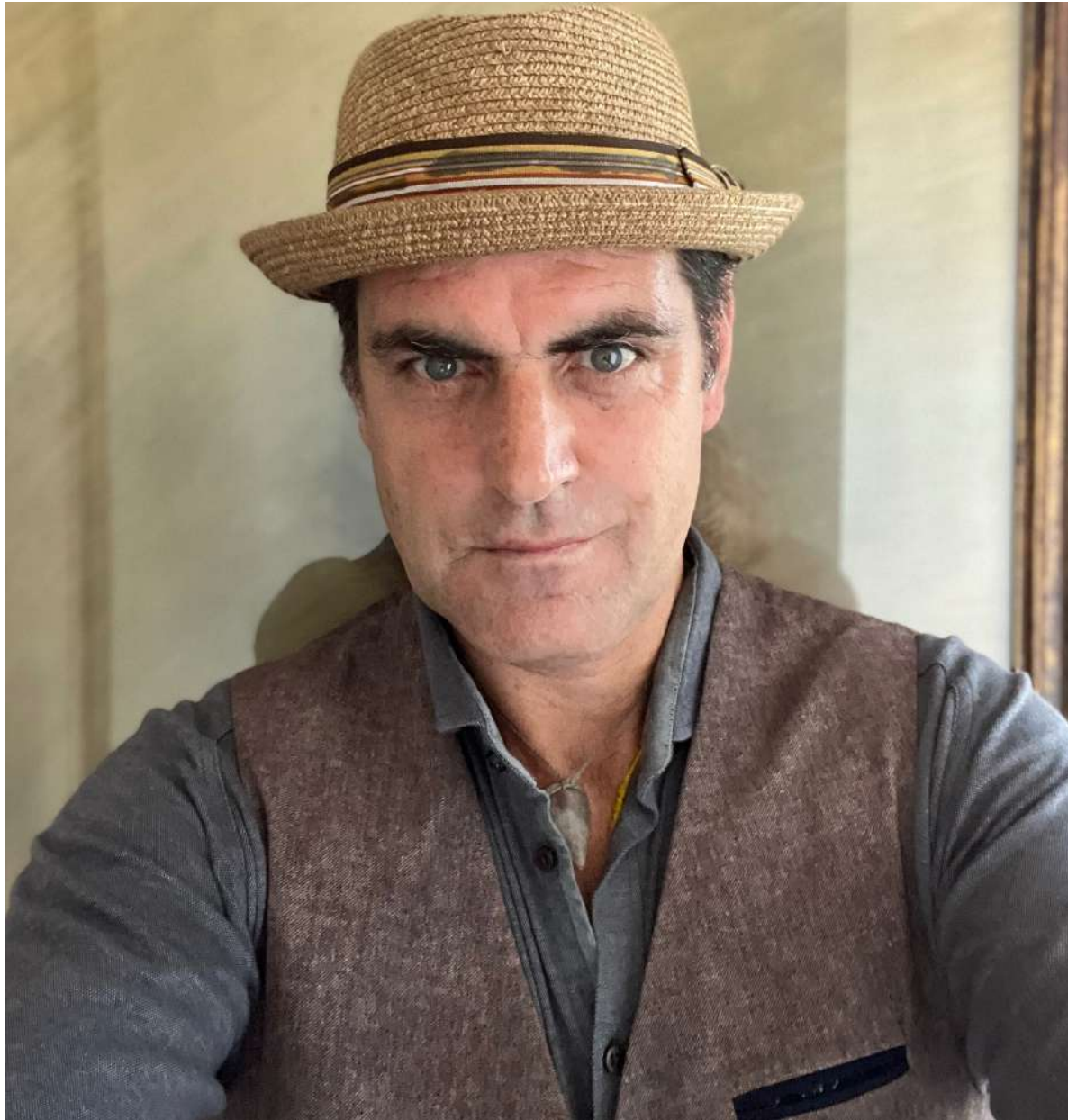




# Psychedelic Renaissance: What Health Care Practitioners should know

AN OVERVIEW OF THE CURRENT RESURGENCE OF INTEREST AND RESEARCH INTO THE THERAPEUTIC APPLICATIONS OF PSYCHEDELIC SUBSTANCES, AND WHY HEALTHCARE PRACTITIONERS SHOULD BE AWARE OF THESE IMPORTANT DEVELOPMENTS.



# François Demange, MA

François is a French American anthropologist who has dedicated his life to the study and practice of traditional Amazonian medicine, called *Vegetalismo*. He spent 15 years immersed in the Peruvian Amazon, amongst the Shipibo, Quechua-Lamista and Awajuns people, which led him to make relations with other indigenous medicine traditions, specifically the Dinè/Navajo and Lakota/Oglala peoples of North America and the Bwiti traditions of Gabon. Today, he leads a non-profit organization, **Sacred Ways Foundation**, whose mission is to support indigenous medicine families and their traditional ways. He is the founder of the **Metsa Series**, an educational platform that empowers, inspires and informs people about *psychedelic rituals, plant medicines* and the *ancient practices* and *cosmovisions* which accompany them.



# Kelly Jennings, ND, LAc, MSOM

Kelly is a naturopathic physician and Chinese medicine practitioner. She has an integrative healthcare practice in the Hudson Valley, NY and serves to support people in their full well-being, specializing in autoimmune disease, mental emotional disorders and chronic diseases that affect every level of health. Her mission is to reconnect her patients to the healing power of nature through the many tools of her education and profession. She's also a Daoist Qi Gong teacher, and is informed by two decades of ritual practice and training with indigenous grandmothers and healers from the Mayan, Moshica, Lakota, Dinè and Quechua-Lamista traditions. She's an educator for the Metsa Series, teaching people how to bring the wisdom of indigenous and traditional cultures into a grounded and inspired daily practice and she's also co-founder of Sacred Ways Foundation, a non-profit who's main mission is to say thank you to the people and communities who've kept these ancient ways alive.



# The Great Unraveling

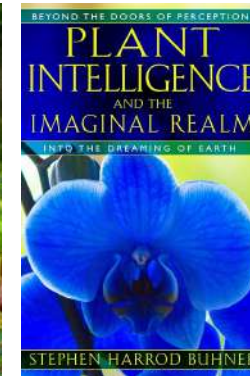
The Western world is grappling with a profound crisis of meaning, purpose, and disconnection from the natural world. This crisis is further exacerbated by the looming threats of climate change and the great extinction event, creating a state of 'polycrisis' that demands a profound reckoning and reorientation of our collective priorities. We are in the midst of epidemics of depression, loneliness, anxiety, suicide, PTSD. (1 in 10 Americans are on antidepressants, 3.2% of Americans are on anxiolytics. In 2020, 20.3% of Americans had received mental health treatment in the prior 12 months - Nat'l Health Interview Survey).

# The Great Turning

1) The polycrisis is unmasking the limitations of the highly individuated post modern self, of empirical knowledge and is catalyzing complexity science and qualitative knowledge.

2) There is an awakening interest and exploration of nature, plant intelligence, indigenous wisdom traditions, shamanism, collective consciousness and spiritual practice; a consciousness of wholeness, a de-prioritization of anthropocentrism.

3) Psychedelics, emergent interbeing, and similar medicines and practices are re-instilling, normalizing and mainstreaming the mystical experience, oneness, innate healing intelligence, embodied wisdom, ceremony and the sacred.





“Alienation from nature and the loss of the experience of being part of the living creation is the greatest tragedy of our materialistic era. It is the causative reason for ecological devastation and climate change. Therefore I attribute absolute highest importance to consciousness change. I regard psychedelics as catalyzers for this.”

– Albert Hofmann

# Evolution of human consciousness and documented use of psychedelic substances

The Immortality Key: The Secret History of the Religion with No Name (Brian C Muraresku), Darwin's Pharmacy: Sex, Plants, and Evolution of the Noosphere (Richard Doyle), Visionary (Graham Hancock), Food of the Gods: The Search for the Original Tree of Knowledge (Terrence McKenna), The Mind in the Cave: Consciousness and the Origins of Art (David Lewis-Williams)

## ● PALEOLITHIC ERA

Documented use of psychedelic plants such as psilocybin mushrooms, ayahuasca, and ibogaine for spiritual and shamanic rituals.

## ● ANCIENT CIVILIZATIONS

Documented use of psychedelics in religious and ceremonial practices in cultures like Mesopotamia, Ancient Egypt, and the Aztec Empire. Opium use by the Sumerians 4000 BCE. Blue lotus use in Egypt.

## ● CLASSICAL ANTIQUITY

Psychedelic substances like ergot and opium used in the Eleusinian Mysteries (1600 BCE to 392 CE) and other Greco-Roman religious rites.

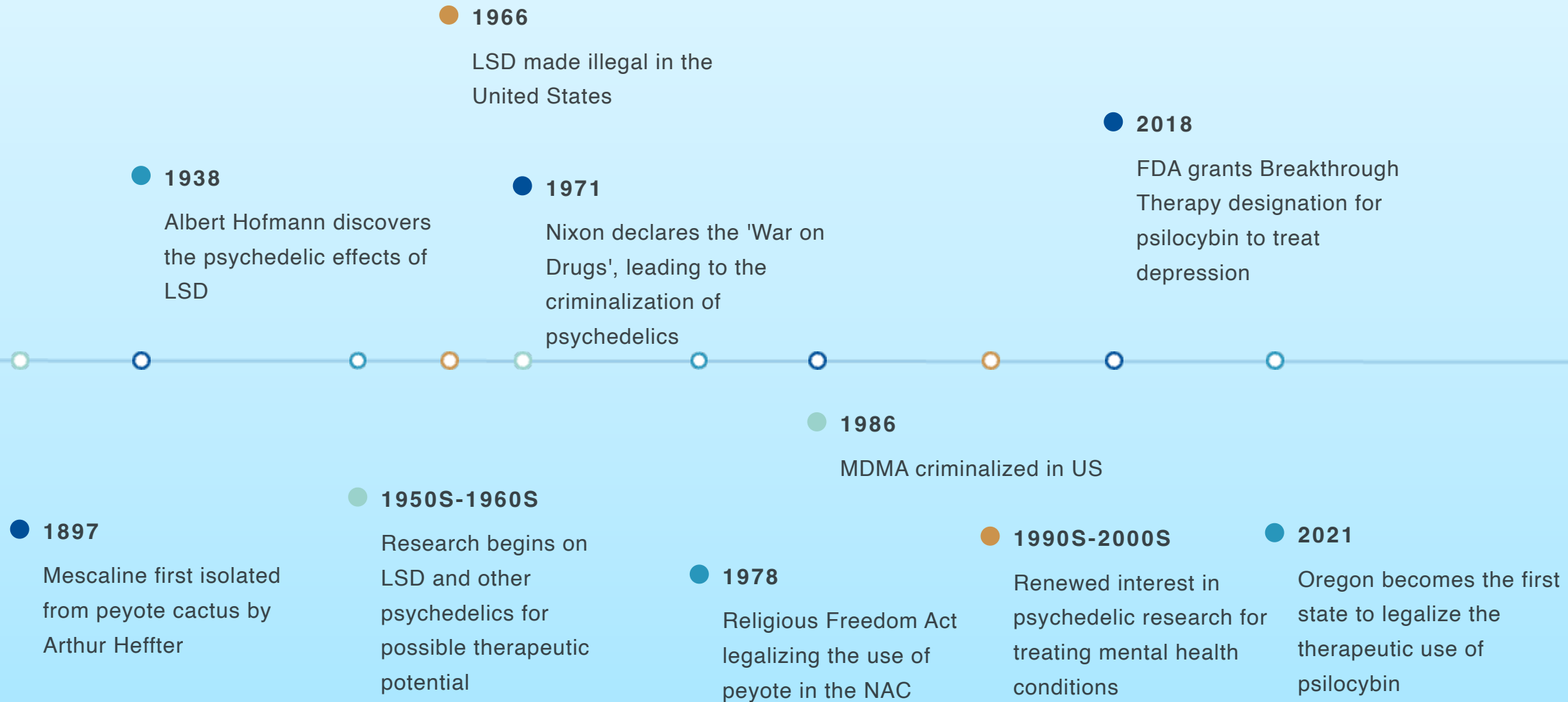
## ● PRECOLUMBIAN AMERICAS

Peyote use among Native American groups dates back at least 5,700 years, based on archaeological evidence from Texas. South American cultures have used ayahuasca, a psychedelic brew, for centuries in spiritual practices.

## ● 20TH CENTURY

Renewed scientific interest in psychedelics, leading to the discovery of LSD and the exploration of their therapeutic potential.

# A more recent western historical perspective





# The Psychedelic Renaissance in Mental Health



## RESURGENCE OF INTEREST IN PSYCHEDELICS

Renewed focus on the therapeutic potential of substances like psilocybin, LSD, and MDMA for mental health conditions, addiction, depression, and end-of-life care.



## REGULATORY CHANGES AND DECRIMINALIZATION

Shifts in legal and regulatory frameworks, with some jurisdictions decriminalizing or exploring the medical use of certain psychedelics, paving the way for increased access and research.



## PSYCHEDELIC RESEARCH ADVANCEMENTS

Promising clinical trials and studies exploring the efficacy of psychedelic-assisted therapies for various mental health disorders, including depression, anxiety, and PTSD.



## THERAPEUTIC POTENTIAL OF PSYCHEDELICS

Emerging evidence suggesting psychedelics can potentially induce lasting positive changes in brain function, cognition, and mental well-being.

**THE RESURGENCE OF INTEREST IN PSYCHEDELICS REPRESENTS A SIGNIFICANT SHIFT IN THE HEALTHCARE LANDSCAPE, OFFERING NEW HOPE AND POSSIBILITIES FOR THOSE SEEKING ALTERNATIVE AND INNOVATIVE APPROACHES TO MENTAL HEALTH AND WELL-BEING.**

# Psychedelic Compounds

- **CLASSIC PSYCHEDELICS**

Substances such as LSD, psilocybin (found in magic mushrooms), and mescaline (found in the peyote cactus) that alter perception, cognition, and mood.

- **DISSOCIATIVE ANESTHETICS**

Substances like ketamine and PCP that induce a sense of detachment from one's physical body and environment.

- **ENTACTOGENS**

Also known as 'empathogenic' drugs, substances like MDMA (ecstasy) that enhance feelings of empathy, compassion, and interpersonal connection.

- **DELIRIANTS**

Substances that induce a delirious state, such as Datura and high doses of diphenhydramine (Benadryl).

- **CANNABINOIDS**

Substances derived from the cannabis plant, including THC and CBD, that alter perception, cognition, and mood.

- **ENTHEOGENS**

a substance, usually of plant origin, that when ingested in a spiritual ceremony or ritual may induce a mystical experience. From Greek, literally 'becoming divine within'. Nino Santos, Ayahuasca, Peyote, Iboga are examples.

# Synthesized Psychedelics

a class of psychoactive substances that produce changes in perception, mood and cognitive processes. Psychedelics affect all the senses, altering a person's thinking, sense of time and emotions.



**LSD**

LSD (lysergic acid diethylamide) is a synthetic chemical, made from a substance found in ergot, a fungus that infects rye (grain).

**Dependence liability:** Low



**KETAMINE**

Ketamine is a dissociative anesthetic used medically for induction and maintenance of anesthesia. It is also used as a treatment for depression and in pain management.

**Addiction liability:** Moderate–high



**MDMA**

3,4-Methylenedioxymethamphetamine, commonly known as ecstasy, and molly or mandy, is a potent empathogen–entactogen with stimulant and minor psychedelic properties.

**Addiction liability:** Low–moderate

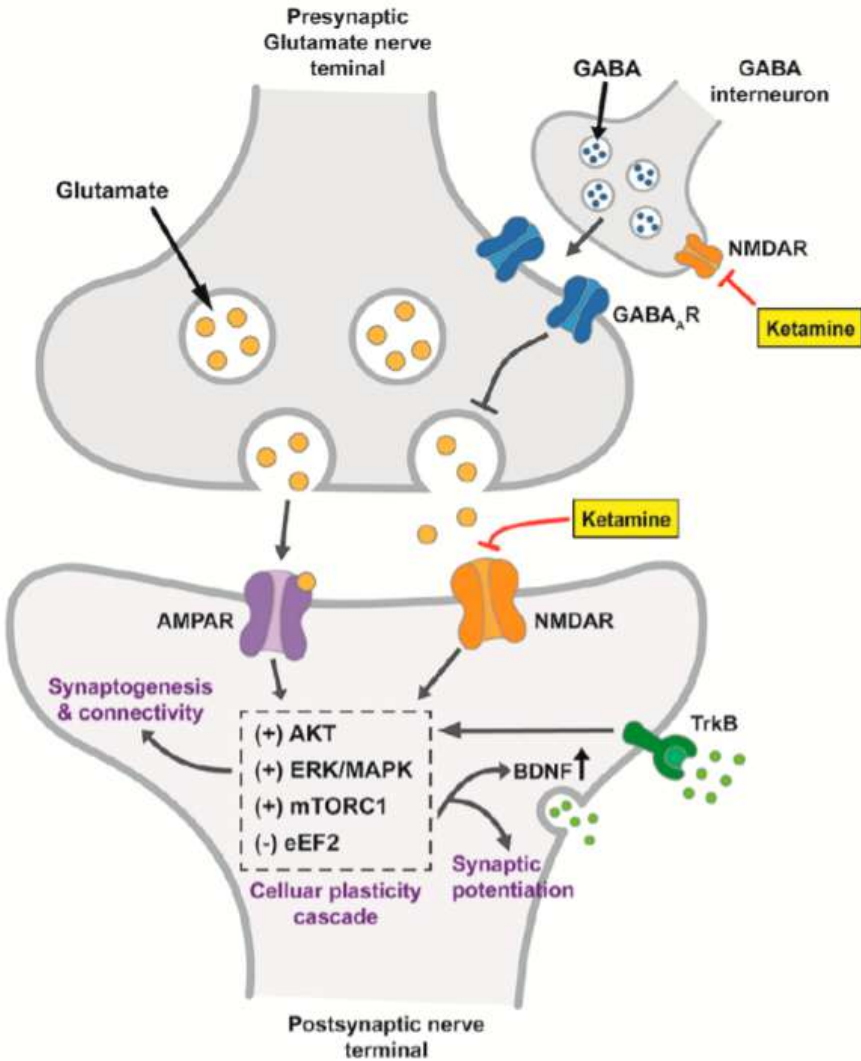
# What is Ketamine?

**KETAMINE IS A DISSOCIATIVE ANESTHETIC THAT WAS FIRST DEVELOPED IN THE 1960S FOR USE IN HUMAN AND VETERINARY MEDICINE.**

**ITS UNIQUE EFFECTS HAVE BEEN FOUND TO PROVIDE RAPID-ACTING ANTIDEPRESSANT PROPERTIES, OFFERING HOPE FOR THOSE WHO HAVE NOT RESPONDED WELL TO TRADITIONAL THERAPIES. KETAMINE'S ABILITY TO MODULATE THE GLUTAMATERGIC SYSTEM AND INDUCE NEUROPLASTICITY HAS BEEN A KEY FACTOR IN ITS POTENTIAL THERAPEUTIC APPLICATIONS.**



# What is Ketamine?



## Proposed MOA

KETAMINE IS AN NMDA RECEPTOR ANTAGONIST, MEANING IT BLOCKS THE EXCITATORY NEUROTRANSMITTER GLUTAMATE FROM BINDING TO NMDA RECEPTORS IN THE BRAIN. THIS DISRUPTS NORMAL NEURONAL FIRING AND PRODUCES A DISSOCIATIVE, ANESTHETIC-LIKE STATE.

## Proposed MOA

INCREASES LEVELS OF MONOAMINE NEUROTRANSMITTERS LIKE DOPAMINE, NOREPINEPHRINE, AND SEROTONIN. INCREASES GLUTAMATE RELEASE, LEADING TO DOWNSTREAM EFFECTS ON BRAIN-DERIVED NEUROTROPHIC FACTOR (BDNF) AND SYNAPTIC PLASTICITY.

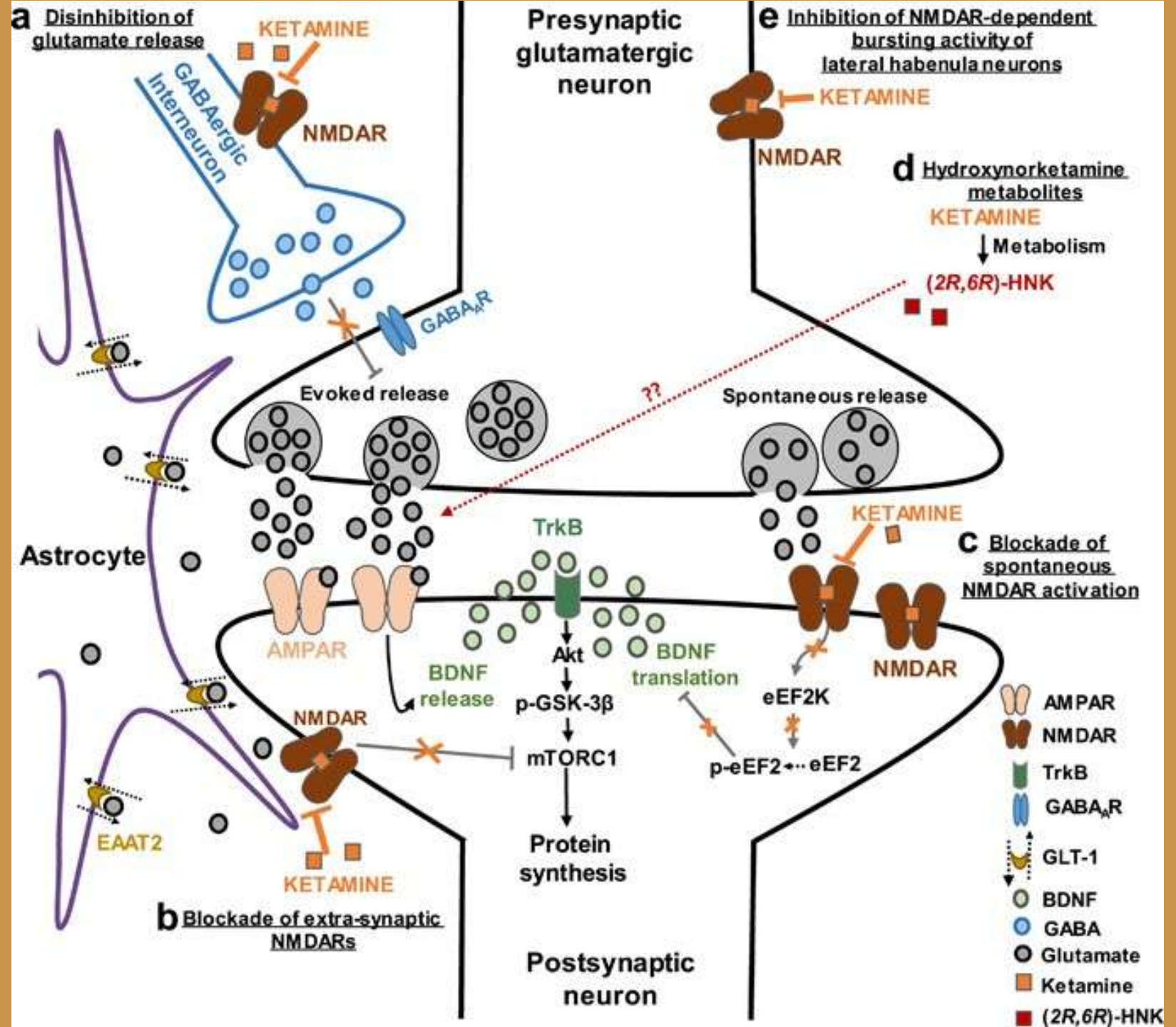
# Proposed Mechanism of Action of Ketamine

NMDA receptors are glutamate receptors in the brain that play a key role in many brain functions, including:

**Learning and memory:** NMDA receptors are critical for spatial memory and synaptic plasticity, which is a neuronal mechanism that's believed to be the basis of memory formation.

**Central nervous system development:** NMDA receptors are essential for the development of the central nervous system.

**Breathing and locomotion:** NMDA receptors help generate rhythms for breathing and locomotion



# What is Ketamine?



## EFFECTS ON THE MIND

Ketamine produces hallucinations, distorting perceptions of sight and sound and makes the user feel disconnected and not in control. A “Special K” trip is touted as better than that of LSD or PCP because its hallucinatory effects are relatively short in duration, lasting approximately 30 to 60 minutes as opposed to several hours.

**Rapid onset within minutes.**

Ketamine may also cause agitation, depression, cognitive difficulties, unconsciousness, and amnesia.

## EFFECTS ON THE BODY

A couple of minutes after taking the drug, the user may experience an increase in heart rate and blood pressure that gradually decreases over the next 10 to 20 minutes. Ketamine can make users unresponsive to stimuli. When in this state, users experience: • **Involuntarily rapid eye movement, dilated pupils, salivation, tear secretions, and stiffening of the muscles.** Can cause nausea. An overdose can cause unconsciousness and dangerously slowed breathing.

# What is Ketamine?

## Overview of Ketamine Metabolism

Protein-Bound Fraction in Plasma	10-30%
Volume of Distribution	2.3 L/kg
Metabolic Sites	Primary: liver Others: kidneys, intestines and lungs
Most Important Metabolite	Norketamine <ul style="list-style-type: none"><li>• 20-30% active</li><li>• Forms faster than it is eliminated</li><li>• May accumulate over time</li></ul>
Elimination Clearance	1000-1600 ml/min
Effect on Cytochrome Enzymes	Inhibition

## CLINICAL RESEARCH

**KETAMINE HAS SHOWN RAPID AND ROBUST ANTIDEPRESSANT EFFECTS IN CLINICAL TRIALS, EVEN IN TREATMENT-RESISTANT DEPRESSION. IT MAY ALSO HAVE POTENTIAL FOR TREATING PTSD, SUICIDAL IDEATION, AND CHRONIC PAIN CONDITIONS.**



# What is Ketamine?



## ADDICTION POTENTIAL

KETAMINE DOES HAVE A SIGNIFICANT RISK OF ADDICTION, AS IT CAN PRODUCE A EUPHORIC "HIGH" FEELING. HOWEVER, WHEN USED IN A CONTROLLED CLINICAL SETTING, THE RISK APPEARS RELATIVELY LOW.

## CONTRAINDICATIONS

KETAMINE SHOULD BE USED CAUTIOUSLY IN INDIVIDUALS WITH UNCONTROLLED HIGH BLOOD PRESSURE, HEART DISEASE, OR A HISTORY OF PSYCHOSIS.



# What is Ketamine?

## HOW IS IT ABUSED

Ketamine is popular among teens at dance clubs and raves. It's manufactured commercially as a powder or liquid. Powdered ketamine is also formed from pharmaceutical ketamine by evaporating the liquid creating crystals, which are then ground into powder.

## COMMON STREET NAMES

Cat Tranquilizer/ Valium, Jet K, Kit Kat, Purple, Special K, Special La Coke, Super Acid, Super K, and Vitamin K

## LEGAL STATUS IN THE US

It currently has accepted medical uses for short-term sedation and anesthesia. In addition, in 2019, FDA approved the ketamine nasal spray version (Spravato®) for treatment-resistant depression - available at a certified doctor's office or clinic. Ketamine assisted therapy is a booming business.

The Ketamine Papers: Science, Therapy, and Transformation (Glenn Hartelius & Phil Wolfson)

# **OBNM EDUCATION AND REPORTING REQUIREMENTS**

**\*\*NH Naturopathic Formulary does not currently include ketamine\*\***

## **EDUCATION AND REPORTING REQUIREMENTS FOR KETAMINE THERAPY**

**PRIOR TO PRESCRIBING NON-TOPICAL KETAMINE; A LICENSEE MUST PROVIDE THE BOARD PROOF OF COMPLETION OF FOUR (4) HOURS OF BOARD APPROVED PHARMACOLOGY EDUCATION ON PRESCRIBING KETAMINE, INCLUDING DOSAGE AND ADMINISTRATION, CLINICAL INDICATIONS, AND SAFETY PLANNING PRIOR TO PRESCRIBING NON-TOPICAL KETAMINE, UNLESS PRESCRIBING KETAMINE FOR PAIN MANAGEMENT ONLY, A LICENSEE MUST PROVIDE THE BOARD PROOF OF COMPLETION OF TWO (2) HOURS OF BOARD APPROVED ETHICS EDUCATION ON KETAMINE PRESCRIBING AND TREATMENT, INCLUDING DOCTOR-PATIENT BOUNDARIES, ENHANCED CONSENT, AND THERAPY MODELS. IV AND INJECTABLE KETAMINE MUST BE ADMINISTERED AND SUPERVISED FOR THE DURATION OF THE TREATMENT BY A LICENSEE WHO HAS COMPLETED THE REQUIRED TRAINING IN SECTION 1 AND 2. LICENSEES MAY SUBMIT TO THE BOARD PROOF OF APPROVED EDUCATION REQUIRED IN SECTION 1 AND 2, EARNED BEFORE DECEMBER 31, 2022, FOR APPROVAL FOR COMPLIANCE WITH THIS RULE.**

**FOR A LIST OF OBNM APPROVED COURSES ON KETAMINE THERAPY**

**[HTTPS://WWW.OREGON.GOV/OBNM/DOCUMENTS/CE/KETAMINE%20AND%20PSYCHEDELIC%20APPROVED%20COURSES.PDF](https://www.oregon.gov/OBNM/Documents/CE/Ketamine%20and%20Psychedelic%20Approved%20Courses.pdf)**

# What is MDMA (ecstasy)



## MOA

MDMA PRIMARILY ACTS AS A MONOAMINE RELEASER, INCREASING LEVELS OF SEROTONIN, NOREPINEPHRINE, AND DOPAMINE IN THE BRAIN. IT ALSO HAS AFFINITY FOR THE SEROTONIN 2A RECEPTOR.

## EFFECTS

INCREASED EMPATHY, SOCIABILITY, AND EMOTIONAL RESPONSIVENESS, AS WELL AS CHANGES IN SENSORY PERCEPTION AND A SENSE OF CLOSENESS WITH OTHERS.

## CLINICAL RESEARCH

MDMA-ASSISTED PSYCHOTHERAPY HAS SHOWN SIGNIFICANT PROMISE IN THE TREATMENT OF PTSD, WITH SEVERAL CLINICAL TRIALS DEMONSTRATING ITS EFFICACY. IT MAY ALSO HAVE POTENTIAL FOR TREATING SOCIAL ANXIETY AND DEPRESSION.

# What is MDMA (ecstasy)



## ADDICTION POTENTIAL

MDMA DOES HAVE SOME ADDICTIVE POTENTIAL, AS IT CAN PRODUCE A EUPHORIC "HIGH" FEELING. HOWEVER, WHEN USED IN A THERAPEUTIC CONTEXT, THE RISK APPEARS LOWER.

## CONTRAINDICATIONS

MDMA SHOULD BE USED CAUTIOUSLY IN INDIVIDUALS WITH CARDIOVASCULAR DISEASE, HYPERTENSION, OR A HISTORY OF PSYCHOSIS. OVERHEATING AND DEHYDRATION ARE ALSO POTENTIAL RISKS, SPECIFICALLY IN THE RAVE SCENE SETTING.

# Oxytocin-dependent reopening of a social reward learning critical period with MDMA

MDMA, also known as ecstasy, is a synthetic drug that induces altered perceptions, emotions, and experiences. It primarily acts on the brain's serotonin system, leading to increased levels of this neurotransmitter and resulting in a sense of euphoria, empathy, and emotional openness. MDMA's effects can greatly impact an individual's perception of their surroundings, interpersonal relationships, and self-awareness.





# Psychedelic Drug MDMA May Reawaken ‘Critical Period’ in Brain to Help Treat PTSD

*Nature* volume 569, pages116–120 (2019)

**A CRITICAL PERIOD IS A DEVELOPMENTAL PERIOD DURING WHICH THE NERVOUS SYSTEM IS EXPRESSLY SENSITIVE TO SPECIFIC ENVIRONMENTAL STIMULI THAT ARE REQUIRED FOR PROPER CIRCUIT ORGANIZATION AND LEARNING.**

**MECHANISTIC CHARACTERIZATION OF CRITICAL PERIODS HAS REVEALED AN IMPORTANT ROLE FOR EXUBERANT BRAIN PLASTICITY DURING EARLY DEVELOPMENT, AND FOR CONSTRAINTS THAT ARE IMPOSED ON THESE MECHANISMS AS THE BRAIN MATURES. IN DISEASE STATES, CLOSURE OF CRITICAL PERIODS LIMITS THE ABILITY OF THE BRAIN TO ADAPT EVEN WHEN OPTIMAL CONDITIONS ARE RESTORED. THUS, IDENTIFICATION OF MANIPULATIONS THAT REOPEN CRITICAL PERIODS HAS BEEN A PRIORITY FOR TRANSLATIONAL NEUROSCIENCE.**

**HERE WE PROVIDE EVIDENCE THAT DEVELOPMENTAL REGULATION OF OXYTOCIN-MEDIATED SYNAPTIC PLASTICITY (LONG-TERM DEPRESSION) IN THE NUCLEUS ACCUMBENS ESTABLISHES A CRITICAL PERIOD FOR SOCIAL REWARD LEARNING. FURTHERMORE, WE SHOW THAT A SINGLE DOSE OF (+/-)-3,4-METHYLENDIOXYMETHAMPHETAMINE (MDMA) REOPENS THE CRITICAL PERIOD FOR SOCIAL REWARD LEARNING AND LEADS TO A METAPLASTIC UPREGULATION OF OXYTOCIN-DEPENDENT LONG-TERM DEPRESSION.**

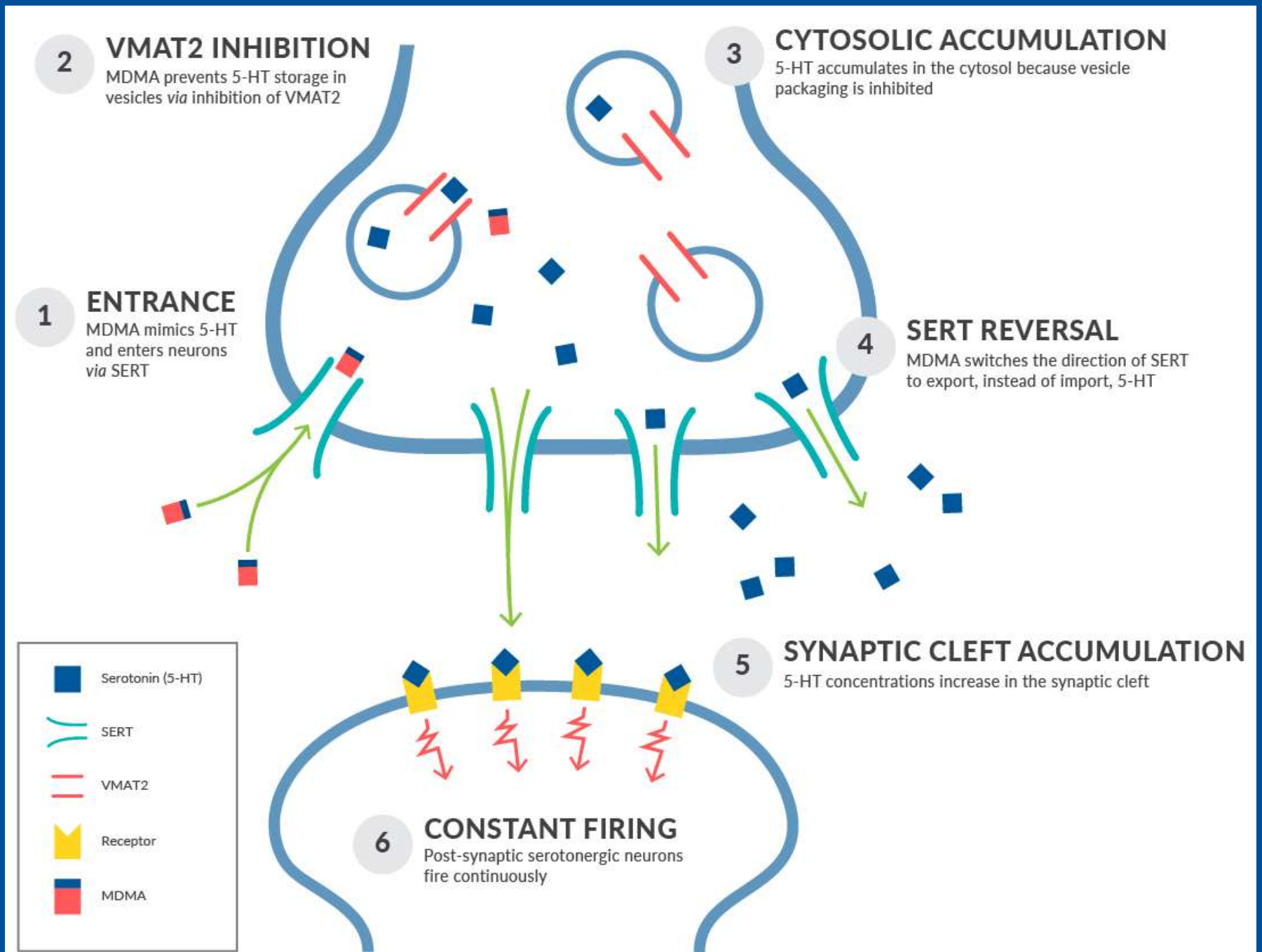
**MDMA-INDUCED REOPENING OF THIS CRITICAL PERIOD REQUIRES ACTIVATION OF OXYTOCIN RECEPTORS IN THE NUCLEUS ACCUMBENS, AND IS RECAPITULATED BY STIMULATION OF OXYTOCIN TERMINALS IN THE NUCLEUS ACCUMBENS. THESE FINDINGS HAVE IMPORTANT IMPLICATIONS FOR UNDERSTANDING THE PATHOGENESIS OF NEURODEVELOPMENTAL DISEASES THAT ARE CHARACTERIZED BY SOCIAL IMPAIRMENTS AND OF DISORDERS THAT RESPOND TO SOCIAL INFLUENCE OR ARE THE RESULT OF SOCIAL INJURY.**

1) MDMA enters serotonergic neurons through the 5-HT transporter

2&3) inhibits vesicular monoamine transporter 2 (VMAT2), which normally sequesters 5-HT in intracellular vesicles, allowing 5-HT to accumulate in the cytosol

4&5) 5-HT transporter gets reversed, enabling 5-HT release and preventing its reuptake, increasing 5-HT levels in the synaptic cleft

MDMA inhibits DA & NE transporters, leading to an extracellular increase in these NTs as well





# The FDA Didn't Approve MDMA. Is the Medical System Ready for Any Psychedelic?

<https://time.com/7010137/will-us-legalize-psychedelics-fda-mdma/>. AUGUST 2024

JAN 2024

GETTING MDMA IN FRONT OF FDA REGULATORS WAS THE CULMINATION OF DECADES OF ADVOCACY BY THE MULTIDISCIPLINARY ASSOCIATION FOR PSYCHEDELIC STUDIES (MAPS), A NONPROFIT FOUNDED BY [RICK DOBLIN](#) IN THE 1980S. DOBLIN AND HIS COLLEAGUES HAVE LONG BELIEVED THAT MDMA'S ABILITY TO OPEN THE MIND AND HEART PUTS PEOPLE IN THE RIGHT HEADSPACE TO WORK WITH A THERAPIST TO PROCESS, AND ULTIMATELY MOVE ON FROM, TRAUMAS THAT LEAVE PSYCHOLOGICAL SCARS. IN 2014, MAPS CREATED [LYKOS THERAPUETICS](#) TO DIRECT RESEARCH AND PREPARE FOR AN EVENTUAL FDA APPLICATION FOR THE FIRST APPROVED PSYCHEDELIC TREATMENT FOR PTSD, [SUBMITTED](#) IN EARLY 2024.

LYKOS THERAPEUTICS CONDUCTED TWO PHASE 3 TRIALS, FINDING THAT MANY PATIENTS TREATED WITH A COMBINATION OF THERAPY AND MDMA SEE DRAMATIC DECLINES IN PTSD SYMPTOMS. IN ONE OF THOSE TRIALS, PUBLISHED IN NATURE MEDICINE FALL 2023, 71% OF PATIENTS NO LONGER MET DIAGNOSTIC CRITERIA FOR PTSD AND ALMOST HALF WERE CONSIDERED IN REMISSION—FUNCTIONALLY CURED—18 WEEKS AFTER INITIATING MDMA-ASSISTED THERAPY. AMONG PATIENTS WHO GOT THERAPY ALONG WITH PLACEBO, THOSE FIGURES WERE ABOUT 46% AND 21%, RESPECTIVELY.

# The FDA Didn't Approve MDMA. Is the Medical System Ready for Any Psychedelic?

<https://time.com/7010137/will-us-legalize-psychedelics-fda-mdma/>

**AUGUST 2024**

**TO THE GREAT SURPRISE OF MANY, AN FDA ADVISORY COMMITTEE OVERWHELMINGLY VOTED AGAINST GRANTING LYKOS APPLICATION FOR APPROVAL. COMMITTEE MEMBERS RAISED NUMEROUS CONCERNS STUDY DESIGN, AMONG THEM THAT PATIENTS AND PROVIDERS COULD OFTEN TELL WHO HAD GOTTEN MDMA VS PLACEBO, WHICH RAISES THE CHANCES OF DATA BEING SKEWED. THEY ALSO SEEMED BAFFLED BY HOW TO ASSESS A DRUG-THERAPY COMBINATION, SINCE THE FDA DOES NOT REGULATE TALK THERAPY. THE FDA ULTIMATELY REJECTED THE APPLICATION.**

**WHAT'S NEXT....**

**TO FIND THEIR PLACE IN THE EXISTING U.S. MEDICAL SYSTEM, ANY PSYCHEDELIC TREATMENT THAT ULTIMATELY WINS APPROVAL WILL HAVE TO CONTEND WITH AN OVERSTRETCHED THERAPEUTIC WORKFORCE, INSURANCE HEADACHES, CONCERNS ABOUT SAFETY AND ILLICIT USE, AND LOGISTICAL ISSUES AS SEEMINGLY MUNDANE, BUT POTENTIALLY SEISMIC, AS HOW TO STAFF, SCHEDULE, AND OVERSEE INTENSE MULTI-HOUR TRIPS WITHIN THE CONFINES OF A SYSTEM MORE ACCUSTOMED TO 50-MINUTE SESSIONS.**

# What is Psilocybin?

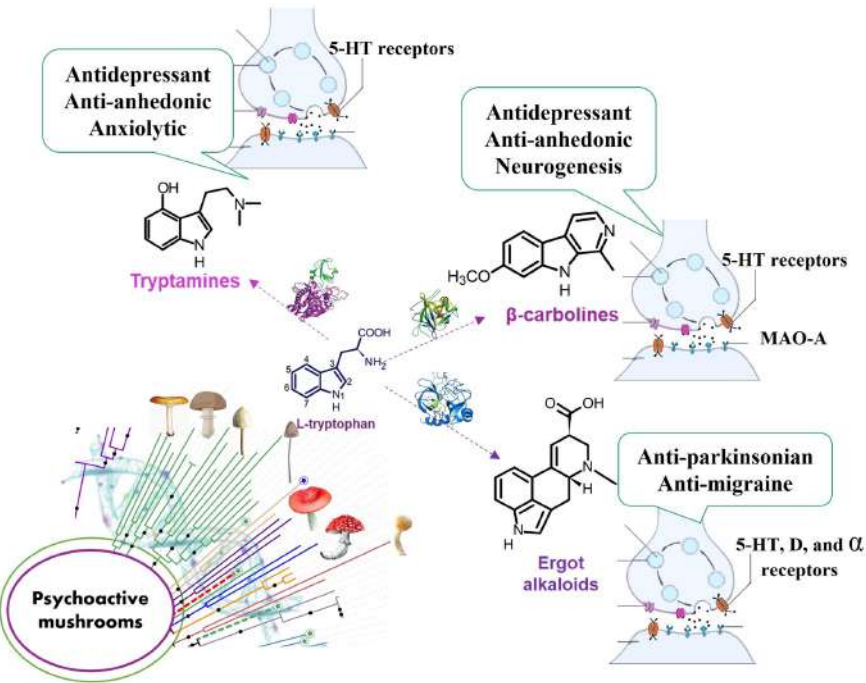
Psilocybin is a naturally occurring psychedelic prodrug compound produced by more than 200 species of fungi. The most potent are members of genus *Psilocybe*, such as *P. azurescens*, *P. semilanceata*, and *P. cyanescens*, but psilocybin has also been isolated from approximately a dozen other genera.

When psilocybin is taken, it's converted in the body to psilocin, which is a chemical with psychoactive properties.

These mushrooms can cause people to experience distorted sights and sounds and lose their sense of time and space. People who take psilocybin may also feel intense emotions ranging from bliss to terror and may have physical side effects such as increased heart rate or nausea.



# What is Psilocybin?



## MOA

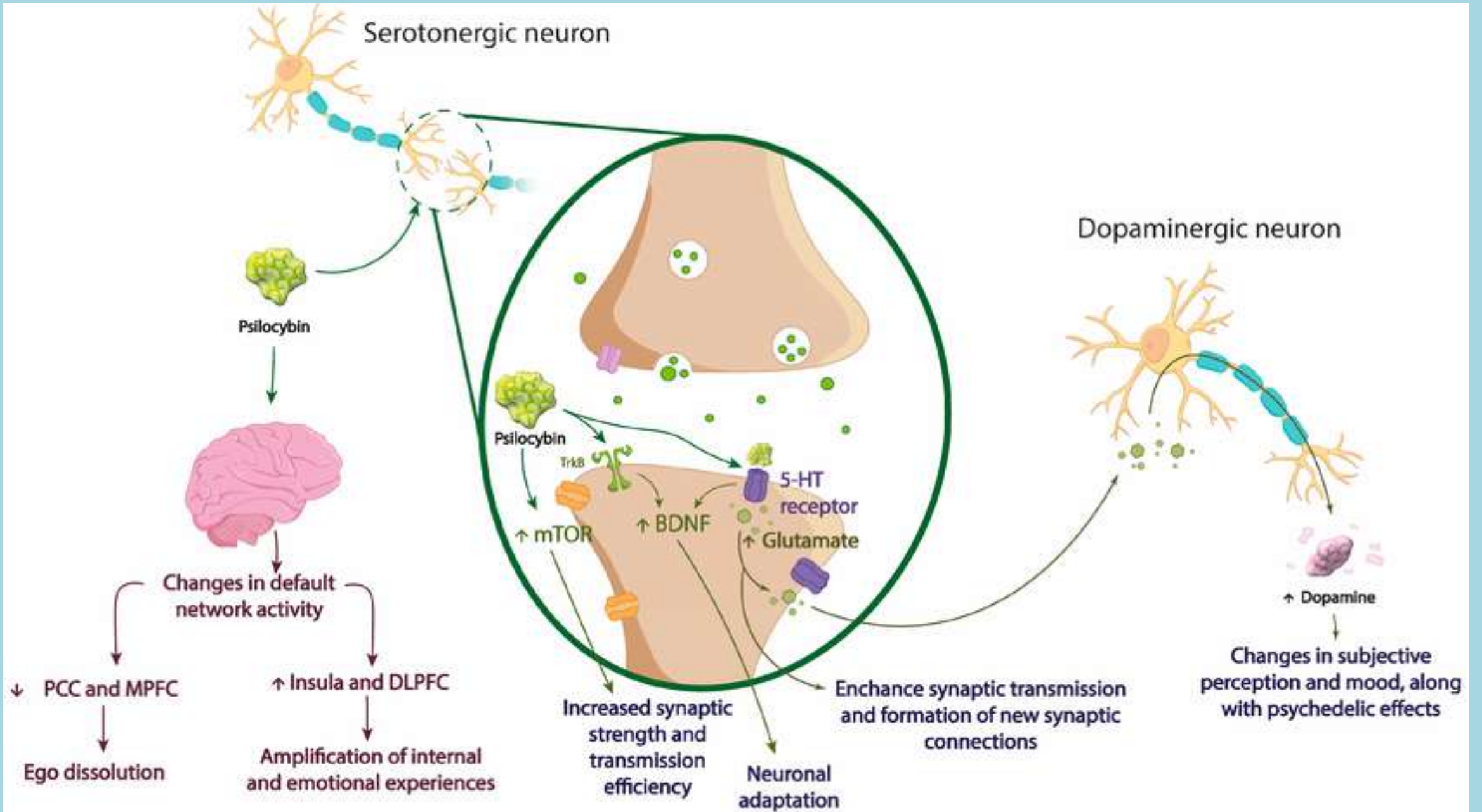
PSILOCYBIN IS RAPIDLY METABOLIZED INTO PSILOCIN, WHICH ACTS AS A PARTIAL AGONIST AT SEROTONIN 2A (5-HT<sub>2A</sub>) RECEPTORS IN THE BRAIN. THIS ALTERS SENSORY PERCEPTION, MOOD, AND COGNITION.

## NEUROCHEMISTRY

PSILOCIN INCREASES SEROTONIN, DOPAMINE, AND GLUTAMATE SIGNALING, LEADING TO CHANGES IN BRAIN CONNECTIVITY AND THE EMERGENCE OF VISUAL HALLUCINATIONS AND MYSTICAL-TYPE EXPERIENCES.

## CLINICAL RESEARCH

PSILOCYBIN HAS SHOWN PROMISING RESULTS IN THE TREATMENT OF DEPRESSION, ANXIETY (INCLUDING CANCER-RELATED ANXIETY), ADDICTION, AND OBSESSIVE-COMPULSIVE DISORDER. IT MAY ALSO HAVE NEUROPROTECTIVE EFFECTS.



Psilocybin influences brain activity by modulating its networks activity, increasing some while decreasing others. Notably, it decreases activity in the PCC and MPFC, while elevating in the insula and DLPFC. Consequently, this process induces ego dissolution and intensifies internal and emotional experiences, respectively. It also binds to 5-HT receptors, leading to increased glutamate levels. This elevation in glutamate enhances synaptic transmission and promotes synaptic plasticity. Additionally, it also activates BDNF and mTOR second messengers' pathways, inducing the neuronal adaptation and the incrementation of synaptic strength and transmission efficiency.



# What is Psilocybin?

## ADDICTION POTENTIAL

PSILOCYBIN DOES NOT APPEAR TO HAVE SIGNIFICANT ADDICTIVE POTENTIAL, AS IT DOES NOT PRODUCE THE SAME TYPE OF EUPHORIC "HIGH" AS DRUGS LIKE COCAINE OR OPIOIDS.

## CONTRAINDICATIONS

PSILOCYBIN SHOULD BE USED CAUTIOUSLY IN INDIVIDUALS WITH A HISTORY OF PSYCHOSIS OR CARDIOVASCULAR DISEASE. SET AND SETTING ARE ALSO CRUCIAL FOR A POSITIVE EXPERIENCE.



# Psilocybin microdosing as a therapy

**DAILY FOR GENERAL COGNITIVE ENHANCEMENT. EVERY OTHER DAY FOR PSYCHOLOGICAL MANAGEMENT OF ANXIETY, DEPRESSION, AND PTSD. EVERY WEEKDAY, ABSTAINING ON WEEKENDS FOR BUSINESS AND PROFESSIONAL WORK-LIFE ENHANCEMENT. RESULTS VARY FOR EACH INDIVIDUAL. FEEDBACK GATHERED FROM DR. FADIMAN AND OTHERS SUGGESTS THAT THOUSANDS OF PEOPLE BELIEVE MICRODOSING HAS TRANSFORMED THEIR LIVES BY RELIEVING ANXIETY, DEPRESSION, AND OTHER MOOD OR TRAUMA-RELATED DISORDERS, ENABLING THEM TO MOVE FORWARD IN A POSITIVE, PRODUCTIVE MANNER.**

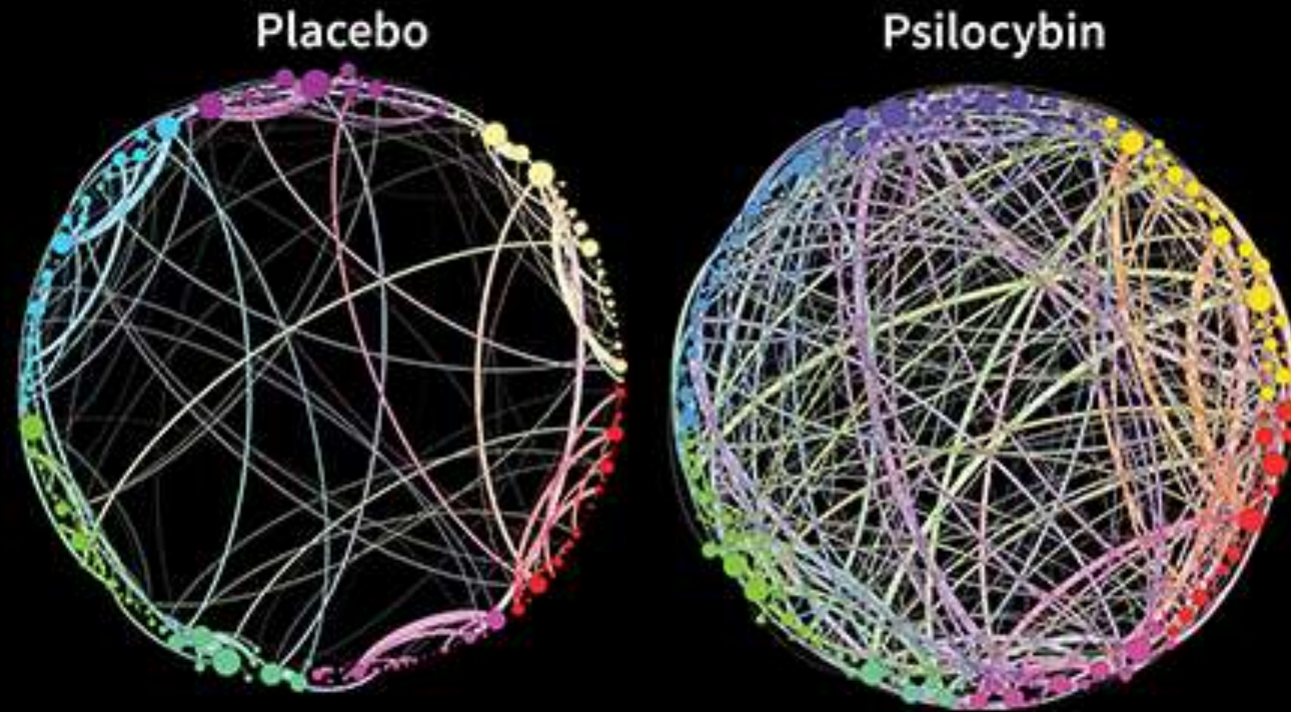
# Psilocybin desynchronizes the human brain

Psilocybin has been shown to desynchronize the human brain, primarily through its effect on serotonin 2A (5-HT<sub>2A</sub>) receptor activation. This process disrupts the typical patterns of neural activity, allowing for the emergence of new connections and perspectives. The desynchronization of brain regions is thought to underlie the profound changes in consciousness, including acute and persistent changes in self, time and space perception. Clinical trials show that a single high dose of this drug can provide rapid, lasting relief for conditions like depression, addiction and anxiety. Modern neuroscience research indicates that psychedelics can induce alterations in brain connectivity and potentially promote neuroplasticity

(Carhart-Harris et al., 2016)







A VISUALISATION OF THE PERSISTENCE OF HOMOLOGICAL SCAFFOLDS. THE IMAGE ON THE LEFT (A) IS OF A HUMAN BRAIN ON A PLACEBO, AND THE IMAGE ON THE RIGHT (B) IS OF A BRAIN ON PSILOCYBIN. THESE IMAGES HIGHLIGHT THE STRIKING DIFFERENCES IN CONNECTIVITY STRUCTURE IN THE TWO CASES. **SOURCE: PETRI ET AL, 2014**

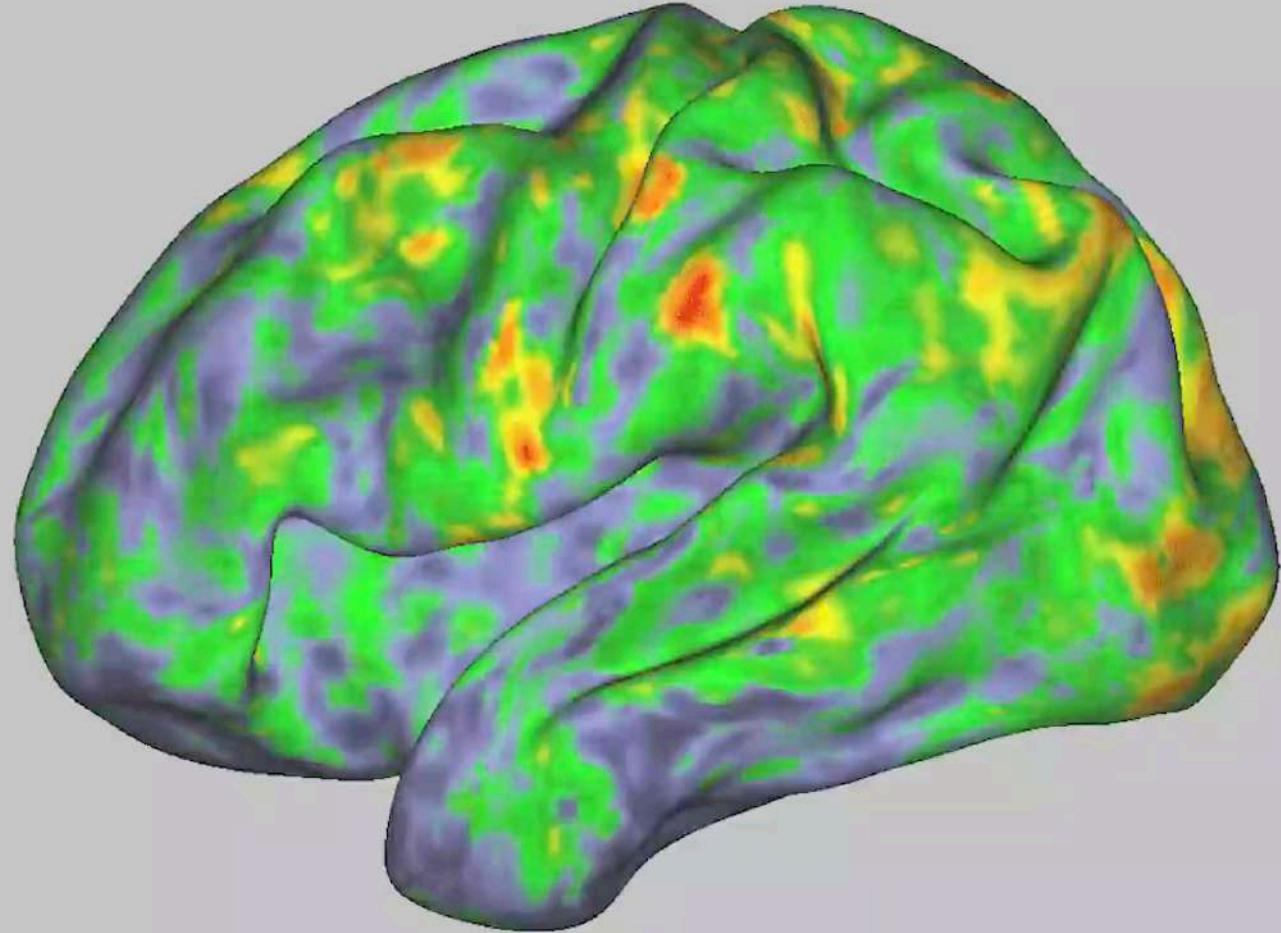
## This is your brain on mushrooms...

**NATURE JULY 2024**

*Nature* volume 632, 131–138 (2024)

Researchers tracked brain changes by MRI in 30 healthy adults prior to, during, and after administration of high-dose psilocybin, a psychedelic drug, and compared it to methylphenidate (MTP), a control drug. They found that psilocybin caused significant disruptions in brain functional connectivity (FC), particularly in the default mode network, linked to subjective experiences and lasting for weeks, which may underlie its therapeutic effects. There was an increase in connections to the anterior hippocampus, responsible for emotional memory, perception and imagination.

The most active areas of reconnection are seen in red and orange.



# Psilocybin decriminalization in the United States

MOVEMENT TO DECRIMINALIZE  
PSILOCYBIN IN THE US

MAY 2019: [DENVER, CO](#)

JUNE 2019: [OAKLAND, CA](#)

JAN 2020: [SANTA CRUZ, CA](#)

NOV 2020: [WASHINGTON, D.C.](#)

JAN 2021: [SOMERVILLE, MA](#)

FEB 2021: [CAMBRIDGE, MA](#)

MARCH 2021: [NORTHAMPTON, MA](#)

OCT 2021: [SEATTLE, WA](#)

NOV 2021: [DETROIT, MI](#)

**2020 OREGON: FIRST STATE TO  
DECRIMINALIZE PSILOCYBIN AND ALSO  
LEGALIZE ITS SUPERVISED USE.**

**2022 COLORADO (AS ABOVE)**

**2024 MISSOURI PASSED A NEW BILL  
LEGALIZING PSILOCYBIN TREATMENT  
FOR VETERANS OVER THE AGE OF 21  
WHO SUFFER FROM PTSD, MAJOR  
DEPRESSIVE DISORDER, SUBSTANCE USE  
DISORDERS OR WHO REQUIRE END-OF-  
LIFE CARE.**

“Psychedelics can lead to profound personal insights, but they also carry significant risks and should be used with great care and proper guidance.”

DR. ROLAND GRIFFITHS, JOHNS HOPKINS UNIVERSITY

MD, Psychopharmacologist, Neuroscientist, Director of psychedelic and consciousness research

# Entheogens

a substance, usually of plant origin, that when ingested in a spiritual ceremony or ritual may induce a mystical experience. From Greek, literally 'becoming divine within'. Niño Santos, Ayahuasca, Peyote, Iboga are examples.



**AYAHUASCA**

A potent psychedelic brew made from the *Banisteriopsis caapi* vine and the *Psychotria viridis* shrub, traditionally used in spiritual and healing practices in the Amazon basin.



**PEYOTE**

A small, spineless cactus containing the psychoactive compound mescaline, used for centuries in the religious and spiritual practices of various indigenous cultures in North America.



**WACHUMA**

Also known as San Pedro cactus, this slow-growing columnar cactus is a traditional sacrament used in Andean spiritual and healing rituals, containing the psychedelic compound mescaline.



**IBOGA**

Iboga is a psychoactive plant native to West Central Africa, known for its potent hallucinogenic properties and traditional use in spiritual and healing practices.

Niño Santos

The Holy Children

**BASED ON THE WORLDVIEW OF INDIGENOUS PEOPLES, MUSHROOMS SHOULD NOT BE CONSIDERED A DRUG OR PSYCHOACTIVE SUBSTANCE. BUT RATHER AS SACRED BEINGS OR ENTITIES WITH WHOM RECIPROCAL RELATIONSHIPS ARE ESTABLISHED.**



# Niño Santo / Magic Mushrooms / Psilocybin



## NIÑO SANTO MUSHROOM

A small, brown mushroom with a distinctive cap and stem, found growing in the wild. This psilocybin-containing species is commonly known as the 'Nino Santo' or 'Holy Child' mushroom.



## PSILOCYBIN MUSHROOM CAP

A close-up view of the cap of a psilocybin mushroom, revealing the distinctive gill structure and brownish-gray coloration.



## PSILOCYBIN MUSHROOM STEM

The slender, pale stem of a psilocybin mushroom, showcasing the delicate nature of these fungi found in the wild.



## PSILOCYBIN MUSHROOM SPORES

Microscopic view of the dark spores released from the gills of a psilocybin mushroom, crucial for the fungus's reproduction and dispersal.

The wisdom of the Mazatec shamans or *chjota chinej* lies in the knowledge of each of these plants' properties and the different uses that each one has. Among the main uses are:

- 1) the therapeutic alleviation of an illness,
- 2) divination rituals to determine the whereabouts of a person, some stolen good, or even to interpret love, and
- 3) to seek advice concerning some problem or difficulty.

In these rituals the *chjota chinej* experiences an ecstatic trance and encounters the sacred entities. This is part of a specific ritual called *velada*, which takes place at night and may be accompanied by chants and prayers.





# **Niños Santos, Psilocybin Mushrooms and the Psychedelic Renaissance**

[https://chacrana.net/mazatec\\_mushroom\\_ceremony\\_psychedelc\\_tourism/](https://chacrana.net/mazatec_mushroom_ceremony_psychedelc_tourism/)

# Mazatec Ceremony with Niño Santos - Discussion

**INDICATIONS/CONTRAINDICATIONS?**

**DURATION OF ACTION/MOA?**

**DOSAGE?**

# Huichol

The *Huichol* or *Wixárika* are an indigenous people of Mexico and the United States living in the Sierra Madre Occidental range. Being a deeply spiritual people, the Huichol practice animism, the belief system that attributes souls to non-human entities, such as plants, animals and even inanimate objects. They have a deep relationship with Grandfather Peyote in ritual prayer and ceremony.



# Huichol Artwork

depicts the colorful visions associated with the peyote ceremonies, everything has a context and a symbolic meaning that provide instructions for the Beauty Way, or the way to a Good and Proper Living, in harmony with all Beings



Huichol art is made to communicate with a pantheon of ancestors and the dynamic energies of the Universe. They can be considered prayers that reflect the visions given during a prayer ceremony with Grandfather Peyote.





# Peyote and the Native American Church

Peyote, a small spineless cactus found primarily in the southwestern United States and northern Mexico, has been used for centuries by indigenous peoples, particularly the Native American Church, for its psychedelic and spiritual properties. The consumption of peyote is a sacred ritual that has been an integral part of the religious and cultural practices of many Native American tribes, including the Dinè, Lakota, Arapaho, and Kiowa, providing a means of connecting with the divine and seeking physical healing and balance in one's life.

This is a medicine ceremony.

# NAC prayer service

A sponsor has called for a prayer service for their life. The participants come to support the prayer. The ceremony has many protocols. Elements shown here include the peyote medicine, the fire, the coals, the altar, the water drum, gourd and staff, tobacco, and specific prayer songs that go along with the intention. There are officers that take care of different aspects of the service.



# The act to amend the American Indian Religious Freedom Act to provide for the traditional use of peyote by Indians for religious purposes, and for other purposes (Congress 1994)

The Act of August 11, 1978 commonly referred to as the “American Indian Religious Freedom Act”, is amended by adding at the end thereof the following new section: “SEC. 3. (a) The Congress finds and declares that— “(1) for many Indian people, the traditional ceremonial use of the peyote cactus as a religious sacrament has for centuries been integral to a way of life, and significant in perpetuating Indian tribes and cultures; “(2) since 1965, this ceremonial use of peyote by Indians has been protected by Federal regulation; “(3) while at least 28 States have enacted laws which are similar to, or are in conformance with, the Federal regulation which protects the ceremonial use of peyote by Indian religious practitioners, 22 States have not done so, and this lack of uniformity has created hardship for Indian people who participate in such religious ceremonies; “(4) the Supreme Court of the United States, in the case of *Employment Division v. Smith*, 494 U.S. 872 (1990), held that the First Amendment does not protect Indian practitioners who use peyote in Indian religious ceremonies, and also raised uncertainty whether this religious practice would be protected under the compelling State interest standard; and “(5) the lack of adequate and clear legal protection for the religious use of peyote by Indians may serve to stigmatize and marginalize Indian tribes and cultures, and increase the risk that they will be exposed to discriminatory treatment. “(b)(1) Notwithstanding any other provision of law, the use, possession, or transportation of peyote by an Indian for bona fide traditional ceremonial purposes in connection with the practice of a traditional Indian religion is lawful, and shall not be prohibited by the United States or any State. No Indian shall be penalized or discriminated against on the basis of such use, possession or transportation, including, but not limited to, denial of otherwise applicable benefits under public assistance programs.



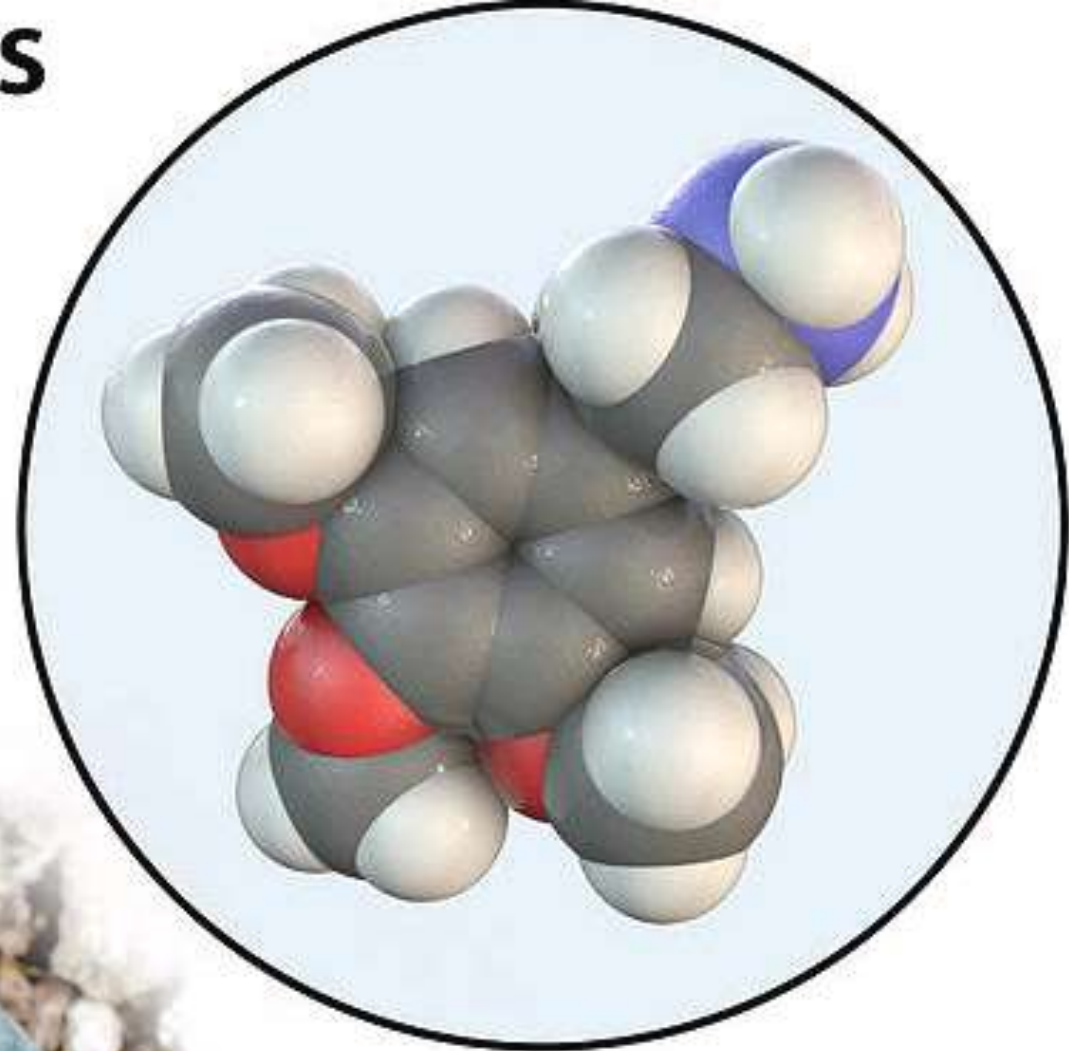


# Mescaline

- ✦ Brand Name: none
- ✦ Chemical Name: 3,4,5-trimethoxyphenethylamine
- ✦ Drug Classification: phenylethylamine
- ✦ Drug Type: derived from several cacti species
- ✦ Legal Status: Illegal in most countries
- ✦ Controlled Substance (USA): Schedule I

# Mexican peyotl cactus

*(Lophophora williamsii)*



Mescaline

# NAC tipi meeting with Grandfather Peyote

**INDICATIONS/CONTRAINDICATIONS?**

**DURATION OF ACTION/MOA?**

**DOSAGE?  
ADDICTION POTENTIAL?**



# Spiritual and Healing Traditions Using Ayahuasca

Ayahuasca is brewed from the *Banisteriopsis caapi* vine and the leaves of the *Psychotria viridis* bush, and has been used in the Amazonian Basin by many indigenous communities for centuries for healing, to induce altered states of consciousness and connect with the spiritual realm and other forms of intelligence. Those who partake in these traditions often report profound experiences of self-discovery, connection with nature, and a renewed sense of purpose. Eduardo Luna defined this plant medicine use as the science of the vegetal, or *Vegetalismo*. Ayahuasca today is also being researched as a potent and viable treatment for neurodegenerative diseases.

(J ETHNOPHARMACOL 2020 JUN 12:255:112743), (PLANTS 2023, 12(13), 2573)



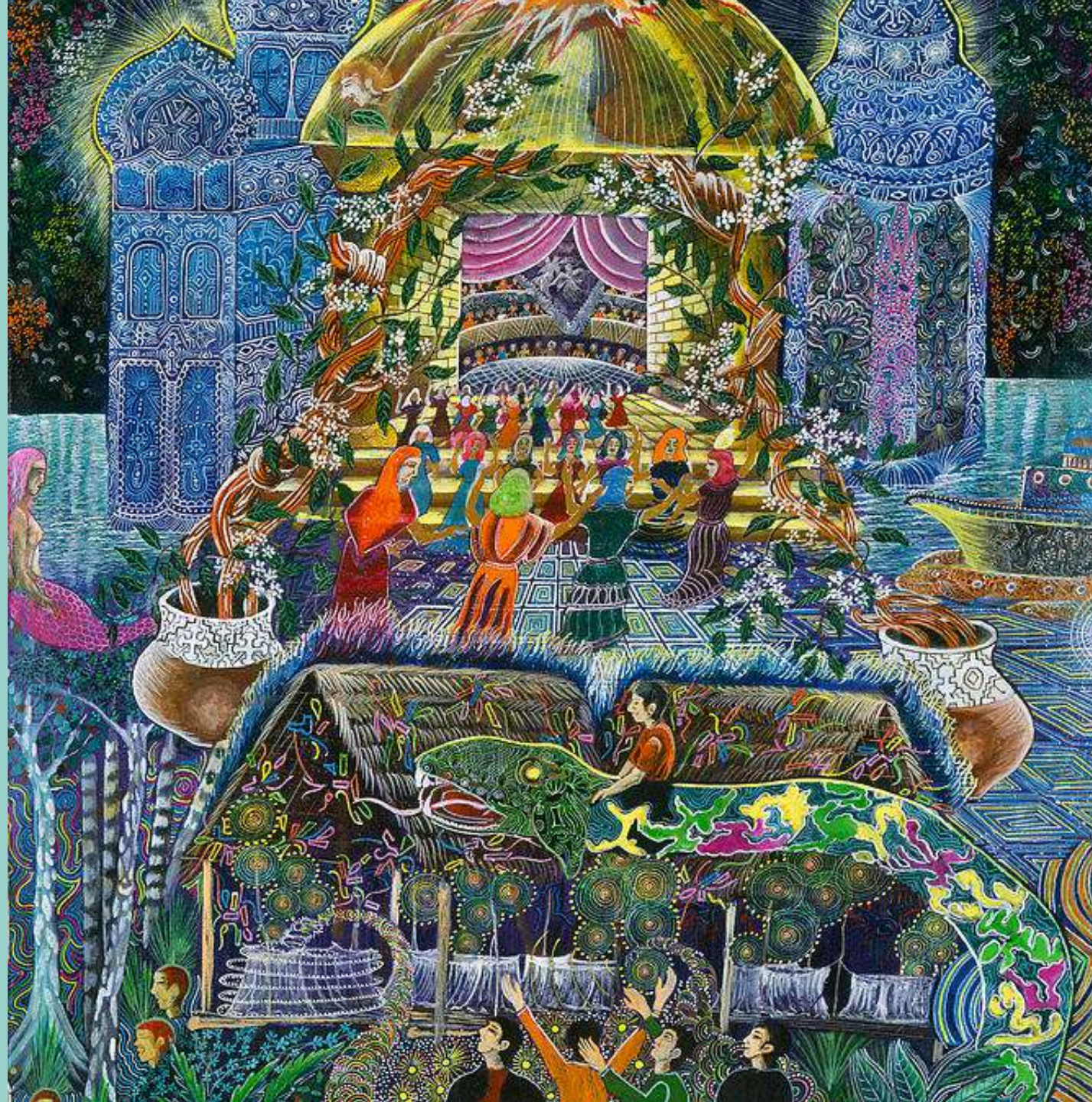
THE VISIONS  
AND SPIRITUAL  
WORLDS

AN EXAMPLE OF  
THE DIFFERENT  
DIMENSIONS  
THAT CAN  
PRESENT  
DURING A  
JOURNEY  
EXPERIENCE  
WITH  
AYAHUASCA

THESE IMAGES  
MAY HAVE  
PARTICULAR  
RELEVANCE  
FOR THE  
PARTICIPANT  
OR THE ONE  
LEADING THE  
CEREMONY



AYAHUASCA  
VISIONS  
THUNDER  
AYAHUASCA  
CIELO AYAHUASCA  
CAMARANTI  
PULGAHUASCA  
YAGE  
YANA AYAHUASCA





**SANTO DAIME CHURCH: INCORPORATES ELEMENTS OF SEVERAL RELIGIOUS OR SPIRITUAL TRADITIONS, MAINLY FOLK CATHOLICISM, KARDECIST SPIRITISM, AFRICAN ANIMISM AND INDIGENOUS SOUTH AMERICAN SHAMANISM, INCLUDING VEGETALISMO.**

The heart of the Santo Daime tradition is the **sacramental ingestion of a psychoactive tea called the "Daime"** (known in other contexts as ayahuasca, hosca, or yagé), which is said to open doors into spiritual realms, enabling Daimistas to commune in powerfully convincing ways with various spiritual beings.





THE UNIÃO DO VEGETAL (UDV) IS A CHRISTIAN SPIRITIST RELIGION THAT ORIGINATED IN [BRAZIL](#) AND IS NOW PRACTICED BY OVER 21,000 PEOPLE IN 11 COUNTRIES.

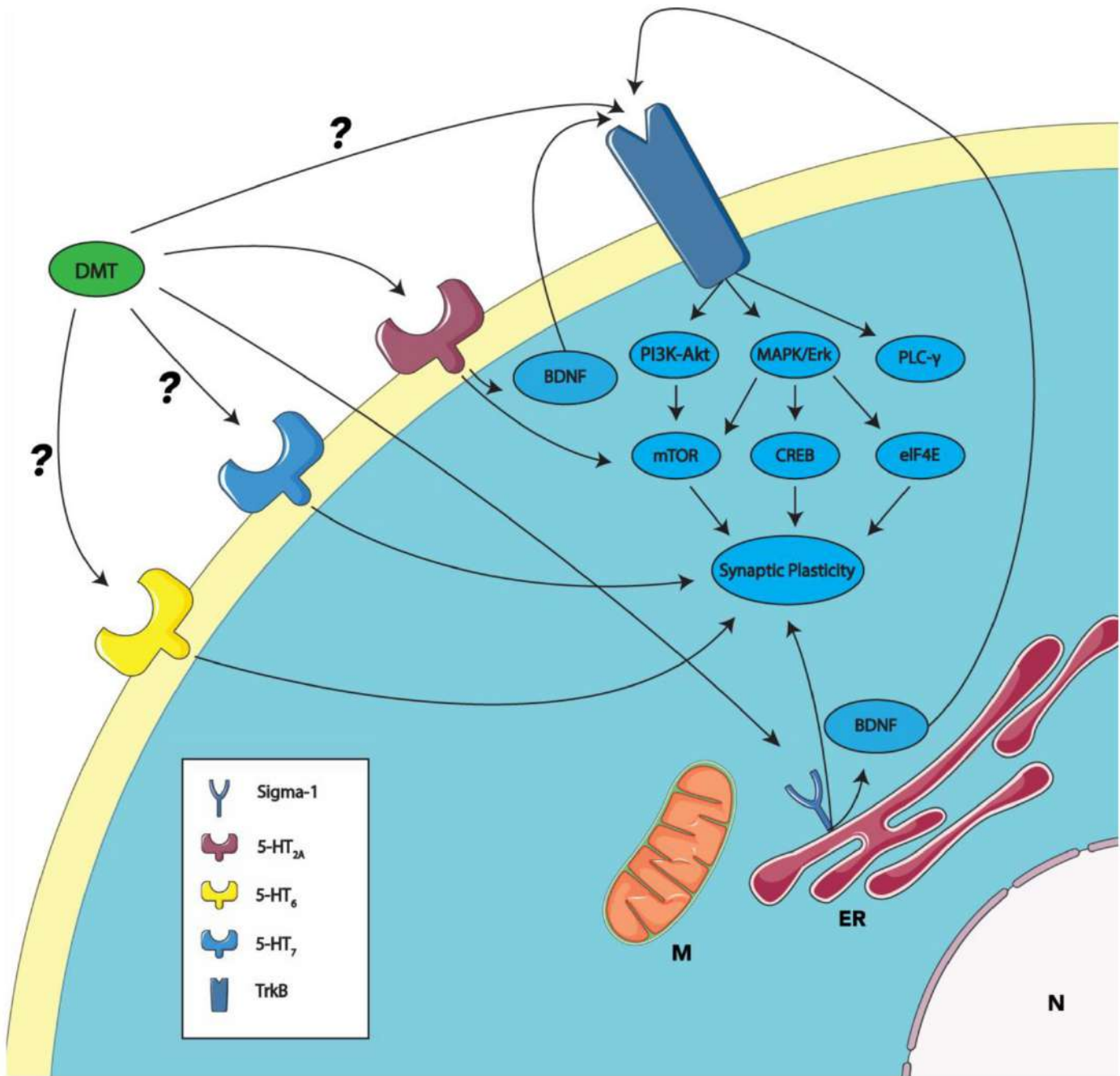
THE UDV IS RECOGNIZED AS A CHURCH UNDER THE [LAWS OF THE UNITED STATES](#). UNIÃO DO VEGETAL LITERALLY MEANS “THE UNION OF THE PLANTS.” ADHERENTS DRINK A TEA WITHIN THEIR RELIGIOUS SERVICES THAT IS MADE FROM TWO PLANTS INDIGENOUS TO THE BRAZILIAN AMAZON. THE TEA, KNOWN AS [HOASCA](#), IS REVERED AS SACRED. IT IS A SACRAMENT SERVING TO HEIGHTEN SPIRITUAL UNDERSTANDING AND PERCEPTION, AND BRING THE PRACTITIONERS CLOSER TO GOD.

# Ayahuasca Ceremony

**INDICATIONS/CONTRAINDICATIONS?**

**DURATION OF ACTION/MOA?**

**DOSAGE?  
ADDICTION POTENTIAL?**



Some major research centers and areas of investigation include:

1. MAPS (Multidisciplinary Association for Psychedelic Studies)
  - Conducting research on ayahuasca for treatment-resistant depression
  - Investigating therapeutic mechanisms and protocols
2. Center for Interdisciplinary Studies of Psychoactives (Brazil)
  - Studying neurobiological effects
  - Looking at potential applications for addiction treatment
3. ICEERS (International Center for Ethnobotanical Education, Research & Service) in Spain
  - Conducting observational studies on long-term ayahuasca users
  - Investigating psychological and physiological effects
4. Beckley Foundation (UK)
  - Researching neural correlates of the ayahuasca experience
  - Studies on potential therapeutic applications

Leanna Standish from Bastyr University has FDA IND approval for the first ayahuasca clinical research in the U.S. She uses functional magnetic imaging of the brain as a tool in her consciousness science research.

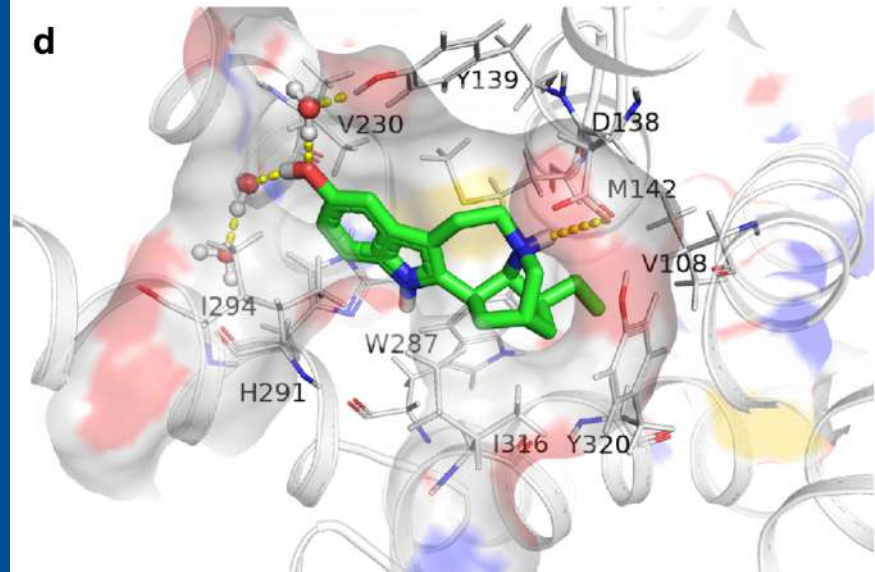
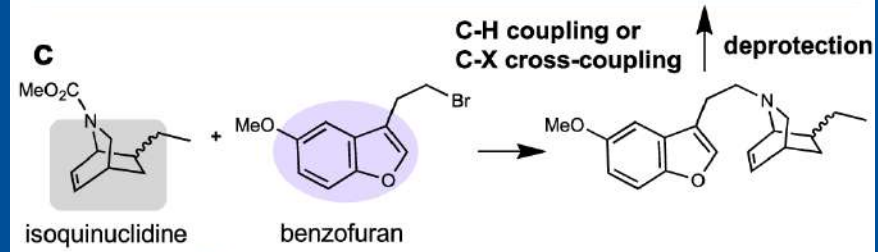
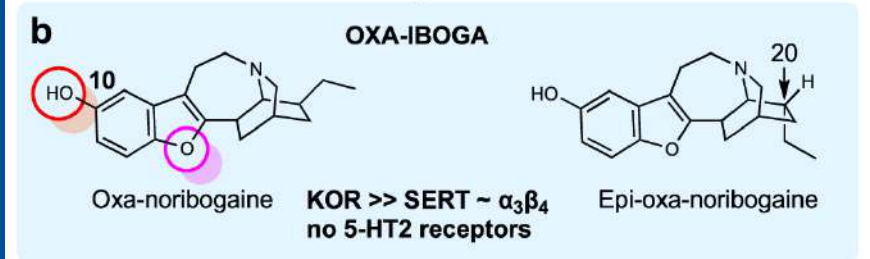
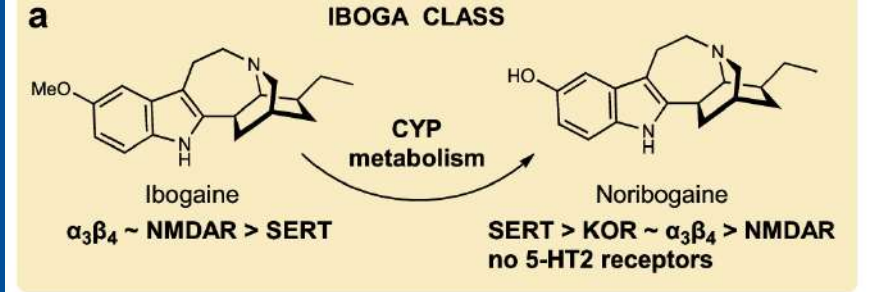
# Iboga ritual

Bwiti practitioners use the **psychedelic, dissociative root bark** of the *Tabernanthe iboga* plant, specially cultivated for the religion, to promote radical spiritual growth, to stabilize community and family structure, to meet religious requirements, and to resolve pathological problems. Iboga has become popular as a treatment for heroin and opiate addiction.

[time.com/5951772/ibogaine-drug-treatment-addiction/](https://time.com/5951772/ibogaine-drug-treatment-addiction/)



IBOGAINE IS A SCHEDULE I-CONTROLLED SUBSTANCE IN THE UNITED STATES. IT IS ILLEGAL UNDER FEDERAL LAW TO POSSESS OR USE. IBOGAINE IS NOT APPROVED FOR ADDICTION TREATMENT OR ANY OTHER THERAPEUTIC USE IN THE UNITED STATES. THIS IS DUE TO ITS HALLUCINOGENIC, NEUROTOXIC, AND CARDIOVASCULAR SIDE EFFECTS, AS WELL AS THE LACK OF SAFETY AND EFFICACY DATA IN HUMAN SUBJECTS. THE PLANT ITSELF, TABERNANTHE IBOGA, REMAINS UNSCHEDULED IN THE UNITED STATES.



THE EFFICACY OF IBOGAINE USE IN OPIOID USE DISORDER COMPARED TO BUPRENORPHINE

UC DAVIS HEALTH STUDY

# The efficacy of ibogaine use in opioid use disorder compared to buprenorphine

## Introduction

Opioid Use Disorder (OUD) has affected the lives of many. Buprenorphine is a common OUD treatment (Strain, 2019).

Disadvantages of buprenorphine:

1. Requires long-term continuous administration
2. It is an opioid with potential for abuse
3. Current success rate is 8.6%

Ibogaine targets the same opioid receptors, may be a more cost-effective and convenient alternative to buprenorphine treatment (Litjens, 2016).

PICOT question: **How does Ibogaine affect relapse rates within a 12-month period in opioid misuse disorder compared to buprenorphine?**

## Design

1. JAMA, PubMed, Embase and Google Scholar databases were used to find peer-reviewed articles.
2. Key terms used: "ibogaine therapy", "buprenorphine", "suboxone therapy", "suboxone therapy relapse rates" and "opioid addiction"
3. Inclusion criteria: published in English, human studies, and within the past 10 years.

## Analysis

1. Ibogaine decreased drug craving, withdrawal symptoms, and opioid use (Noller, Frampton, Yazar-Klosinski, 2016)
2. Buprenorphine studies showed that only 36% of subjects used buprenorphine daily while the others either relapsed or continued to use illicit opioids
3. There were high potentials for buprenorphine to be misused, abused and diverted (Chilcoat et al., 2019).

## Results

Authors & date	Publication Title	Level of Evidence	Findings
Chilcoat, Amick, Sherwood, Dunn. (2019)	Buprenorphine in the United States: Motives for abuse, misuse, and diversion	Literature review	Buprenorphine misuse was more frequently reported than abuse. 37% of participants indicated an intention to resume illicit opioid abuse following buprenorphine misuse. 1/3 respondents had used buprenorphine "to get high" or a "better high than prescription opioids", cheaper option, to abstain from other substances 52% have sold Buprenorphine and 38% sold "often" or "very often"
Els, Jackson, Kuyk, Lappi, Sonnenberg, Hagtvedt, Sharma, Kolahdooz, Straube. (2017)	Adverse events associated with medium- and long-term use of opioids for chronic non-cancer pain: an overview of Cochrane Reviews	Systematic review	There is a 42% higher risk of any adverse events and a 175% increased risk of serious adverse events associated with opioid use when compared to placebo. The risks of specific adverse events were increased, specifically for constipation, dizziness, drowsiness, fatigue, hot flashes, increased sweating, nausea, pruritus, and vomiting.
Mash, Duque, Page, Allen-Ferdinand. (2018)	Ibogaine Detoxification Transitions Opioids and Cocaine Abusers Between Dependence and Abstinence: Clinical Observations and Treatment Outcomes	Observational study	Subjects reported significant decrease in drug craving post-treatment and 1 month follow-up assessments compared to baseline measures. Intensity, frequency, and duration of craving significantly decreased post-treatment (P<0.0001) Significant decrease in depressive symptoms 1-month after ibogaine treatment. Rapid improvement in mood scores for opioid dependent subjects. (P<0.001)
Noller, Frampton, Yazar-Klosinski, (2016)	Ibogaine treatment outcomes for opioid dependence from a twelve-month follow-up observational study.	Observational study	Ibogaine can be effective in reducing opioid withdrawal, depressive moods, and reducing craving or ceasing opioid use. 75% or more of participants had negative urine samples for opioids 3, 6, 12 months post ibogaine treatment.
Schenberg, de Castro Comis, Chaves, da Silveira. (2014)	Treat drug dependence with the aid of ibogaine: a retrospective study	A retrospective study	All women & 51% men in the study were found abstinent during the follow up. No relapses in women and 49% in men. Abstinence duration rate after the first session was 5.5 months and 8.4 months after subsequent sessions.

A total of 10 articles (5 salient studies shown) were included in the present study to explore the OUD treatment with ibogaine and buprenorphine.

## Summary

1. 1 month post ibogaine therapy, 50% of patients displaying no opioid use compared to 18% with buprenorphine use.
2. Buprenorphine was found to have more adverse effects, triggering discontinuation of the treatment for OUD, misuse and diversion
3. Ibogaine was also related to decreases in depressive symptoms and improvement in 7 life areas that are commonly affected by OUD.

## Limitations

1. Lack of research comparing ibogaine to buprenorphine exists in the literature review.
2. The studies of ibogaine reviewed in this paper were uncontrolled, observational studies.
3. Data on ibogaine safety profile is limited.
4. Due to the lack of research comparing ibogaine, buprenorphine, and other MAT for OUD, a practice recommendation for the use of ibogaine can not be made at this time.

## Conclusions/Further Study

1. Ibogaine treatment was associated with a higher reduction in opioid use compared to buprenorphine use.
2. The results gathered from the literature review provides insight into the potential efficacy of ibogaine for OUD in the United States.
3. Further studies are needed to research efficacy and safety of ibogaine. It would be beneficial to have controlled randomized trials performed in the United States with a large sample size, comparing the twelve month efficacy of ibogaine with buprenorphine for treating substance use disorders.

## Acknowledgements

Amy Nichols, Ed/D. RN, CSN, CHSE  
Michaela Davis, MSN, RN, CNS,

**\*\*1 mo post ibogaine therapy, 50% of pts had no OU compared to 18% w/buprenorphine (Suboxone)**

**\*\*Buprenorphine had more adverse effects. Ibogaine decreased depressive sx.**



# Is Human Consciousness

LINKED TO HIGHER DIMENSIONS  
BEYOND OUR PERCEPTION? IS IT  
TRUE THAT OUR CONSCIOUS MIND  
CAN CONNECT WITH THE WHOLE  
UNIVERSE

# Globalization of rituals: Cross cultural ceremonies / syncretic traditions





**What is the relevance of indigenous and native medicine healing traditions that use entheogens within a specific ceremonial and ritual context?**

**Why is it important, as a holistic health care practitioner, to have this framework?**

# Bridging the Ancient and Contemporary

## REVERENCE FOR EXPERTISE & TRAINING

These traditions view psychoactive plant medicines as sacred tools for spiritual exploration, personal growth, and community healing. Appreciating this context can foster deeper respect and appropriate use.

## CEREMONIAL AND RITUAL CONTEXT

The indigenous use of entheogens is embedded within specific rituals, practices, and cultural frameworks. Awareness of this context can inform how to create a therapeutic "set and setting" to optimize the healing potential.

## HOLISTIC, WHOLE-PERSON APPROACH

Native healing traditions take a holistic view of the individual, addressing physical, mental, emotional, and spiritual dimensions simultaneously. This aligns with the principles of integrative health.

## ECOLOGICAL WORLDVIEW

Many indigenous belief systems emphasize the interconnectedness of all life and the importance of respecting the natural environment. This ecological perspective is highly relevant for holistic practitioners.

Ultimately, being informed about indigenous entheogenic traditions and their relevance to psychedelic-assisted therapies can help holistic health practitioners provide more culturally-sensitive, ethically-grounded, and therapeutically-effective care for their patients. It's a critical part of the necessary integration between ancient wisdom and modern science.

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ENTHEOGENS, PLANT CONSCIOUSNESS AND INDIGENOUS WISDOM***

# Sacred Ways Foundation

DEDICATED TO PRESERVING INDIGENOUS WISDOM AND MEDICINE, PROVIDING FINANCIAL SUPPORT TO INDIGENOUS AND NATIVE MEDICINE FAMILIES AND THEIR COMMUNITIES.



**EUGENIA PINEDA**  
Mazateca Healer



**WALTER THOMAS  
CHOLOTIO**  
Mayan Priest



**JAMES ETTSTY JR &  
MARY BLACKMOUNTAIN**  
Diné Medicine Family



**ORLANDO & LUCY  
CHUJANDAMA**  
Quechua-Lamista Medicine  
Family



**KEITH HORSE LOOKING  
SR**  
Lakota Medicine Man and  
Sundance Chief

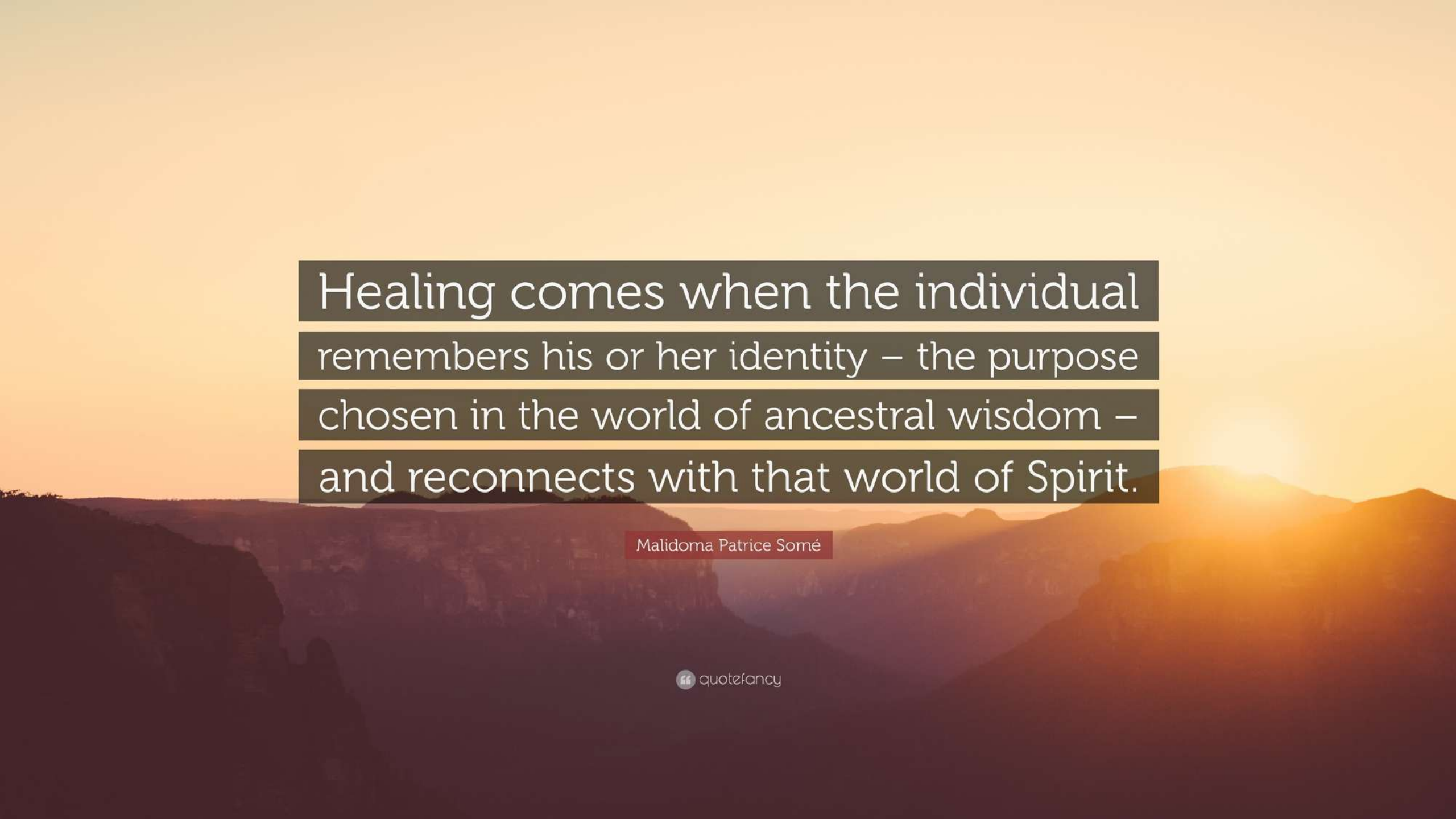
# Integration and Aftercare - where you can help your patients

## IMPORTANCE OF INTEGRATION

Discuss how integration of the psychedelic experience is crucial for long-term benefits. Integration involves processing and making sense of the insights and emotions that arise during the session, and incorporating them into one's daily life.

## POST-TREATMENT SUPPORT

Emphasize the need for ongoing support and follow-up care after a psychedelic-assisted therapy session. This can include therapist-guided integration sessions, peer support groups, and access to mental health professionals who can provide continuity of care.



Healing comes when the individual remembers his or her identity – the purpose chosen in the world of ancestral wisdom – and reconnects with that world of Spirit.

Malidoma Patrice Somé