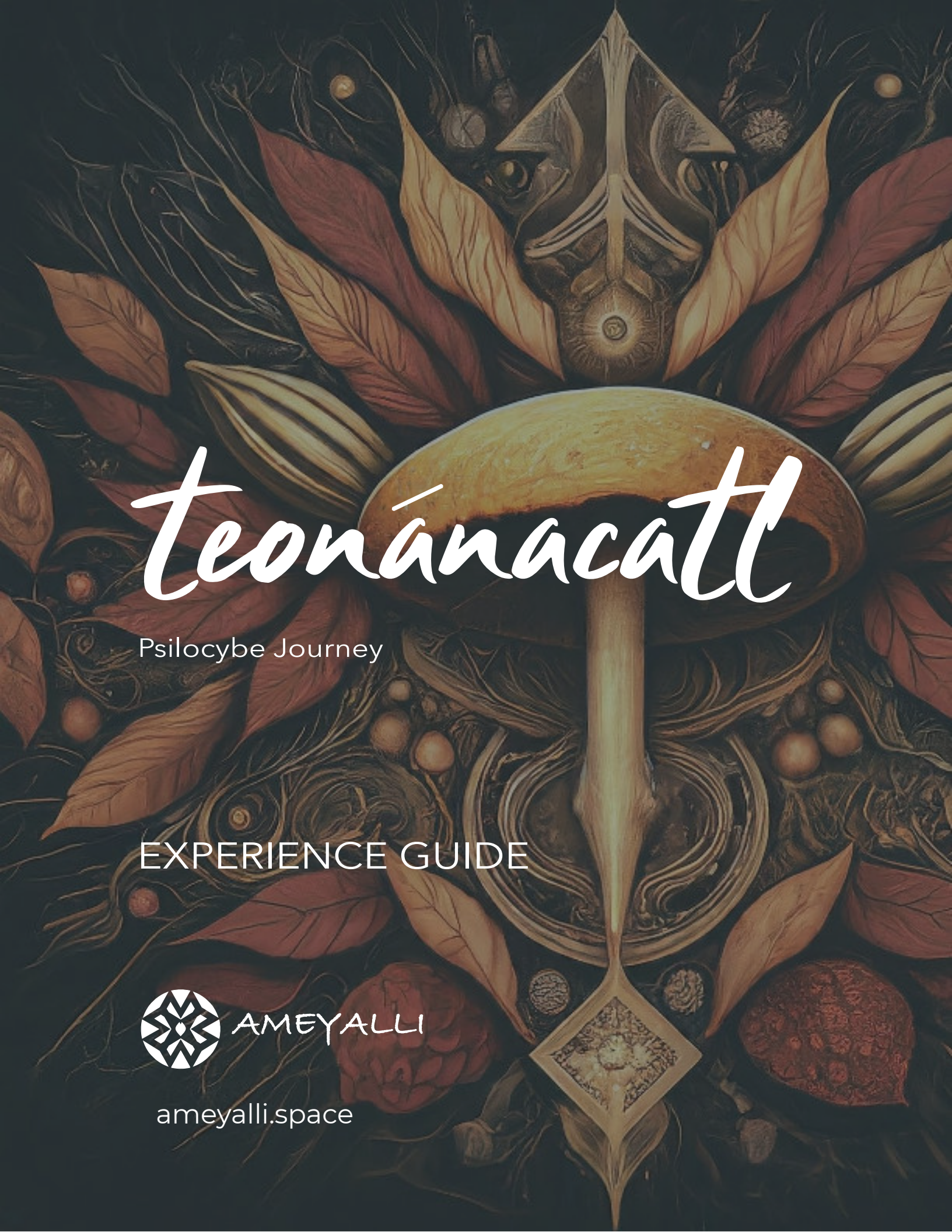




teonānacatl

Psilocybe Journey

EXPERIENCE GUIDE



AMEYALLI

ameyalli.space

Psilocybin mushrooms has been traditionally used for spiritual purposes by various indigenous groups in Mesoamerica, including the Aztecs, Mixtecs and Mazatecs. These groups believed that this medicine enhanced their ability to communicate with the spirit world and receive guidance for healing.

From personal experience, Ameyalli has observed that mushrooms have the ability to awaken the senses and bring out repressed emotions in order to promote lasting change and to leave behind our tendency to avoid our emotional reality.

How can this medicine help me?

When repressed emotions surface, it is an opportunity to see what we have been ignoring, what may be negatively affecting our lives without our being aware of it. These emotions may be unpleasant or uncomfortable, but in our expanded state of consciousness, it is easier to see them and feel them deeply in order to acknowledge, honor and let them go with compassion. When this letting go occurs, we can find ourselves in a space of peace, gratitude, and compassionate self-acceptance.

How can I get the most from this experience?

You can get the maximum benefit by trusting the medicine and the process it takes you through, and yourself. The more you open yourself to learning whatever it is you need to learn, no matter how painful it might be, the more you will get out of this experience.

Avoid having specific expectations about what you will heal or how you will heal it. The work of medicine can be mysterious, and we may not have any insight or knowledge of what happens during the experience. Be assured that the circle was helpful and that healing occurred. You will see the results during the integration period, which is unique to each individual.

“The opportunity that we have in the landscape of psychedelics, I really think, is towards unity.”

— Dr. LaMisha Hill, Ph.D.



Psilocybe Mexicana

About Ameyalli and Sama

Ameyalli is a medicine musician, sound healer, and Chinese Medicine practitioner.

He uses his voice and his connection to master plants of the Amazon jungle to open the heart, clear energetic/emotional blockages, align thoughts/energies, clear unwanted energies and connect to light worlds. This work is done through the singing of Bewa (medicine songs) in the Shipibo tradition of shamanism.

Ameyalli prepares for this work through a practice called Sama. In Sama, the apprentices commit to a period of time from 10 days to months in which they will be in isolation and communing with a master plant of their or their teacher's choosing.

During Sama, the apprentice learns from the master plant how to heal themselves. At the same time, they begin to learn how to heal others through the singing of the Bewa. In Sama ayahwasca is used every other night to facilitate communication between the apprentice and the master plant they are working with.

Ameyalli's medicine music, accompanied by guitar, is used in ceremony to soothe and nurture the participants and to generate an emotional release.

What to Bring:

- Water Bottle
(water is provided at the venue)
- Sleeping bag if you want to be extra warm and cozy (optional)
- Meditation cushion
(depending on venue)
- Pillow (optional)
- Comfortable and warm layers
- Tissues
- Eye mask (optional)

“The key to becoming an excellent psychedelic facilitator lies in holding no expectations for the outcome, and knowing it is not you who is doing the healing.”

— Natasja Pelgrom



How should I prepare?

During the 3 days prior (and 3 days post):

Abstain from:

- Drugs and alcohol (and other medicines such as marijuana)
- Irritants such as spicy and greasy foods
- Pork and pork products
- Junk/processed foods
- Sex. This recommendation is for two reasons. 1) in order for the medicine to more easily work with just your energy field and not those of your partners and 2) by conserving your sexual energy (which is creative energy) you will have more fuel for the medicine to work and transform.
- Activities, such as news consumption, confrontational people, aggressiveness, arguments, etc.

Consume lots of fresh fruits and vegetables and Increase self-care activities such as meditation and proper hydration.

Your last meal that day should be a minimum of 3 hours prior to ceremony to receive the full strength of the medicines and to minimize stomach upset. The majority of participants do not purge with mushrooms, but the possibility exists, particularly those who really need this type of purging or those with very sensitive stomachs.

Intention Setting

It is of utmost importance to set a general intention for healing before embarking on

this journey and to consider what you'd like to heal or need to heal. It is equally important to then let go of that intention with the understanding that what we want to heal and what we need to heal may be different. Trust that the medicine knows what needs to be tackled first and be open to the mysteriousness of that wisdom.

Expectations

Visions are not an indicator of healing. If you don't experience a visionary aspect to your experience, it doesn't mean the healing is not taking place. There are many reasons why someone's experience may not be visual.

Having conscious insights does happen and is common, but is not necessarily part of the process. The healing done in ceremony can often be done on a very subconscious level .

Dosage

Most participants will be offered up to 3 grams (or equivalent) of dried mushrooms. Participants with medical conditions or who are taking medication will receive a dosage appropriate to their situation at the discretion of Ameyalli. You may choose to take less than what is offered if you feel you are not ready for the full dosage.



Format

To support your healing process, I will use two forms of sound healing: Icaros and Medicine Music.

1. ICAROS (BEWA) (Approx. 2 hours)

Medicine chants (icaros/bewa) from the Shipibo tradition of shamanism.

These chants, in the language of my teacher, are used to eliminate unwanted energies, align thoughts and energies, and connect you with worlds of light. These chants will be sung during the strongest and most cathartic part of the circle.

During the Icaro portion I will pause to do 1 (or more) Agua Florida sopladas (blowing). This is done to open the crown, ground you, and for protection. Agua Florida is a perfumed water used for cleansing and opening the crown.

2. MEDICINE MUSIC (Approx. 2 hours)

These songs, accompanied by guitar, are used as a sort of lullaby to help the participants transition from the heavier work to a sweeter lighter atmosphere as they come off the medicine.

3. SHARING

Towards the end of the evening, we will open the circle for people to share a medicine song, poetry or a medicine/wisdom story. You are encouraged to share without self-judgment and with an open heart. We end the circle by opening it up to sharing words. Anyone can share their experiences,

observations, gratitude or whatever they are called to share. After sharing words, we share fresh fruit, granola bars, crackers, or any other light snacks you would like to bring and share with others.

Safety and Support

FACILITATION

In addition to Ameyalli, there will be anywhere from 2 to 4 facilitators present and available to help you during the circle (depends on size of the group). These facilitator's priority is assuring that the participants feel safe and supported. The concerns of any and all participants is taken very seriously and will be handled with the utmost of care, understanding, and kindness by the facilitators.

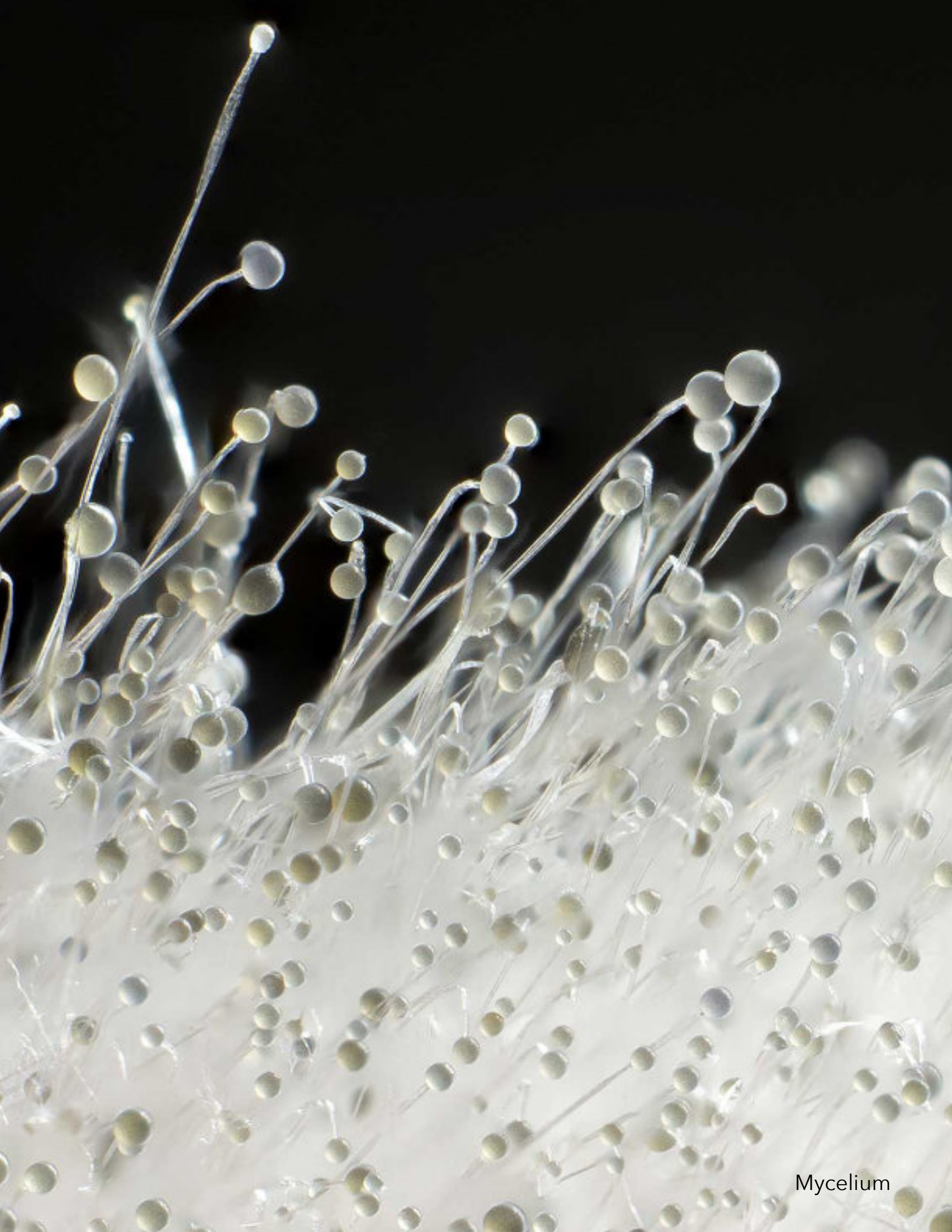
COMMITMENT TO EQUITY

We are openly committed to creating a secure, welcoming, and friendly environment, free from ALL racism, sexism, homophobia, transphobia, sexual misconduct, violence, bullying, and any form of sexual, physical, verbal or emotional abuse.

AFTER CEREMONY

The medicine can last up to 8 hours, but in most cases, it lasts about 5 to 6 hours.

If the venue is not an overnight venue you should arrange for a ride or car service to take you home afterwards in order to assure your safety.



Mycelium

The Circle Rules

- No one is allowed to leave the circle until it is officially closed (absolutely no exceptions to this since your safety is our responsibility).
- No violence allowed...not towards any other participant nor towards yourself.
- No using cell phones (keep them off) and no contacting people until the circle has officially closed.
- Keeping people's attendance and anything they share in circle as 100% confidential at all times.
- Ask for what you need. It is the responsibility of each participant to ask for what they need to feel safe and supported. The facilitators will support you whole heartedly in whatever way they can.
- No uninvited touching. People in process during ceremony are in a very vulnerable space. If you need a facilitator to assist you with some reassuring touch and accompaniment please do ask for it.

Ameyalli may touch folk's crowns, heads, hands, or shoulders as part of his work in ceremony. The touching of the participant's crowns is necessary in order to give them the *soplada* (blowing) with *Agua de Florida* in between *Icaros*. If someone needs to be "doctored" during ceremony to help them through a difficult moment Ameyalli may gently massage their head and/or shoulders with finger tips to help calm them.

- Respect the space and belongings of all other participants. Maintain awareness of the space of others, and your own, at all times.

- Noble Silence. Noble silence is an agreement that the participants make to not generate unnecessary or indulgent noise. This type of noise is made very consciously. It is often performative and it can be very distracting. Idle chatting is another form of breaking noble silence.

Being in process and in a state of catharsis can often provoke some involuntary noise-making (often in the form of heavy breathing, crying, yawning, moaning). This type of noise is natural and does not need to be suppressed.

Sometimes cathartic noise can become a burden on both the person experiencing it, due to feeling that they are being a distraction to others, as well as the people around them who may feel that the other's noise is a distraction. We want both of these people to feel supported. If you find yourself needing to be in another space momentarily to either feel free to be noisy or to remove yourself from the noise then please ask a facilitator to help you find that space.

- During sharing time...we ask that participants refrain from commenting on the sharing of others and instead remain in a receptive/listening and grateful state. This allows each person who shares to feel truly heard and prevents people from inappropriately falling into a teacher-type role.



"Dot Cubes" by Diego Fernando Peña

Recommendations

In order to get more out of the experience

- **Position:** Staying in a seated position allows you to stay more present to your processes, to the singing, and prevents you from falling asleep. That being said, everyone is encouraged to please listen to their bodies and to rest (even if that means lying down or getting into different positions) as necessary for your comfort.
- **Hydration:** Everyone is encouraged to have water handy and to hydrate regularly during the experience. There is a water fountain available near the bathrooms to refill your bottle should you need more water.

After Circle

The effects of the medicine typically last between 3-6 hours, so you may still feel minimally under the effects at the end of the ceremony. It is recommended that you plan to take an Uber or arrange for a ride home.

After the ceremony, you may feel raw and very open, so treat yourself gently and give yourself a good rest the next day.

Why Choose to Sit with Ameyalli

- Ameyalli is years into training with a very well-respected lineage of wisdom keepers from the shipibo community in the amazon. He is also a medical professional with lots of experience assessing the participants' health.
- These events are VERY tightly held and safety and comfort is Ameyalli's top priority.

Free Offers of Support / Preparation

- 1 free online 1-on-1 First Time with Ameyalli session (45 mins) to meet face to face, go over questions/concerns, and help prepare you.
- 1 free one-on-one online (30 min) post ceremony integration check-in a week or two after ceremony.
- There are free ongoing weekly online group integration sessions to support participants in a group setting.



How to support your integration process

Your self-care regimen will greatly support you in the process. Get the best possible outcome!

Self-care practices

- Meditation: zazen, vipassana, mindfulness, guided, transcendental
- Breathing techniques
- Movement with meditation: Yoga, Taiji, Qigong
- Exercise: Hiking, cycling, martial arts
- Arts and self-expression: Art, dance, singing, music, writing.
- Good nutrition. Eating fresh vegetables and fruits and avoiding processed foods.
- Time in nature: Camping, hiking, gardening
- Listening to medicinal music to connect with plants.
- Keeping a daily log of how you feel and your observations.

Other recommended supports:

- Non-Psychotherapy Integration Sessions
- Psychotherapy
- Acupuncture
- Massage



Need some extra support?

- Pre-Experience Session
- Integration Session
- Singing Session
- Microdosing Coaching

Schedule now with Ameyalli:

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