quite blatantly ... try to quiet your fear and try not to be afraid.



SURRENDER to the vibrations, and Mother Earth will TAKE YOU on a voyage beyond your wildest imagination, on autopilot greater than the speed of light.

The vibrations you personally may feel in voyaging with Mother Ayahuasca **are the same** wave or waves of vibration everyone else feels. It is the same ONE vibration you are tuning into or feeling. The wave(s) come at the same time for all, but everyone tunes into them from slightly different perspectives, and at differing moments.

There will be times in or on a voyage where most if not all of the People you are voyaging alongside, will all tune in or feel the wave of vibration at the same time. These are moments when everyone feels totally connected and at one with everything because, in that moment, they are.

NOTE: Once you are onboard, you are onboard, and there is no getting off this ship until Mother Earth is finished with you. Ayahuasca is Mother Earth's ultimate rocket fuel, so before you decide to imbibe, do as much research and as much as *humanly* possible to prepare for this inner voyage to the multiverse and beyond.

The multiverse is a term often used to define a collection, group of or all universes together, everything that exists or can possibly exist, so to speak. This also gives rise to the concept of parallel universes, or universes that are very similar to ours, but offer alternative outcomes or realities to this realm of existence.





PREPARING FOR A VOYAGE

The preparation for a Voyage using the Plant Medicine Ayahuasca (aya) is not all about *diet*, although it is an important factor. Preparation is also be about research, gaining a certain degree of knowledge, and a willingness to understand what you are about to participate in.

- ॐ **FIRSTLY:** Studying before (and after) a voyage, as part of preparation for voyaging.
- ॐ **SECONDLY:** Knowledge or understanding of the location of where you are physically going to voyage.
- ॐ **THIRDLY:** Who/m is guiding or facilitating your voyage.
- ॐ **FOURTHLY:** Diet; what to eat, drink and what to avoid.
- ॐ **FIFTHLY:** Physical and mental health, the use of pharmaceutical or prescription drugs.
- ॐ **SIXTHLY:** Spiritual preparation and Intentions.
- ॐ **SEVENTHLY:** Set and Setting.
- ॐ **EIGHTLY:** Egoic Mind Resistance.
- ॐ **NINTHLY:** The Cult of Guruism.

STUDY: When you hear from People who have participated in an Ayahuasca journey, voyage or experience, although they can be ecstatic about their experience(s) and may tell you '*it was life-changing*', they are often confused or cannot put their experience into simple terms or words to explain what has happened to them. In other words, because they have no context for it (their experience), in any way shape or form,



words to describe what has gone on with them are not always within their vocabulary or ability to explain.

An ability to explain (to a certain extent) an experience of this sort, can be greatly enhanced by (obviously) reading this text, and by studying other relevant materials for as long as possible before you voyage, and then to continue your studies afterwards, of course. Your studies could include such things as books, videos, music, audio recordings, discussions, interviews and or films, *which are my personal favorite*.

In relation to making further recommendations to particular material(s) beyond this text to read, listen, watch or study, we make none. We would, however, suggest that you read this text with a view to taking notes, underlining or highlighting words and or phrases, and doing your own independent research.

LOCATION, LOCATION, LOCATION: Gain knowledge or understanding of the location of where you are physically going to voyage. Perhaps this is one area where you should only take recommendations from trusted friends, family, colleagues or even neighbours.

Perhaps before venturing as *a tourist* into the wilds of any jungle, or any other location, ***try to experience voyaging with Ayahuasca closer to home first***. Wherever you go for your first or any experience, it should be taken as a given that you have spoken to someone who has been there before, and not just taken your reference or recommendation from some anomalous internet source.



For a very first experience, consider bringing an appropriate friend along on this adventure, even if they are not interested in voyaging with Ayahuasca. Mind you, this didn't work for me, as my friends and family at that time were not remotely interested in experiencing anything like this. Some have since changed their minds, and some have since participated in an Ayahuasca ceremony or two. Guess they just needed a willing Guinea Pig to test the waters!

Plan out your trip in as much detail as possible, and check in with friends and or family enroute to your destination, when you get there, while you are there, and when you are leaving, so they know when to expect you home, that's if you decide to come back of course, but either way let them know!

KNOW WHAT YOU ARE TAKING: In its most traditional setting the Ayahuasca brew contains two key ingredients:

The first ingredient being, the Ayahuasca vine itself, also known as Banisteriopsis Caapi which acts as an MAO Inhibitor. MAOIs or Monoamine oxidase inhibitors inhibit the body's natural enzymes from breaking down DMT (Dimethyltryptamine), which provide the psychedelic experience or voyage. DMT is also referred to as the 'Spirit Molecule', and occurs naturally in many plants and animals, including humans. The Human body itself also creates and carries DMT as a natural biological process.

The second ingredient is the leaf of the Chacruna plant, which contains the majority of the DMT. Both the Ayahuasca Vine and the Chacruna plant leaves have very



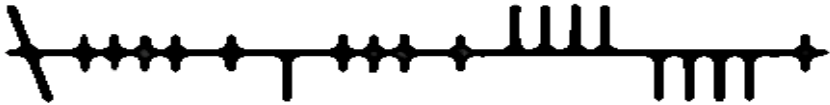
positive therapeutic and healthy effects on the Human psyche and physical body.

In making this brew, both ingredients are boiled and reduced down several times to a thick soup, over many hours, then mixed together and left to cool. You end up with a greeny-brown coloured substance that has the consistency of stagnant muddy swamp water. Most People say it tastes quite foul and putrid. *They are entitled to their opinions of course!*

The Ayahuasca Vine and Chacruna plant are not native species to Europe. There are a few analogues (equivalents) that can act as replacements for both the Chacruna plant and the Ayahuasca Vine. After all, what one is looking for is a Plant with relatively high levels of DMT and a plant that acts as an MAO Inhibitor. One such analogue can also be made from *Syrian Rue* (acts as the MAOI) and *Mimosa Hostillis* (contains the DMT), and there are many other combinations and mixtures out there that do a similar job, more or less.

If possible, find out what is in the mixture you may be taking, and research its constituent parts for yourself. The plants mentioned above i.e. ***The Ayahuasca Vine, Chacruna, Syrian Rue and Mimosa (amongst many other Plant Medicines) all contain many congruent constituents, which work in harmony and exceedingly well with the Human body, in promoting physical, emotional, mental health and wellbeing within and without.***

What is chemically contained in these plants is well worth researching for your own education. Then you will begin to wonder why so many States, Governments and Authoritarians



have banned and illegalized so many of these medicine plants. You can come to your own conclusions about this.

Ayahuasca is also called Cappi, Vine of the Soul, Vine of the Dead and Yaje. Imbibing it can cause vomiting or diarrhea or both, but not usually at the same time, but this does not happen with everyone. It can cause perspiration and can lower your heart rate and make you dizzy, so it is best not to be driving or operating heavy machinery when or if you partake. It can also cause you to have all sorts of psychological and or spiritual experiences, which we will get into a little later.

Ayahuasca's short term effects on the body range from feelings of Calmness and Tranquility, and it can act as a Central Nervous Stimulant, to increase sensitivity in all your senses, such as smell, hearing, sight and touch, and your sensory perception.

Its medium to long-term effects on the physical body can be as follows:-

- It is an *Anthelminitic*, which causes parasites and worms to be stunned, killed and expelled from the body without causing harm to the body.
- It is an *Anaesthetic*, which can obviously reduce pain and or your sensitivity to pain.
- It acts as an *Antibacterial* agent within the body, which might explain why some People may purge or vomit with its use.
- It has *Antimalarial* properties.
- It acts as an agent against Sleeping Sickness, and light sensitivity.



- It is also toxic to certain types of other chronic illnesses or diseases and does not react or work well with pharmaceutical and or other recreational drugs.
- We are informed that in particular it is dangerous to combine SSRI's (Selective Serotonin Re-uptake Inhibitor) and MAOI's, and doing so may result in what is called a *Hypertensive Crisis*.
- Ayahuasca is non-addictive, but should be taken with a certain degree of caution, with a certain mind set, and in a trusted setting.
- It does not produce any withdrawal syndromes, and there is no addiction or after-need when the imbibing is over or done.

On the face of this information, which has come from a State/Government source, it reads like Ayahuasca has the appearance on paper of being a "Miracle Drug" per se, but because it contains DMT it is classified by the State as a Schedule 1 substance, which means it is considered by the State (of Ireland) to have *NO medicinal or scientific value*, and is regarded as being a substance that is likely to be abused, and therefore it is classified as illegal, unlike say cigarettes and/or alcohol.

SIDE NOTE: The key constituent here is not necessarily the plant or plants that contain high levels of DMT ... my view is that the MAO-inhibitor is the more significant ingredient, as this suppresses the body's enzymes that break down DMT. It has been shown, after taking an MAO-inhibitor, you can also voyage for extended periods on hallucinogenic mushrooms or truffles. But all MAO-inhibitors should be taken with extreme caution, as they can cause otherwise harmless foods to become



toxic to the body. Thus, fasting for one, two or three days before imbibing, significantly reduces risk of toxicity.

As far as the other Medicine Plants mentioned above are concerned, you can research these in your own time. Suffice to say, that without exception, on balance they all have positive properties and many health benefits in their own right.

Conspiracy theories or facts aside; from reading and studying the information above; the State's consideration and definitions as to what is defined as illegal, makes no logical sense, and is ethically and morally questionable.

The science does not support the decision to classify Ayahuasca as a Schedule 1 substance, and makes such a decision highly questionable to say the least, especially in the context of Law. In my view this legal definition would not stand up to a robust lawful argument. Then again, who is going to make such an argument?

KNOW YOUR SHAMAN, DRUID, FACILITATOR or GUIDE: If you are not going to South America to experience Ayahuasca, then you are probably not going to meet *a real Shaman* (anyhow). *Shaman* is a generic term, which is broadly applied to a Man or Woman who administers and or uses Medicine Plants amongst other things, the proper term and one that is more commonly used amongst the People of the Amazon/South America is AYAHUASQUEROS, and NOT Shaman.

The term Shaman was first applied by *western anthropologists* to the ancient religious traditions of Turks and Mongols, and



then applied broadly to other ethnic groups all over the planet to encompass what they perceived to be similar practices.

The term *shamanism* is thought to have been first introduced to the West after Russian forces conquered the *shamanistic Khanate* of Kazan in 1552. The term Shaman in its original *Manchu-Tungus* tongue is understood to mean “One Who Knows”.

Let’s stick to this idea of the Shaman as being the “One Who Knows”. Similarly, the Druids of ancient Western Europe were imbued with the same concept of seeing or knowing, being wise or sage, and would pass on their knowledge via an oral, as opposed to a written, tradition. The main tenet of their teachings was to imbue their scholars or students with a firm understanding of ***the indestructability of the soul***, which in turn robbed death of all its terrors, from which the highest forms of courage can be developed.

Obviously, there is much more to Shamans and/or Druids, but suffice to say, historically speaking Shamans and Druids posed a great threat to organised religion and states (and arguably still do), in that these sages and teachers could not be frightened or controlled, as they did not fear death. Moreover, they taught others the same principles, and had the facility to guide People to experience this knowledge for themselves through the use of Medicine Plants, amongst other things.

Shamans or Druids would not seek to provide you with a Medicine Plant to heal, unless they had already used it themselves and understood what it could do to, with or for you. This is unlike “modern medical doctors”, who have no



interest and perhaps even no concept of *treatment to cure* per se. A Shaman or Druid's task on the other hand, was to seek to drive out illness and dis-ease and or provide healing, remedy or cure.

Strictly speaking: It was, and is, not an automatic tradition amongst most indigenous cultures for anyone other than the Medicine Man, the Druid or the Shaman to use or take Medicine Plants. The Shaman first took the Medicine and then, if it was appropriate, the Shaman offered the Medicine to the Man or Woman who was spiritually, mentally or physically ill, if it was necessary in affecting a cure for them (only), and/or to provide them with appropriate insight.



In stark contrast; modern medical practitioners or doctors do not (in the main) take or use the prescriptions or *medicines* they prescribe. The medicines they prescribe have many negative and destructive effects on the human body. They call these negative effects *side effects*. A genuine Shaman or Druid has not only ***taken his own Medicine*** Plants, but has also lived



with them as part of his or her training. Living with and taking your own medicine; *perish the thought!* as my Granny used say.

A *true and proper* Shaman or Druid was, and is not only and specifically interested in the administration or imbibing of Entheogens or Medicine Plants, but will, where appropriate and where required, administer over and prescribe treatments concerning diet and fasting, isolation or solitude, music, meditation, chanting, drumming, shaking and vibration, darkness and light, and cleansing with earth, water, fire, herbs, plants etc.

Whilst some Shamans or Medicine Plant facilitators may seem aloof; you should make an effort to speak to them, either before you travel to your chosen destination or upon arrival, and most certainly before you make a final decision to imbibe or take any Medicine Plant offered, as taking or imbibing a Medicine Plant may not be the best initial treatment for you to begin with.

Trust your own gut or instinct about them. If the relative Shaman or Facilitator is totally inaccessible, then think twice about travelling, and most certainly think thrice about taking or using any proposed Medicine Plants.

A GENUINE Shaman or Facilitator is genuinely concerned with and interested in YOU, and why and what you are seeking to achieve in partaking in a Medicine Plant Ceremony (Your Intention), and should be more than willing to communicate with you, albeit sometimes through or via a translator.



Not to put too fine a point on it, you no longer have to travel to South America or the Amazon to genuinely experience Medicine Plants, or for that matter to take Mother Ayahuasca, as it is now available all over the planet. A Medicine Plant tourist industry of sorts has evolved, in all parts of the world, and you can just as easily get ripped off in Europe, North America or Africa as you can in South America or the Amazon.

In the most traditional settings, the Shaman, Medicine Man or Druid was only ever interested in guiding or helping you to heal, without taking a monetary payment. He/she was only there to administer exclusively to the wellbeing of the tribe per se, who in return, took care of his or her basic living needs. It was, and in some tribes still is, a vocation and is looked down upon for the Shaman to take payments, to the point where they were and can be expelled from the tribe.

Accept it: ***YOU ARE A TOURIST of sorts***, so a price to participate will need to be paid. Having said this, there are still reliable People out there who can guide you on where to go, and how much to pay to participate in a Sacred Medicine Plant Ceremony. This is research you must do for yourself ... once again; this text is not to recommend any particular People or group(s). This is for YOU to figure out in your own time, and of your own volition.

DIET: The *DIETA* as it is termed, is not for the purpose of controlling or losing weight, either for ego or vanity. The idea is to cleanse the physical, emotional, mental and or spiritual body of potential contaminants, and to rid the mind of worldly attachments and addictions such as (certain) foods, meat, nicotine, alcohol, caffeine and drugs, be they recreational or



medically prescribed. More a body and mind cleanse or detoxification than a diet.

The more time you take to cleanse and prepare your body, the more profound and deeper the experience with medicine plants is supposed to be, which may also reduce the possibility of your body rejecting the Medicine Plant. They say that Mother Ayahuasca can be jealous, and may purge or expel any perceived contaminants out of your body and equally, when or if you are cleansed, she will work with you to guide and direct you towards the necessary healing, beyond the ceremony.

NOTE: It is not required for you to completely starve yourself, but it is recommended you eat vegetable soups, and avoid any solid food for a period of 3 to 5 days before a voyage. One thing that you may also find useful to take in small doses, is a half a teaspoon of bicarbonate of soda mixed with the juice of a quarter of a lemon in a half a glass of water per day. The lemon juice activates the bicarbonate and, diluted with water, this makes the mixture more palatable. For me, this mixture taken once every couple of days tends to settle my stomach, give me a little wind and clears me out at the rear end (if required). The bicarbonate for me is like a mini detox. Some say that this mixture is also a cure for a hangover.

Equally, having been on a vegetarian (not vegan) diet for approximately five years now, has also possibly had the effect of ridding my body of a certain amount of toxins and chemicals that are used in the farming, processing and manufacture of meats and meat products such as beef, lamb, pork, bacon, chicken and fish amongst others.



On another note: Perhaps one other thing to consider using independently, of any of these preparations for a voyage, is taking a dose of ***iodine*** every once in a while. With the proliferation of processed foods, and the reduced availability and cost of organic, wild and or natural foods, most People (in the West) are simply not getting enough iodine-rich foods in their diets, which of course has all sorts of negative impacts upon the thyroid and your physical health and wellbeing. You can further research this topic for yourself.

Finally on this theme of diet: Using Bicarbonate, Lemon and particularly Iodine in relative doses to my needs, has worked very well in maintaining the healthy functioning of my thyroid. Twelve or so years ago, it was recommended by *a medical doctor/practitioner*, for me to go on and use medically prescribed drugs, steroids in particular, for a thyroid problem!

After he (the doctor) informed me that steroids would be required for the rest of my life, in one form or another, and they would also have a massive, potentially negative, impact upon my body. His statement simply ended our relationship. You could say, by not taking the doctor's advice and not using the recommended drugs, was taking my life into my own hands ... but whose hands should my life be in, if not mine?

YOUR PHYSICAL AND MENTAL HEALTH, AND THE USE OF PHARMACEUTICAL OR PRESCRIPTION DRUGS: It is suggested that you consult "***your doctor, physician and or psychiatrist***", before using or taking any Medicine Plant, and specifically if you are using pharmaceutical or medically prescribed drugs. The idea being, that *many* Medicine Plants do not react well to the majority of Pharmaceutical and/or



Prescription Drugs, and may make you sick, or give you a negative reaction or even a potential fatal reaction. You don't want a ***"little death"*** to turn out to be your final one!

From my limited experience, it is Pharmaceutical or Prescription Drugs that act or react negatively to everything else. Some years ago, after a fall, a shoulder dislocation and an eventual minor procedure under a general anesthetic, the doctors put me on a prescribed painkiller to ease pain through the recovery of the procedure.

The procedure itself was relatively minor, the intention being to release a "Frozen Shoulder" through manipulation, caused by the dislocation. By all accounts the procedure was relatively successful, in that it did release the "Frozen Shoulder", and thus gave me more movement and flexibility of my right arm and shoulder, which was a great relief at the time.

A painkiller was prescribed, to be taken once, or at most twice a day, depending on the severity of pain, over a period of two weeks, and NOT to be taken with alcohol or any recreational drugs etc. But me being me of course, didn't hear or read the bit about not drinking alcohol whilst using this painkiller. Come the following weekend, when the two weeks of taking painkillers had expired, a friend called and invited me to the local hostelry for a drink. The invitation was welcome, and gladly taken up, as it got me out of the house ... after all, one pint of Guinness never did anyone any harm! Sure, it wasn't so long ago that medical doctors themselves, used to prescribe Guinness to Pregnant Women for its anecdotal health benefits and iron content etc.



To cut this story short, much like my night out, after just one pint of Guinness, my gut was not feeling good, so had to step outside for some air ... and that was the end of my evening. My memory of the rest of that evening and night was completely obliterated.

The mixture of the painkillers that were obviously still active in my body, the Guinness and the night air knocked me out, and left me with a Black Out. The next day my friend gave me the details. There wasn't much detail to give... he picked me up off the ground, bundled me into a taxi and got me home, where my partner put me to bed, *to sleep it off*. My partner was convinced it was a matter of having drunk too much alcohol, but it was not ... it was the Pain-Killers. They may Kill Pain, but they also have the potential to Kill, so be very careful with prescription drugs, no matter how small a dose is prescribed by a *Doctor!* ... After all, most Doctors don't take the drugs they prescribe, so they can't be that good for you! Equally, prescribed drugs can take a very long time to flush out of your system, and can be highly toxic to the body.

On the physical health side, you will see and read from the voyages and experiences contained herein, and in particular with Ayahuasca, you may need to be in relatively good health to cope physically with what you will be put through. If you have any serious or ongoing health issues, or mental health concerns, again - although it pains me to suggest this - consult the doctor or physician that may be attending you.

Equally, the group, organisation, facilitator or shaman you are attending the ceremony with should also be asking you about your physical and mental health, about any illnesses or



sickness you are dealing with, or what pharmaceutical drugs you may be on and if they are not, in my view, you should stay away from them. Your safety and wellbeing should be of primary concern to them. If it is not, they are not doing their job.

It is not to say or suggest that if you are dealing with chronic pain or a chronic physical or mental illness, that you cannot use or voyage with Entheogens or Ayahuasca, but it is to say that you need to personally assess, and get the right support to do so, albeit from the relative medical practitioners and more particularly from the facilitator or shaman of the ceremony you may be attending. A voyage into the abyss may be just the ticket you need to assist or guide you on the road to making a recovery from your *chronic-ness*.

SPIRITUAL PREPARATION AND INTENTIONS: Prior to the outset of my first few voyages, there was no conscious spiritual preparation involved whatsoever. After all what is spiritual preparation? And how can you spiritually prepare for something you have never experienced before, and something that most People cannot explain in very clear terms?

Suffice to say, since my first encounters with voyaging with Ayahuasca in particular, the anticipation alone of a next voyage, almost automatically beckons me to take time out for some meditation, to listen to some appropriate voyaging music and to spend a little time away from People in isolation, silence and stillness. This stuff kind of helps me get into the groove.

In other words, my body is preparing or practicing itself for what lies ahead. My gut or instinct begins to take over to a



certain extent, and my general demeanor is quieter and calmer than usual. This begins to kick in a month or so before a ceremony. Incidentally, this is also usually the period when my lucid dreaming begin re-occurring.

On Setting Intentions: This is a difficult one for me to reconcile or fully recommend, as my last intention was for Mother Ayahuasca to grow back and give me a full head of hair, and the results thus far are quite unsatisfactory!

To me, setting an intention is like making a wish, or seeking a desire of some sort. If you were handed a magic lamp, and told you had three wishes ... what would be your first wish? My first wish would be to have an infinite amount of wishes, and then there would be no concern or stress about deciding to make the *right* three wishes. You could just sit back, relax, be still and enjoy the lamp for what it is.

Some People suggest that setting an intention before a voyage is a good idea because, as they say, it helps you work with the Plant Medicine, and for the Plant Medicine to work with you. You can tell it (Mother Ayahuasca) on a conscious level, what you think you may need from her to heal, assist or guide you.

The analogy being that if you go to a Math's teacher to learn, for example Algebra, the Math's teacher will probably say ok, this is something we can do. But then in assessing you, the Math's teacher figures out that you cannot add or subtract numbers, then he or she is going to have to start with teaching you some very basic Math's principles, and building from there. In my case, with my intention of growing all my hair back ... Mother Ayahuasca didn't seem remotely interested, not even in



bringing me back to the basics of how to start growing hair! Perhaps in time, she will show me where it all went wrong, and how to start putting it right?

An intention can or may also act (in some cases) as a marker, around which it can assist in making some sort of sense about the experience itself. It can act as a reference point on your voyage, so if you lose yourself and feel panicked about it, you can reflect upon your intention which may ground you again, which may also assist you in remembering stuff about your voyage (or not). This in turn may help with interpretation and integration back into reality, so to speak.

At the end of the day, your voyage or experience with the Medicine Plant may not grow your hair back, or reflect your personal intention, but as suggested (by others) it may provide a marker for both you and Mother Ayahuasca to begin a voyage of growth or discovery about what you really need, as opposed to what you *think* you may want.

Perhaps it's a better approach to set a definite intention, rather than to traverse the inner dimensions of time and space with expectations, you may have accumulated from either reading this text/book, or from any other sources. Each and every voyage will be very specific and personal to the voyager alone. Whilst many voyages for many voyagers can have similarities, no two are exactly the same. Therefore, setting a specific intention may also help you to let go of any pre-existing, pre-determined or pre-programmed expectations, and provide for less resistance to where Mother Ayahuasca may need to bring or take you on your voyage, should you decide to imbibe.



Set and Setting: 'Set and Setting' is another term you will hear bandied around in certain voyaging circles. *Set* to me means what frame of mind or mindset you are in. Firstly, when or if you decide to voyage with Mother Ayahuasca or any other Medicine Plant for that matter, and secondly, what your mindset is like, at or when you begin a voyage.

Your mindset may also be partially determined by those you are voyaging with, and those who are facilitating a voyage. In voyaging with entheogens or medicine plants, the whole process should be treated with a great respect, but not too much reverence as in, there should also be a certain amount of fun in it also. It should not be looked upon as something you do or are doing as a recreational affair, although voyaging with Mother Ayahuasca can sometimes feel like an adventure holiday of sorts.

Do or do not, there is no try!

By the time you get to voyage, a certain level of trust in yourself to *surrender* to Mother Ayahuasca is required. Surrender in this context, meaning *allowing* your conscious or egoic mind to say what it needs to say, agree with it and then move or step into **BEING SILENT**. *Trying* to silence your conscious or egoic mind does not work. Trying to do something is engaging your mind, and it defeats the purpose. You only end up in a battle of wills with your mind.

In surrendering ... it seems to help some People to have what is called a Mantra; which can be a *word, phrase or sound repeated* to aid in distracting your mind from thinking. Equally, certain



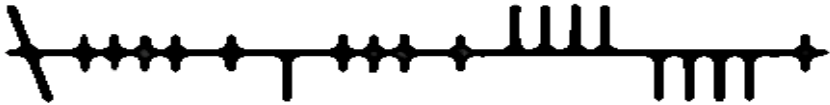
body movements such as shaking the body or head can distract your egoic mind from processing too many thoughts. In other words you are actively creating a vibration of sorts to distract the mind and at the same time relaxing the body.

The physical **Setting** you are in, or are participating in a Medicine Plant ceremony, should be as organic as possible, in other words, not a cold clinical setting like a hospital or an office. It should feel comfortable, be colorful and/or visually stimulating to the eye.

The music used or natural sounds around the ceremony ideally should not be the sound of the city, cars, trains, buses or planes. We do not want industrial sounds or background noise if at all possible. For me, music or organic sound plays a very big part in any voyage. The lead guide or facilitator (or Shaman) no doubt will have chosen a large variety of music or sounds to suit the progress of the ceremony at different stages.

Silence is sometimes the appropriate music as you lie, recline or sit there listening to other People in their voyages, hearing their expressions, and or listening to the sounds of nature.

If it is an indoor venue for the ceremony, alongside good music, sounds and comfort, it might also help to have the area, room or space scented, as nice smell(s) can also add a certain extra dimension to a voyage. As mentioned before, your senses seem to be heightened on a voyage, so having all if not most of the aforementioned will add greater depth to a voyage. Equally, the atmosphere set by the lead guide and other guides for the voyagers should be one of respect and a certain degree



of reverence, although humor should also play a big part in the ceremonies, which in most cases they do.

Egoic Mind Resistance: Before most (if not all) ceremonies, and more to the point, before *your first* Ayahuasca ceremony, be it a month, week, day, hour or minute before, your conscious or egoic mind may be resistant to taking or drinking this strange Medicine Plant. Most People find the smell and taste of Ayahuasca quite putrid.

No doubt, you will have read about and or listened to People talking about imbibing Ayahuasca, where you may have grasped that it is sometimes called "*The Vine of the Dead*". It is called such a thing because it causes, to a great extent, your egoic or conscious mind to be silent, for a certain period of time, at least if you can surrender to it, but of course not everyone can or will (allow themselves to) surrender to it.

The egoic mind doesn't like to be silenced. It associates such silence with Death or Dying. Most western cultures and/or religious traditions treat death as a taboo subject, as something to be feared, shunned and to be put off for as long as possible, and most certainly not a topic of polite conversation (whatever that is!).

A PERSONAL THEORY; and quite a controversial one, even amongst some of the most intrepid and experienced voyagers ... *is as follows:* There are now a substantial amount of People from Western traditions and cultures that have voyaged with Mother Ayahuasca, who should not necessarily have voyaged yet or may have voyaged too soon, before being properly



prepared for the experience, or perhaps should not have voyaged at all.

As you read earlier and have possibly overlooked or forgotten at this point; in the original traditions of most indigenous cultures that had use of Shamans or Druids, it was their respective Shaman or Druid who did the initial voyaging, and most definitely not the one seeking relief.

Shamans or Druids were the ones with the experience, the gnosis, the knowledge and know-how to navigate the terrain of the other worlds, spaces or dimensions. It was the Shaman or Druid who would, were it appropriate, invite the one seeking relief to take the appropriate Medicine Plant, specific to the assessment and under the supervision of the Shaman or Druid, which really makes a lot of sense.

On all of my voyages, the vast majority of the voyagers or participants purged the Ayahuasca from their body-system, albeit some purged early, some purged later and some purged much later into their respective voyages. Of course there were always a few who did not purge at all, and there were also many who did not take a second or third glass of Ayahuasca, because they felt they may purge, so felt they either had enough medicine, or they didn't wish to go any deeper into a voyage.

In my view, it is an exceptionally brave thing for anyone to participate in an Ayahuasca ceremony, and to imbibe any amount or quantity of it, therefore expelling it or purging it, seems to me to be a waste of perfectly good Ayahuasca, in that this medicine plant as suggested earlier works on a great many



levels, so the longer you can keep it down, and allow it to course through your body, the greater the chance you are giving it to guide, assist or help you heal.

Now to contradict the above: Western or so called 'civilised society' is profoundly *sick*, but most People are not fully aware of this. Everything tends to be about a measurement of acquisition or attainment of stuff, through competition, struggle, fighting and in extreme cases battles or wars.

Most People in Western civilisations primarily live and die in passive subjugation, never knowing what it is like to be free of the conditioning and programming that comes with living to acquire or gain, wealth, status, power or control over others or ones environment. This is a breeding ground for all the modern maladies People suffer from, such as depression, stress, anxiety, chronic pain, illness and disease.

Our diets are saturated with sugar, processed and genetically modified foods, pimped up with steroids, antibiotics, pesticides and other chemicals of one sort or another. The food chain is concocted as opposed to natural or organic. Therefore, it is not surprising that a *Modern Civilised Body and Egoic Mind* are so resistant to taking any natural food or medicine in its rawest of forms, such as Ayahuasca, and therefore it is not surprising that so many People purge or expel it.

By and large and by many accounts, People do feel better after a Purge. Perhaps by Purging as suggested by many, they feel they have in some way physically and or emotionally purged or expelled some of the poisons or toxins they may have



accumulated over a lifetime of living in a profoundly sick society?

Maybe Purging is more than just a simple metaphor for clearing out psychological or emotional blockages, but in a literal sense, People are removing food poisons and toxins that have been built up over a lifetime of consuming shit food, and overwhelming social conditioning.

Purging can also be represented as an emotional release, such as crying, wailing, screaming, yawning, laughter and sleep. Human emotion is energy and all energy needs a vent of sorts, so it does not build and become toxic to the body-system, and thus emotional release may be the required antidote of the day, as opposed to physical vomiting or diarrhea.

The Cult of Guruism: The idea of having and/or subscribing to a Guru or *teacher* of sort's may be noble. The challenge, or perhaps the problem with this is that the student or follower is seldom, if ever, directly informed by *a Guru* how to attain what they may seek or may be seeking to attain - be that wisdom, enlightenment, insight or something else.

Most (but not all) so-called Gurus, Teachers or Masters, will not inform you that you are good enough already, and the fact that you already wonder, seek or search for something else will inevitably bring you to the door of enlightenment, insight or something else, without trying too hard at all.

In many ways Gurus, Teachers and Masters are the spiritual equivalent of contemporary Religious Leaders, Medical Doctors, Psychoanalysts and Political/State Leaders etc., etc.,



etc., ... in that, they want to keep you coming back to them for more and more of their medicine, when in fact, as someone famous once said *"The Kingdom of God is Within YOU!"*.

For example: Gurus can often and conveniently overlook telling you ... ***"you cannot attain enlightenment, by wanting to attain it!"*** ... or seldom if ever ask you ... ***"why would you want to attain something you already have?"***. In these two sentences you already have an answer of sorts, which cuts through a lot of to-ing and fro-ing and messing about. It did of course take me a great many years to figure this out, but the final spark that ignited the fire came on my first voyage with the Plant Medicine Ayahuasca, which of course does not always happen for everyone all of the time.

Mother Ayahuasca simply reminded me of what was already inherent in me and is inherent in all People of this planet, which is: ***You are far more than just your conscious, sentient or egoic mind, and you are nothing at the same time.***

This is not meant to sound or be vague - *being nothing* is just as important and relevant as *being something*. Being nothing is ceasing to be attached to everything in this world that your egoic or conscious mind perceives, albeit for a temporary or extended period.

Once you have reached this space, what need will you have for Gurus, Teachers or Masters ... as you now become your own Guru, and can begin to remember how to navigate and chart a course, to explore this and other realms or dimensions? Furthermore, it can now be done without the use of Medicine Plants, Entheogens or Gurus, for that matter.



It is, of course, perhaps a healthy thing to have other voyager friends at least to discuss, debate and bounce experiences, ideas and concepts off, as opposed to a so-called archetypical all-knowing Guru.

The real work of a Shaman per se, the term Shaman here being used in a general sense, is to make or create other Shamans. We ask you to keep this in mind, when, or if, you voyage or journey with anyone who purports or claims to be a Shaman, in that you will have to be very brave indeed to do such a journey. Such journeys need not always involve the use of Medicine Plants, and a great Shaman will be able to figure out your next steps with you, providing he or she is sure you are ready for the next most appropriate steps to take.

In essence, as you evolve into becoming what is needed for you, you can ultimately act and be as your own Shaman, and decide for yourself what, if anything, will be next.





EMOTIONS EMIT VIBRATION

Each and every emotion has its own unique *signature of vibration*. Emotions range in level and intensity from the experience of Joy or Bliss to the experience of suffering, depression, sadness and everything else in between.

Although most would perhaps prefer to live entirely in Joy, Bliss or a variation of Happiness, this is not possible in our human form. The ability to experience Joy or Bliss is equally dependent upon our ability to experience suffering or sadness. They are two sides of the same coin, and one side does not exist, within this known realm, without the other.

Let's over simplify this coin and call one side of the coin BLISS and the other side SUFFERING. To know, comprehend or feel Bliss, you have to be able to compare it to something, and similarly to know, comprehend or feel Suffering you have to be able to compare it to something else. BLISS and SUFFERING co-exist and compliment each other. You cannot know one without knowing the other.

If you existed permanently in a state of Bliss, attractive as this may seem you would, after a certain period of time, get bored so to speak, and begin to crave variety or excitement. And if you existed permanently in a state of Suffering, this would eventually become numbing, like a kind of non-existence. So this human life or existence gives, or provides opportunity, to experience both Bliss and Suffering, but perhaps not always in equal measure.





7 EVEN CHAKRAS

There are a great many Chakras associated with life or life force. For the purpose of giving a general idea of what Chakras are, we will keep to the primary 7 Chakras, the rest you can investigate in your own time.

Chakras are vortexes of energy which are somehow mysteriously connected to various organs and glands of the body and are responsible for the distribution of life energy or force, which can also be called Qi or Praana, depending on which culture, religious or spiritual tradition you are considering.

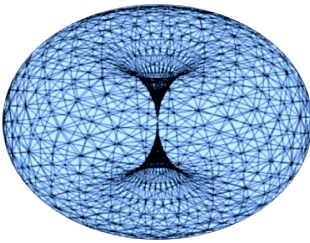
These Seven Chakras, of which we shall go into in a little more detail, are apparently located from the Root of the spine, up through the spinal cord, and on into the top of the spine, head or Crown.

Some traditions maintain that if any of these Chakras are disrupted or blocked it adversely affects your physical, mental, emotional or spiritual health. Therefore unblocking, refreshing or healing your Chakras can be beneficial in a great many ways. We wholly subscribe to this tradition, and would add that unblocking or healing your Chakras has a great many physical, health and or spiritual benefits.

AT THE CORE OF EACH CHAKRA IS A VORTEX: At the center of that Vortex is a Still Point (or Zeropoint), much in the same



way you might have a Still point in the center or eye of a storm. From this Still Point, waves of vibrational energy are emitted in all directions, and follow a path in the general shape of a Toroid. A Toroid is shaped similar to a Doughnut, but instead of an empty or hollow center, the outer vibrations (waves) fold back in on themselves to a middle point, or point of origin or ending.



The vibrations converge or meet at its Center, Still or Zeropoint. It could be said that this Still or Zero Point is the Point of Origin and End of all energy. It is at the center of the Toroid or Vortex, which is at the center of all your Chakras. Take note of this

Toroid shape. There is a lot more to this doughnut than meets the eye and it goes a long way towards expanding upon and explaining inter or inner dimensional travel, amongst other things ...

ZEROPOINT Explained (as best we can):

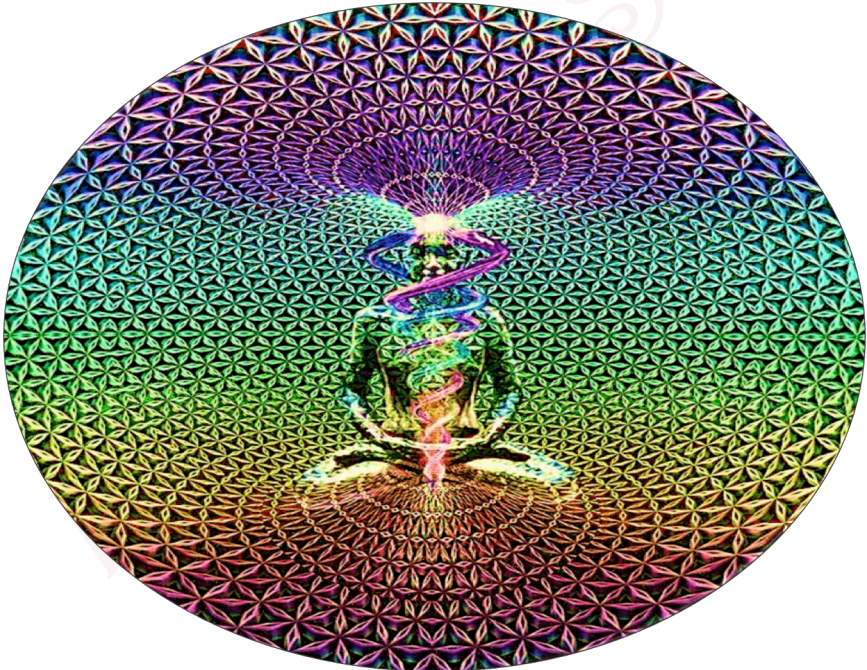
In using the term **ZeroPoint**, *we are NOT referring* to the *anomalous* usage of the term in Quantum Mechanics or Physics, as being Zero-Point-Energy, where it is sometimes codified as being *“the difference between the lowest possible energy that a quantum mechanical system may have, and the classical minimum energy of the system”* ... or something to that effect.

The above description, which unless one studies classical physics and or modern quantum mechanics (in tandem) for many years, goes straight over most Peoples' heads ...



including ours! As Richard Feynman once (allegedly) said ***“if you think you understand quantum mechanics, then you don’t”***. See, even Richard Feynman never claimed authority over a subject he studied for a relatively long period of time!

ZEROPOINT in this context, is divined by similarity to (other) words such as *Zen, Chi, Gnosis, Nirvana, Bliss, Heaven, Samadhi, One, Stillness*, etc., the majority of which are indefinable in terms of language, and mostly lost in translation. Zeropoint is the inner destination within the grasp of us all. Zeropoint is knowing the unknowable, and attaining the unattainable.



All we can do is point to the Zeropoint. It is up to *you alone* to go in that direction. In essence, you can only have a knowing



or gnosis of something when you have experienced it. *You will know Stillness, only when you have been still*, and rest assured this is an experience of such indefinable proportions, that no amount of words or language can do it any justice.

We aim to provide the reader with an idea as to where you could start upon the Zeropoint destination. It is underwhelming the amount of stuff (out there), which goes nowhere near clarifying or simplifying what we are about to dive into. Perhaps this lack or want of simple information, is because of fear or lack of knowledge or experience?

When your Chakras are unblocked or clear, the process of release may allow the energy or force coiled at the base of your spine to flow. This energy or force is referred to in Sanscrit (ancient Indian texts), as Kundalini.

This energy or (life) force has been (or is) coiled up at the base of your spine. It triggered the growth of you in the womb of your birth mother, and has probably remained relatively dormant since then for most.

Kundalini is referred to in Sanscrit as (an) energy coiled at the base of the spine since birth, and is the source of your life force. Kundalini is sometimes referred to as being a Coiled Snake or Snakes, and when agitated, it rises in a double helix type pattern, activating your respective chakras (discussed below) ... as it rises.

Agitating, activating and unblocking your Chakras may lead to the uncoiling of this life force. When the Kundalini energy is



released or unlocked, it can give rise to a whole variety of emotions from fear to elation and everything in between.

It may change your outlook and perspective on life. Although it can take just moments to be unlocked, it can often take much longer to learn to direct the energy and use it effectively. If not properly directed, it can be confusing and sometimes frightening, as you may feel that you are losing your mind because you may experience a lack of interest in your life previous to the awakening of your kundalini.

Chakras are stacked (more or less), like doughnuts piled upon each other. *When your doughnuts are aligned* with no blockages, it creates a shaft to facilitate a connection and flow of energy, from the earth to the sky, to other People and their chakras, to the universe, the cosmos and to the multiverse. This is also sometimes referred to as being Inner-Dimensional-Travel.

There are doughnut shapes represented everywhere on this planet and in the galaxy. According to some images, this galaxy (we inhabit) is also in the shape of a spiral, which can also be viewed as doughnut or toroidal shape.

Each Chakra responds to certain colours and certain particular sounds, which can agitate it to resonate, wake up, activate and hopefully clear and become unblocked. In providing an outline of the main Chakras, we have worked them from the Crown Chakra down to the Root Chakra, just to be different. Most other texts commence with the Root Chakra first and work upwards, but the results are the same.



If you participate in a guided Chakra meditation or ceremony, the guide or facilitator will (usually) commence with the Root Chakra to get the participants fully grounded, planted or rooted, as the Kundalini is supposed to be coiled up at the base of the spine, so it is perceived to be the best place to start, thus creating a good foundation so to speak, and allowing the Kundalini to ultimately re-connect to the Crown Chakra.

Each Chakra has an associated colour, or colours, sound and vibration. In a Chakra meditation, making these sounds can help to unblock or clear that particular Chakra. The sounds are more or less as follows:



Crown Chakra: The sound is like ... *EEH*



Third Eye Chakra: The sound is like ... *AEH*



Throat Chakra: The sound is like ... *IIE*



Heart Chakra: The sound is like ... *AAH*



Solar Plexus Chakra: The sound is like ... *OOH*



Sacral Chakra: The sound is like ... *UUH*



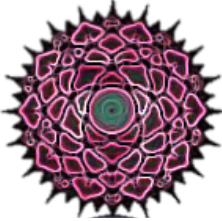
Root Chakra: The sound is like ... *UOAH*

The above sounds are a rough annunciation of the sounds, tone or vibrational resonance of each of the chakras in the English language.

MORE ON CHAKRAS TO FOLLOW ...



The CROWN Chakra: This energy vortex is not found within the (subtle) body per se, but is (outside) above the head. This is the most mysterious of all Chakras, because although outside the physical body, it is connected with the healthy functioning or otherwise, of several organs and glands within the body, including the brain, the hands, the nervous system and the pituitary gland.



Connecting with and balancing of the Crown Chakra can provide you with insights on the cycle of life, death and or immortality. Balancing this Chakra can provide you with a heightened sense of spirituality, and the potential to effect healing for yourself or for others.

In Sanskrit the Crown Chakra is called *Sahasrara* and signifies connection to the Divine or Universal Consciousness. It is also identified as the Lotus of a thousand petals, its visual imagery resembling a *Tetragrammaton* of sorts. A balancing of the Chakras, especially the Crown Chakra may seem obscure, but makes more sense when you have taken a voyage or can reach a Still Point via other disciplines and practices.

The THIRD EYE Chakra: The Third Eye Chakra ... sometimes called the Eyebrow Chakra is also known as the *Ajna Chakra*, which roughly translates to mean '*the center of knowledge*'. It is usually represented by the colour indigo. Although





thought to be associated with rationality and logic on the micro level, a clear third eye chakra can help you see the bigger picture via intuition, imagination or wisdom.

A well-balanced third eye chakra can provide charm and charisma, and can lead to a reduced or non-existent fear of death, and may infer or suggest strength in telepathic abilities.

It is connected with, and to, certain glands such as the pituitary gland and **Pineal** gland at the center of the brain. The pine cone has been used in many religious traditions to represent the third eye chakra, although many of them will not admit to same and will spin you a story about it meaning something far more obscure or contrived.

We all have a **Pineal** gland (roughly shaped like a pine cone), which suggests we may all be connected to or be representations or manifestations of (a) God.

The THROAT Chakra: Also called the Vishuddhi Chakra, is representative of our True Inner Voice, our true self, and our ability to communicate. Blue is the colour it is most associated with, and is linked with our ability to listen, empathise and feel compassion. A balanced or cleared Throat Chakra can also provide us with access to our artistic potential, expression, creativity and communication with others. The Throat Chakra is extremely delicate and sensitive, and is connected to the throat (oesophagus), the jaws, the neck, the thyroid gland, the teeth and ears.





Those with a balanced Throat Chakra may find they can meditate freely with a certain amount of ease and can use their energies efficiently, and can openly and freely express their truth(s).

Signs of Throat Chakra imbalance can manifest as chronic head colds, thyroid imbalances and tension in the neck and shoulders. As you will read later, my own Throat Chakra seems to have been blocked, and perhaps still is.

The HEART Chakra: Also called the Anahata Chakra ... is the center of all that is unconditional love, compassion and joy. Anahata itself means unstuck. Unconditional love starts with oneself, with forgiving and therefore loving oneself. Then your Anahata is open and you can share the love, so to speak.



There is more to the Anahata Chakra than it just being about Heart. It is at the center of all the Chakras, as in at the Zero Point of the Zero Points of all Toroid's. It is denoted by the colour green, and is connected to the lymph and thymus glands, amongst other things. When the Anahata is out of sorts it can cause great sadness, which can grow or evolve into very powerful emotions such as anger, envy, depression etc., and can in turn lead directly or indirectly to misery, illness and disease.

The Anahata is our conduit to the Multiverse, and provides us access to great knowledge or gnosis, and can provide profound healing to others and ourselves *if the Anahata be master and mind be servant*. My Anahata was also blocked, but as



disclosed later on when it became unblocked, great healing began.

The SOLAR PLEXIS Chakra: Also called the *Manipura* Chakra translates from Sanskrit as “City of Jewels”, is the center and provides us with our personal power, energy and activity. It is at the core of our persona, what we identify with as an expression of the egoic mind (our ego).



When the Manipura is balanced (in check), we are confident, and are respectful of others and ourselves. It helps us set healthy boundaries for others and ourselves, and provides us with esteem, willpower and self-discipline, whilst maintaining warmth in our personality.

Yellow is its associated colour, and it is connected to sight and the adrenal glands, which produce hormones such as adrenaline, and the steroids aldosterone and cortisol.

If you have a blocked Manipura it can lead to inertia, passivity or inactivity, and thus may reduce your confidence and personal power. If your Manipura is imbalanced or excessive, you can be prone to stress or anxiety, leading to self-loathing and criticism and emotional outbursts for no apparent reason. Acceptance of the power to choose is a key element in balancing the Manipura Chakra.

The SACRAL Chakra: Also called the *Swadhisthana* Chakra is located in the centre of the abdomen, a couple of inches below the naval or bellybutton, which is where you were connected to your birth mother. When you were in the womb, you were



surrounded by fluid, and thus *Swadhisthana* is symbolic of water(s) of life. This Chakra is the body's physical pivotal point for balance and power, for desire, for sexuality and the reproductive function amongst other things. Orange is its representative colour.



The *Swadhisthana* tends to affect our ability to experience sensuality, passion and compassion, which can also drive our creative abilities. When you have a balanced Sacral Chakra, it can bring about a natural sense of wellbeing, joy and or happiness, at the gut or instinctual level.

Movement, flow and pleasure tend to emanate from here, in that, when this Chakra is open, all that you do, you do with ease and pleasure. It also connects with taste and smell, the bladder, the lymphatic system, pelvis, the large intestine and the female reproductive organs. An imbalance can manifest, in being ruled by your emotions, obsessions and overindulgence, lack of desire and/or feelings of dissatisfaction with life and what you do.

The ROOT Chakra: Also called the *Mooladhara* Chakra. The



Mooladhara is understood to be located in the region of the base of the spine, the perineum and along the first three vertebrae. This region is shaped like a cone of sorts ... well when you look at it from a certain angle or position. This is the Red and sometimes the Gold Chakra.



We have left this Chakra til last, as this is probably the Chakra that most People in *Western civilised societies* have the biggest challenges with. The Root Chakra as the name suggests is the grounding or connection we have with Mother Earth, with others and ourselves. If you do not have solid grounds or roots you live a very insecure existence.

The solid root of anything including this Chakra provides for security, safety, survival and basic needs to be met. If the most basic of needs cannot be secured first and foremost, pressure, threats and insecurity will be the dominating factors in all you do, and how you act or interact with other People. In today's *Western civilised society* of materialism and acquisitiveness, we live out lives under a constant and consistent barrage of pressures, threats and insecurities.

Cognitive Dissonance: For Example, we are constantly bombarded with the idea that going to university is a good thing or the *right* way to go to educate yourself or your children ... a great way to get ahead in the world ... to get a job ... to provide you with security ... to get a house ... to get a car ... to get nice clothes ... to achieve a career ... to get on with life; when the reality is, for most, going to university means crippling debt that stays with you for a long time ... getting a job with an employer working long hours on a low income initially ... competing in the market place or in employment to achieve a higher income, a higher position or more power ... taking on more crippling debt to acquire a house, a car, clothes, insurances, a family, the education of the children, your further ongoing education, a certain lifestyle ... then pay for a pension or retirement plan, assuming we make it this far with the above, and don't collapse or breakdown with all this pressure



and stress and end up going to a medical practitioner who can medicate us to continue to deal with it all.

The results of this modern lifestyle clash and the false belief that society is civilised, culminates with us operating in survival mode most of the time, with no perceived end in sight to our insecurity and suffering. If society were so civilised, why would we suffer so much from anxiety, stress, disease and mental, emotional or physical illnesses, brought on by the pressures of society?

We are not attempting to provide an antidote for the modern maladies of society but instead to consider, in relation to Chakra balancing or unblocking, an alternative way to look at or consider how we could assist ourselves in bringing ourselves to better health and a better mental or emotional path, one step at a time.

Of course when your Root Chakra is not balanced, or is blocked, it can be very difficult to break with the norm of social conditioning, as everything perceived to be different may be seen as a threat, and therefore the desire to get away from the perceived threat is overwhelming. Constant fear can end up ruling your life, which of course can lead to other problems, be they physical, mental or emotional.

Life is built upon the foundation of the *Mooladhara* Chakra, and is our vital connection to Mother Earth ... this above all else, should be the starting block on the path to clearing and unblocking all our Chakras, to release the healing force and energy of the Kundalini.





VIBRATION OF SUCCESS

To be clear: We are not defining success in the context of this chapter as the gaining or the acquisition of stuff per se. ***Success has its own vibrational signature*** or calling card, which is easy to recognise. Once you recognise the vibration of success, you can easily hitch a ride on its resonance, and can stay within its resonance for (almost) as long as you choose.

Recognise the vibrational resonance of success and hitch a ride.

PAY ATTENTION: EVERY DAY of our waking lives, all of us have ***little successes*** we are not aware of or pay much attention to. A ***little success*** is something as simple as the success of getting a great nights sleep, the success of waking to hear the sound of your baby as it coos and gurgles to itself as it wakes from its own sleep, the success of having those extra few moments to yourself in the morning to enjoy your shower, have a good poo, do some yoga or meditation, say your prayers, get a morning run in, have an unrushed healthy breakfast, some time with your family without being rushed, have a laugh, tell or listen to a joke, having an interesting conversation (not about work), enjoying lunch, reading a good book, listening to great music, watching an entertaining film or documentary, taking a day time nap, having sex/making love, playing a game, solving a problem, completing a cross-word or Sudoku puzzle, going for a walk, building, making or creating something and so on and on.



There are obviously plenty more things we can define as successes. These are just some of the everyday little successes that most People experience, but seldom recognise as successes and in turn take them for granted. Success passes them by, and they do not latch on to its vibrational resonance by simply taking notice, or paying attention.

By pausing and taking note of these little successes, you are noticing the very subtle vibrational resonance of success (as an emotional vibration), of *the feeling of feeling good*. By taking note or noticing this, you can stay in this resonance of vibration for an indefinite period of time, possibly even for the rest of your life, and ride the wave of success per se.

They say “good things come in threes”. In my view this is not true. “Good things come in *multiples* of threes”, if you can recognise or pay attention to them, which means recognising the more subtle things that happen every moment of every day. Good things (success) happen to us all, every day of our lives, we all need to pay more attention to good things to help their continuum.

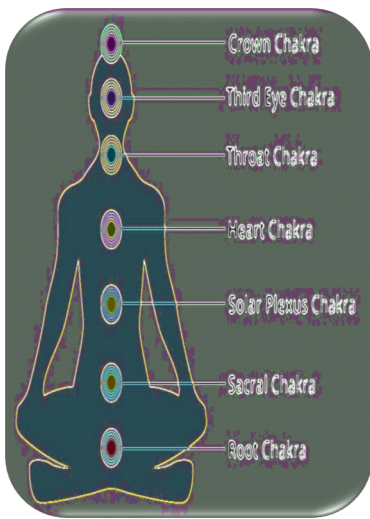
CELEBRATE SUCCESS: When you do take notice and take note of your small successes and *the feeling of feeling good* about the small stuff, you are naturally prolonging that vibration, and therefore will stay in that vibration of success a little longer than previously. Celebrate this small success by perhaps congratulating yourself on a job well done.

RECORD SUCCESS: Perhaps jot down your small successes in a notebook. Try going to bed an hour or two earlier, and getting up earlier to do some small stuff on your own ... writing



a note of congratulations to yourself when you achieve this, and then carry this note with you, adding more notes throughout the day. Begin to notice how these small successes make you feel and soon most of your days, weeks and months ahead will be filled with small and relatively bigger successes.

FOLLOW YOUR GUT: In noticing and recording your successes, be they big or small, your intuition for the Vibration of Success will become more finely tuned ...



It follows; when it comes time to make decisions, be they big or small, you will begin to trust or rely upon your GUT or INSTINCT, and in quite a literal way you will feel this decision-making ability and vibration in your gut or belly, or what is called your Sacral Chakra begin to grow confident and strong. You will also begin to treat all information, views and opinions of or from others with a healthy and critical degree of skepticism.

Something which always seems to work well for me, kind of falls into the parameter of “sharing the love” or “paying it forward”. To be clear, this is not about charity or to be seen to be charitable. There really is no such thing as charity per se. No matter how *holier than thou* you may wish to be perceived, or you may think you are, by giving freely to others, you ALWAYS get something in return, albeit just that nice fuzzy



feeling, which in essence is part of the continuum of the vibration of success. This is about doing for others, what we might like done for us, at least from time to time. My process is thus ... always on the lookout for People who may be in need or may require a little something to help them out in some way or another, without seeking for them in any way to return the help, assistance, guidance or gift provided. This does not mean a commitment of time to charity work, or making regular payments or contributions to organised groups or charities. In my view, most registered charities are highly suspect to say the least, and are tantamount to paying for prayers.

This is a very simple concept ... when you see or meet someone in need, give them a hand up in some little way. This might simply be a kind word or recognition of sorts, or stopping to help someone change a tyre at the side of the road. If they try to pay you beyond a thank you, ask them to *pass the kindness on to another* instead. Consider trying to actively do this maybe once a month or even once a week.

After a while it becomes part of your nature. This does not make you a martyr and will make you feel good about yourself, as your active engagement creates its own continued vibration of success. This success perhaps even affects the party you have assisted, to prompt *them* to create their own vibration of success by helping others in some way, which in turn makes them feel good about themselves.

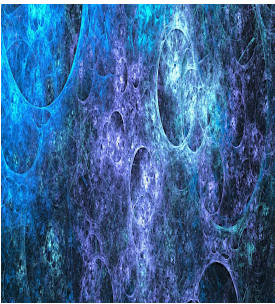
With some simple routine exercises, one can ride the wave of vibrational success in most aspects of life, and possibly even to the end of your days in this realm of reality ...





QUANTUM ENTANGLEMENT

Quantum Entanglement is the **quantum** mechanical phenomenon in which the *quantum* states of ***two or more objects*** are described, with reference to each other, even though the individual objects may be spatially separated. This leads to correlations between observable physical properties of the (separated) systems.



Think of YOU yourself, or your life as a single bubble of Air that eventually bursts. That “air” will dissipate (not disappear), and may become part of another bubble at another time. In the period between bubbles you are the *air* of potential (energy bubbles). From this analogy we can take it that a bubble represents our conscious or sentient limited life and span in terms of time.

When we are bubble (conscious/sentient life), we are amongst an almost infinite amount of other bubbles that are both compact and loosely connected together. We are touching other bubbles and are seemingly distant from others, although still indirectly connected, and thus what we think, do, feel, how we act and interact, has a bearing on ALL other bubbles.

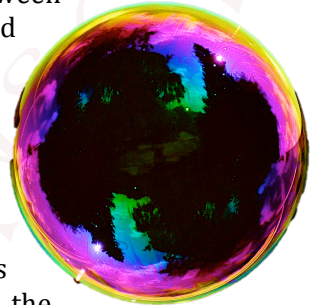
For bubbles, time as a concept has no meaning or reference. Accordingly, a seemingly non-existent bubble can have a bearing/effect on a seemingly existent bubble. After all, as we suggested earlier, when your bubble bursts, the air inside your bubble does not disappear and is not destroyed. It becomes one with the air surrounding other bubbles. You cannot have an inside (of a bubble) without an outside (of a bubble). Inside and outside



co-exist through a very thin membrane of consciousness - or life - as some like to call it.

The capacity of the inner part of a bubble is finite, whereas the outer part is infinite, both coexisting. One does not exist without the other. Outside the bubble is perceivable chaos, with the inside of the bubble perceivable order, or so it goes.

We can also consider the point that all bubbles reflect in themselves all other bubbles, and the air-space between them, as our bubble (inner world) is reflected through all other bubbles ad infinitum. Whilst most of the time we are all consumed and caught up with the inner workings of our own singular bubble, from time to time we can get glimpses of the outer workings of the infinite and chaotic outer bubble or spaces. For most, this experience of the outer bubble comes in the form of either day-dreams or sleeping dreams. Some People experience aspects of it through various forms or types of meditation, or holistic disciplines.



It is in these states of meditation or dreaming (and other altered states), we can (with practice) influence our inner worlds, and possibly, the inner worlds of others. When you experience the outer world you are also observing other inner worlds, but to get to the outer world requires that you enter via your own inner world. After all, to go out, you first have to go in or be 'in' somewhere.

Dreams (as an example) provide you with access to other possible inner worlds, and therefore in accordance with our bubble theory, are possible experiences of other inner worlds we are connected with or somehow drawn to. When you are in a dream state, you for



the most part, forget this - your dream state inner world becomes, or is, your reality.

Similarly with meditation or other holistic disciplines, the idea or intention is to switch your self off from the Persona you manifest and associate with in this reality. You drop or forget your egoic mind so to speak, or at least that is the idea. In dreaming and dream-like states, you disassociate from your current self, which allows you to travel or journey to other realms, and experience (being) other personas or things.

Very often (in dream time) you can be another persona and also be an objective observer of the persona that you experience. You can be in two places at the same time. In the same manner or way that many religious, spiritual and now scientific traditions describe their God/god to be, this is often now described or referred to as Quantum Entanglement.

GOD ILLUSIONS

Therefore if it is YOU who in dreamtime is acting out as a persona, but yet you can objectively observe this person outside of the persona, aren't you therefore quantified in certain arenas as being God, or as Quantum Physicists say "the Quantum Phenomena", or a/the God Particle?

This idea that YOU may be and or are (a) God, or represent a part which is representative of the whole, flies in the face of organised religion and to a great extent its modern equivalent, organised statism. But modern science, as in Quantum Physics or Mechanics, seems on the face of it to be telling us exactly this, as are a great many ancient Eastern Texts. There seems to be a very uncanny alignment or similarity between the two.



The SCIENCE of NONSENSE

Contemporary Science would have you believe that time is linear, as in time is running in a straight line, from past to present to future. This is a convenient mix of ignorance and nonsense, in that it makes no sense at all. The linear theory acts as a convenient way to control a lot of People, as in, if you explain something with a certain degree of surface logic, it can be neatly put away - boxed off so to speak - never to be thought about or discussed again.

Linear time theory is a logical fallacy, but is often delivered as an undisputed fact or law. The study of quantum mechanics has directly challenged the validity of linear time, in that: Time and the observance of events, is directly affected by the observer of those events.

Equally the Big Bang Theory and The Bible version of Creation are pretty much on the same page, and point to the same thing.

Article Ends.

COMMENT: This article was penned prior to any voyages with entheogens. The article in retrospect is included in this text, because it relates very neatly to some of the writer's experiences with medicine plants, and some of the knowledge gained from such adventures. So there!





COMMON THEMES AND ARCHETYPES

There are common themes, archetypes and experiences that occur regularly, for those who voyage with the Medicine Plant Ayahuasca (and other Medicine Plants), such as: Dying and/or Rebirth; Going to or through (a) Hell, or your own version of (a) Heaven; Mother Ayahuasca appearing in various forms; A Blue Lady; A Brown Lady; Spirit Guides; Insects; Plants; Animals; Ancestors; Temples; Deities; Gods; Prophets; Father, Mother, Brother and Sister Figures; and People who have departed this plain or reality, and many more types and sorts.

The ARCHETYPE: In Voyaging with medicine plants (of all sorts), there is often comment and reference made about or, in relation to, *archetypes*. My understanding of the term Archetype was not clear up to a point, so when others used the term, although it was possible to follow a conversation, a lot of the subtleties were lost on me. Not fully knowing or grasping what an archetype was led me to doing some research and finding out a certain amount ...

The archetype was a concept or idea created by a Swiss Psychiatrist called Carl G. Jung (pronounced Young). Jung's ideas are not readily discussed within academic circles to the extent that Sigmund Freud's work would be, as Jung tended to veer into mystical and spiritual realms. Nonetheless, quite ironically this idea or concept of Archetypes seems to have stood the test of time, despite the pseudoscientific label attached to Jung by *modern psychology*. Jung's contribution to psychology is understated, underrated and misunderstood by many academics with an exceedingly narrow field of view.

My understanding of an Archetype is now as follows: An archetype is a general or specific representation, or an *interpretation* of experiences we may have or had on a sub or super-conscious level.



To make sense of this statement, or to give it a context, consider watching a film called **Contact**. Karl Sagan, whom is a very interesting character in his own right, wrote the book *Contact*, which the film **Contact** is based upon.

There is a specific scene in the film *Contact*, where Ellie (played by Jodi Foster), has *just* travelled through space/time, via a suggested portal or wormhole, and meets an entity, who looks and sounds like her previously departed (dead) Father. The entity or being is not her Father per se, but is an *archetypical representation* of her Father. When Ellie realises that the entity in front of her is not real, is not her Father, and that they have downloaded her thoughts and memories, her Dad (the entity) says, "***We thought this might make things easier for you***" ... meaning, that Ellies intellect, her conscious or egoic mind would not be able to process what was going on, on a deeper level of mind, and therefore it was easier for her to interpret it via the use of or a projection of an *Archetypical Father* figure.

Archetypes can help us interpret and make some sense of our experiences, by putting them into or relating them to things we know or recognise, which kind of helps us to know the unknowable, and explain to a certain extent what cannot be put into words, or cannot be conveyed on the level of mind.

The Archetypes we encounter tend in the main to relate to the tradition or background we were brought up with or in. The mind is always seeking pattern(s), and seeking to recognise even the stuff that is beyond the comprehension of the mind to recognise and to understand. When you voyage with entheogens you begin to comprehend how limited the written or spoken word can be, although such a realisation has never stopped me, and others, from writing or talking about this stuff.



Having a conversation with someone about a voyage, is better than writing about it, as both of you can feel the vibrational tone of the experience in each other's voices, as you speak your relative truths. Having Archetypes as a reference helps in these types of conversations to interpret the experience and convey meaning to yourself or to another. Your background, the way you were brought up, reared or raised, will potentially influence the types and forms of archetypes you may experience on a voyage. Someone from a Christian tradition may experience a Jesus-type archetype, whilst someone from a Muslim tradition could end up chatting to a Mohammad-like archetype, and similarly, someone from a Buddhist tradition may end up engaging with a Buddha-styled archetype, and so on and so forth.

As a fairly succinct example: Tarot Cards use archetypical themes, characters and imagery. A traditional or common Tarot Card set is split into two parts called the Major Arcana and the Minor Arcana. Every card in the Major Arcana is numbered and represents an archetypical figure of sorts. There are usually 22 cards represented in the Major Arcana. This is my summary interpretation of the Major Arcana Archetypes ... as follows:

- ॐ **The Fool:** Can sometimes represent us as the naïve yet happy child, journeyer or traveller through life, seeking to find and explore, to have adventures, experience excitement and out for a fun time in general, where possible.
- ॐ **The Magician:** Represents an accomplished and/or highly skilled master, who is in control of life and all it presents or has to offer. The magician has access, use and disposal of a variety of tools available to him or her, such as the symbols of the Minor Arcana, which are typically represented as *the cup, the sword, the pentacle* and *the wand*.



The Cup is typically understood to signify connection on the emotional level with yourself and to others; **The Sword** is typically understood to signify action as opposed to emotion, in that the sword gets to the point, and cuts through indecision, so to speak. It represents personal power and the ability to make decisions and then, to act upon those decisions; **The Pentacle** is typically understood to represent the material world, in relation to possessions, career and or wealth; **The Wand** is typically understood to represent life purpose, passion, energy, motivation and what is potentially beyond the immediate horizon, or what's in store in the short term. Sometimes depending on the context of the Tarot reading ... Wands may also represent Spirituality.

- ॐ **The High Priestess:** Is the archetypical keeper and protector of *spiritual* secrets, which can only be shared with the wise.
- ॐ **The Empress:** Is the Mother figure, who is there to protect, nurture and care for all her creations which, of course, includes all People and all humankind. On a personal note, to me, Mother Ayahuasca represents the High Priestess, the Empress and Strength all rolled into one (3 for the price of 1 as some might say).
- ॐ **The Emperor:** Is perceived to be a Male, Patriarchal or Father figure that protects and provides, and can also rule as an authoritarian when necessary. The Emperor is considered to be the bringer of order from chaos, to facilitate growth and prosperity.
- ॐ **The Hierophant:** Symbolises authoritarianism, in the form of being head of a cultural, religious or state convention that



is determined to maintain order as he or she sees it, at all costs or by whatever means are necessary.

- ॐ **The Lovers:** Are supposed to represent the idea of opposition and attraction, but are also suggestive of making choices between two desires, wants, needs or longings.
- ॐ **The Chariot:** Is synonymous with movement and/or change in one's life, and depicts someone who is in control of their drives, be they physical, emotional or spiritual.
- ॐ **Strength:** This is a beautiful gentle woman with the heart of a lion, who can unwearingly control nature's forces, despite the fact that if she loses control, it could destroy her.
- ॐ **The Hermit:** Is concerned primarily with spirituality and the enlightenment of those who truly seek wisdom and thus lives as a recluse, far removed from the world and its vices.
- ॐ **The Wheel of Fortune:** Is about the only thing in life that is certain which is change. It spins for each of us, but we can each decide what choices to make when it stops so it is not necessarily fatalistic or deterministic - or is it?
- ॐ **Justice:** Is a double-edged sword, which cuts both ways. Justice is perceived as being feminine and balanced and thus an ultimate lawmaker, arbiter and enforcer.
- ॐ **The Hanged Man:** Is the archetypal martyr, who willingly sacrifices himself for his righteous ideals, vision or passion for something better in the future, albeit that future may be another life or incarnation.



- ॐ **Death:** This Tarot card is often depicted or perceived as gloomy or foreboding, but it also signifies the start of something new, as fresh new life springs from the death of the old. Mother Nature does not distinguish one from the other. Life and death are just part of the cycle of nature.
- ॐ **Temperance:** This card is about the wholeness of a balanced and tempered approach to life and in all things. Moderation, elegance and self-control are the key components synonymous with the appearance of this card in any reading.
- ॐ **The Devil:** Is part of us all, and can keep us limited and tied down in certain ways, through acts of being selfish, self-centered or self-serving, without any consideration of the detriment to others. Although there are perceivable certain rewards in being all of the above, it limits true happiness, and keeps us from our true path. Depending on the context, if this card comes up in a reading, it is a sign that you or I are like this or it is a warning to avoid certain People who may be like this - selfish, self centered and/or self-serving.
- ॐ **The Tower:** Signifies the release or venting of pent-up energy or emotion. All emotion emits energy via vibration, and when you block or stymie energy, it builds up pressure, so can often be released as an explosion of sorts, especially in cases of passion, frustration or anger, which can be quite a destructive force to you and to others within its blast radius. Energy needs to flow ... so let it.
- ॐ **The Star:** Represents a light, a way out of the darkness, offering the prospect of guidance towards hope, new prospects and beginnings.



- ॐ **The Moon:** Is synonymous with the hidden depths of the subconscious or super-conscious mind that await the brave and intrepid explorer to uncover the secrets buried within.
- ॐ **The Sun:** Represents the conscious mind, through clarity or action. The Sun is thought to be the source of all life in this universe and thus provides for growth, warmth and comfort.
- ॐ **Judgment:** Is associated with absolution through honesty and truth and the promise of a new and fresh start.
- ॐ **The World:** Reminds us of the spiral-like nature of all of life, and its never-ending dance.

This is not meant, or intended to be a detailed or accurate interpretation of the Major Arcana of the Tarot. It does provide a good overview as to what Archetypes are, and how they can be used to interpret certain experiences that may otherwise be lost to us. If you understood or comprehend in any general sense what is written above about each of the Archetypes, then there is at least an essence of recognition that each of the archetypes is present in you, and is present in most, if not all, People. In my own view the Tarot, through its archetypes, aims to represent many, if not all, potential facets of the persona or masks we wear. It also aims to stir up or agitate what we truly are, that which is hidden behind the mask or persona.

There are many variations, sorts and types of Tarot Cards. You can even get a set of “Voyager Tarot Cards”, which ironically is very relevant to my own personal experience of my last Voyage with Mother Ayahuasca and the final Voyage denoted in this book.





PART TWO - THE VOYAGES

MÉATHUASCÁ
JOURNAL OF THE SOUL

MÉATHUASCÁ



MEETING ME

VOYAGE ONE: September 2017.

My past fifty years plus on this current plain of existence have had moments of suffering, moments of bliss and everything else in between, which is nothing unusual for most People.

There were times when it felt like the suffering would be the *sad* death of me, and equally, the bliss gave me an elated feeling of being happy enough to die (in those moments). Isn't it strange how the theme of "death" can arise both in suffering and in bliss, depending of course on who you are, and what your frame of mind is at the particular time?

My very first Voyage with Mother Ayahuasca was in September 2017. Although this date is not very relevant, it just provides for a relative time context, in relation to how far back or recent any of these voyages were, depending of course on when you are reading this text.

For approximately four days prior to imbibing the Medicine Plant Ayahuasca, my food intake consisted of watery vegetable soups, water and coffee. It is often and strongly recommended, you do not drink coffee, as it can or might cause nausea, vomiting and/or diarrhea as a response to taking Ayahuasca. Going without sex for six weeks (as recommended) was bad enough but going without coffee for a week was a step too far (for me), as was going without tobacco.



Most of my life has somehow been directly or indirectly about rebelling against the many pointless rules, conventions, legalities, limitations and beliefs governing or held by or in society per se. Sometimes this insolence has brought me into conflict with those who would presume to have authority over others or me, when in fact they do not.

Of course it needs to be said and clarified; my rebellion is not and has never been driven by malice, ill will or intent towards People, but on the contrary. It has always concerned me greatly that a great many People are so compliant with those persons who assume authority over others, solely based upon the fictions created on paper, by *authoritarians*.

Authoritarians have led millions of People astray to say the least, and many more millions to their deaths, over the centuries. So drinking coffee and smoking tobacco didn't seem to be too much of a breach of the guidelines set down, as part preparation for imbibing Ayahuasca. At the heel of the hunt, it did not adversely affect my personal experience with Mother Ayahuasca, which is not to say of course, that it would or could not adversely affect you or others. Perhaps Lady Luck has been with me (thus far) throughout my voyages, or perhaps there is something more to it than mere luck?

After a four-day fast from solid food, my hunger pangs dissipated, and my energy levels did *not* feel low, or exhausted. In fact, my mind (as it were) was clear, lucid and alert. It is clear to me now at least, that soup, while it can fill and sustain you quite adequately for perhaps a very-very long time, one can eventually grow to dislike it immensely.



PREPARATION DAY: The day before my (very first) Ayahuasca Voyage was spent with a group of other voyagers, in preparation for our first voyage the next day. The facilitator and guides actively prepared us as much as they possibly could, to *surrender* to the medicine, and put us at ease with any worries or concerns we may be having. The key phrase here being **SURRENDER**. The morning of the first preparation day, we gathered together with **M** the lead facilitator. **M** invited us each in our own time to say something about ourselves by leading with the phrase *“If you really knew ME then ...”* This phrase resonated with ME at the time, and still does, and it forms the basis of the title for this text, as in *Meahuasca*.

We were invited to participate in various activities, with a view to breaking down to a certain extent, any resistance our conscious or egoic mind may be putting up in front of us and to a further extent putting us at our ease ... after all it is not every day you get to experience what is sometimes called the *“little death”*. Ayahuasca is also known as the *“Vine of the Dead”*.

We were actively invited throughout the preparation day, to listen, discuss, ask questions, share why we were there, dance, to chant, meditate and to breathe. By the end of the day, we had all built a trust with the facilitator and guides that they would take care of us. This was a safe, non-judgmental environment, and moreover, we could surrender to the Medicine.

If we had to vomit, we could vomit and they would tend to us and clean up the mess. If we had to shit or piss they would escort us to the toilet or, if needs be, bring us to the shower to clean ourselves. We could comfortably scream, shout, laugh,



cry, sob, sing or just be silent when we needed to and trusted that we were supported without judgment no matter what, within reason of course!

We participated in a series of activities devised to open us up and to become more comfortable in our own skins and in each other's company. In the morning, we were invited to share with others who we were, and what our intentions (or not) might be for our Voyage with Mother Ayahuasca.

In the afternoon we danced, learned to walk and breathe (again), look one another in the eye and how to be silent. In the evening we were invited to participate in Meditation, Vibration and Breathing exercises, whilst being enwrapped in some marvelous music.

The Meditation and Breathing exercises (with the music) were particularly beguiling for me. Without realising it at the time, these exercises provided me with what can only be described as being a Mini Voyage of sorts, without the use of entheogens.

In retrospect and as a POINT OF NOTE: Once you have reached the Zeropoint, strictly speaking you do not need to use entheogens again, although it must be said, a great many People do not immediately reach the *Stillness* of the Zero Point with a first, or initial experience or voyage, with Mother Ayahuasca.

For many, although they may get an experience of sorts, it may take more than one voyage with Mother Ayahuasca to reach that certain Stillness of the Zero Point. What most People may experience, prior to reaching their Stillness are certain types of



emotional blockages and/or their egoic mind resisting surrendering to the Medicine. Emotional blockages can come in various shapes, sizes or types of trauma and Mother Ayahuasca may need to guide and assist you in working through these blockages and/or traumas. This, in essence, is where the magic or healing begins ... more on this later.

The next day arrived, the day of the ceremony, the day we imbibed the Medicine Plant Ayahuasca. We were all generally dressed in white clothes, and mine were generally grey. It is almost impossible to find entirely white second hand clothes in charity shops, or in the cheaper high street chains, so light grey was the nearest equivalent available to me, but this did not really matter, because once you have taken your Medicine, you do not care what colour clothes you have on, or are taking off.

Most People, including me, still had a certain level of trepidation or nervous excitement about this day, despite all the previous days' activities. In my case, it was simply because it was my very first Voyage with Mother Ayahuasca, and like anything absolutely new, one did not know how one was going to react or respond. If there was any concern on my part, perhaps unlike most People, it certainly was not about vomiting or shitting myself, but more about what emotional responses would arise (if any), or memories it might awaken in me.

We entered the ceremony room without talking, and took our places on our mattresses. The ceremonial leader gave us some practicals and more reassurances about being in a safe place, that we could trust her and the guides to take good care of us and our needs for the day. We could surrender to the Medicine



without any concerns for anything else whatsoever, and go on our own personal inner voyages without a worry in the world.

Then the ceremonial leader invited us all to share our intention for this voyage. The group was relatively small in number (about 20 or so), so we all individually shared our personal intentions with the group. My personal intention was to find out (more) about death - was there death or not? Was there existence after the body died, and so on? Relative to other Peoples' intentions, which we will not get into here, this was not so strange a thing to want to find out, well not for me anyhow. But as many People who have imbibed Ayahuasca are prone to saying; ***“Mother Ayahuasca gives you what you NEED, not what you want”***, as did the Rolling Stones in another way. See ... everything is connected!

On the flip side of that same coin, what would you do with getting what you want? Could you handle it and would what you wanted still be what you want, once you get what you want? Perhaps wanting what you need is a better approach to setting an intention, rather than wanting what you want? Or perhaps not wanting anything is an even better approach to setting an intention? Or even, not setting an intention is an even better approach? Something else to ponder!

We commenced the ceremony by being handed our first Cup of Ayahuasca, which we held until the ceremony leader said her bit, blessings and all. Then she invited us to drink the Medicine in our own time and so we did. The smell was not good, and the taste was none too good either, but down it went all the same. It tasted a little bitter to me, but you could hear the sounds around the room of People smelling, tasting and



swallowing. You could tell, even at this very early stage, that some People were already ready to purge or expel the Ayahuasca from their systems, one way or another, through one orifice or another.

For some People, being in the company of someone that is sick or purging is enough to set them off ... it's a bit like yawning. Once someone starts, it becomes highly contagious and those around the initial yawner also find themselves yawning pretty soon after. There were some immediate purges, there were some early purges, there were some intermediate purges, there were some later purges and no doubt there were enough cases of People having to use the toilet and/or the showers.

As my blindfold was on almost immediately after the first glass of Ayahuasca, my sense of hearing was picking up on the sounds emanating from the room so there was no way of telling who had to go to the toilet or showers, not that any of this really mattered.

Once we all had imbibed the first glass of Ayahuasca, the ceremony leader **M** commenced with playing music, gently talking and taking us through a Chakra meditation, whilst we were all sitting in an upright position, or as they say in yoga, the lotus position.

M invited us to lay back or lie down whenever and at whatever stage we wished to. We did not have to stay sitting or in the lotus position, but to do as we felt our bodies needed. For me, ten minutes (at most) into the Chakra meditation was enough. Yoga is not my thing so my body has had no practice in staying in an unsupported upright position.



The music and the Ayahuasca took over and had me laid out flat on my back, and cosseted in blankets. It is not that my voyage had necessarily started as such, but my body just needed to be in a more comfortable, cosy position. Perhaps my body just needed to rest, relax and unwind and that it did.

Once the Chakra meditation was completed, the ceremony leader announced that the guides were going to approach each of us to ask if we wished to take another glass of Ayahuasca.

By this stage, an hour had more or less passed and my body was already feeling what can only be described as being deep intermittent vibrations. These vibrations were internal, but it also felt like the internal vibrations were also vibrating into the space/room we were in. It was intermittent, like a wave, like a roller coaster, like a washing machine! It came in waves and it came in cycles. There was an intermittent hum, sound, noise also, that gave you a certain advanced warning of the oncoming wave of vibration. This was marvelous, this was terrific, and this was somehow strangely familiar. Mother Ayahuasca (MA) had not yet taken me completely. This vibration was her warming up her engine or warning me, depending on how you look at it. MA was teasing me, testing me and daring me to take another glass of her medicine ...

Finally! The guide arrived by my side, and as my blindfold was on, she gently touched my shoulder and whispered into my ear ... “would you care for another glass of Ayahuasca?” The guide barely got the question out of her mouth, when my answer was an empathic “Yes Please!” ... and then she was gone. It felt like



an eternity before she returned, and gently touched my shoulder and whispered ... “here you go”.

Of course, you cannot drink this stuff lying down, as you have to brace yourself and time the matter, to avoid choking and gagging on its taste and in turn spewing your guts up. The guide waited patiently for me to sit up, take my blindfold off, look around the room, and then handed over the glass of Ayahuasca. She again waited patiently with me until the glass was empty, although it was me who asked her to wait. Then my guide took the glass and wished me well on my voyage, with a cheeky little smile.

At this stage in the ceremony, just after my second glass, there was no need in me to vomit, purge or to go to the toilet. Everything down below was calm, cool and collected, as they say. It felt like the medicine was now coursing through my veins and my blood, that my whole body was getting ready for liftoff so to speak, and Mother Ayahuasca didn't disappoint me one little bit. My surrender to the medicine was totally unreserved and all consuming, if such a thing is possible! Even at that particular moment as we lifted off, there was something informing me that this medicine was needed and an absolute necessity to my continued existence on this plain and the work ahead of me, whatever that may be.

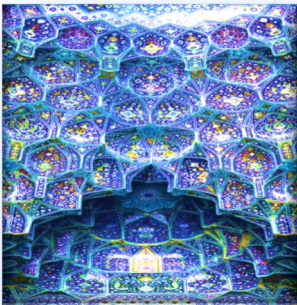
This medicine would not be leaving me any time soon. Its intention was to stay in and with me, to heal me, to guide me, to inform and infuse me with clarity on certain matters, and to dispel my many illusions and confusions. To shake me, to wake me, to stir and rouse my traumas, fears, pains, stresses and suffering and show me the door that could provide access



to bliss, well every now and then, and when it was most needed and not just when wanted. Not so bad for just two or so hours into a voyage ... and it was to get even stranger!

During this first phase of my first voyage, there were also a myriad of visual effects, colours and archetypes, but one predominant message (feeling), that came through can be summarised as follows: ***Write, to process, get clarity and integrate revelations better, and thus be better able to relay and relate to others in a more effective way or manner.***

In penning this text or book, it concerns me that it might be my egoic mind expressing itself and not an expression of the higher self or being. Nonetheless, it still feels like the right thing to do, as a valid attempt to explain, in the simplest of terms possible, what occurs beyond this dimension of reality when you voyage with Mother Ayahuasca. So on we go ...



In this first phase of the voyage, Mother Ayahuasca brought and showed me into a Temple (of sorts) and revealed certain *internal* aspects of this Temple, and in particular, to focus my attention on its domed-vaulted ceiling and its pattern. Whomsoever designed and created this particular ceiling was obviously very talented and

skilled in numerous and various aspects of art, science, mathematics, architecture and spirituality.



The ceiling of this Temple was stunningly beautiful, intricate and complex, all in one. The most predominant colour, that stood out to me was BLUE.

At this juncture, deep into my BLUE ceiling experience, the ceremony leader very gently announced, ***“If anyone would like a third glass of Ayahuasca, could they raise a hand now?”***

Without being cognizant of it, my hand raised itself high into the air as if attempting to reach up and touch the BLUE ceiling laid out before me ...

My arm swayed in the air, til my guide came over, not to bring me the Ayahuasca, but to confirm that my hand was up to receive Ayahuasca. She held my hand, and whispered to ask if this was the case. Then promptly left, but only for a very brief moment this time, arrived back, held my hand, got me to sit up, take off my blindfold, and gently handed me the Ayahuasca. My guide stayed sitting beside me and waited until my time to drink was right. This third glass, although perhaps a little more difficult to swallow than the first and second, went down (a treat) and stayed with me.

If Mother Ayahuasca was unclear before about my initial intention, by this third glass of Ayahuasca, both of us were now very clear. Almost as soon as my head hit the pillow, Mother Ayahuasca vibrated my every being back to the BLUE Temple and revealed herself to me as a BLUE woman. She had somehow hidden herself in the ceiling, where ***she had been watching over me all the time.***



This revelation stirred a very deep sadness in me. Then stuff just began to click with me. My intention to find out about death was not relevant to me (at present), the deeper concern was my buried sadness and sorrow. Then memories of being a baby and being abandoned by my birth mother at birth began to creep in. These were memories of feelings of me as a baby. Who would have thought it possible that one could remember such things? Mother Ayahuasca quelled my sadness, as she reassured me, she had not ever abandoned me, and ***she had been watching over me ALL the time.***

That was emotional enough, but she didn't allow me to express any tears of sadness or joy, as there was more to come on this voyage. She wasn't finished yet ...

She took me in her arms, lifted me up to her ceiling, cuddled me and then gently let go of me. This wasn't like a drop; it was more like a slide or slow descent through, what can only be described as being a universal birth canal, and then finally out the other end into this domain. This was in essence *my rebirth* with the added benefit of knowing Mother Ayahuasca was watching over me all the time, always would and always will. She also imparted that she would welcome me back any time it was needed, which of course is good to know.

This revelation broke me up entirely, and my body curled up into a fetal position and began to sob and cry with relief and happiness. In this fetal position, Mother Ayahuasca softly touched my cheek, and continued to look over me, as my body went into a relaxed slumber.



My first voyage was a detailed examination of the moments of my birth into this world, and the literal circumstances that surrounded it, in that my hurt about my perceived abandonment as a baby. It had left a very deep trauma that was hidden from me and possibly protected me to a certain extent in my childhood, young adulthood and as an older adult in this life. To expose it and face it was exhilarating, a real buzz as they say. Whilst present in those moments and reliving feelings of abandonment, there was also a part of me, a higher consciousness that was objectively seeing it for what it was ... just a story or film reel about a baby who was abandoned, lost and disconnected, and had now reconnected with the source that is Mother Earth. In fact that connection had not ever been broken, it had just been buried, suppressed or hidden, and was now rediscovered. It was a very happy ending to an initially, sad tale.

After some time my feeling, senses and hearing informed me there was a lot of physical movement in the room and it was time to begin my final return to being present in the room. My sense of smell picked up food. There was food in the room, so with that, my blindfold came off and I was sitting upright just in time for a guide to come and present me with a massive bowl of fruits. Obviously the whole bowl and all the fruits were not for me, we all had to share, but there were other bowls, enough fruit for everyone.

As we consumed the fruits, women and men were standing now and dancing, moving and swaying to the music. This dancing and movement was a most beautiful thing to observe. It wasn't sexual ... it was more a sensual thing. Seeing natural and uninhibited dance is a complete joy of life, or is for me.



The movements were absolutely sublime, and every dancer seemed supple and in perfect tune with themselves, each other and the music.

Most People by now were out of their Voyages, although there were still one or two that persisted and continued on into the night. Some People had come out after just a few hours, and some People stayed in up to 12 hours. It obviously varied depending on what was needed for the individual. My own first voyage took approximately 6 hours but other voyages since then has lasted from 6 to 8 and up to 10, hours.

Sometime after the fruits were consumed, the ceremony leader closed the ceremony, and each of us shared some stuff about our personal voyages. Sharing is an intriguing process. Whatever about the details of what each one of us went through on our personal voyages, the sharing changed the space between us all and also facilitated a more trusting environment.

The sharing part for me is still a little fuzzy, although it was also a very enjoyable part of the ceremony, it does not require much elaboration, as it would not feel right to say what other People revealed on their personal voyages.

To write about all details of these first 6 hours of my first voyage would require a book in its own right. The key elements and my personal revelations of this voyage and others to follow, may be of some assistance to you to read, ponder or consider, in that there may be themes, symbols and or archetypes etc., you can consider and perhaps pre-study prior to imbibing a Medicine Plant. This will assist or guide



you, reduce confusion and/or help you integrate your own experience should that day arrive. Those key elements and personal revelations can be summarised as follows ...

KEY ELEMENTS/REVELATIONS OF MY FIRST VOYAGE:

- ॐ The preparation day before the ceremony of sharing, discussions, dance, meditation and breathing was an absolute must, in that it assisted me greatly in building trust with the ceremony leader and the guides, and therefore helped me surrender to the Medicine.
- ॐ The Medicine on this occasion stayed in me ... no purging, peeing or expelling (shitting). So my body and spirit obviously needed a good dose of the Medicine, this time round at least.
- ॐ Early on in the ceremony my body, in a literal sense, felt the vibrations of the room, the earth, the planet, the universe, the cosmos etc., and the vibrations were good.
- ॐ A Temple and its high domed vaulted ceiling in particular, featured very strongly.
- ॐ The colour BLUE was the most vibrant colour, the BLUE in the ceiling of the Temple stood out for me, and Mother Ayahuasca presented herself as a BLUE lady (this time).
- ॐ Talking, discussion and exchanges with others, would lead me to writing, which may in turn lead to other



People gaining a better perspective on how to integrate their own Medicine Plant experiences. We shall see!

- ॐ Mother Ayahuasca brought me back to my birth into this current existence, and provided a more contemporary reworking of that birth ... the gift of REBIRTH.
- ॐ Deep sadness and trauma featured, as did a final elation or a kind of blissful ending to the trauma. That load was faced off and lifted, with a final knowing that Mother Ayahuasca was watching over me.
- ॐ A sense of *a knowing* began to seep in on a very deep level, as opposed to a belief of any kind, held by the egoic mind. My egoic mind had been switched off, if only for a few moments or 6 or so hours, and a knowing occurred to me ... this voyage was and is a representative sample of death, there is no death as People in civilized society ascribe to, presume or associate it to be, or they are told it would be by certain authoritarians.
- ॐ Mother Ayahuasca was revitalized in me ... and she had not yet finished her work.
- ॐ Finally, the ceremony guide and her team of guides were magnificent to say the least. All participants seemed to open up. There were a few People attending and guiding that connected with me on perhaps another level, so we have stayed in touch since then. This connectedness has been and remains a great personal



support to me. Ye know who ye are ... *Go raibh maith agaibh go léir.*

Footnote on this particular first voyage: The room and space the ceremony took place in, was filled with music, sounds, noises of People being sick, vomiting, singing, laughing, crying, sobbing, screaming, expressing all and every human emotion from suffering to bliss inclusive, and everything in-between.

Every now and then there was complete silence and stillness, where you could hear the sound of silence itself emanating from the vibration or breath of the universe. For me certainly, there was no lack of control or ability to come out of the voyage and be back and present in the room as certain things arose in me. My feeling is that, my intermittent returns to being present in the room were possibly two fold: **a)** It helped me bring my voyage experiences into perspective for storage in my conscious memory, and **b)** Hearing and feeling other Peoples emotions, assisted me in surfing the waves of vibrations, enabling me to voyage in a smoother way and to avoid purging or expelling the medicine. More on this later ... everything is connected!

On being back home from VOYAGE ONE:

Arriving home from my first voyage was very strange indeed. Had arranged to have no work lined up immediately on my arrival home, on the recommendation of *a friend*. As it turns out, this was a good call, and perhaps something for you the reader to also consider. Had taken three or four days out, as a recovery or reintegration period after this first voyage. It is not that it was impossible to tune in to this *reality* again, but it



sure was difficult to motivate myself to think about or consider work to any great extent. With no *normal* work lined up for the next few days, it was possible to a certain degree to withdraw into myself, listen to certain types of music, and communicate with my new found voyager friends by writing emails. It also gave me an opportunity to do more detailed research on entheogens and medicine plants and all the surrounding paraphernalia, including shamanism and spirituality and so on and so forth.

Books were ordered, films and documentaries were watched and listened to, interesting material was read, and notes were taken. Music was downloaded and listened to, and emails were flying back and forth from all corners of the planet. Alongside this, my meditations and relaxations continued, as did my voyaging and then the lucid dreaming started.

Yes, lucid dreaming. Lucid dreaming is when you dream and are aware you are dreaming but you can control and direct the dream. Lucid dreaming is available to everyone, irrespective of using, taking or imbibing medicine plants. It is just that for me, the door to the world of lucid dreaming was opened, along with other doors, or at least some part of me knew where the doors to these dimensions were ... Mother Ayahuasca had handed me a skeleton key, with a stark warning ***“ENTER AT YOUR OWN PERIL”***.

Living in the countryside can have certain drawbacks, at certain times of year or day, depending on what is going on. Things that town or city folks may take for granted, such as electricity, heating, running water, sewage disposal, food supplies and transport are not taken as a given for every day of



the year, when you are country bound. Whilst we have electricity connected, this electricity provides us with power to pump water, to power the pump for our heating system, provide light and internet access, alongside running a cooker, fridge, freezer and of course a washing machine.

If the electricity goes out, albeit because the electric suppliers are just having a bad day or there is a storm or snowdrift etc., we are totally in the dark and we cannot pump water to drink, to wash with or flush the toilet. Most of our food supplies are either in a fridge or freezer, so after a day or two without electricity, food goes off. We also cannot pump oil through our heating system or cook food without electricity, so there is the potential to starve or freeze or both. We do keep a limited stock of solid fuel, dried and preserved foods, a few bottles of water and a little alcohol - for medical emergencies, of course. Thankfully thus far, we have had no need to rely totally on these supplies, but we make sure certain supplies are replenished fairly regularly.

We have been snow bound on a few occasions and with no power on one occasion for about a week. We obviously survived to tell the tale.

One time when we were snow bound, the car was of no use, and even off road vehicles couldn't get through to us. We just settled in for that particular week, visited our neighbors on foot, and drank relative amounts of alcohol to keep warm and to keep our spirits up. It was great fun, playing in the snow, visiting the neighbors and generally having a whale of a time.



Despite these challenges, when you have come back from a voyage with a Medicine Plant such as Ayahuasca, there is no better place to be than the countryside, immersed in nature. You are away from “BUSY PEOPLE” going busily about their serious, important business, being in your presence but yet managing to somehow ignore you. You are away from the busy noise of commerce, production, capitalism, cars, planes and trains. You can easily switch off from news, current affairs, politics, statistics, reports, disasters, crime and blah, blah, blah etc. Instead you can shroud and surround yourself with peace, quiet, tranquility, engage with nice neighbors, or even take time to go for a walk and find out if the neighbors are nice. Read, listen to music, meditate, walk, paint, make, create, write, or just zone out before an open fire.

If you are lucky enough to live in the countryside, coming down and/or integrating back into *normality* from your voyage is usually an easier ride than living in a town or city. But all is not lost as there are ways to minimise or mitigate the potential pitfalls, anxiety, stress or concerns that may occur as a consequence of town or city life after a voyage. Here are a few useful suggestions or tips, in no particular order or preference:

- ॐ Book or take some time off work for when you get home from your voyage, or perhaps even consider planning or doing a sickie (as they say). Mind you “*doing a sickie*”, or pretending to your employer or workplace you are sick can be stressful, as it may require either self or medical certification, phone calls and some creative thinking or excuses. You could always suggest you have been through a (little) death, and are still coming to



terms with the loss (albeit a temporary one) of your egoic mind. Take some time out for yourself!

- ॐ Find, create or make a quiet space for yourself, a space where you can get away from the world entirely with no phone, no laptop, no internet access, television or radio.
- ॐ Let family, friends or housemates know that when you are in this particular space, you are not to be disturbed. Use your space to be quiet in, to meditate in, to burn incense, to listen to your chosen music (with headphones on), to do yoga or simply chill out.
- ॐ Avoid engaging in conversation with People who just don't care about what you may wish to converse about. Get tuned in to when People switch off to what you are saying about your experiences or voyages. Be careful who you choose to tell about your voyage, this includes family members, friends, and neighbors or work mates. If they have not voyaged, they may often be the worst critics. It is not that you are avoiding critics but when you are just back from a voyage, it is best to initially have just a few People who support you, rather than an army of critics who don't.
- ॐ Consider staying in touch with one, two or perhaps a few People you have met and shared a voyage with. Call, email or write to them, meet them for a chat (if possible), consider staying connected with them, as you now have at least one thing in common with your fellow voyagers.



- ॐ Staying away from Social Media Platforms is an absolute must (for me), as it ultimately generates idle and hollow chatter and wastes a valuable amount of your time and is energy-draining. This time is perhaps better spent researching, reading, studying, watching, listening, learning and speaking or writing directly to People who are on your own wavelength, so to speak.
- ॐ Be cautious about what you eat and drink. If you have been fasting or abstaining from certain foods, alcohol and/or other substances, your body is still relatively sensitive and pretty cleansed at this stage. It may upset your system to overindulge or abuse food, drink or substances of another kind. Although not recommended, it is widely rumored that smoking grass or weed (without tobacco), having a joint etc., can either extend or bring you back into a voyage. Your brain has made some brand new connections, has become rewired to a certain extent, and this new wiring is delicate, so requires a delicate touch until such time as it becomes established as a new *norm!*
- ॐ Consider writing about or journaling your experience of voyaging with Ayahuasca (after a voyage). Writing for me is very cathartic, in that it helps and has helped me remember stuff, and integrate in a smoother way. Some People carry, keep and write notes on a voyage, and at the ceremony itself. To me writing whilst at a ceremony is too much of a distraction from the voyage itself. Your heart and body is a very capable storage device, which we will discover later on, so consider trusting yourself to somehow remember ... and with a little bit of



prompting you can recall all ... or everything at least that is relevant or important and worth recalling and remembering.

- ॐ Your voyage, and now your return to **“reality”** represents a most fantastic opportunity to consider where you are in life and your life’s purpose, where you are going, and the possibilities of what may be next for you. This is a gift not readily or regularly presented to all, so do try to take advantage of it in the present, when you are hot to trot. In other words, do something with it, and don’t just let it fade away into relative obscurity.

Writing the above reminds me of the words of a song by a singer-songwriter-musician and bard extraordinaire called Damien Dempsey, the song is titled **“Not on Your Own Tonight”** ... which is as follows:

*Walkin' through the city, Was as lonely as could be
I'm wanderin' in the night-time out in search of company.
I feel real isolation, When all around me life
Familiar but unfriendly, Unfriendly with no choice.*

*And, I can see the evil, But I can feel the good
Shining out to greet me, From within bone and blood.
I'm throwin' off this loneliness, I can't stick it anymore
Only need myself tonight to open up that door.*

*And I know that sometimes it gets so bad
But you're not on your own so don't be sad
'Cos if you feel real bad then you're not on your own tonight
Please don't be so sad 'cos you're not on your own tonight*

*Oh yeah yeah yeah, You see I know the feelin'
Don't have to tell me nothin', 'Cos you know I know the feeling.*



*Everybody seems to think it's they who bear the pain
They who bear the biggest cross, The loneliness and the shame.*

*Day to day you suffer when you're livin' in your past
If you started livin' for the now you could free yourself at last.
If you started living for the now, for yourself and those around,
Experience and celebrate the freedom that you've found*

*You could free yourself forever, and live life as you should
The choice is yours to take now 'cos I've said all that I could.
But I know that sometimes it gets so bad
But you're not on your own so don't be sad*

*'Cos if you feel real bad then you're not on your own tonight
Please don't be so sad 'cos you're not on your own tonight
Well if you feel real bad then you're not on your own tonight
Please don't be so sad 'cos you're not on your own tonight.*

*Oh yeah yeah yeah, You see I know the feelin'
Don't have to tell me nothin', You know I know the feeling.
Well if you feel real bad then you're not on your own
Please don't be so sad 'cos you're not on your own ... Tonight.*

This song is used with the kind permission of Damien Dempsey himself.

... Thanks Damien.

The song, when you first listen to the words, and hear it sung, sounds and feels meloncholic, but to me (now) it is uplifting and inspirational. It reminds me so much of my first three voyages all rolled into one.

My guess is not that the writer-singer is saying ***You're Not on Your Own***, because he is with you, but that something else is ***'Shining out to greet me (you), from within bone and blood'***, and is with you all of the time, but is something you haven't



awoken to just yet. And it, whatever it is that is ***within***, is within all of us, without exception.

Arists, writers, painters, poets, dancers, musicians, singers, inventors, great thinkers and the like, can often tap into this *something* deep within them and express it through their art, craft or creativity. You will often hear game players, sports People or athletes speak of getting into the zone or flow, where they do not have to consciously think about what they are doing ... they just flow.

ALL PEOPLE, without exception, can tap into this IT, that is within. Sometimes though, we all need a little bit of a reminder of how to reach *that which is within, to open up that door.*





PILGRIMAGE TO HELL AND BACK

VOYAGE TWO and THREE: January 2018.

Voyage Two and Voyage Three is more aptly titled "***My Pilgrimage to Hell and Back***". Coming originally from a piece of the world set in the far west of my Island (Ireland), we were constantly subjected to the whims of the Atlantic Ocean, which meant various forms of mist, fog, rain, snow, wind and storms, with only fleeting glimpses of the sun, and very rare occasional bursts of heat.

From the house we were raised in as children, you could generally always see in the distance, a massive pyramid-shaped mountain called ***The Reek***. Christians called it Croagh (Croke) Patrick. Whilst People would, and did, climb The Reek almost at any given time of the year, there was one particular day of the year traditionally set aside as a Pilgrimage day to climb The Reek. This was called Reek Sunday and would fall (excuse the pun) on the last Sunday in July. This was a Pilgrimage in its truest sense, and for many, it was punishment personified.

People would travel (and still do) to the mountain on foot, and some in bare feet. They would walk around the mountain in bare feet, and eventually ascend in bare feet, wait around on the mountain (in bare feet) for a mass or religious ceremony, and then descend the mountain in their bare feet.

It was also alleged that Patrick himself (a patron saint of Christian Ireland) spent 40 days and nights fasting on the



mountain back in the 5th Century. Where have we heard this tale before?

It is a pretty bleak, and sometimes miserable, part of the world to be going around in your bare feet and fasting for any length of time ... although it is a spectacularly beautiful place. So, if you are going to have a spiritual experience, it is a great place to have one, and once finished, you could go and have a pint in Westport afterwards ... as someone once said to me.

When someone mentions or uses the term Pilgrimage, it reminds me of The Reek and the Pilgrims that spent time travelling, fasting and bearing their climb in bare feet. The initial part of Voyage Two and Three felt very much like a Pilgrimage to Hell, just like climbing The Reek.

My next Voyages were set to take place in a relatively unknown location in Netherlands called *Havelte*, or as it was later dubbed by me as **MY HELL**velte.

To summarise this Pilgrimage ... apart from suffering with hunger and a severe head cold - or man flu - as some like to put it, because of the raging wind and storms over most of Europe on that particular day, my flight out of Dublin was delayed for two or so hours.

When we landed in Schiphol airport, practically all trains had been cancelled. **MY HELL**velte was about a two-plus hours' train ride on a normal day, with a taxi ride thereafter to the final destination, so it would take about three hours overall. But with no trains running, it would take alot more time and patience, and all this with a head cold, which was not abating.



After many hours of waiting about, the coffee, the tobacco, the sniffing, the coughing, the headaches, the hunger, and the crowds of People hustling about, the trains slowly began to start running, and finally a train with a connection to **MY HELL**velte was on.

From leaving home that morning to arriving at the venue that night for my next Ayahuasca voyages, took over FOURTEEN HOURS. You could probably have run four marathons in the same space of time, with far less pain and suffering. With no exaggeration, my whole body ached from toe to top, and this was just the beginning of the suffering.

Despite the delays, the storms and cancellations, all of the participants to a man and woman managed to somehow turn up. Some like me were late, and a few stragglers arrived the next day.

The next day, as per usual was a preparation day, with sharing, dancing, meditation and breathing etc. The preparation day was tiring and painful. With this day finally done, the next would be all about taking Ayahuasca and voyaging, and perhaps even some pain relief for me. Well, that was my hope.

My First Day's Voyage - to Hell: The first voyaging day arrived, the usual opening ceremony took place, and finally the Ayahuasca was served. This day was the first of two voyages for that weekend, so we had another day and another voyage the following day. This first day didn't begin well ... just after drinking the first cup of Ayahuasca, my head began to pulsate with a migraine, which persisted for the whole day. Migraines



are not something which normally afflict me, so this was unusual to say the least.

A second cup of Ayahuasca an hour later didn't help either, and my third was taken to force me to purge, but that didn't work either. For 8 hours solid my brain was being pummeled, punished, hammered and beaten into submission, without any relief ... it felt like there was a constant stream of electricity flowing through my head, and not a nice type of fuzzy static electricity, but the lightening from a tropical electrical storm type of electricity. This was no fun whatsoever, but there was a point to it.

This first voyaging day is best summarised by the feedback given to the ceremony leader about the first day's voyage, a few days after getting home ... which went something like this:

Dear M ... the first day's voyage was real pain. Have experienced some very physically painful experiences in this lifetime, such as; being one hand away from drowning, falling off a roof and having a scaffold collapse on me, being in a car when it crashed and turned over, have shattered a knee cap, broken toes, fingers and my coccyx at sports. Have dislocated one shoulder several times (including once whilst having sex). Had my hand burned by melting plastic in a fire, caught my thumb in a train door and lost the nail, been hit by a bus, tumbled off bikes many times, and even ran a very painful marathon ... but this voyage made all these things pale into insignificance. It was like all of the physical pains of this lifetime combined and rolled together into one moment in time.



This first voyage was very inwardly and outwardly painful, and being in group made it even more painful and extremely annoying at times - to be listening to others, that to me at the time seemed to be moaning and whinging about minor insignificant things and stuff, whilst wilfully distracting the guides and facilitators from paying attention to me (my ego) in particular. At times, my mind just wanted to shout and roar at everyone; "would ye just shut the fuck up, none of ye know what pain is". P.S. Those friggin Yoga matts are absolutely terrible, they gave me a right pain in the hole 😊!

This is a loose translation of my feedback about the first day's voyage. It was a mighty whinge and a moan about everything and everyone, which was my ego expressing itself, and perhaps rightly so. Expression takes all forms and types!

That night of this first voyage, my body and mind were utterly exhausted. My body collapsed into bed, sweating through the night in a deep delirium mixed with lucid dreams ... but low and behold, awoke the next day as fresh as a daisy.

My cold, or man-flu had completely dissipated, and my body and mind felt clear, relaxed and grounded. During my delirium, there were also some very profound revelations, which were further clarified on the second day's voyaging with Mother Ayahuasca.

The Second Day's Voyage - Relief and Clarity: Mother Ayahuasca was not (on this occasion) to take me from the space-room we were in, but instead provided me with certain revelations about what was going on for me on a physical and psychological level.



The first thing she (Mother Ayahuasca) explained went something like this: The Brain is not a storage device, but a conduit and a projection screen. It is the Heart (Chakra) that all information, knowledge and or wisdom come from. Yesterday's migraine was caused because my Brain was being used as a conduit (for Mother Ayahuasca) to download a load of information to my Heart. In essence the Brain was being overloaded. Part of this download had been processing in my Heart overnight, and thus my Brain got some relief, could switch off so to speak, and today my Heart would now feed some of this new stuff to my Brain or mind, which would not stress or overload it, and thus no migraine.

It was made clear to me, that Mother Ayahuasca had taken me back to EVERY single moment in time, when my body had been injured physically or my life had been put at risk. A great many of the memories were childhood memories, and this was relevant, as there was still a huge degree of trauma stored in my body which had not fully surfaced and had not ever been dispelled, because of the shock of the events (as described in the feedback to the ceremony leader). The trauma(s) lay hidden, dormant and suppressed. There was a deep sadness hiding within me, as my inner child felt uncared for, unprotected and neglected, specifically by my parents.

On the occasions of these accidents or incidents, my feeling was that my Father had needlessly put me at risk, by allowing me to wade too far from shore, by asking me to light a fire that burned my hand, by getting me to climb a scaffold he had built, by driving the car that crashed and turned over ... or my father had not prevented his father (my grandfather) from abusing me as a child, and equally when all of these incidents occurred,



it felt like neither my Father or Mother cared about me or my hurt or injuries, to provide me with any protection, care or comfort. It felt like they didn't want me around, and if a grave accident should befall me that would be ok with both of them. As a child it began to harden me to physical pain and emotional suffering.

Because of this hardening over the years, it became easy for me to shrug off or bury physical and emotional pain, not to take care of, or look after myself, or to be gentle on myself. It was a kind of conditioning which in my early adulthood allowed or taught me to push myself to some stupefying limits ... and stupid it was.

Consequent to my childhood experiences, as a younger adult my attitude became indignant towards the welfare of myself, to becoming reckless, damaging my body needlessly, through pushing myself in sports, and working physically beyond my limits, and then to boot, self medicating with cigarettes, marijuana and hashish. My spell of smoking marijuana and hashish lasted a solid 12 years or so, and in the end became my daily evening habit. The core of this stupidity started in my childhood with feelings of abandonment, for lack or want of care or protection from abuse.

NOTE: My feeling is, it is not so much the abuse itself that creates trauma, but the *feeling* that my parents didn't seem to care enough to want to, or actively, protect me from being abused or neglected, which in and of itself creates its own psychological trauma. *Perhaps this also resonates or is true for others?* In other words, my feeling was, there was nowhere for me to run to or hide, and no one to confide in, and thus,



burying or suppressing my childhood fear, anger, anxiety, stress and terror was my way of surviving.

Mother Ayahuasca on the first days voyage got me to face these traumas and pains, and to reluctantly embrace my Demons. Then on this second day's voyage she got me to look at myself in the now, to see these childhood events as a lesson or learning, to use them to now embrace myself, and take good care of myself physically and emotionally, and to stop compounding the damage. She, Mother Ayahuasca, was prepared to continue to support, guide and assist me unconditionally in this life, as she had always done ... and would always continue to do.

As for the other People in the room-space; on this second day's voyage, their silences, their noise, their puking, their screaming, their wailing, their pain, their suffering, their giggles, their laughter, singing and dancing were mine and provided me with a touchstone to resonate and vibrate in Bliss. It felt to me as if their emotional expressions were my emotional expressions, we were all interconnected, and were one, so to speak. ***More on this later ...***

My childhood and young adulthood suffering was (in great part) the making of me. It has provided me with a certain degree of experience and empathy in suffering, and thus, a resulting certain inner strength and the ability to allow and have happiness and moments of BLISS in my life. A certain karmic (energy) balancing had taken place. After all, you cannot know BLISS unless you have suffered. My true nature had begun to awaken, as my idea of self had begun to dissolve.



Towards the end of this second voyage, one of the guides attended me, and for some strange reason offered me some sound therapy with a device called A TUNING FORK. She told me that this particular tuning fork was tuned to work with the Heart Chakra in particular. She (the guide) banged this tuning fork off her knee and then held the end of it to my chest at the Heart Chakra location.

Obviously the vibration of the fork went through me, and then suddenly it felt as if my heart was electrified and amplified, to the point that its beat could be heard in my head. It felt strong and loud and sounded very familiar. It was such an immediate and strange sensation, to hear your own heart beat. It really made the final part of this particular voyage, coming back and getting grounded, really smooth.

KEY ELEMENTS/REVELATIONS OF VOYAGES 2 and 3:

- ॐ Not all voyages are all love and light, some are sheer mental, emotional and/or physical hell, but there is usually a point to be made and quite a lot to be learned from such suffering, assuming of course you can make some sense of it afterwards.
- ॐ Migraines (in a voyage) signify to me there is a big data download happening or coming, and your brain as a conduit is struggling to cope with the amount of stuff that Mother Ayahuasca is downloading or giving you.
- ॐ Your brain is not a storage device, but rather a mini processor of sorts, designed to act as a projector screen with the added facilities of a camera, a mike and a



speaker ... a very limited communication device, so to speak (excuse the pun). Thus we, or perhaps just me, should not overload the brain with too much stuff at any one time, but take stuff in in small bits, process those bits in my Heart Chakra overnight, or longer if needs be, and then act only upon instructions from my Heart Chakra. That's easier said than done of course! On this particular theme or revelation Mother Ayahuasca was not finished with me yet, and would, on another voyage, provide more clarity or insight.

- ॐ Time is not relevant to MA: On these voyages, Mother Ayahuasca was able to condense thirty-five very odd years (maybe more) of stuff about me into just two days.
- ॐ Suffering on all levels - physical, mental and or emotional - creates specific fields of vibrational waves, and Mother Ayahuasca can teach, show or guide you in how to surf those waves. Suffering and, for that matter, surfing can awaken a deep empathy in you for others and their suffering, but equally you can also get so entrenched in your own suffering, you become locked inside yourself. This is your egoic mind kicking into survival mode, self-protecting or self-preserving. *Definitely more on this later!!!*
- ॐ My tolerance for other Peoples' suffering was tested to its limits, as was my assumed *unlimited* ability to withstand emotional and or physical pain. This was not a test per se, but more a demonstration by Mother Ayahuasca in the futility of withstanding or resisting



trauma, when there is no need to resist, when it is so much easier to surrender and embrace, then perhaps dissipate, dispel or release it. Let it go, as they say.

- ॐ With suffering come's bliss, when all beliefs begin to fall away, to be replaced with a Knowing or Gnosis.
- ॐ My Heart Chakra required healing, and on this point Mother Ayahuasca was not yet finished with me.

On being back home from VOYAGE TWO and THREE:

It was not as strange this time being back home, as it was with the first voyage. However, there were relatively big changes with me. It felt like a tonne of bricks had somehow been lifted from my shoulders, in that many of my childhood traumas seemed to have dissipated. My story had now become a movie that one could objectively observe, view or look at to say, that was an interesting movie, because one could easily identify or empathise with all the characters that played a part in it.

It was only on being back home, it occurred to me, my Mother had been abused as a child (so she had historically informed me), and it also made sense that if my Grandfather had abused me, then he had also abused his own children including my Father, and perhaps my Grandparents on both sides had also been abused? Perhaps a linked chain of events, and now that chain and the suffering created had stopped with me.

This movie concept or idea is my best effort to explain my sense of detachment from my story and traumas, but that is from an emotional or mental perspective, because there was,

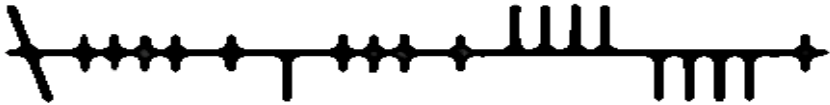


and still is, a physical perspective to all of this. My body was no longer in pain and felt totally healed.

For approximately five or so years prior to my Ayahuasca voyages and experiences, my body had begun to exhibit signs of arthritis, and more specifically rheumatoid arthritis, where it had gotten to a point of such tenderness, that some days it was difficult to do the smallest of things like dress myself or make a cup of coffee. My whole body had not yet been affected, and pain was mainly confined to the colder months of the year, and specifically to my knees, wrists, elbows and sometimes my shoulders and or neck. It would vary in pain and intensity from time to time, and body part to body part and joint to joint. And before you ask, there were no joints involved in the management of pain at that time!

My Grandmother on my Mothers side had died as a result of the deterioration caused to her by rheumatoid arthritis, which had begun in her early 40's. Mind you, her relatively rapid deterioration by and large, was more likely to have been as a direct result of all the pharmaceutical drugs that she had been prescribed over the years by the doctors, who were supposed to be attending and caring for her. But that is a story for another day, or perhaps another book.

My Grandmother and the way she had deteriorated and died had been in my head for a very long time, and naturally, in recent years for me, now being in my mid 40's, this was a growing concern. But for me, attending a doctor for advice, or anything else for that matter, was the furthest thing from my mind. Then along comes this miracle Medicine Plant Ayahuasca and, particularly since voyages two and three in



January 2018, there has been absolutely no pain and no aches, and no complaints from me. My ability to dress myself, lift stuff and make coffee amongst other things is now totally pain free.

A day or so after arriving home from the second and third voyages, it occurred to me to do a clear out of my library, and review some of my unread books, to see if they were worth reading or keeping. After all the dross books on “Self-Improvement” amongst other things were removed, all that remained were a few books that had been either only partly read, or had been too heavy for me to read when first procured. The nine or ten books that remained were on topics such as psychology, philosophy, spirituality, quantum mechanics/physics and other light bedtime reading materials.

These remaining books had been on my shelf for quite a few years, and had been scanned once in a while but never critically read. It took me perhaps a couple of months to get through them entirely, and all that remained of those books was three in number. The other seven or so books were also dross, in that the authors had convinced me they didn’t know what they were writing about, but were just going through some kind of motion when they penned them.

For some reason, it now seemed easier to read and get what these writers were on about (after all these years), and critically grasp when what they were saying was not correct or was untrue, or equally grasp when they were correct and true.

For some inexplicable reason, my ability to critically read and grasp more difficult subject matters seems to have been honed



or more finely tuned, or perhaps Mother Ayahuasca just wanted to demonstrate to me my ignorance of stuff that was simple to comprehend or know, and/or which somehow had been forgotten.

THE TOUGHEST INTEGRATION (for Me): You could say in relation to books, it was a declutter or a clearing out the old for the new, but this decluttering also extended to setting clear boundaries for those who would or could negatively impact upon my life as it were.

This initially was the toughest integration to work with, but clearing out books helped me set the stage for what needed to be done.

It was easy to set clear boundaries for, or with *friends*, and it was also relatively easy to set boundaries for People who work with me. Some family members did not meet me eye to eye on what these experiences meant or have done for me, or how they have helped me heal, and don't quite get how or why one would subject oneself or ego to such practices. This too, is all fine, as they feel (at the moment) they are just looking out for my wellbeing, and we have all the time in the world to figure all this out ... In the interim, my rule of thumb is to keep my distance where possible, but leave my door slightly ajar, a bit like going through the eye of a needle.





BEYOND THE TEMPLES

VOYAGE FOUR and FIVE: August 2018.

Voyages Four and Five seemed to meld into just one voyage, although there were a couple of subtle differences between the two. In coming to these voyages there were certain questions that stood out in my mind from previous voyages. But rather than ask any particular questions, my intention was set on seeking that Mother Ayahuasca reveal herself to me, well as much as she considered appropriate. She didn't disappoint!

On Voyage Four: This voyage was hosted by a male ceremony leader, so the energy in the room felt different to past voyages, not in any bad way, just different. The usual pre-ceremony prep work was carried out, and then the Ayahuasca was handed out and imbibed.

Mother Ayahuasca did her usual vibrational revving up with me, and then some time soon after the second cup of Ayahuasca we were well on our way. This time she brought me into another temple ... then showed me another and another and another temple. She explained that each temple represented one (Human) Life Form, Being or Entity, and to listen to each of the People in the Room-Space and to see them in their temples, it would inform me of their true state or condition. Visually this became a gallery of stages, and then everything became illuminated and visually, each of the Beings in the room-space could be seen as they really were.



These stunning visuals and the feelings that accompanied them did not mean a lot to me right then and there, but later made perfect sense.

Once all of this had been communicated to me, Mother Ayahuasca took me up above, maybe and certainly, away from the Temples and Galleries and gave me a view of the vast expanse of other Temples. At this point, in the distance, back on Planet Earth, they were asking *'if anyone wished to have a final cup of Ayahuasca to please raised your hand'*. Mother Ayahuasca instructed me take it, as she wished to reveal more stuff, but she said when taking it, *ask the ceremony leader to bring it to you, and stay with you while you drink, as his presence would help you keep it down*. Of course there was no argument from me ... and this worked a treat.

Soon after lying down again, Mother Ayahuasca came for me and took me once again to view the expanse of the temples. It was like being in a Mary Poppins or Peter Pan film. Then she took hold of me again and raised me to a higher elevation, to take in another view. This view was an even greater expanse ... we seemed to be amongst the stars, but above them at the same time. This place was where spirits, beings, entities, souls or however one describes them, get ready to be born, reborn, incarnated or reincarnated.

They were being organised by other beings that were overseen by other beings. We were watching this entire thing going on, as if it was just a day trip to an airport. Beings were put into caskets or pods, and shot through portals that strongly resembled stars, on their way to be born. Many of the beings seemed somewhat confused, and/or had no idea what was



going on, or where they were going, but just went along with it all ... as you do!

Mother Ayahuasca told me to use my wings and have a good look around, and that awakened beings get to choose to come back again (be reborn) or not. For the moment, my job back on the earthly plane of existence was to watch and learn, and that she was intending to put my watching and learning to good use, if that was ok by me. Of course there was no argument from me, as this all seemed like quite an agreeable arrangement, certainly from my perspective anyhow. After all, its not everyday you get to see what is really going on beyond or behind the scenes, in the in-between so to speak, and its not every day you get a pair of wings either.

One of her final messages to me (this time) was that there was more work for me to do on myself, and there was some more healing in store that she could guide me to and provide help with, if that was ok? This all seemed agreeable, amenable and quite a friendly approach, which was not usually my day-to-day modus operandi.

All this stuff, for some reason, just didn't seem strange (at the time). On the contrary it all seemed familiar and recognisable. Of course telling or writing it now, does seem a little strange but you had to be there, as they say. That was more or less the highlights of the Fourth voyage, with my Fifth still to come.

On Voyage Five: This Fifth voyage was total bliss. Just after the third glass of Ayahuasca, and upon my request, the guides wrapped me up in blankets just like a mummy, and for almost five hours straight my body did not budge an inch. Mother



Ayahuasca was giving me a day off to relax, to voyage inside to outer dimensions, but also to be present in the room-space to tune in to what was going on for the other People.

With this relaxation, my senses became heightened in the extreme. The music playing, and the sounds and vibrations emanating from the People in the room-space, carried me to dimensions beyond anything my intellect could adequately describe. Although there was love, laughter, giggling and singing present in the room, my senses tended to tune in more to the puking, the crying and weeping and the pain and the suffering of others.

There was a woman who was voyaging, lying near to me, and when she cried and wept, she was crying and weeping for me, my breathing was in tune with her, and her sorrow was being felt by me, it was a wonderful release of emotion. From time to time, it felt like it was me who was breathing for her. My feeling was she felt this unique connection between us. This was the strangest thing, up to this point, ever experienced by me. A total surrender or empathy towards another's suffering.

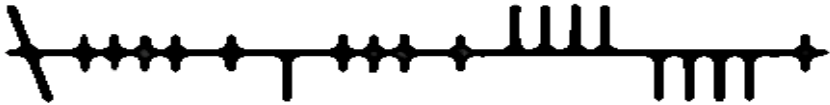
Throughout this five or so hours, my senses were so acutely tuned in to what was going on in the room-space, that almost every time someone expressed an emotion of any sort, my instincts somehow tuned me in to what was going on with them, and whatever they were feeling. It felt like it was me that was feeling what they felt, but of course it was them who expressed it, through laughter, singing, giggling, crying, wailing and weeping. ALL Voyages are different, but this one to date just seemed to me to be the most invigorating of all.



Everything seemed to be falling into place, and as for my questions, they were answered, and will be addressed in the “Key Elements/Revelations” section below.

KEY ELEMENTS/REVELATIONS OF VOYAGES 4 and 5:

- ॐ The specific lead guide, whether or not they are male or female can affect each voyage in a different way, with a different level or quality of energy. One is not better than the other, just different.
- ॐ The People in the room-space, and those you are near or beside have a bearing on your voyage. They can either disturb or assist you. Even if they are disturbing you, you are still being taught something, as it has raised something in you, which may need further examination.
- ॐ The choice of music for me had a massive effect upon all my voyages. The music carried me, as did the expression of emotion. The music and the expression of emotion became one and the same. My preference is that a group voyage was, or is, preferable to a singular guided voyage, as the connection to others and their emotions heightened the sensitivity of all voyages.
- ॐ The Temple was my archetypal representation of individual Peoples’ lives, and each of those People had their own gallery, and could be observed playing out their own dramas in that space.



- ॐ There is a dimension beyond the Temples and Galleries where one could observe spirits, entities, souls, beings, etc., preparing and departing for their next experience, their next incarnation so to speak.
- ॐ Awakened beings get to choose if they wish to reincarnate or not, and in certain dimensions of reality, the archetype of wings were available for use, but we sometimes need reminding of this.
- ॐ There was more healing in store for me, and more work for me to do.
- ॐ Emotions emit vibrations, and these vibrations can carry you or others to other dimensions. Lots more on this theme of *emotional vibration* was to be revealed on later voyages ... in fact that leads us nicely to Portugal, for voyages Six and Seven.

On being back home from VOYAGE FOUR and FIVE: Integration was relatively smooth on this occasion, and again, keeping connection and correspondence with my fellow voyagers helped immensely in landing back into the world of *the real*.

After being home for a few weeks, and having reflected upon these voyages, it struck me that my next logical step was to train as a Guide. It seemed to call to me, but not for any obvious reason.



Although one has to greatly admire what Guides do, how they work with and attend to People, this didn't feel like my space at all.

Nonetheless, the Guide training was calling to me, so thus followed my next adventure in Ayahuasca Land. The Guide training was to take place in Portugal in February of 2019. Portugal had once been on my list of places to visit ... so why not?





MOUNTAIN TRIBE OF PORTUGAL

VOYAGE SIX and SEVEN – GUIDE TRAINING: February 2019.

Guide Training was a ten-day Adventure Holiday, in the beautiful mountainous countryside of Portugal ... well from the Aeroplane it looked that way.

Voyages are usually full of very interesting People, from all parts of the world, all walks of life, all persuasions and all ages too. This particular Voyage Guide Training Adventure Holiday was no exception and was filled with People who had all previously experienced Mother Ayahuasca amongst many other things, some of which should perhaps remain nameless. Let's just say, we had a collective of People gathered together, who were vastly experienced in almost all aspects of living on this Planet and all it provides in terms of adventure and experience. And we were all ready, willing and able to pursue something more than merely participating in a ceremony.

This event was planned in meticulous detail, including times for breakfast, lunch and dinner. It verged on being a work of art. We were limited to what we could eat and drink, but the food put on was of a superb quality, and quite delicious. Aside from the two voyages with Mother Ayahuasca, there were also Sharing Groups and various other workshops, like how to brew Ayahuasca, guiding, dance, breathing, soul retrieval and finally integration.

We got assigned to small sharing groups of four or five People only. After each respective workshop or exercise, we were invited in each of our groups to express our feelings and



thoughts on our experiences, and we stayed with this small group for the duration of the week. Although my group was a group of relatively quiet People to start with, they all became a bit more open and gregarious towards the end of the week.

Over the week we built trust with each other, were given licence to honestly express ourselves, and to listen to each other without judgment. This was a departure from the usual large group sharing, where we would mutter just a few words and move on. In the days we became like a mini-tribe within a larger tribe. This tribal thing, or idea, had a special significance for me personally as the week progressed within my sharing group and, as a key element of the voyages with Mother Ayahuasca.

We also paired up with each other for certain exercises, as in one of us would voyage, whilst the other guided, then we would change places, one guided and one voyaged. So we began to experience guiding, whilst being guided by the facilitators. Help was always at hand whilst we were guiding.

A very significant breakthrough came for me, before we ventured into any voyage with Mother Ayahuasca. We were working with a process of what is called *Soul Retrieval*. This was, and is, an extremely powerful process, which combined Kinesiology with Breath-work and music.

Kinesiology; is the study of the mechanics of body movements. The concept in this particular exercise was that ***the body has memory***. The body remembers everything it has ever experienced, good, bad and indifferent. The body can store experience, and some experiences it stores can be toxic to the



body, and thus need to be expelled from time to time, to provide for better health and/or wellbeing.

THE THEORY: TRAUMA (of all sorts) is experience stored in *the body's memory*, and can have a toxic or detrimental impact upon the functioning and health of the mind or body, if left too long without being dispelled or exercised, so to speak.

Most (but not all) traumas, originate in, or from, our childhood or young adulthood experiences and can be hidden and suppressed from the egoic or conscious mind. This suppression, or hiding of trauma, is a form of defence as we don't wish to consciously remember or relive the events of traumas over and over. Of course every now and then trauma can still surface from its hiding place or places, in the form of flashbacks or dreams and can express itself in the form of anxiety, depression, anger, sadness, sickness, illness and or disease.

Modern Western civilised society deals with or *treats* trauma with a heady mixture of psychoanalysis and/or prescribed pharmaceutical drugs, and in doing so, takes the responsibility for the fix or cure, out of the hands of the patient entirely. An intent to treat rather than to cure, leads to a repeat business model, as in ... if you cure People, or provide them with a way forward to cure themselves, they won't come back for more drugs, more analysis and/or provide more profit.

This may seem like a very cynical perspective, but it is the truth of the matter. Many great People get into health care, medicine, pharmacology and psychoanalysis with the intent of healing, curing or fixing People ... but surely they all must see,



after a little time of working in these areas, it is driven entirely by the need for profit, and it is seldom, if ever, that People are cured or fixed because of direct medical or clinical treatment or psychotherapy.

Anyway, as the theory goes; the body has memory, it does not lie and can recall trauma amongst other things. The first part of the exercise used a kinesiology process. We stood upright with our partner with our eyes closed, and were asked a series of questions (by our partner) relating to our early childhood ... the focus of time being from birth up to the age of six years.

The questions were all related to how you were treated as a child (between birth and age 6), and the body would respond to the questions by swaying slightly forward or slightly backward depending on whether the answer was yes or no. To establish what was yes and what was no, the first primer question asked (more than once), was "Is your name Tom?". If your name happened to be Tom, then most People whose name was Tom would sway forward.

For most People ... swaying forward meant YES, and swaying backwards meant NO, but of course some People swayed backwards for YES, and forwards for NO. With a clear YES and NO established, we moved on to the main questions. There were fifteen questions in total asked by your partner, and he or she jotted down the answers.

Some of the questions asked were more or less as follows: *Was there stability in your home?; Was your home a stable environment?; Did your parents lovingly hold and care for you?; Were both parents there for you?; Were you guarded and*



protected, and were your needs heard and met?; Were you comforted when hurt, scared or sad?; Were you able to truly be a child? ... and so on.

This is probably the second time in my life to achieve a 100% mark in any test, the last time probably being a maths test way back in my primary school days, and most of those answers were probably guesses or copied from someone sitting beside me.

In retrospect of my body (not me) answering honestly to all the questions with a NO ... *the questions and their answers became redundant and irrelevant*, as they had done their job, which was to agitate or invoke the body memory. The body had now remembered and more importantly felt what it had experienced between birth and the age of six, and somehow brought this back into conscious memory.

We moved on to the second part of the exercise, which was a form of breath work. We lay down (with blindfolds on), and were asked to focus on any feeling of pain or any potential ache we felt in our bodies. Music was played in the background, as an ache began to rise on the left side of my upper body. We started our breathing, and my ache became a pain and began to centre around and about my Heart Chakra and left shoulder. The pain became a deep sadness, which arose in me for the Child that had been ... who felt he had not been wanted, cared for, protected or loved. You could say *it was me feeling sorry for myself*, which of course it was.

The ache became a pain, the pain became sadness, and the sadness became an energy which emanated from my Heart



Chakra and began to make its way to my upper body, up my chest, into my shoulders, and then on into my throat, arms, hands and fingers. At this point, all of my upper body began to tingle with energy (in a beautiful way), and my hands reached up to my head to connect the electricity from my fingertips to my Crown. My fingers lightly touched my head to connect, and then to direct the energy from my head upwards and outwards. It felt and *looked* like a ball of electrical energy as my hands and fingers to ceiling and sky raised it.

Although my blindfold was still on throughout this exercise, it felt like seeing through the blindfold via my Third Eye Chakra. After a while the tingling in my fingers, arms and body began to disappear. As the energy from my pain was dissipated or dispelled into the ether, as some might call it ... my body felt exhausted, and it curled me up into a foetal position, which went into a mini voyage of sorts. Totally relaxed, no pain, no ache, just a gentle bliss, until the music eventually subsided.

This whole exercise took about two plus hours, which includes me acting as the guide, whilst my partner was put through his own paces with the Kinesiology and the Breathing exercise. We collectively had done in two hours, what it can take many years in therapy to achieve, if at all.

This was a remarkably astounding achievement, ... it felt like a massive burden of sadness was lifted from my heart, and had been dispelled and dissipated from my body in its entirety. A set or series of traumas which had been carried by me most of my young adult and adult life, had been exorcised.



It felt far better than being just good or nice ... it was a thoroughly enlightening experience, and had informed me in great detail, why from time to time, there had been physical tension, stiffness, unease and/or pain emanating from my shoulders, heart and chest region ... all this without the use of Plant Medicines, which is saying something. There was obviously more to this than meets the eye! To note: The tension, unease, aches and pains have not since returned.

This for me was an ultimate preparation for a voyage, but for some reason my gut or instinct was shouting at me, that becoming a guide was not on the cards, but the guide training itself would reveal something else, and perhaps something a little different, than first anticipated.

The First Guide Training Voyage: The usual pre ceremony preparations were carried out, the first cup of Ayahuasca was taken, then the second and then the third. This voyage differed only slightly in that we had our own personal guide sitting with us practically at all times, with the main guides, facilitators and ceremony leader overlooking the guides and us.

This particular voyage seemed to be all about my upper body strength or lack thereof, my chest, my heart and in particular my shoulders. At one stage in this voyage, my shoulders needed pinning down to the floor, to help me straighten them up. This was physiotherapy of sorts, being guided by me, my body, and was key to getting my body in shape to help spread my wings to voyage to other dimensions.



For some reason, my head required cold hands or fingers on it, to make a connection every now and then, and of course my guide mostly facilitated this.

It felt at different stages throughout this particular voyage, that my connection to the world was weakening, and that the cold hands or fingers lightly touching my head in particular, were keeping me grounded or connected, so no matter where Mother Ayahuasca were to take me, and she was to take and show me quite a bit of stuff, there was still a connection to help me find my way back. *It was a security blanket of sorts.*

This assumption about the cold hands and fingers connection was to prove to have another reason also, not to just to help me find my way back, which was a kind of security, but it also functioned as a conduit to connect with others who were voyaging, and to some of the guides and facilitators also.

Most of this voyage was spent lying down, either on the mattress provided or mainly lying directly on the timber floor itself, which is not something very usual for me at all. My body obviously felt this was required or was somehow good for me to do. My back and upper body did feel great afterwards.

The main theme that began to arise for me on this voyage, was of “the tribe” ... and Mother Ayahuasca was using this voyage as a preparation or training for the next voyage, which was going to be an absolute rollercoaster of emotional vibration for all concerned. Aside from the physicality of the voyage, and getting my body into better alignment, Mother Ayahuasca helped me realise we all get caught up in stuff in our daily lives and routines which is totally irrelevant to a fulfilling life.



We get up to, involved and into stuff, which is silly or stupid, which invoked bouts of laughter in me, from time to time throughout this voyage. It was a fun thing, and it was very good for me, the expression of laughter helped loosen me up and was key (at that time) to clearing and balancing my Heart Chakra. It opened my heart somewhat to the suffering of others, and because of this experience, the second of these voyages was to reveal my next steps and a possible path for me to follow in the future.

Towards the end of this particular Voyage, upon my request, a Guide brought me outside, still with my blindfold on and in my bare feet. There was a need in me to connect directly with Mother Earth, to lie down on the ground and bask somewhat in the Sun, and to listen to the Sea in the distance. This grounded me somewhat and reminded me of my home as a child, and helped me land smoothly back into this reality. There were other People outside also as it was such a beautiful day ... my guide left me there for a while on my own, again, upon my request, so there was an opportunity to roll some tobacco, have a smoke and get myself fully grounded. My guide came back after a while, and invited me to re-join the group for the closing ceremony.

Before the second voyage took place, one of my fellow trainee guides was kind enough to give me a light shoulder and head massage, which helped me release some upper body tension and stress upon my Heart Chakra. My masseuse also suggested studying the Heart Chakra at a later date, as it might prove to be of personal benefit, which it has ... *thank you once again, you know who you are.*



This process, amongst other things, paved the way for my preparation for the Second Guide Training Voyage.

The intermediate training before my Second Voyage, as in my standing in as a Guide (whilst another and others voyaged), was extremely uncomfortable. Something inside kept telling me *to leave the building, this wasn't for me ... this is not your path*. This felt deeper than just a mere internal dialogue.

My *regular* day-to-day work involves a mix of research, study, writing and engaging with and talking to People on a conscious level. Then providing for others, on a conscious and somewhat academic level, education, guidance or direction. Within this very narrow field of Conscious mind to Conscious mind, it always seemed and felt like an easy and intuitive matter to pick up on the more subtle vibrations of stuff that may be bothering People, but which they do not always want to divulge or discuss.

In other words, you intuit truth and honesty despite what People may attempt to portray, and on the face of what they consciously tell you. You learn to read between the lines, so to speak. This work is of course on the Conscious Mind to Conscious Mind level, and the circumstances where you are acting as a Guide on a Conscious level, to someone who is not operating on a Conscious Mind level, but is potentially in another dimension via a Sub- or Super-conscious level, is a horse of an entirely different colour.

Acting as a Guide per se on the conscious level of mind just didn't seem to work for me. This became highly uncomfortable, to the point of annoyance, and to the point



where leaving the room was my only option. Upon returning to the room, rather than actively engage with guiding or overseeing any of the voyagers directly on a conscious level ... sitting and meditating seemed the only plausible thing to do, to relieve my own anxiety.

This sent me on my own mini-internal-voyage, via the energy that was emanating within the room-space. Somehow this worked for me, as it brought me into the vibration of the Voyagers themselves on another or, perhaps even, their level. Messages and information about the Voyagers in the room-space seemed and felt like they were coming through ... and in this way, my presence felt relevant to me, whatever about the voyagers themselves. In other words, my feeling was that by getting into the vibrational energy emanating from the voyagers themselves, it helped me to empathise and vibrate within their frequency or resonance, and thus provided a more direct connection to them.

My meditative connection to the voyagers from the perspective of “a Guide” was from an observational vantage point only, and did not interfere with their personal voyages in any way whatsoever. It did however show me, there was also another door or route to the realms that voyagers were in or at, and not on a conscious level, which had made me uncomfortable. This deeper sense of meditative connection with the voyagers just felt right for me at that time. It was only on my second personal Voyage that Mother Ayahuasca revealed why.

The next morning, everyone seemed to up very early for breakfast. For those who were voyaging that day with Mother Ayahuasca, breakfast consisted of some herbal tea and maybe



an orange. A new friend decided he wanted to get away from the retreat for a couple of hours, and was going for a short drive into the local village. He could speak Spanish fluently, so he could communicate very well in Portuguese, and seen as how most of the smokers at the retreat were running out of tobacco or cigarettes, we took some orders and off we went.

He too, like me, wasn't much into convention and following meaningless rules or regulations so, once in the village, we got the tobacco and cigarettes and sat down and had a couple of coffees for ourselves. We chatted away for some time, and then realised the time, so we continued our intriguing discussions whilst heading back in the car.

We got so much into our conversation, we missed our turn off, and had gone on for about an extra ten miles or so before realising, so we got to see a little bit more of Portugal than originally planned. We soon got back on track, and got back just in time to change and prepare for the next Voyage with Mother Ayahuasca. Doing stuff like this really makes these adventures memorable and worth-while.

The Second Guide Training Voyage: This Second Guide Training Voyage, which happened at the time to be my Seventh Voyage overall, was set in a circular wooden building. This room-space comfortably accommodated forty or so People including voyagers, guides, facilitators and a ceremony leader. There was plenty of space for all, which was great, especially for me on this particular occasion.

It was warm and breezy outside, and on the verge of a summer electrical storm. Within the space, you could hear and feel the



churning of the wind outside as it curled around the building, and began to charge our shared space with static. It was, in a literal sense, electrifying. It was raising the energy and excitement levels of the People in the room.

This voyage began with Mother Ayahuasca taking me back to my early childhood, to revisit the places and locations spent on my own and with my childhood friends. Where we roamed, hunted, fished, snared, foraged, lit fires, made tools and weapons, where we built, where we played and fought and where we had adventures of all sorts.

Most of my childhood time was spent, as they say, in the great outdoors. This was my escape, albeit out on my own or with my childhood tribe, or so Mother Ayahuasca discerned it to be. We knew our world intimately and had travelled to every lake, river, woodland, hill, mountain and bog within a five-mile radius of our respective homes, and knew all of the People within that space, without exception.

It dawned on me how much this idea or ideal of a tribe meant. As a child, it was my escape from the reality of home life, my own form of stability and reliability, so to speak. Mother nature and my childhood tribe had provided me with its own security blanket that, up to this point, had been long forgotten. Mother Ayahuasca reminded me of this and suggested that my tribe could be found, or re-found, with People who attended these ceremonies as we all, at least, had this much in common.

Mother Ayahuasca invited me to critically pay attention and hear the People in the room-space, to tune in to the resonance and vibration of their energy, to see or feel if it was possible to



discern what was going on for them. To leave myself, my egoic mind behind for the duration of this voyage, to surrender and be still.

The summer storm outside, and the electrical energy in the room-space was palpable. This had the effect of vitalising some of the People participating in the ceremony, to the point where some were loud and vibrant, and others were so deep into their own relative voyages. Some lay stiller than an Egyptian mummy, *nothing* could have stirred them.

Mother Ayahuasca brought me into stillness ... then within that stillness, got me to tune into what was going on in the room-space, to listen and hear the emotional resonance of those in the room-space, and to feel what was going on for others. Then she would take me out of the voyage, and bring me back into the room-space. She kept telling me to get help, to get tribal. This went on for a little time, going into the stillness, and then being brought back. Of course, we had our personal guide or sitter with whom we partnered up, so my guide was part of my tribe of course, but he was confused as to whether or not my voyage had started or had even begun, as every now and then we chatted quite lucidly as if we were simply having a cup of coffee and a smoke. His confusion came from my *relative lucidity*, when being back in the room-space from my intermittent voyages.

At this point there was something deeper going on with me, that early on was difficult to express. My need was to ask my guide about the People in the room-space, as to who was voyaging and who was guiding, and if certain other guides and facilitators were in the room-space or not.



My insides were trying to figure out who in particular might have certain abilities or skills to help me figure this thing out. My personal sitter was my best buddy, and while he was telling me what was going on in the room-space, we also had fun, a few laughs and giggles, just like two kids. This was my childhood all over. Then, it occurred to me, we need to expand our mini-tribe, to make it stronger and bigger. If for nothing else, but have more fun and laughter.

Three particular buddies were deep into their own respective voyages, and were totally immersed and peaceful, so obviously they couldn't sit with me, to chat, laugh and have some fun, but there were plenty others that could. One particular guide buddy stood behind me, overseeing what was going on in the room, and every now and then gave me updates on my buddies who were voyaging. He became our watch-out buddy, or the watcher as we dubbed him.

Another particular facilitator-guide, upon my request came and sat with me. She, in particular, had the ability to be still whilst present. The connection to this stillness skill or talent of hers, allowed me to go deeply back into voyaging, and to pick up on the resonance of others. She was my touchstone or medium by which to voyage, at this early stage. When she took a break, there was another particular guide-sitter who was not voyaging at the time, and upon my request, he kindly came and sat with me. He too had this skill or ability to be perfectly still whilst also being present. This particular guide-sitter had not previously spoken with me in any of the days leading up to this voyage, but for some reason Mother Ayahuasca suggested he would be the just the man or soldier for this job. As it turns out he most certainly was, and again we had a bit of fun and



laughter together, as he kept telling or reminding me every now and then ... “Go back into the bliss”.

There were other sitters, guides and facilitators that sat with me from time to time on this adventure. In the aftermath of this voyage, others informed me that at one stage there were about five People about me, sitting with me, touching my hands, shoulders or head, and moving me about the floor to my desired position, location or direction. The movement or the direction my body was facing seemed to assist me tuning in to other particular voyagers, although it may have seemed quite peculiar or strange to observe at the time.

Perhaps in retrospect this was a desire for attention or notice, but it sure did not feel that way at the time. It felt like a very natural and normal thing to do, have a chat, have a laugh, have some fun with my buddies, and sit with them, feeling comforted and supported as equal members of a tribe, albeit just as part of my own furtive imagining.

What was happening in essence was this: Mother Ayahuasca was bringing me into the voyage on waves, then bringing me back out as certain waves subsided, which was countenancing me to tune into the resonance of certain People in their voyages at certain moments, giving me fleeting glimpses and feelings.

Just to be crystal clear: This was not about interfering or disrupting what was going on with others, it was strictly about feeling and observing what was going on for them. *Reading and empathising with them ...* Mother Ayahuasca was allowing me to preview the potential of certain things if only for a few



moments, then brought me back into this realm of reality, to allow me to meld it into my egoic mind, to potentially allow a kind of conscious recall.

It seems on this occasion Mother Ayahuasca was providing me with access to feel (or see) what was going on with People who were facing challenges, traumas, difficulties or blockages in their voyages, and not for those who were having relatively unblocked or clear voyages.

Perhaps, as one facilitator-guide latterly suggested, other Peoples' traumas or challenges were agitating or stirring up my own emotional baggage and sufferings. This of course makes sense and goes a long way to explain my deep feelings of empathy towards others ... although this is not the whole story.

On this voyage, Mother Ayahuasca had me surround myself with a mini tribe of sorts. It felt as if we were collectively overseeing or looking out for the larger tribe, as in the rest of the People participating in the ceremony and, in general, having a lot of childish fun together ... well that's my view!

Sometime towards the end of this voyage, my newly found tribal members had dissipated, apart from my personal guide buddy. It was time for me to complete my internal voyage on my own, so to speak, and Mother Ayahuasca had at least one more lesson to give me.

My physical position was thus ... lying on my back on the hard timber floor without need for a matt or pillow to support my body or head. Mother Ayahuasca began to get me to move



myself, my feet, legs, arms, hands and fingers into open positions that allowed energy to flow through my subtle body, from below the base of my Spine (the Root Chakra), through to the top of my Head (the Crown Chakra), which culminated in bringing me back into Bliss so to speak, which felt like she was giving me a final reward for the day's work.

Not having (ever) done Yoga before, there is nothing for me to compare, but this did feel like a lesson in Yoga of sorts, albeit it was very gentle and subtle, and didn't put any strain of my physical body. It did teach me that voyaging is not about work or strain, but for me, is about subtle surrender and very subtle movement, to discover a position of absolute stillness. Mother Ayahuasca began this lesson, and elaborated more upon it in the final few voyages described in later chapters, which has further guided me down my current path.

Apart from having a need for a reconnect to the tribe of my childhood, there was a magical element in the air of this ceremony, which continues to resonate to this very day. This magic has become more elaborated upon since then, and has led me to places and down roads seldom travelled, or seldom even recognised as even being there.

KEY ELEMENTS/REVELATIONS OF VOYAGES 6 and 7:

- ॐ Sharing is a kind of purge in and of itself, and active listening without judgment which can be quite difficult for most People, provides you with greater empathy and understanding of others.



- ॐ Connecting or reconnecting to the idea or archetype of “Tribe” in this setting was important for me, as it reduced my deep sense of aloneness and/or loneliness. It seemed that Mother Ayahuasca was informing me, there was no need for me to be a lone Wolf all the time, and that the pack would welcome me back any day, but of course it had to be the right pack, tribe or group for me.
- ॐ The body has memory, and remembers everything.
- ॐ TRAUMA, if left unchecked and un-dispelled, can be toxic to the physical or subtle body in many ways. However, it can be dispelled with a mixture of Kinesiology, Breath-work, Music and the right guidance or support, in a relatively short period of time.
- ॐ You don’t need or require Medicine Plants to treat, heal, cure or fix yourself once you have been to the Bliss per se. Your body, mind, soul etc., knows the path, knows the route and knows the doors to open, once you have been there once. *Once is enough*, as Willie Nelson once sung.
- ॐ Standing in as a guide was uncomfortable and annoying to say the least. Guiding others on the conscious realm is not for me, and certainly not presently ... perhaps it is for another time? However, meditating without the use of Entheogens whilst being in a room full of voyagers, allowed me to connect to the voyagers and access other realms, via their collective energy.



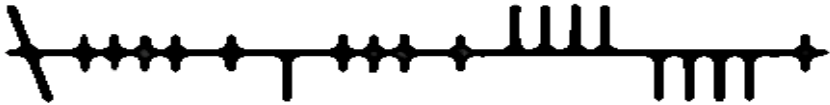
- ॐ My Heart Chakra needed or required unblocking, and Mother Ayahuasca seems to have provided this unblocking, and she had her reasons for this, perhaps to remind me to not get too caught up in the mundane routine of life, to have a lighter heart and approach to life and other People, without judgment where possible.
- ॐ It seems that the cold hands or fingers of others can provide me with a (electrical) connection of sorts that can assist me in voyaging and in getting grounded at the same time.
- ॐ The energy outside affects the energy inside, and vice-versa. They have a symbiotic relationship.
- ॐ It was and is possible to come out of a voyage, be lucid and clear, and then go back into it. It also helps if you are fortunate enough to have someone with you who can guide or facilitate your process, and can be still when required, as described earlier.
- ॐ Mother Ayahuasca showed or taught me how to get into positions to allow me to voyage, and perhaps to allow my Kundalini energy to flow.
- ॐ Mother Ayahuasca showed me the potential to tune into the resonance or vibration of others, and feel what they might also be experiencing.
- ॐ **FINALLY:** You can bend, break or even change the rules, especially the ones others set down, hurt no one and have some fun into the bargain.



On being back home from VOYAGES SIX and SEVEN:

- ॐ For this particular voyage, so much was made relatively clear, in relation to going into a voyage, partially coming out and being lucid, then going back in, which seems to have provided me with a capacity to process and retain certain information and messages in the conscious realm. This in turn has inspired me to talk and to write in order to explain to other People in the simplest of terms possible, what my personal experiences of voyaging to other dimensions or to the realms of the Gods is about and like.
- ॐ Mother Ayahuasca had also inspired me, or at least put me on the path of exploring Shamanism in greater depth and on a more local level.
- ॐ Soon after returning from Voyages Six and Seven my writing began in earnest with a short essay at the time. For effect the essay was titled ***“A Naked Woman in My Bed”*** ... it went as follows:

Yesterday was Sunday, and to be precise, it was Sunday the 18th. February 2019, as many beings on this Planet call it. To my awakening this (very) morning and somewhat to my surprise, there was a Naked Woman lying beside me. Why she was naked was beyond me ... My guess is that it was about 5am ish..., and still dark. After taking a few moments of contemplation, to work out where exactly this place was, as it did not exactly feel like a Ceremonial Room or a Yoga Mat, it dawned upon me (eventually) that this was not a Yoga Mat, this was not a Ceremonial Room, and this was not even Portugal ... But who was this Naked Woman



beside me? ... Where was this place? ... And who's bed is this? My wife would certainly not be happy to know of this and my whereabouts, wherever this was. After quite a few moments it finally occurred to me, this is not an Ayahuasca ceremony room or voyage, and this was not Portugal ... but it was my beautiful bed, it was my beautiful wife, and this was my beautiful life ... all mine. What a relief!

Isn't it so easy sometimes to forget who or what you truly are?

Today is Wednesday the 20th. February 2019 ... have spent the last few days corresponding and re-connecting with some of the Voyagers from the Guide Training in Portugal. The past few days have been a very slow integration back into the world of the "real", whatever that might be, wherein some thoughts have been occurring to me ...

All of my Voyages on Ayahuasca have provided me with relatively profound and contextual insights into and about myself, some of the People known to me, and some of the wider world issues blah, blah, blah. Context here is the key word or phrase. The Voyages only make any sense to me within the context of my own personal history and life experiences.

IN CONTEXT: *This experience of Guide Training in Portugal, for the first ever time, provided a unique opportunity to delve into the potential of the exercise called or termed as "Core Wound". The exercise in and of itself is fundamentally based upon the concept or idea, that "your body has memory". The **body remembers everything** it has ever been through and experienced. The aim in this particular exercise was to help the body bring to*



surface any potential or possible trauma(s) you may have experienced between Birth and the age of Six or thereabouts.

Most if not all People have experienced diverse levels and depths of trauma to varying degrees between these ages. This sort of exercise in terms of psychoanalysis can take months, if not years, to reach and surface (if at all). But this whole exercise could not have taken much more than two hours. On a personal note, this exercise worked for me. After answering a whole set of questions in the negative, which were designed perhaps to agitate the body and its memories of potential past trauma(s), and to assist them in resurfacing and to perhaps expel or displace them as energies, that may have been causing ongoing, deep or core wound(s) to my physical body. The final displacement of the potential negative energy or blockage was carried out with a Deep Breathing exercise.

The pre-breathing questions and the body answering therein were a personal affirmation that my childhood (from Birth up to the age of 6 or thereabouts), was marred by abandonment, neglect and ultimately abuse, on various scales. Although my personal history bears witness to this, it was an incredible experience to realise that my body had not forgotten and had stored such trauma memory, to the extent that it has negatively impacted upon my physical health, and body strength or lack thereof.

*Over the past 40 or so years, it has been a personal undertaking to work on my psychological well-being, to the extent that “my story” is **just a story**, and thus, would have come to terms with “my story” to the level of seeing and remembering what has happened to me historically from a very objective perspective.*



This “Core Wound” exercise really assisted in clearing up some of the remaining cobwebs and traumas that created physical body unease and pain, to the extent that the whole left side of my body now (the Heart Chakra?) feels relatively released from these said blockages of unease and pain.

There was a severe blockage in my Heart Chakra that has now most certainly cleared. This blockage was, and did, cause me severe physical deep pain and that pain has now dissipated, and thanks also to the kind soul (you know who you are) that pointed this out and explained it to me.

This brought to mind my development and growth period from between the ages of 6 and up to young adulthood. As luck would have it as a child, the other Children in my immediate surroundings, community and neighborhood, positively supported my growing up years, in a way they will probably never fully realise or appreciate. These People/Children grew and explored the countryside alongside me as my Tribal family. We traveled and explored the countryside; we camped, fished, hunted, gathered and explored a vast expanse of woodlands, rivers, lakes and mountains. We fought and played and played and fought, and every day we came back together again as a tribe (so to speak). Every day was a new adventure.

This was the most stable part of my childhood, and was my daily release in no uncertain terms, from what went on in my home, and perhaps the same could be said with some of my childhood friends, some of whom have already passed on or departed (this good earth), via substance or alcohol abuse amongst other things. Perhaps when you reach my age this is to be expected? Well that is what some have told me!



This “Tribal Family” theme was to raise its head within my second Ayahwasca Voyage in a big way.

Notwithstanding the theme of the “Tribal Family”, another thought that seems to have a recurring theme, involves my current sort or type of work. This work involves assisting, guiding, facilitating and educating People in the realms of legal and financial difficulties they may be experiencing. This type or sort of work is something that seems to have somehow drawn me into it.

Although most People would think that to do this sort of work, one would automatically have some sort of academic qualification for it, and in most cases that is probably true, but to me academic qualifications are totally academic (irrelevant). The only academic capability you need, to deal with legal or financial issues, is to be able first of all to read, and secondly to be able to think and respond critically. But academics, reading and critical thinking aside, this work requires you to either have or develop a relative ability to be empathic with the People who request, need or want guidance.

There are varying forms of empathy. Empathy in this case being the ability to somehow sense other People’s emotions, along perhaps with being able to sense what they might be feeling or thinking. This obviously comes in handy when you have People who are carrying the stresses and burdens of legal and or financial problems. Being able to empathise or sense how they are feeling and or thinking, allows you to align yourself with them emotionally, and can assist them to critically unburden or relieve any stress they may be experiencing.



This obviously is done with them in a conscious way, whilst at the same time being able (albeit undetected) to get into their underlying vibration of suffering, by empathically and critically listening to them, and somehow detecting or feeling inside (of yourself) the vibration that is emanating from them.

All emotions (from my perspective) have a unique and characteristic vibrational nature, feeling or signature. Some emotions can also be and are expressed in crying, wailing or weeping, some in roaring and shouting (anger perhaps), some in laughter and giggling, some in chanting, and some in various animalistic sounds such as snorting, growling, screeching, song etc.. Many emotions are expressed in a non-vocal or non-audible way or manner and even via the stillness of silence, but all emotions have a vibration of sorts. On a conscious level, this (for me) seems relatively easy to tune into or pick up on, and thus it is relatively easy to discern what is really going on with People on an emotional level, despite the words from their mouths, or the contradictions inferred. In other words, one can read between the lines on a vibrational level to discern truth from fiction.

The Ayahuasca voyage affirmed this certain ability, which upon reflection is available to everyone (in relative degrees). Some call it “Gut Feeling” or “Intuition” or a “Sixth Sense”. Within my second Voyage, although there were moments of consciousness, that enabled me to communicate with the Guides and Facilitators on the day in a relatively lucid and conscious manner, most of my time was spent drifting into the Vibration of emotional drama of other’s in the room. Yes, this seems like a very strange thing to say or suggest. Unless you have personally had this type or sort of experience it will remain estranged to you.



On another point, the other People participating in the Guide Training, all provided on an individual and a collective basis, an enormous sense of security, comfort and support, outside and beyond the planned schedule. There was enormous fun had in between attending various events and ceremonies, and this for me alone was worth the Portugal visit. There were People there that had attended other Voyages with me in the past, and we re-connected in what might be considered a deeper way, and there were of course People that were new to me, and we seemed to connect with relative ease.

Perhaps because this was “Guide Training” after all, and all attendees had experienced at least a Voyage with Ayahuasca, if not a great many for some, then their proclivity to be open and trusting of or with People and with themselves (of course), is more pronounced or developed. Once again, the feeling of a “Tribal Family” was prevalent throughout the whole experience and not just reserved (excuse the pun) to the training programme.

Today (Wednesday 6th. March) we all received the Guide Training Music as promised by the facilitators. It took me an hour to download. Downloading it was a great reminder. It took me back to Portugal and reminded me of some of the teachings given to me by Mother Ayahuasca.

Perhaps we all need and require reminders every now and then of what we really truly are, and that this current life per se is an adventure we are all on, to experience the vibration of all Human Emotions, be it Suffering or Joy and everything else in between. Some People (if not a lot) as we are all now aware, can be trapped in a particular experience or trauma, which protects, locks or imprisons their Soul or true nature from fully experiencing all of



the Joys of this life so to speak. They are perhaps caught up or imprisoned by particular emotions (because of trauma) directly associated with suffering, such as fear, sadness, anger, melancholy and so on, but these People will know true Joy and Bliss because of their suffering, as ultimately you cannot know one without the other. The music that was part of the Guide Training in Portugal can act as a nexus to the depths of that Joy and Bliss as it most certainly is for me.

As expressed (privately) to others that were part of the Guide Training, writing for me is cathartic, a release of certain thoughts, feelings and emotions. It helps me contextualise MY story, as just that “a story told”, as if by another. It helps me objectify and stand back from my experiences, be they of suffering or joy, and express them in writing. Perhaps this is analogous to a painter, sculptor, poet, song writer, musician, artist etc., where they create a piece of work/art and then it is done and released, and sometimes it is difficult or challenging to express, and can take a long time, but in the end the work/art or emotion finds its release, and it is free, and the artist can then disassociate (to a certain extent) from the art, and move on.

End Article.

ॐ Writing for me, is a form of expression of the experience of life, which allows me to release certain emotions and move on, and Mother Ayahuasca has helped me recognise that path. My hope is that others can gain something useful from these expressions, and find a way to express their own stuff, or *shit* as some Guides are very fond of saying (not my words).





RISING FROM THE ASH

VOYAGE'S EIGHT and NINE: May 2019

Voyages eight and nine took an unusual turn, in that, a good friend (for many years) had sometime earlier expressed a fleeting interest in my escapades with Mother Ayahuasca. After many challenging questions and conversations, he decided to take the plunge and attend the May (2019) voyage with me. My friend whom we shall call **T**, although interested, maintained a healthy scepticism towards what he was being told, up to the point where he did his very first breath work exercise, then things began to change (for the better, of course).

We won't get into too much personal details about **T** ... just to say that in recent years life circumstances, pressures, depression, anxiety et al, had mounted to drive him to attempt suicide. You could say that this attempted suicide was a cry or call for help, but that is a terrible over-simplification of a very complex set of issues.

His suicide attempt culminated in him driving at speed (in a car) from a bridge, and instead of hitting the water, he was *lucky* enough to hit an Ash tree. The tree prevented him from hitting the water. You could say it was his very own "Tree of Life". The Tree may well have saved his life, but left him lying in a hospital Intensive Care Unit, with some serious and very painful injuries. *But he still doesn't blame the Ash tree ...*



Ash Trees are not usually associated with saving lives, as their wood is primarily used to make Hurling Sticks. The Hurling Stick is used in a traditional game called Hurling. A game principally associated with brutality, aggression and hostility. *The Hurl* as it is colloquially called, is used to play the *game* of Hurling and is responsible for many broken bones, fractured skulls and certain degrees of brain damage.

However, on the flip side of all this damage; the Ash Tree is also associated with change, growth and is a symbol of rebirth, as in, to *“rise from the ashes”*, and it also makes great firewood, when dried out properly, so can also provide warmth and comfort. **T** by all accounts should have been killed stone dead on that fateful night ... but somehow he magically survived, and arose from the Ash tree.

T had been battered and bruised externally and internally, had broken several ribs, his sternum and collar bone. His shoulder blade had all but disintegrated, plus his spinal discs had been damaged and into the bargain he had punctured a lung in two places. He was a physical, mental and emotional wreck, as was the car, if he doesn't mind me saying so!

This was not **T**'s first attempt at suicide, as he had on one occasion tried to drink himself into oblivion, and slit his wrists on another. The driving over the bridge was his final commitment, and although he had now reached a new bottom, he hadn't managed to reach the rocks at the bottom of the river, thanks to the Ash Tree's intervention.

In the aftermath of surviving his crash, although he was broken up in a metaphorical and literal sense, there was perhaps still



something he felt he wanted to hang on to, and stay living for ... well for a little while longer at least. Upon his first initial waking up in casually, he felt he didn't wish or want to go back to the place that drove him to such an edge.

T had no memory of the crash itself, but felt an internal pressure to somehow sort himself out. He didn't know at the time, how this *sorting himself out* would present itself. For the moment it was simply about survival, getting through the hours, days and weeks ahead. These events occurred late in 2013, on the cusp of the new-year. Approximately 8 days after the crash and 3 days into the New Year, **T** discharged himself from hospital, against advice of attending Nurses, Doctors and Consultant. You could say that **T** wanted to be back in control as he freely admits himself and that may have been part of the original problem in the first place.

From **T**'s crash up to the point where he went on a voyage with Mother Ayahuasca had been five years of pain management and physical therapy. With no medium or long-term pain relief. Every day was about management of pain, and a very slow crawl towards a physical recovery of sorts. Thus, up to this point, **T** had not dealt with or faced up to any of the psychological traumas that led to his attempted suicides, and/or the trauma, anxiety or stress that ensued in its aftermath ... although there was light ahead.

In retrospect, and later speaking to **T**, perhaps out of a desperation he decided to give Mother Ayahuasca a go, as he himself said, he *“didn't want to go back to the bottom again”*, and he felt a personal internal pressure to sort himself out, so to speak. **T**'s interest in Mother Ayahuasca was probably



sparked, because of the self or natural healing aspects relayed to him, via our many challenging discussions.

Early in 2019 **T** decided to take the plunge, and at least book a flight. Up to the point where he booked a flight to go, he was still not entirely convinced that this was the right thing for him, although he still had the option of not going even after booking the flight. Nonetheless **T** turned up to the airport, resigned to the fact that if he did not like what was going on around him, he could still turn around, go into the city for a few days and then fly back home.

The initial arrival and first impression of the venue didn't quite set **T**'s mind at ease either. It occurred to him, this may be some sort of Kumbaya or religious congregation. It was only after being welcomed by the guides and then meeting and chatting to some of the other People attending that he felt a bit more relaxed, and perhaps realised, most of these People seem more like him than not. Anyone he spoke to seemed genuine, calm and non-judgmental. Some People had been here before and voyaged with Mother Ayahuasca and some had not. Most People had a level of trepidation about the whole thing, just like him, and most seemed relatively normal, just like him ... for whatever normal is or means!

Despite his reservations, **T** pushed on through to the next day. The next day was a preparation day, encompassing sharing, dancing and breath-work. The group share was nothing to write home about. Each individual introduced him or herself and shared their intentions, or provided an outline of why they felt or thought they were there.



T did initially feel slightly uncomfortable with the dancing part, but soon got into it, when he began to remember and realise he had always very much enjoyed to dance. Dancing is something he had forgotten about. It used to bring him joy, as he remembered he was and still is quite a good dancer ... *he just needed some subtle reminding.*

That evening was going to be T's first ever breath-work exercise. T had not had any previous experience of breath-work or meditation for that matter, so this was all relatively new *hippy-dippy stuff* for him (his words), but as this was all about just lying down and being in a relatively relaxed state whilst listening to some music, any previous concerns he may have had began to fade away ... thus far, this all seemed easy enough.

As per T's description, in the first five minutes or so of the breath-work, T stayed at ease sitting upright, then he began to feel some bad pain in his shoulders and ribs. Then the pain forced him to lie down, as he felt the pain turn to some sort of tingling energy running about his hands and body. His body then began to cramp up, with more pain in his legs and he felt stiff, inflexible and unable to move so much as an inch without feeling more pain.

T managed to move his hands to where he felt his pain was, and began to rub the area to self sooth the pain as it began to move back up his legs, into his ribs and shoulders ... as he moved and self soothed the pain as it travelled, it began to slowly dissipate or seem to dissolve itself.



At this point, some confusion was setting in with him, as to what was going on, all this was totally unexpected, HE SAT UP ... it seemed to him that the top half of his body was reliving the car crash again, as in the memory of waking up in Casualty in hospital was reoccurring, or was somehow being relived. The feelings that began to flood his mind on waking in Casualty began to resurface, as in a deep sense of regret, shame and sadness ... what the hell did he do, and what the f**k was going on? It was then he remembered, it hit him, he had also felt an overwhelming sense of relief to still be alive. He had no conscious memory of the crash, and something now was coming back to him with some stunning feelings ... his broken body had somehow begun to remember his pain and suffering.

At this point, with **T** sitting upright a Guide approached him and asked him straight out, *“where is your pain?”*. **T** answered, *“all down my right side”*. The guide then beckoned the lead Facilitator to come over, which he did of course, and asked **T** to explain his pain. **T** explained that he felt the tingling of Pins and Needles all around his body. The lead Guide explained that *“these Pins and Needles are his bodies energy healing his pain, and that he should carry on rubbing, and self-soothing for a few minutes more until his pain had dissipated, or he could no longer feel the Pins and Needles”*.

As **T** explains it ... he continued rubbing for a little while longer, and then felt good enough to get up, and walk it off ... the pain he had felt for the past five years had somehow suddenly dissipated from his body in less than an hour's worth of breath-work. His breath-work exercise was better than just pain relief - it was a self-healing.



Looking back on the breath-work experience, **T** added that he wished he had known more about all this stuff before he voyaged, as he feels it possibly could have helped him even more. But there was still more to come, after all this was *only breath-work!*

That night, the night before his First Voyage with Mother Ayahuasca, **T** felt very nervous about what was to come the next day, so much that it showed in his demeanour. The lead Facilitator spotted this and sat with him to discuss what was going on with him, and why he looked concerned. **T** explained, he had never done anything like this before, and had always associated *this sort of stuff* with “*doing drugs*”, which he was always totally against (of course).

The lead Facilitator told him that he had the choice to not take the medicine, or he could offer him a half a cup, and if he felt he was doing ok on half a cup and felt comfortable enough, he could take another half measure more, or just leave it ... it was his choice entirely, and there was absolutely no need to take it, or feel under any pressure to do so. This put **T**'s mind at ease, so he decided to sleep on it and decide in the morning if he was not going to partake, only partly partake or go the whole hog so to speak.

T's First Voyage with Mother Ayahuasca: The morning of the ceremony came, and **T** had decided to take his medicine in small doses as suggested by the lead facilitator. We all took our medicine and **T** took his half glass, then the ceremony began with a guided Chakra meditation. About twenty or so minutes into the Chakra meditation, the lead facilitator offered **T** another half glass of Ayahuasca, which he downed in one.



We began the guided Meditation by sitting upright. Most of us, including **T**, had our blindfolds on. The idea being, you began by sitting upright, and then when you felt the need to lie down, you lay down. **T** didn't know or hadn't remembered this, and stayed sitting upright until the meditation reached his head Chakra ... by then he could no longer force himself to remain sitting in an upright position. As he says himself, he fought having to lie down. He would have laid down a lot sooner, but did not know he could or was allowed to.

The moment **T** surrendered and lay down, he dove straight into his Voyage. Feelings and thoughts of *'why am I doing this'* and *'what have I done to myself'* began to wash over him. For a moment he felt lonely and isolated, and devoid of any answers to these questions and feelings. He then felt an ease come over him, his thoughts began to fade and switch off ... he began walking away from his thoughts of loneliness and isolation, and observed his surroundings about and ahead of him. He strolled through a tunnel of vines, and walked for ages leaving his thoughts behind him, and the more he walked through the vines, the more relaxed and calmer he felt.

Then began the emergence of the memory of the pain from his crash. He had not previously remembered the crash itself, but this was brought back to him in the vivid detail of pain. Then although his body was lying on the ground, he got the feeling of falling from his walking-standing position, and fell vertically to his knees to the ground back into his body. He heard someone clearly speak to him and say ***"You're going to be alright, You're going to be alright"***, and something or someone began to rub and massage his shoulders and head, as his pain began to dissipate and dissolve. **HIS PAIN WAS GONE**. When **T** said



it was gone, he meant IT WAS REALLY GONE. This place he now found himself in, he didn't wish to leave, which of course is quite understandable given the previous conditions he had begun to get used to ... Pain or No pain? An easy choice, really.

Just at this point T began to tune in to another voyager in our group, and her sounds began to make him giggle and laugh, and bring him in from what he thought at the time, might be the end of his voyage. T said although he was happy, and was laughing, there was a part of him, that didn't want the voyage to end. When the other voyager went quiet, for some reason he sat upright and took off his blindfold. When he did, he felt the room vibrating and the floor looked like squirming snakes.

He took his eyes from the floor and began watching one of the dancing guides ... She waved her hands from her side, up and down, she had several sets of hands and arms, he began to see and feel the momentum and stillness of time all at once. Although this was fascinating to watch, it did make him a little queasy, so he stood up to go to the bathroom, and as per usual, a couple of his trusty guides who had been observing him, went over to him and helped him steady himself, and guided him to where we wished to go ... feeling these motions and stillness's of time was obviously his cue to purge what he had to purge. So purge he did ... and he was happy, and now coming back in to this plain of reality, well as much as one can be in this plain of reality.

Later that evening after his first voyage, T told me that he checked with the lead facilitator and most of the guides to ask if anyone had said to him, ***"You're going to be alright, You're going to be alright"***, and if anyone had massaged or rubbed



his shoulders and head, but none had ... so someone or something else obviously had. He never did find out who had comforted him or had eased his pain away ... and he still has his suspicions, although he is not sure how anyone would have known to say this to him at that particular time. It seemed to be the right thing, at the right time ... coincidental or what? But there was even more to go for **T**.

T's Second Voyage with Mother Ayahuasca: With the Breath-work and his first voyage behind him, **T** became comfortable in himself to drink his first full glass of Ayahuasca. This voyage began quite unusually with us imbibing our Ayahuasca whilst standing up, and the lead facilitator expressing all to *have a great voyage* just before drinking. In a standing position we commenced our meditation, working our way up through our Chakras. **T** tells me ... he felt he had to lay down about half way into the meditation, when we had just about reached the Heart Chakra.

Upon lying down, **T** relaxed and began his own deep breathing exercise, then Mother Ayahuasca brought him back into his tunnel of vines, but these vines were different. Instead of being the organic greeny-brown colour, they were a sparkly kind of illuminated silver, like tinsel or glitter. This tunnel led him to a pub, where ahead and in front of him stood a bar with a whole array of alcoholic drinks. The drink that stood out the most was a bottle of Jack Daniels whiskey.

T moved forward to enter the Barroom and an unseen force blocked his entry, from getting to the bar or the drinks. He wanted to get to the bar and have the drinks but was being prevented by something ... pushing forward, he eventually



began to push through the force-field, a hand went through, an arm went through, then his face and head, then the rest of his body followed, but although his body was now in, he didn't feel like he had gotten all the way in, or wanted to be all the way in.

T felt another sense of calm come over him, and pulling himself back and away from the bar, asked himself ***"Is this what I really want?"*** He felt an energy pulling him to the Right, and in the Right direction away from concerning himself with the Bar and its contents. This had the effect of bringing him into a place of complete relaxation and calm ... back to feeling like he was being massaged and soothed all over his body. Whatever was massaging him kept whispering to him, ***"You don't need the alcohol"*** and ***"You are going to be ok"***.

After some time, T slowly returned to this plain of reality, took off his blindfold, sat upright and enjoyed his thoughts ... he wanted to get home to his Children and explain that this Crash thing would never happen again, and he would never be so silly as to contemplate such a thing again. Happy to be alive, he realised there had been and were other options to what he had done, and he now completely preferred other options, he was ready to be in the world once again ...

NOTE: As friends on these voyages, T and me were not located near each other in the room-space. During our respective voyages T was not aware of me, nor me him. We each did our own thing, and later shared our experiences as best we could. Whilst this is a ceremony you can attend with someone, it is something you do completely on your own, and rightly so. Your personal voyage or journey is something you do for you, and you alone.





WHAT YOU RESIST PERSISTS

VOYAGE'S EIGHT and NINE: May 2019

A personal note: Voyages eight and nine were indeed sublime, and can be summed up quite succinctly as follows: *The whole weekend was about Mother Ayahuasca bringing me into a place of observance of other People's energy, and the energy in the room-space. A great many feelings arose in me, which from my perspective were all about other People in the room-space.*

These feelings were quite an interfering annoyance to my egoic mind. Mother Ayahuasca was taking me into a voyage then bringing me back out, when it suited her, for me to take cognisance of other People's energy, in other words, to consciously remember my feelings about others. Why was Mother Ayahuasca spending time getting me to tap into other Peoples' energy, when there was probably more important stuff *about me* to discover, confront or embrace?

In an attempt to stop this interference occurring, upon my request, a guide brought me into the middle of the room-space, so the vibrations of music would be louder and stronger to me, which might help me go or get deeper into my own voyage, as opposed to it feeling like the voyage of others.

This did work for a little while ... then it all started up again, in and out, in and out. Eventually feeling quite exhausted, upon my request the guides brought me back to my bed, but Mother Ayahuasca would not relinquish, and I soon found myself sitting upright once again, recalling feelings about others on a conscious level.



Then a particular guide came over to me, sat behind me and began to gently stroke my back using what seemed to be her fingernails. This had the effect of both refreshing and relaxing me all at the same time. It seemed to dissipate energy from my spine. It felt like what was needed, and helped me to eventually relax and lay down. The vibration of the music then brought me deep back into my own voyage, where Mother Ayahuasca presented me with another insight or gift.

She (Mother Ayahuasca) in a visual sense brought me into a gallery, much like that of a theatre of sorts, where from my private box one could see many stages, with a great many actors on these many stages, and observe from a distance what acts they were in the middle of performing. Then, depending on what particular act piqued my interest, she would spin me in for a closer view, to see what was going on in greater detail, and then spin me back out again before allowing me to get too immersed in the detail of the act, or before any feelings arose about the acts or actors involved.

This seemed to be the thing ... to explain personal stuff to me: *Mother Ayahuasca provided me with visuals, and when she wanted me to understand stuff about others, she provided me with feelings and emotion.*

These feelings and emotions (about others) were bringing me out of the voyage for the purpose of being downloaded into my conscious memory, but the energy created by this download had to be dissipated somehow. This was achieved, with the help of the guide who had come over and provided the touch or contact with her fingernails ... strange or what?



Then Mother Ayahuasca told me another way to dissipate the energy, which was to verbally share my feelings about others, with the guides or facilitators, if they would listen of course.

In the closing second ceremony of these two voyages, the lead facilitator came over and sat with me, to carry out a kind of a cleansing ceremony on me ... He got me to open my chakras, to help me dissipate any energy that seemed to have been built up over the weekend. This was highly effective, and grounded me quite well. This cleansing provided further clarity about the weekend, which in turn was to set me on a very strange and interesting path indeed.

A theme that arose for me towards the end of this weekend ... was to ***“Stop fighting my Demons, and Embrace them instead”***. *Demons* will mean different things to different People. For me they are the things that prevent me, in whatever way, from doing the stuff that is right for me. As silly as the adage by Carl Jung of ***“what you resist, persists”*** always seemed to me, it now appeared obvious. There was more to this Jung stuff than first meets the eye.

NOTE TO SELF: Read and study more stuff on/by Jung.



MEETING THE MYCELIUM

VOYAGE'S 10, 11, 12 & 13: Summer Retreat – August 2019.

Of all voyages thus far, this was to be the strangest and most fun filled set of adventures. The Summer Retreat as it was titled, consisted of three voyages with Mother Ayahuasca and one voyage with what is colloquially called **Voyahuasca**.

Voyahuasca is a departure from Ayahuasca, in that it substitutes the DMT containing part of the mixture with Psilocybin Mushrooms or Truffles. The MAO inhibitor remains the same brew, and you still imbibe it (the MAO inhibitor) as a liquid ... then after a short period you eat, chew and swallow the Truffles. **More on this later ...**

Comment: There is a witch-hunt on in most of Europe presently (2019-2020) ... against those who organise and/or participate in spiritual retreats or gatherings that use entheogens or medicine plants as part of their spiritual ceremonies. This of course is nothing new to European authoritarians and the current set of Statist racketeers. Until “the State” finds ways to profiteer from spiritual gatherings and the medicine plants used, which are taking from the profits of the pharmaceutical and medical industrial complex, the witch-hunt will continue. Mother Ayahuasca is the target of the most recent witch-hunt in Europe, and as a consequence, many groups are opting to use Psilocybin Mushrooms or Truffles as a DMT substitute.



Aside from the voyaging or journeying with Medicine Plants, at the Summer Retreat there were plenty of alternative and intermittent workshops on things such as breath-work, core wound, soul retrieval, voice expression, moving, dance, sound, shaking, vibration, laughter, yoga, relaxing, meditation and, of course, mini sharing groups, one of my favourite things to participate in. The retreat was for Seven (7) days ... and was a totally immersive experience.

This adventure began with the usual flight delays which were soon forgotten upon landing at Schiphol and meeting up with two new friends to travel on with to the retreat destination. Once we had connected at the airport, we got chatting and became pretty chilled out about our final leg of the journey. As a consequence of our chatting and chilling, we were probably the last three People to arrive at the retreat venue late that night.

It was a good thing we were all staying indoors in dorms, as none of us were in a fit state to put up tents in the dark and in the typical Dutch, misty rain. On the plus side though, being later than most meant there was no queue for the showers, so with a quick wash it was off to bed, only to be kept awake for most of the rest of the night by mosquitoes.

Of course having forgotten about the warning to “Bring Mosquito Repellent”, and having such pasty, luminous and pale skin meant that the mosquitoes just loved me all night, and it showed in the morning with all my tiny love bites. If this is what it’s like in Holland in late summer, there is no way anyone is ever going to convince me to go anywhere near an Amazonian jungle.



It's kind of funny though ... maybe the mosquitoes had taken so much blood from me on the first night, that they thought there was no more to take, because they didn't bother me at all for the rest of the week, or perhaps they just don't like the smell of me or tobacco smoke? The mosquitoes had retreated, but instead, the magnificent gigantic Dutch Dragonflies seemed attracted to me, and especially so on my final Voyage of the week, or so one of the Guides informed me. We shall expand on this a little later.



The week commenced with the usual introductions and exercises in addition to many other practices and workshops. We were assigned to a designated mini-group, to share experiences and thoughts, as our week progressed. Each group had an assigned lead guide, and our group had four people, including me. This became our Mini Tribe for the week, and was our touchstone for expression for each warrior of our Mini Tribe.

The week was set out, with Voyages planned for:

- Day 2 - 1st. Voyage with Mother Ayahuasca.
- Day 4 - 1st. Voyage with Voyahuasca (Truffles).
- Day 5 - 2nd. Voyage with Mother Ayahuasca.
- Day 6 - 3rd. Voyage with Mother Ayahuasca.

This is not to say that Voyages were more of an important aspect of the week's retreat than say the breathing, dancing, meditation, shaking, yoga or sharing *practices*. On the



contrary, the Voyages were made all the better because of the preparation work, exercises and practices.

In the evening, after the first day's activities and the day before our first Voyage with Mother Ayahuasca, the usual smokers were outside at smokers corner including me, with a couple of newly found friends. After some very interesting discussions we collectively decided that we needed tobacco, so all three of us headed out for a walk to the nearest shop - the nearest shop being a garage nearly 5 miles or thereabouts from the venue.

We three intrepid explorers headed off into the wilds of the Dutch Very-Very Flat Lands ... this is not to say we crossed fields, ditches, rivers or mountains, as there are no mountains in Holland. We stuck to Very, Very, Very long, straight and flat roads entirely, risking our lives in the bicycle lanes, which many of the passer-by-cyclists were none too impressed with. Who would have thought that bicycle bells could be so loud or sound so aggressive? There is a lesson here: ***“Don't mess with Dutch cyclists, or their cherished cycling lanes”***.

Anyway, after surviving a few near misses, we got deeply immersed in hearing the sounds of our own voices, and after about two very short hours, we emerged on foot upon a large garage with a small neat town attached. We piled into the garage shop and got tobacco, coffee, water and a very small amount of chocolate ... talk about breaking the law!

We sat for a while with our spoils, chatted some more and replenished ourselves, then headed off back to our retreat. It was dark when we got back, and we were all fit for bed. It had taken us approximately five hours to complete our childish



adventure, taking our lives into our own hands, travelling via Dutch cycle lanes, and passing by a viciously massive, tied up dog ... but we braved it all and arrived back in one piece, with our just rewards, plenty of tobacco, some bottles of water and a little chocolate. It had all been worth it. It's good to be exhausted the night before a voyage, it helps you relax and surrender.

Summer Retreat - First Voyage with Mother Ayahuasca:

Our room-space was a massive canvas tent. On the morning of the First Voyage, it was quite breezy weather, and the facilitators were unsure if the first ceremony would be held in the large tent outside or inside the main building. In the late morning the wind died down substantially, so we all piled into a big tent in a field. With fifty or so People together, which at first seemed quite cramped ... but of course, once we had imbibed the Ayahuasca and begun our Chakra Meditation, none of us were aware of, or cared, how many People were around or next to us.

This massive tent became our tribal tepee, which was probably the idea from the outset. There was a woman dressed in the traditional garb of a North American Indian that had lit and was attending to a campfire outside, in case any of us wished to wander out during ceremony to sit and stare at burning logs.

Meanwhile back in the tee-pee we all downed our first, second and some of us, our third glass of Ayahuasca. Perhaps as a result of residual exhaustion from the long walk the day before Mother Ayahuasca kept me relative sedate and still throughout this voyage, allowing me to ride the waves of vibration, in a very deep state of awareness. It felt like an undercover



reconnaissance mission. My vision was drawn upwards towards the ceiling of our giant tee-pee, which flared with colour and patternation. You could see the sun through the canvas and through the blindfold.

My sense of hearing increased acutely, and became tuned in to nature, to the wind, the mist against the canvas, the trees and their leaves, the birds, the bees, the dragonfly's and at one stage a helicopter which seemed to be hovering in the sky above us, perhaps observing us for some strange reason? The helicopter was an intrusion upon an expedition of natural sound and concentrated observation.

A few bangs on the ear from my childhood days, and my teenage penchant to stand close to big speakers when loud music was played, had *mysteriously* caused me to develop tinnitus in the right ear only. Every now and then my ear would ring a very *high-pitched ring*, or would sometimes *buzz* with a very low frequency of something resembling the sound of a distant sea.

It was never a bother to me, although it sometimes conveniently interferes with me hearing what some People have to say if they stand on my right side ... so in many ways it is also a blessing in disguise! It now occurred to me that the high-pitched ring might have something to do with the frequency emitted from the waves of vibration of the universe, and the buzz might be the intermission of those waves. Yes, this stuff sounds a little left field, but bear with me, as more stuff happens later on that rounds this stuff up nicely.



The waves we were tuning into with Mother Ayahuasca were all the same waves. We were just experiencing the waves at different levels of intensity depending on our own personal sensitivities, but we were all immersed in the same sea or field of vibration together as one.

Listening to the noises of others about me, my senses could pick up the ebb and flow of the waves of vibration, washing over us. You could time the waves, well at least anticipate generally when they were ebbing and flowing, through the sounds emanating in the room-space.

My position in the tee-pee was very near the centre, so the music came at me in stereo surround, and enveloped me in a blanket of sound. This voyage was relatively smooth for me, in that there was very little, if any, specific messages coming through for or about others ... perhaps this was my personal treat from Mother Ayahuasca, or perhaps she was lulling me into a false sense of security ... the next voyages were not to be so mellow.

After this voyage, we had a one-day break before the onslaught of the next three voyages. There was no shortage of workshops in dance, yoga, core wound, relaxation and meditation available. We also did a sharing group in the late morning which of course was my favourite, and which helped me vocalise my experience of the first voyage. Equally, it was not at all mandatory to participate in any of the workshops, so you could just stand out or chill out as you felt the need, and if you didn't wish to participate in any of the voyages, there were alternative workshops available during that time also.



This was very well balanced for all concerned, as there was no pressure on anyone to participate in anything, only as they themselves felt the need personally. For me, the whole point of being here was to totally immerse myself in the process of voyaging or journeying with both Ayahuasca and Voyahuasca ... with the intention of being able to both write and verbally explain what this stuff was about, in the most simplest of terms possible, perhaps to myself to start with and then, perhaps to others, if they were prepared to listen or to read about it.

Summer Retreat - First Voyage (ever) with Voyahuasca:

Many years ago, sometime back in the late 80's, a friend had procured some "magic mushrooms" for me to try, but they didn't seem to have any effect on me. My guess now, is that there were not enough mushrooms in that small pack, or perhaps the set and setting was not right to have the desired impact.

Anyhow, here we all were in our giant Tribal Tee-pee all ready to have a go. From chatting to People over the past few days, although some People (but not all) had tried Magic Mushrooms in the past, none had tried Truffles with an MAO Inhibitor, so we were all mostly still in the dark about what it may be like, or what the effects might be.

We all drank the MAO Inhibitor first, which still looked and tasted as nice as Ayahuasca! (not) ... Then we began our usual Chakra Mantra to allow the MAO Inhibitor (MAOI) a chance to circulate through our body system. After about three quarters of an hour, we were offered a certain measure of dried Truffles, and were advised to chew them into a mush before swallowing them. They looked like a cross-section of the Ayahuasca vine,



and didn't taste like mushrooms at all, but like very fresh, under-ripe Hazelnuts.

This taste was strangely familiar. During my childhood years, as children we had foraged quite a bit on the outskirts of and in the Hazelwood forest(s) near my home. We had eaten all sorts of Nuts, Berries, Grasses, Herbs, Wild Vegetables, Fruits and Mushrooms, and these Truffles did not taste like Mushrooms, and didn't taste like truffles either. The Truffles left a metallic after taste once swallowed, or perhaps they were just reacting to my teeth fillings? They did not upset my taste buds or stomach, in fact they tasted like a snack you might munch on, when sitting down to watch a movie. All they needed was a little salt and they would be perfect!

Sometime after eating the first course, the guides came round again, offering us another round of Truffles. Of course, far be it from me to refuse, after all, it had been quite a few days since anything more solid than vegetable soup had passed my lips. My appetite for Truffles was voracious ... the guide offering me the Truffles gave me a little more than originally on offer, with the warning "On your head be it". Even still, this was relatively early into the voyage, so my body felt like it could take a little more. If nothing else, my body was feeling quite fulfilled and nourished by the Truffles.

My voyage with this concoction of the MAOI and the Truffles had begun more or less with the first round of Truffles, but the second top up of Truffles took me away entirely. The music we were surrounded and enveloped with was entirely different and unique. It seemed to be a fusion of Jazz, Punk, Classical, Rock and House music, under-layered with tones of Beta and



Theta waves of vibration of some sort. It was TOTALLY NEW to me, and brought me to a completely different dimension of reality.

This dimension was most certainly not as earthy or ethereal as Mother Ayahuasca, but seemed way beyond that entirely. For me, it was a far smoother and a far more distant ride. We went beyond the earthly existence, perhaps to the universe, beyond the stars, and Voyahuasca began to provide me with visuals (for myself alone), of the context of space-time, and the spiritual quantum physics or quantum mechanics of existence.

It showed me a Spiral Galaxy, then a Rice Cracker, then another Spiral Galaxy, then another Rice Cracker ... an interchanging visual spectrum of Spiral Galaxies and Rice Crackers. Then Rice Crackers stacked in a packet, with a kind of an enclosed hole down the centre ... then the Rice Crackers separated and transposed into what looked like a stacked set of Chakras, and there was me, nodding away at all this new stuff, as if to suggest it was making sense. Over and over, on and on this went, it just wouldn't let go of its grip on me, almost forcing me to observe and download.

Eventually somewhere in the distance, the lead facilitator was calling time to close out the ceremony, to bring everyone back to this plain of reality. Wow ... this was a different aspect of voyaging that was wholly unanticipated and unimagined. Although it was an extremely smooth experience, it was completely exhausting yet deeply thought provoking.

Whilst this experience made absolutely no sense to me at all when we arrived back in the Tribal Tee-pee from our first



Voyahuasca voyage ... later that night, after about two or three hours of lucid dreaming and processing, it came back to me, and had to be shared with whomever was prepared to listen.

After awaking from my lucid dreaming, and this was not a gentle awakening, my body sat me bolt upright, found my cloak and slippers and brought me into the main dining area, where there was a friend sitting awaiting my arrival. Of course with his permission, we sat, he listened and allowed me to tell him of my voyage.

We sat at one of the dinner tables, took a rice cracker out of its packet, pierced a hole through the centre of it, and explained the following: The rice cracker is a circular disc, and has an uneven and undulating surface. The disc shape represents a spiral galaxy with its hole at the centre as the still point, or zeropoint. The undulating surface represents its outbound and inbound waves of vibration of its spirals ...

The rice cracker also represents any one of your Chakras ... When you voyage using Ayahuasca and in this case Voyahuasca, the Medicine carries you to the edge of the cracker and no further, until you surrender, and in which case it will then lift you to a higher plain or level above the surface of the cracker, where you can surf upon its waves to its centre, to its still or zeropoint.

In this stillness you can traverse directly to other still points, to other dimensions. These other dimensions can be your own Chakras or other Peoples' Chakras, and potentially to other cosmic dimensions and anything beyond these realms. By accessing other People's Chakras we can feel their suffering



and their bliss, empathise with them, identify each other's blockages, and help each other to heal.

This is inner-dimensional or multi-verse travel. Linear Time, as it is conventionally called, does not exist and has no meaning. The past, present and future are not recognised as distinct or separate. All parts of the universe and the multi-verse are interconnected by these still points that we can all access internally, and with a little practice and guidance, we can all do this at will.

These *still points* were NOT connected by what is sometimes described as worm-holes that you might travel through at great speed(s). Speed was not relevant; it was instantaneous, like appearing in more than one dimension or places at the same time ... much like the quantum entanglement phenomenon of particles existing in two spaces at once. You were popping in and out without thought, will or effort. These are the most ancient of point-ways, which were established before thought itself. You were drawn in and out of these points effortlessly. Everything was effortless.

All this revelation, by a humble rice cracker!

My friend listened ... asked some questions for clarity, and listened again. He then told me of his own voyage, and what my interpretation of our Voyahuasca voyage meant to him, how it resonated and provided him with context for his own voyage. We sat and continued to chat, sipping our Luke-warm-herbal-tea and smoking some rolling tobacco into the late hours of the morning, until more People joined us for breakfast, and we all began the day's preparation for our third



voyage. This time we would to be back in the arms of Mother Ayahuasca.

AS A SIDE NOTE: Mushrooms or Truffles are the fruit of what is called the Mycelium network. These fungi contain, in and of themselves, a complete set of building blocks of the Mycelium network itself. Mycelium is a multi cellular, highly evolved, intelligent organism that begins building/growing on the micro level and can evolve and build their fruit (Mushrooms, Truffles etc.) to the macro level. They break down dead and rotting matter, and nurture, feed, protect and inform healthy matter at all scales and levels.

A Mycelium network can be encompassed in millimetres, and can also expand to hundreds if not thousands of miles. Like any good network it holds a wealth of knowledge, about everything it touches or comes into contact with. It organically evolves to all its environments, way beyond the capacity of all and any other known organisms. In short, life on this Planet would not exist without it, well certainly not as we know it thus far.

When you take psilocybin mushrooms (or Truffles) with the prescribed MAO Inhibitor, you are tapping into the Mycelium network of consciousness. This network is what feeds, nurtures and informs all organic and non-organic matter on this planet, including all the constituent ingredients contained in any Ayahuasca brew. This is certainly note worthy, and worthy of more study time to say the least.

Summer Retreat - Third Voyage with Mother Ayahuasca:
Even before we imbibed the Ayahuasca, it felt like this Voyage



had begun. Mother Ayahuasca began bringing me straight into a still point, then into another still point, and then another and another. After each view or visit of a still point, she would take me out of the Voyage back into this earthly realm ... and get me to beckon a Guide over to give them the information from each of the visits to each of the still points.

This information was NOT about me. It was about specific people in the room, information for the guides that might assist them in working with some of the people in the room ... their blockages, their challenges and their connections with others. Sometimes the Guides would need to take me out of the tee-pee, to allow me to explain in depth and volume about my individual experiences. The feelings and the information that followed was VERY SPECIFIC and very directed. It identified root causes of blockages relevant to people's energy centres and Chakras, and what might be done to assist or guide people towards clearing them, if they were finding it all too challenging in that particular moment.

The first Guide who took me out of the tee-pee, had to get the OK from the lead facilitator, which she duly permitted. Some of the guides were quite surprised by my lucidity, but the fact is, Mother Ayahuasca seemed to only allow me to go back into a voyage when the information had been shared. It was my version of dispelling, purging or relieving myself. Of course, being outside was also an opportunity to smoke some tobacco, and at least temporarily ground myself before the next onslaught. Not all of the information was about People who were voyaging; some of it was about and for the Guides themselves.



Towards the end of this voyage, one of the Guides who had kindly accompanied me outside to talk, before our walk back into the tee-pee asked me in all sincerity, ***“Do you see things?”***. My answer being: ***“No, it is more like a feeling of things”*** ... and that is what it is, a feeling, or a sense of feeling through resonance and vibration.

This whole voyage was all about others, and Mother Ayahuasca getting me used to coming in and out of a voyage to express in a conscious manner information gleaned about other voyagers, which allowed me to dispel that energy and go back into a voyage. Nothing in this voyage directly related to me and although exhausting, it was invigorating and exciting. It felt like a one-off, magnificent training session, with the best coach in the universe, and with enormous learning and substance to it.

Although this may all seem a bit weird, and does seem weird even to me now to be writing about it, at the time it felt really organic and natural. This, in part, is due to the setting and the environment created by the Guides and Facilitators, which was one of trust and non-judgment.

Summer Retreat - Final Voyage with Mother Ayahuasca: At this stage, my body was feeling exhausted although still relatively relaxed, it probably longed for a break from voyaging into the realms of vibration of other Peoples’ stuff, and longed for a bit more me time. Although there were second thoughts arising in me the night before, about doing this final voyage, my inner resolve to complete my journey was superior to my thoughts. It felt like there was still something deep inside me that still needed to be resolved, faced and or embraced.



We began this final voyage with the usual preparations, a Chakra meditation and the imbibing of Ayahuasca. After about five and a half hours of voyaging into the still points of other voyagers, and many talks with the guides to unburden my feelings and the messages ... a certain guide appeared in our giant Tee-pee.

When she arrived something prompted me to sit up, take off my blindfold and go over and talk to her. We went outside for a walk, and a chat, and a quick smoke of some tobacco (she didn't smoke). When we came back, she sat beside me in complete stillness, with me drifting off soon after. This was one of the guides that had previously sat with me at the Guide training voyage in Portugal. Her ability to be in her own stillness relaxed me sufficiently to allow me to drift back into another, final voyage with Mother Ayahuasca ... *just for me*.

During this phase of my stillness, Mother Ayahuasca took me to meet an Uncle of mine that had passed away (died), approximately thirty years ago. This Uncle had been a very kind man and a huge support to me as a child and young adult. He used to buy me comic books to encourage me to read, and later gave me some very interesting books to digest. We would discuss a great many topics, including English literature, Philosophy, Psychology, Science, Music, Nature and Spirituality. He had also studied Astrology and Tarot Cards, and sometimes done star charts, and Tarot Card readings for me.

Since his passing he had appeared to me many times in my dreams ... and here he was appearing to me once again. When he passed, he had suffered immense pain for a time leading up



to his death, and without going into any detail here, it was not possible for me to get to see him when he was passing. He informed me he had always watched over me and had guided me whenever necessary, and would continue to do so. In essence he was acting as my Spirit guide.

This revelation brought up a well of emotion in me, a heady mixture of sadness and happiness combined. Sadness for his pain, fear and suffering, my sadness for losing him and now my happiness to know he was ok and had done so much for me in the intervening years.

These emotions came out in my tears, as my body curled up into the foetal position, and sobbing overtook me. Thirty years of sadness came out in the space of thirty minutes, and was still coming out, when another guide attended to me, and comforted me, by rubbing my shoulder and neck. Eventually when my tears began to subside, the guide guided me outside to talk. In between my tears, she heard the story of my Uncle, and how and why he had died.

We chatted and joked for quite some time ... then the guide told me that during my stillness and before my sobbing had begun, two Giant Dragonflies had landed on my head, crawled around a bit, then lay perfectly still with me for quite some time ... which she thought was quite an unusual sight to behold.

We joked, that perhaps these two Dragonflies represented something spiritual, as an insect Spirit guide of some sort, or perhaps they just liked the combined stench of tobacco, sweat and Ayahuasca coming off my head. Towards the end of this



conversation and a bucket full of happy tears, we were invited to return to our tribal Tee-pee for the closing ceremony, and that was that.

Here ended my summer retreat voyages of 2019. The next day there was a closing ceremony and a massive buffet put on ... all of which was missed by me, and a few of my new friends, as we all had relatively early flights to catch home.

ELEMENTS/REVELATIONS OF VOYAGES 10, 11, 12 and 13:

- ॐ My tinnitus is not so much a curse anymore. It seems to facilitate sensitivity to certain frequencies of vibration.
- ॐ We ALL experience the same waves of vibration at all times, but we are not all tuned in at the same moments, and thus we can perceive a disparity or duality, in our connection with each other and all.
- ॐ You can pick up the ebb and flow of vibration through the collective resonance of a group of People, who more or less have the same form of intent.
- ॐ Truffles don't taste like mushrooms or truffles per se, they taste more like fresh un-ripened hazel nuts.
- ॐ Spiral Galaxies, Chakras and Rice Crackers are all one and the same.
- ॐ Still points (or Zero points) are a pathway to other realms and dimensions, and time has no relevance to this form of INNER DIMENSIONAL travel.



- ॐ Voyahuasca seems less earthly than Ayahuasca, and is geared towards knowledge or gnosis beyond the ethereal dimensions.
- ॐ More study on Mycelium required.
- ॐ It is possible to be informed and guided by Mother Ayahuasca to serve and help heal others.
- ॐ Visuals are messages for me, and feelings are for others. Which seems to be the way it is at present, but all that may also change.
- ॐ Have now found a potential *Insect Spirit Guide* in the Giant Dutch Dragonfly, and another Spirit Guide in my departed (but not entirely gone) Uncle. Who would have though any of this possible? Certainly not me!

On Being Home From All this Voyaging stuff: Have decided presently, that there is no need for my imminent return to Voyaging with Medicine Plants. Have decided instead to concentrate my efforts on writing and journaling whatever is relevant to me on an irregular basis. Have also decided to study Shamanism in greater depth, and all that this may encompass.

Would love at some point to write about other Peoples' experiences and adventures with Medicine Plants, providing, of course, they are gracious enough to allow me to. But that may be a story for yet another day ...



The experiences of Voyaging with Medicine Plants or Entheogens has directed and made my life fuller, more meaningful, quite exciting and often very entertaining.

My hope is that other People who know me well, or who are around me regularly, see this as something better than was there before. ॐ

MENTALSCAPE





PART THREE - THE FINALE

MÉATHUASCÁ

JOURNAL OF THE SOUL

MÉATHUASCÁ



FAST FROM THE WORLD

We previously wrote about fasting, as part preparation for a voyage with Mother Ayahuasca. Much more can be said about fasting. Remember, fasting for a voyage is not about losing weight, trimming your tummy or looking or feeling good, although many People have reported these additional benefits.

In many religious traditions their *Prophets, Seers, Saints or Holy Ones* spent time out or away from others, on their own, in self-imposed isolation whilst fasting from food and in some cases, (the) drink. In a contemporary context this is analogous to an addict, going into rehab to get clean, or drying out.

Although there are probably a greater many *Holy Ones* out there in these modern times, despite appearances, it is not beyond any of us to put ourselves into a relative *state of grace* regarding the body or shell we use on this plain of existence. It really only takes a few days to a week to get your body relatively well cleansed or prepared.

We cannot talk about fasting without also considering addiction. In this *modern age*, there are many categories of addictions and addicts, and equally there are as many types of addiction and rehabilitation clinics and centers as there are classifications of addicts, or for those who desire to be free of their pathological desires. As they say, in the world of *Get Rich Schemes and Plans*, ***‘where there are problems there is money ... and if there are no problems, lets create some’***.



The desire to be free of a desire ... is yet another desire. If you desire to be free of an addiction (of any sort), you have just created another desire or addiction. The desire to be free of an addiction is another addiction. Most, if not all, pathological addictions at their core commence with a disconnect from the self at or from a relatively young age, and sometimes prior to a very young age, i.e. pre-birth or beyond.

Fasting from the world is about desisting in your desires, and desisting from thinking about desires, wants, needs and all our pathological behaviors or addictions, if only for a while. Almost without exception, we (all) endlessly seek pleasure and seek to avoid pain. What if we could STOP seeking and avoiding, if only for a while? What if we could be still without desire, without seeking, without avoiding, if only for a while? What would happen then?

If we can drop desire, drop the seeking and avoiding, we can drop the struggle, and become free to be our true selves, free of desires and pathological addictions. Then we can truly begin to enjoy life on this plain of existence, as we are all meant to.

In order to get at the core of any addiction, and to clarify where it originally emanated from, a certain amount of agitation and emotional discomfort may be required. It requires profound bravery to face this *original emanation*, but we can prepare ourselves to a certain extent to face it.

When you were born, you were not self-aware. Self-awareness happened to you along the way as you took on the social conditioning and perceptions of those around you, about what



and who you were, and others interpretations of what life is about, and what was, or is, expected of you.

Before this Self-awareness occurred, you did not have a concept of being separate in or to the world, you attained and developed an egoic construct of mind. This egoic construct is the mask you present to the world as being you, but like any mask, it is not you and is not even an accurate representation of the true you.

Many of us have never taken off our masks to reveal our true selves, our true nature and power. We have worn these masks for so long we have convinced ourselves we are the mask and therefore, the mask becomes almost virtually impossible to remove. Thus we resist the potential or don't ever consider the possibility of removing the mask.

Of course, these masks we all wear have been scarred and become battle hardened over the years. So we try to repair and paper over the scars. Many layers have built up over the years, so the mask never completely disintegrates, so we never truly expose what lies behind the masks layers. The mask encases us as a prison wall would.

Fasting from the world helps us begin to remove some of these layers we have accumulated over the years. As we slowly detach from our physical, mental and emotional needs or desires, layers of our mask slowly begin to peel or fall away.

As a simple example: If you don't eat solid food for 24 hours, come *breakfast time* your mind may signal a thought that your body *wants* food. This is a conditioned default programme,



only to suggest that ***“if there was food going, this would be a good time to consume it”*** ... but it is only a suggestion and nothing more.

You may have to recognise it but you cannot be forced to act upon it, as it is only a suggestion from the conditioned mind. After a short period of time, the mind will detach itself from the thought or suggestion of hunger or desire for food, and just go along with whatever else happens to be going on in that moment.

Later on in the day, at what you might call *lunch time*, the conditioned default programme switches on again to suggest that ***“if there was food going, this would be a good time to consume it”***. You may decide to hop to it and do what is suggested, or you may choose to just let it pass, as you cannot be forced to obey the mind’s conditioned routines.

Even at this early point or stage, you are beginning to wear down the mind’s conditioned routine or programme. But no doubt the mind will again suggest at about *dinner or tea-time* that ***“if there was food going, this would be a good time to consume it”***. Once again the choice is yours, either you go with the programme or you don’t.

After three, four or five days of this, the mind’s conditioned routine or programme becomes fainter and fainter, until it is hardly even noticeable. Your want, need or desire for food slowly begins to dissipate.

This is not to suggest, that you refrain from drinking water, liquids or taking soups. Just that you refrain from eating solid



food, most of which in this modern era are not that wholesome anyhow. Again, we carry out this exercise for the purpose of preparing our bodies to imbibe the sacred plant medicine Ayahuasca, and to put our bodies, at least for a while, into a *state of grace*.

After 3, 4 or 5 days of fasting from solid food, our body begins to adjust, and the craving we had for solid food begins to dissipate and most toxins that may have been deposited in our bodies from processed foods and or from drugs or alcohol begins to disintegrate, to a certain degree at least. Some toxins, if still remaining in the body, then Mother Ayahuasca may deem it necessary to help you complete the purge via vomiting, diarrhea, peeing, sweat and/or emotional releases in various other forms or ways.

Toxins come in many forms: There are the obvious toxic residues in and from what we eat, drink and/or consume, but there are also toxic energies which get built up or accumulated through toxic life styles, experiences, incidents, traumas and events etc.

People report that their purges come in all sorts, shapes and sizes. For example: When they do physically expel, purge and/or vomit, they often see it as a very dark-looking substance, which they often see or perceive to be akin to a dark energy they are freeing themselves of, which in turn can unblock them on a physical, emotional and/or spiritual level, and which in turn unburdens them on many other different levels.



Some traditions, say that Mother Ayahuasca is a jealous plant or lover ... she does not like to share and as such, does not like to leave room for any potential damaging toxins in the body she is working in or with, or attempting to heal.

All we are suggesting here is this - the more you respect the preparation for your voyage with Mother Ayahuasca, the easier the voyage may turn out to be. The preparation is not only about physically fasting, but perhaps should be inclusive of psychological and mental preparation, study, meditation and some quiet or alone time.

Ayahuasca works on multiple and various levels consciously, subconsciously, super-consciously, physically, psychologically, spiritually, emotionally and others ALL AT THE SAME TIME. Thus, it can be an extreme and overwhelming experience for the participant. The egoic or conscious mind is an extremely fragile and temporary construct, which ultimately falls away upon death.

On what we have termed as the *psychobiochemical* level, the DMT that becomes activated or is active in your brain after imbibing Ayahuasca, assists in switching off your conscious or egoic mind, albeit on a temporary basis, for between 4 to 8 hours depending on conditions, causing a little or temporary death. When this experience ends, your brain begins to reanimate and reorganise itself, to make and form new electrical connections, driven without the interference of societal conditioning or programming. It is like a brain reboot, but a brain reboot with a completely new set of programmes and way of operating ... as opposed to electric shock therapy,



which provides a temporary clearance, only to find the same old viruses and corrupt programmes re-emerging.

Obviously, if your conscious or egoic mind is going to get switched off for any period of time and knows it, then naturally, it will be resistant. This is where, in my view, the headaches, the sneezing, the coughing, the vomiting, the purging, the expelling, the shitting, the weeping, roaring and shouting comes in, to fight, to battle, to struggle and resist the surrender of the egoic mind. This is natural, as we also have built into us the seed of *fight or flight* for survival. This seed also provides us with the innate ability to grow and to heal, beyond anything we can imagine.

Equally as we oft forget, we have the ability to ***lay still and play dead*** so to speak ... this perhaps is the mantra we should adopt, when we work with or surrender to Mother Ayahuasca, to trust she will not devour us, but instead guide us to metamorphose into something more, and perhaps even into something better?

Each time you imbibe Ayahuasca is a different experience. It will teach, show, guide and/or reveal different aspects of itself and yourself to you. When taken in the proper set and setting, you become Ayahuasca and it becomes you. It will provide insights and clarity, some of which you may well remember on a conscious level, but it also downloads so much information to you on a sub- or super-conscious level, that you may not be able to remember much of it initially. But rest assured, in time, Mother Ayahuasca will reveal herself to you, when both you and she are ready.



From the teachings of Don Juan, via Carlos Castaneda: ***Power rests on the kind of knowledge that one holds. What is the sense of knowing things that are useless? They will not prepare us for our unavoidable encounter with the unknown.***

ON ANOTHER BUT YET IMPORTANT NOTE (to ME): Reviewing my journeys, voyages and adventures with Mother Ayahuasca puts me in mind of my younger days, when part of my life revolved around sports, athletics and fun. Three things in particular which have re-occurred to me, are deep breathing, cold water and bare feet.

Deep Breathing: Back in the day, some coaches insisted upon a warm up prior to training or prior to a game. Part of this warming up involved stretching to make your body and muscles supple, and to breathe deeply for short periods of time, in order to relax your body and switch off your (thinking) mind, to let your body take over and do the work, without thinking, so to speak.

As the years have gone by, my interest in sports has all but disappeared, but these recent adventures have brought me full circle, and specifically back to doing deep breathing exercises. We won't get into any detail here or recommend any particular breathing exercises, as you can work this out for yourself, but just to say, that deep breathing is so good for your body, in that it (re) oxygenates your blood to the extent you can feel, in a very physical sense, a healing process going on within your body almost instantaneously. This is well worth taking a bit of time to research further.

Cold Water: This part has never been recommended to me by coaches or trainers, but is just something that seems to have come to me and helped me heal from sports injuries and strains, at a relatively phenomenal rate. Initially it started after training, with washing my feet in cold water to cool down, and after time, it



evolved to taking a cold shower after training, and then evolved to taking a cold shower before training or an event, as it seemed to wake my body system up, and then with another cold shower afterwards, it would cool me down, and reduce muscle cramps.

Bare Feet: This is something as children we would do. Just remove our shoes and socks and walk bare foot in the fields and in streams to *stalk our prey!*

Although it was a game back then, the bare foot thing has serendipitously re-surfaced for me. As it transpires, it is something that turns out to be a fundamental basic for me to reconnect back to Mother Earth. So much so, that just prior to my first-ever Voyage with Mother Ayahuasca, a friend gave me the gift of a book on this very subject, in which the author has made some very remarkable discoveries or should we say re-discoveries about being Bare Foot in Nature. Suffice to say, it is still a fun thing to do and after which, one cleans one's feet in cold running water, which does initially cause you to breathe deeply. So it is almost a perfect and complete way to remove stress, and invigorate the body and possibly to heal.

There are tonnes of sources available for you to independently research these three subjects in particular, and to test for yourself and consider any science behind each. This we shall leave up to you. After all, we cannot be expected to do all the work for you, can we?





FINAL CHAPTER: DENOUEMENT

Denouement: The final part of our narrative, where we undertake to pull it all together, and try our best to explain or resolve any outstanding matters, if such a thing is possible.

This book does not presume, that you should believe anything written in this book. In fact it would be far more beneficial, for all concerned, that you read this book with a healthy level of scepticism and a sense of incredulity.

In this approach you will not be lured into the temptation of just believing what you read. Truth is for YOU YOURSELF to discern, via your own divine experience(s), and not for another to impart.

If you have reached the end, and this final chapter, which of course presumes you have read all the words in this book, you will, of course, remember what we requested of you in the very first chapter, and if not, then we respectfully ask you to re-read *the FIRST CHAPTER* (THE TRICK AND THE LIE!).

This work represents three or so years of voyaging, research and study. Without the many years of life's adventures and experiences crammed in before that to provide a backdrop, none of this would have ever come about, and in this way and in these life experiences, were times and moments of both Bliss, Suffering and everything else in between.

There is as much to be attained from suffering as there is from bliss, but one does not and cannot exist without the other.



Suffering and bliss are not always synonymous in equal measure, or so it may seem, because they are almost indistinguishable as frequencies of vibration.

When you reach a place of absolute Stillness or your Zeropoint, you remember this as true. Each and every one of us (without exception) has the potential to reach this Stillness, and therefore grow and heal oneself, should you oblige it, of course.

This Stillness provides an experience of the universe, where all perceptions slow down to feel and/or see all from a non-dual, non-moving and non-static perspective, all at the same time. Everything requires reciprocation, not as a measure of give or take, but in terms of flow. Vibration creates and destroys this continuous flow, where there is neither creation nor destruction, but of course we are limited here to using words on paper.

Voyaging/Journeying with both Mother Ayahuasca and Voyahuasca has given me a Soul re-birthing. It has relayed and replayed some parts of my life back to me that had been forgotten i.e. hidden and buried for decades, and thus had caused me great emotional anxiety and latterly, was emanating itself in a physical unease, such as rheumatism and/or arthritic pain. It has allowed me to let go of and dissipate pain, anger, sadness, fear and suffering to a great degree, and to stop cradling and protecting my ego from *the slings and arrows of outrageous fortunes*, as someone famous once said.

It has shown me ***“my life thus far”*** as a series of Films or Movies, first created in the Minds Eye of a Director, the Director being ME of course. It’s now possible to see all these



Life Films as being truly magnificent in their own right, and ALL characters portrayed therein worthy of the highest accolades.

There has been drama, intrigue, suspense, horror, crime, hate, comedy, romance and love of course, and without the other character-actors in my life film playing their parts, none of this would have been possible, and no doubt there may be far more films to go ... but of course this director now has a different *take* on things (pun intended).

My gratitude to all of those characters/actors, who have participated in and played their roles most exquisitely, in my life in this realm, both in an historical sense, and on my more recent voyages, journeys and adventures. There are far too many to mention, most of who may wish to remain anonymous ... but you all know who you are. Please remember, each of you is playing your own lead roles in your own *reel* Life Film or Movie also. Perhaps like, ***the Universe Experiencing Itself***.

In completing this material, we might investigate more into Shamanism. Someone also once suggested that numerology might be an interesting topic to research, which sounds logical enough, when you put two and two together!

Thank you for reading.

Go to: MÉAHUASCA.com/
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