

Dancing with the Jaguar* ***Toward An Undefended Life***

The Whys and Wherefores of Ceremonial 5-MeO-DMT



Thank you for expressing an interest in our Ceremony and asking for more information about what it might entail. There is so much to say about the amazing portal that 5-MeO-DMT has to offer, (this document will take you about 20 minutes to read), yet no words will ever come close to conveying this literally ineffable and awesome experience! Nevertheless, I'll do my best to offer a beginning insight through my personal experiences and beliefs of why this work is important to me and why one might be called to this Dance with the Jaguar.

Please note that the following perspective is simply my own personal viewpoint and regardless of any beliefs, or non-beliefs, that you may bring to our Ceremony, it will make absolutely no difference in your encounter with the Jaguar. Your experience will be in accordance with, and appropriate for *your life*. As a friend familiar with this medicine says, "There's no need to believe, simply receive."

* (5-MeO-DMT is called "Toad" when it is harvested from the Sonoran Desert Toad and "Jaguar" when it is synthesized in a lab. Jaguar is preferred for Entheogenic Ceremony because critical dose parameters can be more accurately controlled.)

~ *The Nature of Entheogens* ~

How exquisite it is that in moments of challenge and opportunity, powerful allies inevitably arise to support our quest for a deeper and more relevant spiritual awareness. They may come in the form of an unexpected kindness, a stroke of insight, or an ordeal that makes us stronger and more compassionate. They may also come in the form of endogenous entheogens, endowed by the Creator for times just like these.

Endogenous means that it's source is internal, or produced in our body. The word entheogen means "to awaken the divine within" and refers to substances which induce inspired and transcendent states. Though technically, entheogens are chemical compounds that serve a specific function in our body, they do not deserve to be included in the same category as recreational drugs just because they may have been synthesized in a lab.

Recreational drugs are simply that, a form of recreation when used wisely. They can also be abused as a means of escape through feelings of momentary pleasure that distract us from the underlying cause of our discomfort. Yet, once the effect has worn off, they often leave us even more despondent and further away from resolving the source of our pain. And so, the cycle repeats.

Entheogens however, do exactly the opposite.

- They provide insights into the belief structures and defense mechanisms that operate beneath our awareness, but nevertheless inform and guide all of our behaviors.
- They illuminate and awaken core aspects of our being—along with profound feelings of awe, fear, grief and joy.
- They serve to engender courageous and compassionate responses toward ourselves and others, because those are the qualities necessary to effectively navigate *their* world.
- They lead the way into a nameless world beyond any hope of linear thinking, personal opinion or control—a world of only *Feel* and *Be*.

Via the assistance of entheogens, but more importantly, through our own willingness to courageously meet and embrace the most challenging, *and the most beautiful*, aspects of ourselves, we find the inspiration and fortitude to live a life of unparalleled openness and freedom—*An Undefended Life*.

~ *What It Is* ~

*“Ayahuasca is like a bus tour of Paris museums for several hours.
5-MeO-DMT is like being strapped to the nose of a rocket that flies
into the sun and evaporates.” - B. W., a fellow traveler*

5-MeO-DMT is arguably the most powerful and profound of all the entheogens. In Ralph Metzler’s 2013 book, *The Toad and the Jaguar*, he shares that in the early days of the psychedelic movement, “my esteemed colleague and friend, the Chilean psychiatrist Claudio Naranjo, who collaborated in some of the early experimental trials of new substances with Alexander Shulgin, once told me that it was a conscious choice on their part not to mention this substance in their published writings, so it would pass under the censorious radar of the prohibitionists”, so precious was their experience with this remarkable substance. And their efforts paid off, as it was not until 2011 that it was added to the U.S. Government prohibited list.

As an endogenous compound, (produced in our body), DMT is one of the very few molecules that can not only pass unimpeded through the blood-brain barrier, but is *actively assisted* in that transport, a distinction shared only with glucose and amino acids.

The molecule dimethyltryptamine (DMT) has many variants, but the two that are most relevant here are N,N-DMT and 5-MeO-DMT. The former is the molecule that has been used recreationally for many years and is associated with a strong mental component of bright colors, wild geometrics and “machine elves”. It is commonly used as the psycho-active ingredient in Ayahuasca and has a powerful visual and mental component that is associated with the realm of form.

5-MeO-DMT on the other hand is an all-encompassing body/mind/spirit experience that opens a doorway into the realm of the infinite and formless non-dual nature of our Being that simply defies any attempt at definition or limitation. Then, in the returning to our personal identity, it offers a visceral insight into the physio-emotional and psychological defense strategies that constitute our egoic structure and the core wounds they are attempting to protect. Thus, we are afforded the opportunity to recalibrate how we see ourselves and how we choose to *be* in the world.

In his book, *The Spirit Molecule*, Dr. Rick Strassman, who has conducted the only U.S. government sanctioned clinical trials on the effects of DMT, has speculated that large amounts of N,N-DMT and 5-MeO-DMT are released at the time of our birth and death. He and I share the theory that the purpose of this release is to facilitate the soul’s transition of identity from our current “me” perspective to whatever it is that comes after this lifetime. Indeed, after nine years of personal Jaguar use and facilitating hundreds of journeys, I am positive that this medicine loosens the bonds of our egoic identity and affords us the opportunity to empirically *know* ourselves as that eternal soul which travels from lifetime to lifetime. And that changes *everything*!

~ *Why Do This Medicine?* ~

“When you know that you are a divine, eternal, spiritual being, directly connected to that all powerful creative deity, you have nothing to fear and that is all you need know.” - Dr. Eben Alexander

“Proof of Heaven: A Neurosurgeon's Near-Death Experience and Journey”

A common, and very good question, that I’m often asked is, “Why would I want to have this experience?” Though some people are just looking for a big “Wow!”, and 5-MeO-DMT can certainly provide that, there is so much more to be had if one is ready to approach this Ceremony with humility and a willingness to go beyond who we think we are.

If it is true that our body supplies this medicine as a tool at the time of our death to facilitate our transition from one identity perspective to another, then perhaps its ceremonial application can be one of developing our capacity to surrender to every moment with the deepest reverence for the Self we share and the work we came here to do.

This medicine seeks to neutralize all forms of attachment and self-definition by offering a portal into the vastness of our Absolute Self. Its ultimate aim is our complete surrender of all things—in all ways. Not just the surrender of the cherished protections of our emotional pain, but the experience of the pain itself; not just the surrender of our opinions and beliefs, but of the very last vestiges of our personal identity.

Imagine that moment of your last breath in this body, the struggle to hold on to your life, your loved ones and your sense of certainty. And then, when you can no longer resist, you finally let go, into the experience that Steve Jobs related at the moment of his passing by saying, “Wow! Wow! Wow!”

Because of the totality of the surrender that the Jaguar requires, some have likened this Ceremony to an opportunity to “practice dying.” If you are like most humans, the contemplation of your death triggers some level of anxiety. Is that a fear of pain, or a fear of the unknown? Regardless of the reason, there is a contraction—a holding on. And it is this “holding on”, this resistance to *that* fear, that engenders much of the suffering in our lives and relationships. However, once we have met that fear, and choice-fully surrendered our contraction, we are relieved of much of the suffering that we have carried as a result.

On the deepest level, this experience transports awareness from that of our temporal imaginings of self, to the absolute and eternal nature of our being, then back again—death and rebirth. In this we are afforded a visceral realization that we are constantly in the process of creating *who* and *how* we are.

A major component of our egoic construct mechanism is rooted in the limbic system, otherwise known as the mammalian brain. It is from here that our autonomic emotional reactions to life or “triggers” erupt, seemingly beyond our

control. Since our limbic programming was laid down before we could talk, it is not controlled by any cognitive, pre-frontal cortex thought processes. Thus, we assume that such a deeply ingrained way-of-being in the world is “just the way we are” and “that’s just the way it is”. However, Jaguar medicine lets us see those deep patterns from an objective perspective, courageously embrace the feelings they protect, and then choose another response—one that blossoms into *An Undefended Life*. This is the basis of my work of *Limbic Re-Patterning*[™].

Therefore, the most compelling reasons I see to approach this experience are:

- To know the true and essential nature of our Self;
- To embrace and reconcile the issues that our Soul has chosen to address in this lifetime;
- To acquire the skills of acceptance and surrender necessary to embody the gift of living *An Undefended Life*.

So, what will this experience be like for you? It’s impossible to say because every time is different for every person. But the good news is, all that is required of you is to merely Breathe and Let Go.

~ My Journey with the Jaguar ~

Since many people are curious to know how I got here, I’d like to share my journey of meeting the Jaguar and learning to carry this medicine.

My first experience came through someone who has brilliantly served as the Johnny Appleseed of bringing this medicine to the world and I am forever grateful for his generous offering. He had recently discovered 5-MeO-DMT and wanted to share this medicine widely and lovingly.

As he wanted to make sure that everyone had a significant experience the first time, he would administer a large dose to insure “a full release”. I had absolutely no idea what was coming and the effect was immediate and dramatic. I inhaled the dose, held it as long as possible, exhaled and started to lay back. But quite literally, before my head could hit the pillow, I knew I was in for a ride. Over two hundred ayahuasca journeys had come nowhere close to preparing me for this! The last thing I remembered was a vague sense of my body throwing up my dinner and everything went white.

My next awareness was from some deep emptiness, where particles of “me” were beginning to re-congeal. After an eternity or two, a working reference point of self finally emerged, then a body, and a present time-space awareness slowly came into focus as I raised my head out of my vomit.

I was told that the elapsed time had been around 20 minutes and that two people had to lay on top of me to prevent me from hurting myself as I thrashed around. I had absolutely no recollection of any of that! It took perhaps another 30 minutes of recuperation before I could get up. As I staggered out the door later that evening, the only insight I was able to carry with me was that I had touched something BIG. Once I recovered my courage, I resolved to find out more.

Several months later I traveled to the home of the same person to put my toe back into the waters. I found out that my first dose had been 15mg and so I asked for 2mg. He was reluctant and explained that such a small amount would be insufficient for a “full release”. “Precisely” I said. “I want to be able to track this in order to more fully understand what it has to offer.” He had never heard of, or considered this before, but was willing to play along. My intuition was correct. This time I was able to surf the magnificent energies that were opening in my body, mind and soul.

Over the next year I had several more encounters with the Jaguar, always carefully directing the dosage in slightly increasing increments as my familiarity with the terrain expanded. (This method of titration is now integral to our Ceremony and has been adopted by other practitioners as well.)

A friend of mine suggested that since I seemed to be charting my own course with this medicine, perhaps I should procure some of my own and begin offering it to others. My first reaction was to withdraw from the idea of the awesome responsibility of holding this space for others. Yet, the prospect of continuing to do my own work was enough to begin the exploration of seeing if this medicine wanted to come to me. And sure enough, through a series of magical serendipities, it did. (This was before it became a U.S. Scheduled I substance and has since become virtually impossible to source.)

I spent the next year and a half learning to accept the teachings of this exquisite ally. I collaborated with other experienced travelers in researching various aspects of medicine delivery, amounts, multiple doses and all aspects of Ceremony ritual. My “final exam” came in learning to journey solo and really make friends with the Jaguar. We indeed bonded deeply as I embraced the fear of my vast aloneness and the ecstasy of my eternal safety. Finally, I felt ready to guide others into the ecstatic depths of their own being.

My learning expanded in all directions as I attempted to hold the vastness of this field, and several times I tripped over my ego, despairing of ever being a clear enough channel to carry this gift. And though I would nurse my hurt and embarrassment for awhile, Spirit would inevitably remind me that it is not my ego, but *This Great Opening* which I serve. Humbled, I would begin again and eventually relax into allowing Spirit’s guidance to lead the way.

Today, my beloved partner and I still follow that guidance as we travel to wherever there are committed and courageous humans looking to embody a deeper connection with the essence of their Being. We humbly follow the Jaguar as it escorts those willing to face the old stories and feelings of defended living, into the certain safety of allowing the authentic Light of their Being to shine forth with unabashed openness and delight.

The following pages will offer a glimpse into the various types of Ceremony we offer, along with the underlying motives and procedures of each. However, please remember that all words are completely inadequate to convey what may or may not occur as we greet the unpredictable waves of awe that arise in this Dance with the Jaguar.

~ Ceremonies We Offer ~

Overview

We call our Ceremony *Pray & Play* to acknowledge both the sacred nature of the work, as well as the unfettered joyous expression of spirit beings having a human experience. Since set and setting are vital components of any entheogenic journey, we present this medicine experience within the compassionate embrace of fellow humans sharing deeply transpersonal, and profoundly interpersonal, exploration. By providing a container of genuine physical comfort and emotional trust among a small group of travelers, we greatly enhance the initial and lasting impact of this experience.

Three-Day Retreat

As there is no substitute for the time and care spent praying and playing together, the Three-Day Retreat, (described in detail below), provides a level of insight and personal growth far beyond any other format we've tried. Weaving together multiple medicine experiences and facilitated sharing circles, the Retreat offers a comfort with altered states of awareness and bonded social interactions, that transform old beliefs and defense strategies into *An Undefended Life*.

This container is ideal for an established community pod or family constellation of four to eight participants, the final number being determined by the experience level of those attending. The time frame runs from 1pm on Friday to 1pm on Sunday or comparable times mid-week.

Overnight Salon

The Salon serves as an introduction to the Jaguar Dance and our ceremonial context. While it cannot offer the depth of real-time integration or social bonding that is built into the spaciousness of the Retreat, most people find that having touched the infinite nature of their being, no matter how briefly, their lives are forever changed. However, it is important to be aware that the true benefit of this work can not be realized in a single session, as it takes great patience and trust for our limbic system to incorporate the promise of *An Undefended Life*. Therefore, this work is best utilized a path of practice for those who are called to it.

We've taken some of the best aspects of our Retreat format and created a Ceremony that runs from 1pm to 1pm, for no more than eight people. (A more detailed description of the Salon follows that of the Retreat below.)

Private Couples Session

Though we confidently maintain that the group and community context offers the most complete opportunity for integrating the gifts of this medicine, there are obvious benefits to a private Ceremony for couples interested in exploring the eternal nature of their relationship and deepening their bond of limitless loving. The four of us co-create a safe and intimate container within which to embrace and transform any emotions or behavioral patterns that might impede the highest possible expression of *Undefended Living and Loving*. Depending upon the intention of the work, the duration is usually from six to eight hours.

~ *Three-Day Retreat Specifics* ~

Preparation

Each participant will receive a call from me several weeks in advance in order to get to know one another and answer all the questions necessary to arrive relaxed and ready to begin. There is also a post-journey counseling call included as part of the offering to help integrate the new perspectives and feelings that inevitably arise. As soon as the participant list is settled, we introduce everyone via email to begin building a container of connection and trust.

Most ceremonies are co-facilitated with my beloved partner in order to provide that essential feminine/masculine balance and to draw on our mutual experience in medicine work, counseling and group process. We carefully attend to not only the physical and energetic cleanliness of the temple space, but make sure that we personally arrive rested and centered.

Day One: Permission and Acceptance

Given that we are embarking on a deeply intimate journey together, it is vital that everyone be held in a relaxed and nurturing environment. One of our participants has dubbed us “The Permissionaries” since we advocate that there is simply nothing more healing than the loving acceptance of that which just is.

The Jaguar can illuminate the myriad roles our soul has played in this great human drama—the generous, deceitful, hurtful, and noble—and it can be quite a shock to see and re-experience this part of our humanity, especially the defense mechanisms we’ve put in place to *not* see it. But, equally profound is the simple truth that the essence of our being is so much bigger than any of that, thus leaving literally *nothing* to protect. It’s all true and it’s all okay. All we need do is simply open our heart and surrender into the allowance of everything, just as it is.

Being More Comfortable

As we sit down to begin, I offer an outline of the Ceremony, instructions on using the delivery device and answer any last minute questions, being vigilant not to get too long-winded or cerebral. (Hopefully, most of the left-brain questions have been addressed during our intake call.) I also let people know that I’ll be streaming music from my phone chosen specifically for the moment, to enhance and integrate the experience, and to not be concerned that I’m texting or otherwise distracted from my role of holding space for the collective experience.

Finally, there is one very important guideline that I request: “Please continually ask yourself, ‘How can I be more comfortable?’, and then act on it.” The point here is to encourage ourselves to trust and live from the depths of our physio-emotional comfort zone. Since most of us have spent our lives conditioned to accept the weight of our emotional armor, not only have we become accustomed to its constrictions, but we often feel exposed and anxious when not carrying a certain amount of tension. When we learn to open to that deep impulse toward relaxation, and trust our own movement toward it, we allow ourselves to *be* the unadulterated and undefended truth of all that we already *are*.

The Medicine Offerings

Since 5-MeO-DMT is metabolized so quickly without any buildup of tolerance, and having learned from my own dramatic introduction to the Jaguar how important it is to ease into this world, I am able to offer each person multiple doses that slowly build one upon the another. I call these graduated doses a Handshake, a Hug and a Full Embrace. As every traveler's response and process of integration is unique, every Ceremony and medicine dose is custom tailored to the individuals involved. *Thus, the following outline is merely one possible trajectory of the Ceremony and not a rigid protocol that is used every time.*

• The Handshake

If it is true that this compound is released in large doses at the time of our birth and death, then it makes perfect sense that there would be a significant autonomic and physio-emotional response to a large dose as the body prepares to make that physical transition. Without the benefit of established expertise, too large of a dose will often create a "white-out" from which no memory of the experience is retained and no applicable value to one's everyday life or soul development is realized. Perhaps, this "white-out" is the body's preemptive reaction to impending pain, or maybe it's the ego's last-ditch defense mechanism against annihilation. Regardless, it is something I endeavor to avoid.

Since a great deal of this work is learning to embrace every moment of our lives with intentional surrender and grace, it is important that I provide a gentle introduction to the medicine in order to allow for a more lasting and effective integration. By starting with a very small amount, the body can gradually become accustomed to the effects as the traveler navigates and integrates the experience with the assistance of the conscious mind. Since everyone has a different physical and emotional receptivity to the medicine that cannot be predicted ahead of time, an additional benefit of this slow introduction is that I can then more accurately calibrate the appropriate subsequent dose for each individual.

Often the Handshake is given to the group more or less simultaneously. This helps to bind the group into a homogenous field right away instead of creating a separation between those who have and have not experienced the medicine. It also relieves the anxiety of deciding who's going first and that of being witnessed by those not yet initiated into the ways of the Jaguar. Nevertheless, it can sometimes be challenging to navigate the unpredictable or chaotic energy that may arise as a result of everyone jumping into the abyss at once. However, even this has served as a brilliant opportunity to bring the group closer together. The noticeable effects of the Handshake lasts for about 5-10 minutes, with most travelers having returned to baseline in about 10 to 15 minutes.

After each person has had an opportunity to "shake hands" with the medicine, we have a group check-in to hear how the experience was for everyone, answer questions, and see how much further each person wants to go on the next round. This group sharing provides an opportunity for the individual to integrate and be witnessed in their experience, discharge any lingering anxiety, and step into an empowered place from which to choose their next level of experience. As each person becomes more authentic and present, so follows the group as a whole.

- **The Hug**

The Hug is a medium dose specifically calibrated to each person's response to the Handshake. In this round we offer more space between individual experiences, but do allow for some overlap with one person starting while the previous one is completing. The Hug dose usually lasts between 20-40 minutes.

The Hug can sometimes be a difficult level because, while the moderate amount of medicine is not sufficient to completely propel us beyond the ego frame of reference, it does significantly challenge its structure. However, this is where we start to get a clue of what it means to *choose* to truly let go.

Jaguar medicine loosens the bonds of our familiar reference points faster than we can possibly hold them together and the struggle to do so can feel like a tumbling whirlwind. But, this struggle is a necessary phase in choosing to embrace feelings of discomfort and learning to consciously breathe through our defense reactions. The simple, but difficult, way through, is to source the willingness to acknowledge our resistance, summon the courage needed to allow it to relax, then feel deeply into the fullness of an *Undefended Self*. It often helps to remember that the revelation and acceptance of those tender parts of ourselves that we are trying to protect, is *exactly why we are choosing to do this medicine*.

Once everyone has completed the Hug we have another sharing circle to ground, integrate and relax. We then take a break for some light nourishment, fresh air and movement before advancing to the next round.

- **The Full Embrace**

The Full Embrace is offered to one person at a time with the group holding the role of Witness. Depending on the depth and willingness of their work, each traveler can utilize anywhere from 30-60 minutes.

A deeper look into the Full Embrace follows on the next page, but suffice it to say that there is no longer an option of holding on to our egoic perspective of self. This dose is calibrated to take the traveler right up to the point of white-out without crossing that line. This allows for a retention of the Witness perspective that can track the transition from the egoic perspective, to the Eternal Self, and back again. Thus, the critical insight and visceral knowledge that we are so much more than who we think we are, can be brought back from the beyond and enfolded into our daily life. *Only this, is the purpose of our work.*

Role of the Witness

Finally, it is vital to acknowledge the awesome responsibility entailed in the privilege of witnessing others in their emotional openness. Fortunately, our only task as witness is to simply bring a compassionate curiosity to whatever is arising within *ourselves*—and then enfold it with a deep honoring and loving acceptance. Magically, this creates a supportive limbic resonance with the traveler without being invasive or distracting. As the entire group offers this in unison, we co-create a palpable field of awe and loving acceptance. Then, as the tables are turned, and we humbly allow others to witness our own authentic expression, we too are confidently ushered through that magnificent doorway of courageous transparency—into *An Undefended Life*.

A Deeper Look

While every 5-MeO-DMT journey is a unique experience, it does unfold in a similar trajectory of three stages that may be helpful to describe. I have labeled these Launch, Cruise and Re-Entry. I'll use the context of the Full Embrace to illuminate these stages in greater detail. The intensity and duration of each stage will vary with the dosage.

- **Launch**

Upon exhalation of the medicine, the Launch is an immediate and dramatic acceleration that catapults one beyond the gravitational pull of the ego. The intensity continues to increase for about 5 minutes, then slowly subsides with the sense of a rounded arc at the zenith and a stabilizing of the intensity. I will intentionally refrain from offering any descriptions of what one may expect, as the experience is literally ineffable and unique to every person, every time.

- **Cruise**

During Cruise, one encounters the many dimensions and permutations of the eternal self or soul. There are countless possibilities that a traveler may encounter during Cruise, however it is not uncommon to have insights into the dynamics of interpersonal relationships, past lives, emotional encounters that may or may not have any association with present day content, or a communion with the Divine. This part of the journey opens the doors of perception to worlds and universes far beyond any previous imaginings! The total time from ingestion until the end of cruise is somewhere between 15 and 25 minutes.

- **Re-Entry**

Re-entry starts as the effects of the medicine diminish and the ego begins to reassemble. Realizing that it hasn't been in charge, the ego tries to reassert itself by having the body sit up, interact with others, tell its story, ask questions, and in general, resume being "me".

For most of us it is very difficult to relax into taking up time and space and being *seen* at this point. We have just returned from a realm beyond any semblance of control that is often accompanied by intense emotional states. Therefore, most people are likely to feel very exposed and bashful. Yet in my view, this is perhaps the most valuable part of the journey, and one easy to miss as the ego can mount quite a formidable assertion that we should just move on to the next person.

But re-entry is precisely where the emotional knots begin to unravel, and the opportunity to integrate the journey actually begins! When we *willingly* and lovingly embrace the deepest feelings connected to those experiences that have triggered layers of protection and habitual defense mechanisms, and then *choose* to remain open within the throes of those feelings, we are literally laying down new neural-limbic pathways. And it is these new pathways that re-pattern our old, out-dated reactions, and give us direct access to living *An Undefended Life*.

In order to help facilitate this, I will often move gently closer to the traveler and assure them that they are safe and lovingly held within our container. I point out that the portal to the Eternal Self and the realm of all possibilities is still open and simply awaiting their relaxed acceptance of all that is arising.

Having just returned from a place of compulsory surrender, now the traveler can do so *voluntarily*, in order to take the first steps beyond the habitual roles of self-definition and emotional protection. As the truth of this reality settles in, a bridge is built between the “me” that is struggling to defend, and the Self that is eternally safe. Then, most travelers gratefully sink into the silence and empty space for as long as possible in order to bask in the delicious freedom from any effort “to be”.

As the traveler now settles into the certainty of trust and safety, a natural desire to connect with others often arises. Sometimes the traveler will like to have a physical connection with a particular person, or maybe have the whole group in a puppy-pile around them. Other times, people will shed their clothes, howl with delight or enlist everyone to dance and play in the unbridled ecstasy of freedom from the old chains of mental and emotional bondage. Every possible expression of freedom is welcomed and celebrated! As the Re-entry phase draws to a close, a gentle state of spirit/ego equilibrium naturally arises and there is a mutual recognition of completion.

The Re-entry phase usually lasts around 20-30 minutes, although depending upon the magnitude of the experience during the Cruise and the courageous willingness to relax into Oneness, it can last for substantially longer.

When the traveler is satisfied that they are complete, we make a cozy nest off to the side and encourage them to drift deeply into their new “self” and soak in the peaceful knowing that everything is quite simply, already alright!

We then all stand up, stretch, take a bio-break, shake out and re-fluff the space and get ready for the next traveler.

Closing: Toward the One

Once everyone has had an opportunity to experience the Full Embrace, we reconvene for a final check-in and offer a closing benediction to honor the space, our work and the One Life we share. We then adjourn for a warm meal and loving connection time before closing for the night.

Day Two: Going Deeper

Day two begins with a hearty breakfast prepared by the community, as are all of the meals we share.

Afterwards we sit down for a facilitated sharing circle that weaves together the various feelings and expectations of all that is arising within each individual and the group, into a cohesive and tangible whole. This has proven to be a critical component for real-time integration and pathway to an even deeper experience with the medicine. We then break for a few hours of free-time and reconvene in the mid-afternoon to repeat the medicine ceremony as described above.

Day Three: Celebrating Together

After breakfast we gather for a final sharing circle that acknowledges, celebrates and integrates all that we've witnessed and become. Please be assured that all of our sharing circles are not about "processing", but rather a time of gentle connection and great wonder as we reflect and celebrate the beauty that we witness in ourselves and one another. Often, groups will bond so deeply that a new "family constellation" emerges that offers ongoing encouragement and support along this path toward *An Undefended Life*.

In the days and weeks that follow, I remain available for any support that may be needed as the traveler learns to navigate their new way of being and relationship to the world.

~ Overnight Salon Distinctions ~

Since not everyone is able to attend a Retreat, we've done our best to provide a taste of what the Jaguar has to offer in a more condensed form. Most other medicine carriers typically give each traveler just one large dose of medicine and allow 30-40 minutes per person, with the total ceremonial time for five travelers usually less than five hours. However, given our meta-intention of serving this Great Opening toward *An Undefended Life*, we knew we had to offer more. Therefore, we offer a 24 hour Ceremony for no more than eight people.

Even still, some creativity is required to provide each traveler with an opportunity to feel the awesome power of the Jaguar, while ensuring they are able to fully integrate the entheogenic experience. *Again, the following is merely a beginning outline, since each Ceremony is unique to the needs of the participants and varies accordingly.*

As with the Retreat, I will have spoken with each traveler prior to arrival in order to establish a personal rapport, address any questions or concerns and confirm that this journey is appropriate for their life at this time.

Once all have arrived fed and on time, we help everyone get physically and emotionally settled. We then move to a casual orientation circle to answer questions, outline the flow of events, and get to know one another through a facilitated check-in. When complete, we break for a quick snack and to change into more comfortable "temple wear". Upon returning we formally open the circle with a brief invocation and then proceed directly to the medicine offering.

Based upon each person's desire, I will offer either a low or medium dose for the first of two opportunities to visit the Jaguar. We usually proceed with one person at a time for both rounds unless the participants have prior Jaguar experience. After the first round we circle to share our experiences and to ascertain the desired dose for the final round. When that round is complete, we circle again to offer thanks, share whatever may be on our heart and complete the Ceremony.

Should you choose to participate in any of our Ceremonies dear traveler, I know that you will be forever held in the certain safety of your own exquisite and life-enhancing journey in this amazing Dance with the Jaguar.

~ *Considerations Before Committing* ~

Perhaps this description of the Jaguar Ceremony has given you enough information to decide that this path may be for you. But, as we are deeply committed to ensuring your readiness for this experience, there is even more care that we wish to extend your way before joining us. 5-MeO-DMT is arguably the most potent entheogen known to man and must be approached with care and reverence. As such, our intake conversation will address the physical, mental, emotional, and relational implications of your participation. As you review the following topics that we cover in our call, please honestly evaluate your personal readiness for this most exquisite and powerful journey.

Physical

- It's important that you be rested and in good health.
- Any chronic or acute issues must be disclosed in our intake conversation.
- History of seizures, strokes, cardio or pulmonary challenges or high blood pressure are contraindicated.
- Any prescription medications must be disclosed ahead of time with a special note toward the older tricyclic and MAOI-based anti-depressants, as well as SSRI's.

Mental

If you are experiencing challenging mental stability issues such as panic attacks, PTSD, schizophrenia, acute bi-polar or personality disorders, this medicine is likely not for you. This medicine experience is significantly psychologically challenging and renders our normal frame of reference inside-out and upside-down. And while this can be a very good thing, it is only so if we first have a firm grasp on the ego structure from which we can *choose* to let go.

Emotional

If you are currently struggling with emotional fragility, intense feelings, or carrying unresolved trauma that you're not ready to address, it might be best to wait for another time, as this medicine will likely open the floodgates to whatever is being held back. However, if you are experiencing grief, loss, or non-debilitating depression, Jaguar medicine could be a powerful and loving ally in your healing process. Our pre-journey call will clarify any questions in this area.

Relational

- If you are in a couple and your partner does not want you to do this, do not.
- If your partner doesn't object to your participation, but doesn't want to do it themselves, it might also be better to pass, or at least explore the situation in a three-way call. As this experience is so huge and life-changing there is the potential for the lack of a shared context to create a gap of understanding since no words will ever be able to convey the magnitude of this encounter with Self.
- For couples that do attend together, if your commitment is not rock solid, or if there is anything unresolved between you, this medicine will likely bring it to the fore and shine a very bright light on it. I have seen couples who have chosen to separate after coming to terms with the profound truth of themselves and

their relationship as a result of this Ceremony. Everyone who enters into this Ceremony will touch into a profound honesty that will take its own course, regardless of what any of us think “should” happen.

- But of course, the opportunity to share with our beloved the ultimate transparency of seeing to the very core of each other’s being is one of the most intimate and bonding experiences that any couple could know. To witness such awesome courage and openness in our partner builds a foundation for the kind of trusting and caring partnership that’s simply not to be missed!

Logistical

DO NOT try to fit this experience into an overly-busy life! Seriously, don’t do it! Instead, approach this Ceremony with the reverence that you would afford any life-changing event. Once you make a commitment for participation you’ll notice that the journey has begun. Here are some ideas that can help you attune to the energy of the Ceremony before you arrive:

- The morning of the Ceremony, or better yet the day before, slow everything down and eliminate the unnecessary. Unplug from the digital world. Stop doing errands and driving around. Take a walk in nature and connect deeply with your self. Think about and feel into this moment of your life.
- Activate your Witness perspective by *noticing* feelings instead of *being* them.
- Bring loving acceptance to everything that is arising. Even our defense strategies have a purpose, though often misguided.
- It is critical to have at least a day, and ideally more, after the Ceremony free of any commitments so that you have the time and space to metabolize any big feelings and become accustomed to an entirely new way of being.
- Make sure that you create the intention and opportunity for ample self-care in the days and weeks following this experience. It may also be important to have post-Ceremony support, especially from someone who has had experience with entheogens. I will be available for a free follow up call as well as offer on-going counseling on a professional basis if needed.

After effects

Unlike other psychedelics that draw heavily on serotonin reserves like MDA or MDMA and to a lesser extent LSD or Psilocybin, there is no physiological “hang-over” or body load. However, the psycho-emotional impact can be significantly disorienting for several days or weeks. This is indeed a good thing as long as we simply welcome and relax into the unfamiliar reference points of “reality” being dramatically rearranged.

My own experience of adjusting to this new world was accompanied by a physical sensation of free-falling and the resulting angst of trying to hold on to the familiar. I was finally able to relax when a wise friend pointed out that, “Yes, you’re forever falling, but there is no bottom.” That helped re-frame my experience to liken it to skydiving, and that my falling/letting go, was like playing with the relative wind of Love as it continually rose up to support me in all the wonderful twists and turns of this grand adventure toward *An Undefended Life*.

~ *Who Am I?* ~

Now isn't that a good question!

- I'm just catching my stride in this 63rd year around the sun.
- I have been a student of ceremonial entheogens for 27 years, experienced over 200 Ayahuasca journeys and been leading Jaguar Ceremonies for 9 years.
- I have been a facilitator with the Attitudinal Healing Center working with children, adults and care givers facing end-of-life emotions and concerns.
- I have co-facilitated 10 years of men's initiation weekends and led weekly group process circles exploring self-discovery, personal empowerment and interpersonal dynamics.
- I have facilitated regular support salons to college students struggling to integrate the harsh realities of planetary ecosystem collapse while attempting to maintain the emotional resilience necessary to continue their studies.
- I offer Collaborative Counseling to individuals and couples, and guidance in the area of *Limbic Re-Patterning*™ support.

But then, that only tells you the stuff I've done, not who I AM. The answer to that question is still in process, and simply more that I know how to say.

My earliest memory is of standing on the edge of a precipice, summoning the nerve to step off. I am flanked by three trusted and caring advisors who are reviewing with me the important things to remember for this lifetime. We complete the conversation, I take a deep breath and leap. I am falling quickly toward this beautiful planet and then everything goes black—as I enter my body. I remember knowing this before I was 2 years old.

The profound gift of knowing that death is merely waking up and going home has supported me through many times of doubt and fear. And now, I find myself as a carrier of a medicine that can offer the same support to anyone who is willing to embrace their own liberation and the Oneness we share. What a blessing!

