



darshana



OTAC / TOAD (BUFO ALVARIUS) 5-MEO-DMT



FACILITATORS: FERNANDO, NAYELY, YOGESH & ATLANTIS

DARSHANA + THE WHITE LIGHT COLLECTIVE

CEREMONY DURATION TIME: 10-30 MINUTES PER PATIENT

If you are receiving this document, it's because you have been on the path to self-exploration. Whether it's through meditation, ceremonial medicinal work, or through your various disciplinary methods. This, if you have not yet embraced the cleansing and healing benefits of SONORAN DESERT TOAD, BUFO ALVARIUS (AKA SAPITO), now is your chance to do so with healing arts collective DARSHANA + THE WHITE LIGHT COLLECTIVE.



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ABOUT BUFO ALVARIUS

What does it feel like to smoke the toad medicine?

Every ceremony is different. Depending on the state of consciousness or accumulated intoxication, a participant can experience some of the following sensations during the ritual climax:

- Massive liberation of accumulated stress
- Connection with Consciousness
- Experience of non-duality, sensation of Oneness with all that is
- Dissolution of unconscious or repressed cellular memories which may create addictions, compulsions, psychosomatic illnesses, mania's and suffering
- Sensation of the body exploding in millions of particles
- Partial or total disconnection of physical or visual reality
- Fusion with Presence, to be completely in the Now
- Sensation of being launched into the void at high velocity
- The reconstruction of synaptic networks in your brain
- Liberation of emotions and feelings
- Disconnection of the ego as principle player and lack of egoic control



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How do I prepare for a toad medicine ceremony?

!!!! IMPORTANT!!!! The first concern in his ceremonies is always the safety of the patient.

If you have recently used antidepressants or if you are on any other kind of medication, always inform your guide before doing the ceremony. It is recommended to abstain from using recreational drugs and drinking alcohol in the week before and after the toad medicine ceremony, also avoid drinking coffee in the days before and after the ceremony. No food allowed minimum 6 hours before doing the ceremony, keep in mind that you might purge during ceremony and It can come in vomit, crying, shouting, laughing, stretching or sweat.

A toad medicine ceremony can be a profound and powerful experience. Make sure you are well rested and fit on ceremony day. If possible, it would be nice if you have a couple of free days after your ceremony. This is not necessary, but it can help you with the integration of the experience.

Be aware that the experience with Bufo Alvarius secretion is intense and produces rapid dissolution of your ego which might be traumatic in some cases. This medicine is also not a panacea and the hard work starts after the ceremony. In the following days, weeks or months you might experience a variety of psychological phenomena, which might not always be pleasant. This includes but is not limited to:

- Flashbacks and/or reactivations
- Intense release of emotions, either positive (happiness, joy) or negative (depressions, anxieties)
- Realizations of your maladaptive patterns of behaviour and the need to change various parts of your life.



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BENEFITS OF THE MEDICINE

- Breaks chains of addiction.
- Releaser of conscious or unconscious loads.
- Allows a longer rest when sleeping.
- Physical and mental relaxation.
- Helps cure psychosomatic diseases.
- Can attack physical conditions from the astral plane.
- Helps to understand the meaning of meditation.
- Face fears, anger, jealousy, envy, etc.
- Deep release of emotional traumatic loads.
- The pineal gland is activated and detoxified.
- Stimulates the immune system.
- It reconnects you with your Soul and integrates it into your body.
- You set aside fears and negative schedules.
- Free your past.
- Give freedom and peace to your mind.
- You open your heart deeply.
- Feeling of being born again.
- Reset Mind, Spirit and Body.
- Discover the purpose of your life.
- Control your thoughts.
- Improve relationships.
- Activation of the third eye.
- Increased self-love.
- Relief of physical and mental pain.
- Stress elimination.
- Encounter with real and true answers from the bottom of your being.
- Communication with other spiritual entities.
- Gives mental clarity and ideas up to many months after trying a dose.
- Gives confidence and willpower.
- Discover God within yourself.



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GREAT HELP IN TREATMENTS FOR:

- Mental, Emotional and Spiritual Blocks.
- Chronic Fatigue.
- Drug Addictions.
- Addictions to Heroin.
- Nicotine addictions.
- Alcohol addictions.
- Addictions to Pain Pills.
- Addictions to Psychological Behaviors.
- Emotional or Loving Addictions.
- Food and Sugar Addictions.
- Stress.
- Depression.
- Postpartum depression.
- Hyperactive disorder and attention deficit.
- Body toxicity.
- Addictions.
- Heartbreak.
- Endometriosis.
- Candidiasis.
- Parasites.
- Depersonalization and derealization.
- Hepatitis.
- Hormonal imbalances.
- Social Anxiety.
- Phobias.
- Herpes.
- Sexual Complexity and Dysfunction.
- Anxiety Disorder.
- Panic Disorder.
- Personality Disorders.
- Obsessive Compulsive Disorders



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Integration:

To make this process as smooth and beneficial for you as possible, it is strongly suggested to have resources available. One technique which showed to be extremely helpful with integration of the psychedelic experience showed to be psychotherapy. Therefore, before you go to the ceremony, make sure you have a therapist or somebody with experience with psychedelics that you trust that can help you with the process. This can be for example, a psychotherapist that is open to talk about the psychedelics. Even better would be someone that is experienced in working with altered states of consciousness, either produced by psychedelic substance, or holotropic breathwork.

Community support is another way that can help you with the integration. Do research on available integration circles in your country. Or bring people you know, so you can talk and process the experience afterwards together, by sharing what you have experienced. Also Facebook groups are available on the internet for this purpose.

Don't expect that all the work will be done during the experience with the toad itself. As stated before, this is only the beginning.

Important notes:

To prepare for the medicine please add the following guidelines for a minimum of 3 days or better for a whole week.

- No red meat.
- No milk.
- No cheese.
- No sex.
- No antidepressants or sleeping pills.

And no food for 6 hours prior to your ceremony

Thanks for your trust!



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ABOUT US



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Fernando & Nayely are Mexican shamans/facilitators (DARHSANA), They have travelled around the world to meet and share the medicine with the most important leaders of the sacred tribes in Mexico, USA, Colombia, Peru and Brasil. They have received blessings and instructions on how sacred medicines should be given to each patient, they practice with the medicines Bufo Alvarius (the toad medicine), Ayahuasca, Kambo, and Xanga. Fernando and Nayely use the techniques given to them to help brothers and sisters overcoming traumas, addictions and mental disorders or self-destructive behaviours.



Yogesh & Atlantis are here to spread love and light for the healing of our cosmic family. Walking with our brothers and sisters home with humble confidence. Singing to the supreme consciousness, chanting mantras and sacred ancestral hems. Yogesh and atlantis hold space and work with energies necessary for the awakening of the heart and transmigration of the spirit during the ceremonial processes.

The medicine they all carry comes straight from the Amazon Jungle and the Sonora desert and it is 100% pure, with an ethical gathering of the medicine, by members of the tribes, meaning no harm to the plants or the animals that carry the medicine. (All of this sacred medicine are 100% natural and no industrial process or manipulation altering the natural state are done).

**“When one heals, we all heal” Fernando Barba
Haaxa Tiipe Yozz**

Any doubt please refer to Fernando, Nayely, Yogesh or Atlantis with a Direct Message through:
INSTAGRAM @fernandobarba @nayeliriv @thewhitelightcollective @shakti.kali.tattoo



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SOME GROUP RETREATS & CEREMONIES



ENSENADA, BAJA CALIFORNIA (MÉXICO)



WISCONSIN, (USA)



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OREGON (USA)



LOS ANGELES, (USA)



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TULUM, (MÉXICO)



ALTADENA, (USA)



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