

DRINKING TEA WITH GOD AND THE PATH TO SURRENDER



by Magda Leszczynska

Becoming a detached observer of the inner landscape is one of the most profound lessons of all entheogens in my experience. It was never my desire to serve the medicine, and I was strongly discouraged from stepping into that role for others. My deepest wish working with medicines was to experience and heal myself, and to let go of my existential story, conditioning, and patterns of the mind.

I lived with psychosis for almost 20 years and spent another 20 years healing myself with the help of a spiritual teacher and shamanic training that gave me the tools of breathwork, extractions, illuminations, and shadow work. At that time, I practiced diligently and full-heartedly without any inclination for psychedelics, but rather deep disregard and judgement for all of them being just “drugs”!

For many years I suffered from insomnia and physical pain that could only be calmed down by a strong cocktail of opioids at the ER department. Pain and lack of sleep humbled me to become open to a prescription of cannabis. This teacher worked with me for 5 years in preparation for shifting directly into 5-MeO-DMT.

If not for fear-driven psychosis with suicidal ideation and raging anger or deep sadness as the only options for emotional self-expression, I would have not looked into medicines to later find equanimity: the state of mind of neither expressing approval or disapproval, judgement or praise, fear or love, but observing all and allowing all to exist side-by-side and having no preference for either experience. The understanding of equanimity was consciously emerging over a long period of time. The process was sped-up with psychedelics and understanding of ego transformation and shadow death. There is a strong misconception and misunderstanding of ego death which truly is a shadow death. It is by transforming and transcending our shadows that we reshape our ego. The ego is a guide and programming as one of our facets we live with here on Earth. Ego can be transformed into more a functional and practical self as we heal ourselves more and more deeply.

Deep emotional and physical pain were the means into trusting something beyond me when I said YES to 5-MeO-DMT. In letting go of control and fear I found freedom from the story, the patterns, and all the self-created

obstacles I was living in. If not for letting go of all I knew, I would have not found surrender and the ability to embrace the unknown, that, in turn, embraced me with love and compassion.

The medicine, 5-MeO-DMT was introduced to me by Tantra practitioner I worked with for five months. It felt like a very natural step on my healing journey and the offer was greeted as a last chance and possibility to let go of trauma and suicidal ideation. There was no doubt in my mind that I was done with life, and a lot of speculations roamed through my head that this “medicine” was just a big hoax! The doubt about the medicine grew exponentially bigger when I was asked just before my first inhale whether I wanted to experience Tantric orgasm during my journey. I declined, offering the medicine the opportunity to introduce itself to me in its natural form.

After my first experience, I was relieved, but also very deeply disappointed. I didn’t expect to walk a full circle back to my childhood to feel the infinite field of energy called love where I created butterflies and had experienced my presence in its purest state of being. What was I expecting to feel? I truly don’t know, but my ego-self had me prepared to expect something that I didn’t know or didn’t remember already. In that journey I also experienced the infinite continuum of life in many different forms and timelines from here now to forever, as only one of endless possibilities of self-expression. The journey to go back in time was as available as the journey to move forward in the space where time doesn’t exist, and everything is happening simultaneously within me, for me, with me, and around me. All that, simply, is an ecstatic expression of my being. At that point I was wondering what Tantric orgasm may feel like with 5-MeO-DMT and regretted declining it. Maybe I had refused to really know what I was looking for, I thought to myself minutes after returning to my body and to human consciousness. Another strong thought was the realization that there is either something very wrong with me, or that I am perfectly normal, and I just had to fight to accept the truth I knew all my life.

Karma, also known as unresolved self, cords, or simply the marvel of existence, is one of the mothers of life and the very spark of curiosity propelling existence forward. After all, we are very curious beings in need of companionship, presence of others, and being witnessed and acknowledged. Karma is simply fulfilling our dream of not being alone, and the opportunity to fall in love with ourselves over and over again presents itself in many different ways. The love we seek is seeking us to love itself back through and with us once we surrender to it.

The lesson in my first journey was simple, familiar, and annoying at the same time. I am that I am, and to move out of the mess I had created for myself, I needed to go right through it. I booked another session shortly after the first one to go deeper into the process of acceptance.

It was very apparent from my first journey that the medicine itself is the spark that ignites the knowing, the experience, the memory and realizations within. It was also very obvious that the healing process consists of infinite opportunity of choices and changes that I can make in my life based on my current level of consciousness. Without self-judgement, the level of consciousness fluctuates, changing the trajectory of my soul significantly, but never permanently, always leaving choice as an option. The 5-MeO-DMT was merciless by offering me the truth that I am the dis-ease, the healing process, and the healed version of myself, all at the same time. Remembering my childhood ability to shift my conscious presence into different dimensions and states of being, the choice of what I wanted to experience, manifest, embrace deeper, and simply experience myself as, was within my conscious ability to do so right now and always. As much as the choice was unfolding fully within, so was the temptation of resistance and doubt. “Which wolf will win within me grandpa? The white one that is loving kindness and compassion, or the black one who is always angry, frustrated, and unkind to others?” asked a young man who just discovered qualities of polar opposites within himself. “The one you feed more will grow stronger,” said grandpa!

In the last three years I’ve had close to 40 journeys with all different psychedelic medicines, where over 25 of those journeys were with bufo or 5-MeO-DMT. There was strong interest in 5-MeO-DMT, but I didn’t particularly seek this medicine or the frequency I journeyed with it, so perhaps the medicine itself was calling me . . .

I will correct myself here! I was introduced in 2005 to the Quechuan language of the Inca people while studying shamanism. Inca people don’t have a singular pronoun “you” in their language. The equivalent to “How are you

today?" is "How is the village inside (you) doing today?" The perception of "I" perhaps was invented by modern culture and civilization to denote individuation and self-awareness in the form of separation. It seems logical to assume that according to Quechuan language, the medicine lived and is an integral part of my village I was born with and was calling me within. So therefore, the medicine and I were seeking each other as there is never one-sided seeking or interest in anything since I am also what is seeking me, and I am the result of the union, the future outcome merged within me. I got curious why this medicine was the most available for me to experience and get familiar with, or a better approach to it is: I got curious why I made this medicine the most available for myself to experience and get familiar with. Also, there is a deep knowing that my being has equipped me with all I needed on my journey on Earth.

The flavor of 5-MeO-DMT as a teacher is kind, multidimensional, and patiently persistent. Having tea with God is simply drinking God from cup-God with God and talking about the weather-God, the future-God, the healing-God, and all God-related aspects including nothing-God, silence-God, wish-God, joy-God, etc. . . .

The following trip report was my first conscious experience with preparation and participation, but my third journey with 5-MeO-DMT:

I took a month to prepare for this encounter with the S!

Breathwork, meditation, fasting, prayer, awareness, and being in the moment were my daily staples. Additionally, I got a long ceremony prep list for 3 days prior, so I followed it.

I was very nervous going in. Some of it was plain and simple fear! There was also anticipation, reluctance, negative self-talk, wounded self, healer, drama, along with perseverance, courage and curiosity. Yes, I invited all of me to partake this journey! It was a family trip!

In a lovely space of music codes, magic tea, and getting to know each other through conversation, I felt a big YES in my whole body to simply surrender and receive.

I was ready.

Sipping slowly, the vape hit me really hard and I couldn't complete the inhale as explained prior. Drifting in and out of consciousness, whiteouts, visions and realizations, I had only partial awareness of what was happening, but with absolutely no say which way to go, the medicine took over my willpower and senses! It was the only way to proceed as I had trained myself in self-control very well over 5 decades! I would travel "horizontally" and "vertically" through time and space, and also time and space would travel to meet me where I was, with a gift of awareness. All of them presented as different consciousnesses infused with their unique purpose of function. The consciousness of the one and only WHOLE-ME would split into individualized "pockets" of intentional "meaning" to make interpretations of feelings, visuals, senses, awareness, flow, and fluidity possible for me to capture as more dissectible, manageable and translatable take-away fitting into constraints of my human brain and 3D reality, or where I am in my personal and spiritual growth. This meant slowing down to almost a stop (which is absolutely impossible!) the fluidity and constant movement of all particles, the energy that I am. This is the state of Qi I used to teach in Chinese Medicine. The Qi is constantly active, moving, and reorganizing itself within itself and within the form it was representing for familiarity and simplicity for me to understand. I taught Chinese Medicine for over 10 years with great passion for its mysterious meanings. I was called the best teacher at the Academy. I humbly admit, I understood very little! Since my first trip with the Medicine nine months ago, the Tao itself taught me about Chinese Medicine. It showed me its beginning, flow, the seed of all creation. It showed me myself as the Tao, the beginning of my Universe. As I looked at the Qi/energy in constant shift yet representing itself in a slowed-down motion for familiarity and simplicity for me to understand, I remembered how I created butterflies and birds from golden energy when I was 3 years old. It came to me that slowing down the energy to a specific frequency with a specific intention was the manifestation of particular life form. It was a concept I clearly understood in childhood but had forgotten for decades!

All those visions, memories, connections, and realizations happened within just a few short minutes.

Whiteouts and states of in-and-out-of-consciousness, as merging with One and becoming separate, I would wake up in new "environments" and awareness in different parts of experiencing myself. The sacred movie of past events in my

life was playing right in front of me. I was in a super-fast forward through the past and present and through the future into the now mode. There was no confusion in that state, as I was not experiencing time and space until the very moment of recognizing it as so! It was clearly the recapitulation of my life before death.

At one point, things came to a halt! In front of me I saw my darkness (D), who's my partner (in an absolutely pure meaning of this word), my teacher, and guide. The pathfinder to the light through "stuff" called life on Earth, along with my charming, sensitive, enthusiastic, loving and curious 3-year-old light (L). As an observer I heard a conversation through feelings between the two:

D: How many lessons do I have to create for you to learn (grow up)?

L: I'm just fine, I don't feel like being different (growing up)

D: I worked so hard and I feel unappreciated!

L: What does it mean?

As the darkness chose not to say that she feels unloved... so she said:

D: I can come up with a strategy for you as my master plan to feel complete and fulfilled myself!

The light was just staring at the darkness with amusement, totally not understanding the concept and need to be complete and fulfilled!

It hit me; this is my internal daily dialogue in 3D mind structure: I don't want to grow up; there are responsibilities to carry! I don't want to create my reality; the naïveté is blissful! I don't like to surrender and become a slave... I thought to myself.

The Medicine took me through dimensions going up, seeing white light within everything and myself but knowing that where I was going was the ultimate meeting of myself in my grandest, limitless, and nondual form that exists.

Every step of the journey I would be asked to let go, to surrender deeper and deeper, over and over, into absolutely no resistance to experience of the pure magic of myself, the absolute miracle that I Am, pure pleasure through unbelievable orgasmic constant bliss into the essence of it infusing all that exists...

This is when the last struggle presented itself. I had a feeling offering to open my heart! It was torture! I rather die, I heard, and at the same time, I realized who was speaking... The tug of war, the internal conflict, the perception of control... My consciousness was flipping, from me wanting to surrender to me wanting to control. From me who originally said YES to myself stuck in individualization, the ego self who wants to create a separate universe, a better life for me and myself, that I could ever have by surrendering to the unknown... As this war was unfolding within myself, I felt physical pain in my chest while being in pure energy form. A thought, a spark of intelligence, spoke in the language of love to everything within me: we all are one! In this very moment, my heart exploded into an infinite number of particles of pure white light and the essence beyond bliss infusing all that exists...

This was the opening of my heart chakra, which I felt physically and energetically at the same time. The shift was dramatic, but integration was fluid and instantaneous, as the experience simply brought me back to what I remembered feeling and knowing.

The following encounter with 5-MeO-DMT recounted below brought deep understanding of my inner landscape. While ET abductions were an integral part of my childhood experiences, most of them happened as a feeling of an altered state of consciousness. In one instance, I was guided to enter McDonald's and ask for the largest Coke they had. When I refused, the request came through my mouth without my control of the words. It was a large 2L bucket of Coke. For someone who doesn't drink pop, this was a challenge, but when I started feeling the familiar shift in my body, I knew immediately that I was leaving 3D and drank the Coke in 30 seconds bottoms up!!! The Coke was the fuel my body needed to protect itself from disintegration. Many years later and 24 hrs after sitting with 5-MeO-DMT, I had a similar, but much longer, experience lasting 40 minutes. Here is what happened:

Next morning after the ceremony I followed with my morning routine of breath and movement. There were further realizations and releases, so I allowed this process until it felt complete. At 2 pm I left the Airbnb in the direction of the train station, which was about 50-minute walking distance.

I heard a voice inside, my usual guide, suggesting not to close myself off by listening to music on headphones, but have my sunglasses on and walk slowly on the shaded side of the street with attention to feelings inside.

I stepped into a busy and rather strangely unfamiliar flavor of the city! Once I chose major streets to maneuver through, I opened myself to presence. The very first person approaching me stopped and said in a loud and vibrant voice, "You are so beautiful." My instinct was, as usual, to keep on walking, but instead I stopped and said, "Thank you!" We both smiled and moved on. The importance in this encounter was for me to realize that I was not in control of my reactions. There was a presence, a force, inside me that guided me, and I was to fully surrender to it! It was a familiar feeling from childhood abductions; definitely a little altered, but grounded and conscious at the same time. I wanted to give myself a semi-negative thought of, "Here we go again," but the thought evaporated, leaving conscious awareness of my intention, but morphing into clear, sunny nothing! Its absence made me feel happy and aware of the process in my head! Consciously psychedelic-minded, I felt a giggle of that contradiction, so I giggled along, realizing that WE giggled together. There was more than "I" on the inside. Every word was consciously aware of its own meaning, definition, and consciously present, having discussions with other words in form of a sentence that my brain would normally understand with a limited number of translations. My brain became supple enough to let go of worry and control in a projected pretence to save ME! The mind became an observer.

I took a few steps and felt conflicting feelings of knowing where I was, the streets I was walking on, but at the same time, a notion that I hadn't been there before! Everything about the city was different. Every few steps I would turn 360 degrees to look around and absorb what I was seeing and hearing, the unfamiliarity of the surrounding that carried the street names I have walked on before! The visual and auditory information was passing through my skin rather than my sense organs. I was feeling visuals and feeling sounds. Smelling and tasting also came through every cell in my body.

I was taken to other dimensions with my physical body before, I started to wonder and even asked myself, "Where am I?" Is the 5-MeO-DMT able to prevent my body from disintegration? Is it able to change my brain chemistry and DNA structure for my human body to become elastic and a "screen door" like to move time, space, and the whole rainbow of different frequencies through me with ease?

Fear was hardly ever a part of my experience with abductions, but awareness and conscious processing without the ability to stop or change my experience was always a sure sign that I was not in 3D reality.

The streets were filled with people with mental challenges, addiction problems, prostitution, naked bodies sleeping on the grass, malnourished people sitting on benches smoking cigarettes and having blank stares in their eyes. Ghosts were roaming between the living. Looking for nothing, wanting nothing but fully surrendering to lack of ability to be conscious. These were dissolving consciousnesses! Becoming deeply unaware of existence, life would bring them back as energies without consciousness back into oneness.

Spirits were jumping out from by-passers into me and scanning my internal landscape, coming out with a word or two with their observations. "Nice," said one. "I wouldn't be able to connect here," said another spirit popping quickly out from my body.

I had no resistance or fear, I surrendered deeper and deeper into this experience I called conscious psychosis via observing and nonparticipation.

Houses and buildings looked like prisons; there was no room for people to self-express or community to build. It felt that the collective disease permeated the soul of this city. I looked at the architecture and wondered about functionality and adherence to universal laws of freedom and conscious liberation of existence for its sheer pleasure to experience itself. What surprised me was the fact that I had no pity and no judgement about it besides the observations. What's more, I had absolute admiration for life the way it was . . . I had indifference in my heart with at most respect for all I observed.

A feeling gentler than a whisper, more subtle than a breeze, entered my awareness and left almost silent words and an invisible note of the most profound, yet so obvious, revelation: what if this is all you, Magda? All you are and have created? All you have experienced within yourself so deeply and profoundly... This is unity, this is oneness, nondual reality that is you...

I stood there expanding into every human I met that day, each tree and each blade of the grass, and each grain of sand, the air, the sky... I allowed tears to roll down on my face and a smile to stretch from ear to ear! I felt caressed and cared for by my mind, the "I" within my universe, the shadows, the mentally challenged, and all the unhealed ones within my psyche who waited for me to wake up! I'd lived in this city all my life, expressing myself as unhealed aspects of myself.

A feeling of profound, blissful love flooded my existence for every person I met, every soul I saw, every ghost that passed by or entered me with warmth and gentleness or pure curiosity. I loved myself infinitely in any state of existence I chose to experience myself. This was the moment I truly opened myself to love, to oneness, to nonduality... To experiencing myself as the Creatrix that I AM.

Be the change you want to see in the world, Magda! Dietary change, self-care, nourishment for my soul and body, healing comes through touch, sex, self-expression, but also by surrounding myself with beauty, daily practice of breath and movement, slowing down, and embodying stillness...

Becoming a Facilitator:

Facilitation didn't come easily, as I was deeply discouraged from stepping into this protected world by the very person who introduced me to 5-MeO-DMT. I heard strong opinions and derogatory statements directed at me when I expressed that the experience invoked something in me that at that time felt overwhelmingly big and impossible to fulfill. The strong discouragement started informing me, and in turn, I started internalizing it and finding reasons taking me away from looking into the possibility of stepping into supporting others on their journey. The knock on the door was soft, and I didn't move to open the doors being discouraged from seeing what's on the other side. I struggled with finding my core, purpose, and reasons for offering the medicine to others. The minute I let go of the doubts and thoughts of learning the art, teachers appeared, and I was invited to sacred circles, and workshops and mastery of facilitation literally came to my doorstep. I travelled outside my country to heal, learn, and study the art of facilitation. Undeniably, the biggest teacher in facilitation is Bufo himself, regardless of what substance is being used, the organic or synthetic one. His energy came down to my body during one of the ceremonies I participated in and started working within and through me.

I realized that my whole life prepared me for facilitation, as I was involved in health and healing for myself and others all my life.

There was something beyond my comprehension, yet with deep familiarity of meaning when I read at the age of 12 "The Only Revolution" by J. Krishnamurti. My fascination with ancient philosophies became my lifelong journey and study.

In shamanic training, I learned to track energies, manually do extractions, and guide people on shamanic journeys of shadow work and quantum transformations. In deep work on myself for many years, my third eye and my perceptions have significantly opened and enhanced. My whole being is open to seeing, feeling, and knowing, which is a tremendous support in bufo/5-MeO-DMT facilitation.

I have been working in medicine as a Chinese Medicine Practitioner for 15 years and have seen over ten-thousand patients with all kinds of diseases and disfunctions. My fields of specialty are psycho-emotional, mental challenges, and spiritual awareness and awakening. For many of these conditions I have prescribed TCM herbal Earth medicines as single herbs and compound formulae. Working with patients taught me what the Academy of Chinese Medicine was trying to impart, but due to its nature, could be only fully understood in practice. I learned subtle differences between diseases and the influence of an individual patient's personality that gave the disease a specific expression and reason

for being. While teaching Chinese Medicine for over 10 years, I was teaching the nuances of Taoist philosophy of existence, as well as ethics, in working with patients, including my own practical clinical experiences. Chinese Medicine and shamanism became inseparable as one body in diagnosis and treatments for all patients.

The philosophy of Tantra and Tantric healing introduced me more deeply to human Source Energy called in TCM Yuan Qi, the Original, Prenatal, or Source Energy. The Ida channel is Yin in TCM, the Pingala is the Yang, and Sushumna is the combination of Ida, Pingala, and Fire together. During bufo/5-MeO-DMT experiences, this is the channel where energy moves from the second chakra, lower Dan Tien in Taoism, or Earth Center in Shamanism into 7th chakra, Upper Dan Tien in Taoism, or Heaven in Shamanism.

The three philosophies work exceptionally well in explaining and understanding of the spark that ignites all energies in human beings, called bufo/5-MeO-DMT.

Facilitation:

I don't wear a lab coat or feathered headpiece to ceremonies, but I come equipped with experience and knowledge gathered along the way. The biggest surrender I can offer to myself is to allow the spirit of Bufo to enter my Sushumna as a mirror reflection of those with whom I am working. Thoughtless presence grounded in a human body able to feel itself in others as the same and separate simultaneously for the purpose of facilitation, support, guidance, and stillness. In the unity of consciousness, I clear pathways in myself for the client to experience themselves fuller and in their highest potential.

I mostly work with the synthetic form of 5-MeO-DMT, but include Bufo's spirit, as it was requested by him. This is to respect the lifeform and presence of Toads on Earth, but also respect humans who are sensitive to organic medicine which contains more than the one ingredient we want; the 5-MeO-DMT. The medicine is intuitively measured for each person based on many factors. I take into consideration prior work with medicines, reasons for sitting with me, depth and length of personal healing journey and self-awareness, expectations versus surrender, the support system they have, all facets of their health condition, personal constitution, and emotional state in that moment. All this information creates safety and is part of consent in my interview session with all clients. All this, however, is just a knowledge that is slightly disregarded once we sit in person with Bufo's spirit.

I don't advertise and don't seek clients to sit with me, they come as they hear and feel the call within to ask questions and book a ceremony time with me. Once they contact me, we'll have a Zoom chat to see whether we are a good match to work together. The informed consent comes from both parties through discussing needs, reasons, aspirations, vulnerabilities, and the explanation of the way I serve the medicine.

The medicine is gentle, loving, and grounding if we let it work this way with our beings. The best way to understand the medicine the way it informs my being is through Corinthians 13:4-8:

*Love is patient, love is kind.
It does not envy, it does not boast, it is not proud.
It does not dishonor others, it is not self-seeking,
It is not easily angered, it keeps no record of wrongs
Love does not delight in evil but rejoices with the truth.
It always protects, always trusts, always hopes, always perseveres.
Love never fails. But where there are prophecies, they will cease; where
there are tongues, they will be stilled; where there is knowledge, it will pass away.*

Once the client is cleared of any hazard that may result in malpractice, we invite each other to sit together. I measure the medicine intuitively, from the smallest grain of sand for some into a substantial hippy scoop for others,

and I place it in a pipe. This is just a part of embodying the medicine and being one with it. This dance starts with measurement and ends with the client coming back to full presence and human self-awareness when we share tea together. What happens to me during this time may be called a surrender or stepping away and giving room to the spirit of Bufo to work its magic. The deeper I surrender, the less I am asked to take the medicine with the client. I become the medicine who tracks, sees, removes blockages, and directs with voice and words that are not really mine in sound and often straight directiveness and even commands. The knowing is clear and times when my ego steps in are also very clear. The voice that doubts, boasts in pride and wants the client to be wowed is very familiar to my being. The ego seeks opportunities to step in and “do the work” to get recognition and appreciation. The Spirit of Bufo is humble and loving, he is a masculine aspect of myself. Surrendering to Bufo energy is no different than clearing the mind of thoughts in meditation to hear only the God-self speaking inside.

I offer individual, private sessions, and group medicine circles. Serving is a little different in both scenarios. In both however, the client has control over the experience in many ways. It starts with letting me know when I can start preparing the pipe. This is a big step for many to say YES to the experience again. Even though I eyeballed intuitively the amount of medicine, I offer them the freedom of how much they are ready to inhale, gently letting them know how much they inhaled already. They hear me say, “You are quarter in, we are halfway through ...” I feel their courage to inhale everything, and courage when they give themselves permission to stop before I ask them to take one big inhale and hold it in. They are self-monitoring on how long they are willing to hold the medicine in their lungs before exhaling. I may count down for them or only say, “Let go when you are ready, of the medicine first.” In this very vulnerable state, it is important to give them room to consciously step beyond their own fears and limiting beliefs.

As a client sits with the medicine, I get to feel and see where the medicine ignites pockets of energy and propels it upwards and sideways beyond the human body that embraces the experience. I observe the shadows play and often witness and hear the call and plea for rescue.

We are multidimensional beings and in 10 or 20 minutes of medicine experience, we travel wide and deep in time and space to reorganize ourselves completely to come back and organize ourselves in our physical experience in more functional and practical ways. This is how we upgrade the DNA, including the multidimensional nature of our ego-self. We never transcend the ego; we transcend our shadows. These are our obstacles, limiting beliefs, and unhealed parts of ourselves that keep us in lower vibrations.

The sessions are a combination of nondual, shamanic, ceremonial, and therapeutic experiences. I personally have no particular style, preference, or reason to offer any experience to anyone besides knowing the experiences I had with the medicine and how it influenced my life.

I am a channel and a student.

“Less is more” is a known saying in prescribing and working with Chinese herbal medicines. It is never the amount of the medicine but the depth of surrender to the experience that brings us deeper into experiencing the true self. With bufo/5-MeO-DMT we can melt into a pool of love for full disintegration of the ego-self and have a nondual experience, but we can also consciously melt into oneness with everything here on Earth to release ego perception of being a separate being, and self-identification as such. In my practice, I have observed that the latter is more common and as profound for clients as the big guns that wow and blow them out of the water into nonduality.

In self-preparation for a group medicine circle I was offering, my first inhale was about 5 mg of 5-MeO-DMT. I have experienced universal awareness and clarity of existence without the concept of self, me, or I. It was consciousness in presence aware of the surroundings and my body as one of the forms I was experiencing myself as and in. The consciousness that is the one and only being that exists.

I consider myself very lucky! Over the last 3 years I have observed the work of 8 facilitators, studied with one, spoke to a few about their journey with the medicine, and have been ghosted by only a couple. I don’t have a tribe of many, but a Family of a few strong supporting facilitators.

What was the lesson for me? The medicine is protected, and it is a good thing in the long run as truly this is not for spiritual tourists and wanderers. I recognise in all of us self-taught skill and relationship with the medicine developed to the best of our abilities and understanding. For me personally, it was a very valuable lesson on cultivating deep connection, inner healing, inner knowing, surrender and trust. I trust completely in this journey now with the presence of Bufo's Spirit. I feel enveloped in his arms like dancing with my lover. The nuances of work we do together, his trust in me, patience as I take time to allow him to work through and with me, his humility, self-realization, and grounded, vulnerable confidence and surrender are teachings for me like dance steps . . . We are mirrors of each other where I am the student but also the vehicle through which he can be present on Earth. It is always in the humility and courage to see myself in others, whether greater or smaller, that I become whole and healed more and deeply. There was a scene in the movie *Avatar* where the adoptee was training his dragon but was unable to control and fly it safely. He got only one advice: control your mind!

Integration:

I had no expectations going to my first experience with 5-MeO-DMT, but it was clear to me that this was my last resource at giving life a chance. I wanted to turn over all the stones before checking out, and this one was the last one on my journey, it seemed. The integration period lasted over a month and taught me a lot about myself. It became life-changing when I introduced a small amount of cannabis in the evening to gain as much of this experience as possible. During that time, I had one meal a day, slept maybe 4 hours a night, and was able to function without problems. I felt different and tender inside, new to myself, reborn. There were states of being in soft and constantly moving energy within, but had no reactivations, or negative and fearful experiences. In the contrary, it was a constant deep learning and shifting. The changes and experiences were stunning and lasting, and there was no more hope for recovery from suicidal depression but evidence of betterment and coming out from the grave that held me in since I was 5 years old.

This was the only time out of all my trips where integration was a process; all other times it felt like an instant upgrade where I only needed to shake off the old programming for a day or two, hence the number of trips within a very short period of time.

This experience taught me two things: there is an integration period which may require guidance, and that sometimes it is an instant upgrade in consciousness which doesn't need to be profoundly felt for long.

What I offer to my clients is an invitation to contact me as needed, access to Facebook support groups, and 30 minutes post-trip Zoom chats, preferably within a week. I also send motivational quotes, supportive and related to the experience, articles, YouTube clips, suggestions, and now, monthly integration group meetings on Zoom. When issues are more difficult, we may schedule one-on-one integration session or breathwork. I have prepared a rescue kit with suggestions for electrolytes intake, daily body movement, walks in nature, and self-acupressure treatments. The acupressure is a key in gaining balance and grounding, and to move energies to balance the body. Often a simple suggestion involving the client is most valuable and appreciated.

One of the difficulties with integration is with clients going into a fear zone even on a very small dose of the medicine. Sometimes it happens in shamanic healing or acupuncture where we see people coming out of the session in a state we would call a "bad trip." They feel worse before feeling better. It is always a very difficult time for the practitioner to observe someone regressing after a session, especially those going into PTSD and trauma afterwards.

I am trained and have years of clinical experience in trauma-informed approach, ethics, and client care. Compassion is the most delicate and powerful approach to care for the experience of another human.

Since I am still very new in facilitating 5-MeO-DMT, I have reached out to other practitioners asking them to share their stories and experience in cases of heavier energies, PTSD, and trauma-related sessions with clients.

There is a tendency to support assumptions and expectation that the temporary freedom after experience with 5-MeO-DMT from a lifetime of accumulation should stay forever. Clients are chasing that feeling instead of using the

window of opportunity the medicine has offered to establish better life habits and allow changes in patterns and behaviors. Education is a big part of the integration process, even if that comes with a disappointment like bad news.

Hindrances in the Experience:

Many people who've had a difficult first experience with 5-MeO-DMT will negatively influence and discourage those who want to sit with the medicine. In my observation, the most common factor is purely lack in preparing the client to embark on the journey. When there is no basic clarity in understanding the process and no prior psychedelic experience, the trip can be rough and even brutal. The second most common factor in my observation is lack of preparation and giving clients too big a dose as their first experience, followed by insufficient support and integration. The common Western mind perception that more is better feeds the mind and may not serve in any other way. Often the biggest shifts may come like a feeling of a warm summer drizzle without the drizzle or feeling of breath without breathing. That is how love moves and stillness is the path to feel it.

Clients who've had prior psychedelic experiences may have expectations of visions, time to "be with it and in it," instead of experience it in its entirety as it unfolds by holding on to nothing. Some catch on to a feeling to expand and dwell in it. This is often done for safety reasons out of fear and inability to surrender. Once we realise that we are no longer in the driver's seat, we may want to hold on to a familiar story, feeling, memory, and scenario to survive the experience. The only way out is through! We are like a screen door: the wind will come and rattle it a bit and pass through leaving the doors intact. Sometimes the wind is stronger, the blockages are bigger, and this is reflective of the depth of surrender we need to allow so the door will not be damaged at all. This is the art of allowing the discomfort to pass, flowing with the energy, and giving up control, over and over again, until we will be spit out from a cosmic washing machine back into our bodies. I call 5-MeO-DMT a truth serum. It will clearly show our blockages, resistances, and fears.

Some clients say: "this is what I want" to experience or have an answer on. Both young and older, men and women, from different backgrounds, ethnicities, upbringings, and religious backgrounds are setting traps for themselves. It amplifies the misconception of psychedelics, especially 5-MeO-DMT, with fortune telling, psychic readings, and the use of other divinity tools.

Outcomes:

There is never a predicted outcome of any psychedelic medicine, but what people get out of the experience with 5-MeO-DMT is beyond their words and expectations. It is surreal but familiar, ineffable but real, complex yet very simple in nature. Some come out from the journey laughing and calling it a cosmic joke, others feel bliss for the first time and free their sexuality, and some experience oneness and the nondual state of being. In the journeys, major issues and problems in life get exposed and conscious healing can begin. Suicidal people find peace and love for life and living, like I did. Others find purpose in life as it changes their trajectory and understanding of the self and the healing process, or the experience will advance them on their healing or spiritual path.

Our most powerful tool is intention, a thought that creates and changes our reality. Conscious intention replaces all the intentions our shadows may have with all the unfulfilled desires that are hiding in the darkness that may be triggered and come up to the surface. An intention is different than a want or expectation. I've often heard: my intention is to experience love, or experience who I am, or see the universe, God, energy, or feel fully free. Some people want to practice letting go, others to have near death experience as letting go of fear of death and dying. The truth is, the smaller the intention, the bigger might be the experience with the medicine. Who knows how many layers we buried love under, or how many walls of fear we have built to protect trust? To experience love or trust all layers and walls will be unearthed within ...

The majority of people come in with trust that the “medicine will show them, tell them, direct them” to what they need to know, see, feel, and experience. This medicine is a powerful truth serum, and it doesn’t want or need to take anyone’s power. With the help of 5-MeO-DMT we are showing ourselves what we normally don’t want to feel or see or don’t have access to on a daily basis.

Regardless of difficulties, it is a privilege to know our inner landscape and to understand the intricacies of the lessons we wanted to teach ourselves this lifetime or maybe through many lifetimes altogether. The major individual outcome of working with 5-MeO-DMT is an ongoing and stronger curiosity and love for life and all living forms. It is the journey that brings us home to discover who we are experientially, not intellectually.

Conclusion:

As the medicine becomes more popular around the globe, it is my wish for heart-centered and practical training programs to be offered to those who are serious about facilitation as it is not for everyone, just like being a surgeon is not for everyone. Learning facilitation is like going to a medical school for the body and the soul and using Earth Medicine to deal with the problem.

A few years ago, the FDA banned in the USA use of the Chinese herb *Ma Huang*, also known as Ephedra, due to safety concerns. This is one of the most powerful herbs to treat lung conditions such as asthma and bronchitis. It also treats muscle pain and arthritis issues and is used as a weight loss agent. Some athletes used it as a performance enhancement drug to increase lung capacity and decrease muscular fatigue, and as a weight loss supplement. Unfortunately, they didn’t know much about the herb in terms of safety in prescribing dosage, frequency, precautions, and contraindications, which resulted in deaths. 5-MeO-DMT has a challenging legal status in many countries, there is a very little research done on it, and it is just entering into clinical studies. Protecting the medicine means offering safety to those who are ready to sit with it and be supported by practitioners with training. When it comes to personal preparation, knowledge, experience and training, there is no difference in approach to serving 5-MeO-DMT and all other psychedelic medicines. The difference is in the personal relationship with the medicine, oneself, and the self-realization/healing journey of each practitioner.

One of the biggest responsibilities all facilitators have is to educate the client. This is a well-known fact in all healing arts. We can offer them to sit with the medicine, but the choices, changes, and realisations that happen in day-to-day life make the biggest and most lasting impact on everyone’s life. It is the ceremony of life after the ceremony with medicine ends that we celebrate our breakthroughs and retrieve our power to become consciously present in our own journey through life.

