

My Ayahuasca Experience: 29/09/17

Trip Report

“I’m Good, I’m Always Good”

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Preface:

The following account was my personal experience with 'shamanic' ayahuasca ceremony done in September, 2017, which gave me an altered state of consciousness. This was my first experience with an ayahuasca (plant medicine) brew, which was very profound to say the least. I left my body and travelled through different Densities, experienced healing, I experienced what "True Love" really is and was shown the 'metaphysical' side of our existence.

I had contact with various entities during this altered state of consciousness, which lasted for about 2 hours; such entities includes 'Mother Ayahuasca', an "Intergalactic Black Race" in 4th Density, Crystal World and Various Entities of Higher Vibration, in 5th Density. They showed me how the energies of our thoughts are created and how they form our reality, the grand illusion of our materialistic world and how "Unconditional Love" is the answer to all things.

I was also given 3 main messages to pass on to humanity; with others scattered within the experience itself. These three main messages (with another three) can be found on the last page of this memoir. This is a rather long memoir which may/may not resonate with everyone that reads it.

My utmost desire is to get these material/lessons to the ears of those who are willing to listen. I hope that each person reading this material is able to extract something out of it, which may/should be of aid in their journey called 'Life'

"I'm Good, I'm Always Good"



The view from the mountains in the vicinity

Woke in the morning, feeling fine



The dorm

We were scheduled to wake up early for the ceremony. To get prepared, and for those that needs to accomplish their chores can get them out of the way. “Karma Yoga” was always on offer.

On this day, you cook your own breakfast! You get yourself to the kitchen and grab what you can lay your hands on. I believe, I was in the kitchen around 9am, few people already in there helping themselves to various ingredients.

I made myself a simple breakfast; a sandwich and tea. The ceremony itself wasn’t playing on my mind that much, and I was trying to stay focus and positive; and above all, relaxed. I was able to achieve all three.

I finished my breakfast as fast as I made it, because we were advised not to overeat.

The ceremony, I believe was supposed to start at 11am, and should last for most of the day. We were also advised to endeavour, to stay inside the ‘Sweat Lodge’ for the duration of the ceremony. I tried to ask as many people who had done the ceremony in the past to give me some sense of how it would be.

All of the “veterans” of the ‘sweat lodge ceremony’ told me nothing but fascinating remarks about it. Many of the repeaters were looking forward to doing this ceremony, which kind of gave me some sense of relieve, even though I never truly needed it, or felt any type of anxiety.

Karma Yoga: Burning Lava Rocks



The 'sweat lodge' lava rock burning

After my breakfast, and in my attempts to kill some time, I wandered into the sweat lodge area of this massive retreat centre. The lava rocks were already getting hot under the massive pile of logs of woods. I asked the "fire keeper" if he needed any help, which he gladly said "yes"!

"You can bring some logs of wood for the fire", he said along this line.

He showed me where to get them from, and instructed me on the size/length of logs to get, which I gladly complied with. While I was getting the logs, I had only my water bottle with me, which I was sipping from time-to-time.

While I was getting the logs, couple of the guys where snuffing a kind of liquid tobacco/snuff. I was offered to try some, but I politely declined. I wasn't in the mood to do anything of this nature for three main reasons.

Firstly, I'm not a big fan of anything going up my nose.

Secondly, I considered it as a recreational drug, which doesn't vibrate with my personality.

Thirdly and most importantly, I don't want anything to jeopardise the effect of the ceremony. If I need to try anything, I want it to be in the confinement of the ceremony itself, not outside of it.

Talking about the "Sweat Lodge", the whole idea of this ceremony is to be in this enclosed space, with all access to this space closed off/covered, which in turn, keeps all the heat/steam inside!

The hot lava rocks are constantly watered, which creates an unbelievable heat. I will call this a "hyper sauna", and this name doesn't even do it justice. With a scheduled interval, there will be consummation of cactus juice and ayahuasca plant medicine.

My initial experience with Ayahuasca (about 3 days prior) was an uneventful one, in which I fell asleep throughout the process! Most of the people found this amusing, and they told me that I was snoring throughout the ceremony. I was disappointed of not being able to have visions like most of the other members.

Sweat Lodge Experience



The Sweat Lodge

The experience was profound to say the least!

I'll begin...

Crawling inside the Sweat Lodge

Before going inside the lodge, we had to strip down to our panties (still decent of course). I was wearing a black elasticated tight, which I found very comfortable. We were first instructed to huddle up for a group photo, and after our picture was taken, we filled into a single straight line.

We were instructed to walk around the sweat lodge in a clockwise manner, and as soon as we got to the entrance, we had to go on all fours and crawl into the sweat lodge. We also had to crawl out after the ceremony, to symbolise a "rebirth".

Shortly before going around the sweat lodge, we were told to take a card out of a small pouch. These cards are called "angel cards", and each one of the cards has a word on it, and as faith would have it, I picked a card, which has the word "Truth" written on it.

Oh boy, did I not get the TRUTH!

As soon as I got the entrance, I went on all fours, crawled inside, in a clockwise direction, passing all the people who were in front of me, who, at this time, already perched/positioned themselves on the straw mats, which covered most of the floor area. As soon as I got to the last person, I also claimed my own space, and waited for the people behind me to also take their position as well.

We first had a 'San Pedro' (Cactus plant juice/medicine) and I had two cups of that in total. For me, the taste of this cactus juice sometimes makes me want to gag and vomit, but we got given a 'shot of spirit', which kind of keeps the cactus juice down. In other words, for me, it suppresses it and releases the gagging effect, but other people may have different experience or reaction.

When the Ayahuasca medicine was introduced/announced, I was very eager to try as much as I could to make up for the disappointment of my first Ayahuasca ceremony.

I asked the Shaman for a double shot!

He gave me two 'shots-full' of Ayahuasca, which I downed straightaway, and without thinking too much about any of its side effects, which are two: vomit or diarrhoea.

But if you're unlucky enough, you may have what they call "double platinum", which is 'vomiting and diarrhoea', all at the same time! But don't worry, the "helpers/volunteers" are very open-minded, and they will be more than happy to hose you down with cold water in case of any "watery incidence".

I was expecting myself to purge almost immediately, but I sat down in anticipation, and continued with the sweat lodge experience/ceremony, which we performed in total darkness.

The inside was very hot and steamy. The only glimpse of light that I could see are the reddish-hue beaming from the hot lava rocks, which were placed in the middle of the sweat lodge.

The Sweat Lodge ceremony itself was divided into four sections, and the first two sessions was bearable for me, as they were to do with the contemplation/meditation over one's childhood and adolescent age. I particularly found this exercise easy, since I'm always contemplative of my past experiences, and visualizing how my past have help shaped my present.

By the end of second sweat lodge session, and after the first two 'San Pedro' (cactus drink), I was under the impression that I might throw up, but I kept still, as I didn't want to induce any purging, whether physically or mentally. After each Sweat Lodge session, more and more 'piping red-hot', fresh lava rocks were constantly being loaded/pilled-up into the central pit.

The room was totally enclosed without the extrication of self. But anyone is free to take a leave should the heat/pressure be too much to bear. Reclining chairs, with plenty of blankets are waiting outside for anyone to take advantage of, should they be prematurely-needed.

The heat, was as times, unbearable but I've already made my decision not to quit, or to leave the ceremony until the whole thing was over. I didn't even want to get fresh air after each session, which we were allowed to do. Some people were making use of the session intervals to get refreshed, stretch their legs and to use the bathrooms, but I wasn't looking to do any of these.

All I had close to me was an empty bucket for purging.

I knew purging will come, but just don't know when exactly. It was inevitable, just waiting for my body to do its thing naturally, when nature calls for it.

There were shamanic chants, drumming and rattles being used by the shamans. Shamanic songs after shamanic songs, or "Icaros" were being sung/chanted. I was mentally trying to follow the sound of the drums, and to be in tune with songs, but my brain eventually let it slide, and I was more

concentrating on my goals, my vision and purposes instead.

The shamans (three of them, two males; one female) and few other brave souls were sitting closest to the centre, where all the lava rock were situated. I was sitting on the outside perimeter of this circle, with the hot lava rocks placed in the centre. I really commended all the brave people closest to the rocks, because the heat being felt on the outer perimeter of the circle was quite intense, let alone sitting in front of it!

In any case, the condensation of the steam was immense and I could feel drips of water trickling down from the ceiling. I could hear few people gasping for breath (by the sound of it), while others (like myself) was quiet, all held on regardless.

At the end of each session, the tiny entrance door, which was covered with heavy blankets to keep the heat inside are lifted, and the relieve on everybody was always a euphoric one. I really didn't have any idea how long each session lasted for, but it always felt to me like an eternity, especially when the heat, hit the body.

After the second Sweat Lodge session was over, another Ayahuasca brew/medicine was introduced, which I eagerly accepted. When it came to my turn again, I asked to be served double again! Yes, I did!

Many of my spiritual family inside the sweat lodge were shocked, but I was determined to have my 'visual experience' by any means necessary! This was my final chance to get visuals, which many people got in the first Ayahuasca experience, and I couldn't let the threat of "double platinum" stop me from achieving my goals!

By the time everybody got their dosage of Ayahuasca brew, the remaining medicine was about to leave the sweat-lodge-circle, when I asked for another dosage! Yes, I did!

The shaman never insisted/hesitated and he gave me the last shot, which I took like a champ. At this time, many people in the group were not in their right mind had the will to try the combination of 'Sweat lodge heat experience', 'San Pedro' (cactus juice) and 3 dosages of ayahuasca, all at the same time! Yes, my friends, you guessed it, I did!

By the time the second ceremony ended, I was already on the floor. Not from hallucination or a drunken stupor, but I was rather trying to escape the heat, which was hovering around my head-space when seated. I founded out that the closer you're to the floor, the cooler it gets, which kind of make sense. I was also able to find some comfort by getting very close to the brick wall, which feels a little cold to my face. Yes, my face was burning up from the heat, but I also felt a bit of relief at the same time.

Maybe it was just a type of mental blockage, trying to convince myself to keep me calm and not to panic. Surprisingly, I was able to breath quite normally without much difficulty. I tried to meditate but the heat was so much that concentration for me was futile, but I stayed focused regardless. I was doing more contemplation, keeping calm & relaxed, breathing slowly and trying to find comfort of cold air wherever it may be located around the spot where I was sitting.

Few of my mates have decided to escape the heat and sat outside, which was allowed during the intermission of each session, as mentioned above. I stayed in the lodge throughout. I don't want anything to get in my way of my experience, even though "stepping outside" for a fresh air shouldn't

matter, but I wasn't prepared to take the risk, even though it was not a "risk" in the grand-scheme-of-things.

As the third ceremony starts, I was still on the floor and the shaman called those who were outside to come in, and instructed those with their face pinned to the floor, which included myself; to get seated in order for the third round/session to commence.

I sat up as instructed but didn't feel so great. At this time, I already knew for sure that I would eventually purge. I had a bucket close to me at all times. The next person close to me was wary of my large consumption of ayahuasca, and "I felt" that she sensed that my purging was inevitable. She "systematically" moved away from my location, and further away to my right as soon as the third session started, or it could be that she was running from the heat. The latter may be more correct.

We were trying to crack jokes by the beginning of the second session, whilst the shamans were getting their "tools" ready. Before the beginning of the first session, a long pipe was also passed around, in a clockwise manner, which needed to be held in a certain way in order to smoke it. To be honest, I'm not a veteran when it comes to smoking, and I couldn't remember getting any substantial 'puff of smoke' out of the damn thing!

We were also given a liquid tobacco to sniff, which I only managed to do once and had enough of it. Like I said earlier, I don't like anything going up my nose. When done properly, I could feel the tobacco going straight to the brain, the same sensation you get when you jump into a pool (leg first) without covering your nose.

But by the beginning of the third session, nobody had the energy to crack jokes at this time, or have the willingness to be funny, as the intension of most people at this particular juncture was to finish the ceremony and leave the "sweat cave" without looking back.

As instructed by the shaman, we all sat up, got comfortable and another set of hot lava rocks were loaded into the pit, piled on top of the previous ones. Two buckets of fresh water were also introduced, the door closed/covered up with several layers of heavy blankets once again, which prevented any traces of light from coming in and any steam from escaping.

The inside was totally dark and the only thing that I could see were the red-shining lava rocks in the middle, which I'm now trying to focus on to enhance my meditative state. But the heat (for me) was too unbearable; I shortly began to feel noxious as the heat continues to build-up around my face, and the shamans began their ceremonial singing and chanting.

I began to sweat profusely, and my tummy began to swirl slightly. I laid down on the floor to feel the cooler heat, which gets hotter the closer you are to the ceiling. I didn't want to fall asleep (and snoring) like I did in my first ayahuasca ceremony.

Even though I was laying down, I was still awake, but may have dosed-off briefly, because the next thing that woke me up was an involuntary reaction to instantly purge, and without warning – I was puking away into the nearest bucket.

I believe I purged twice, and my second purge one was "epic", as described to me (the following day) by one of the guys inside the lodge. Lucky me, no "double platinum" happened, everything came from the front! But as soon as the last purge was over, the magic and my first experience with 'Mother Ayahuasca' began apace!

Sweating buckets and changing visuals!

After purging, my head was at this time laying on the floor, with my head gently perched on a ledge at the bottom of the wall, which I believe, was made for seating. I was in a pool of sweat, which at this time I couldn't decipher if it was due to the steam or from the ayahuasca kicking in.

At this time, I was squirming on the floor, feeling a little bit uncomfortable from my recent purge, but there was no pain but a slight discomfort. My vision started to change from the "usual" visuals that I get when meditating; to a more "vivid" colours that's I've never imagined before!

"Are you alright bro?" Trey asked me, and as if it was already planned by me, I automatically raised my hand up, gesturing with a "thumb up", to indicate that I was doing okay. The room was still dark at this point but the people closest to me were able to make out my hand gesture.

I knew deep down that I was alright, and I was looking forward for my visual to change to a more profound version. I was yearning to have this experience, which was nothing but the "Truth", "Healing" and "Knowledge" that I've always been craving for.

My Visuals changed



The colour of flowers and vegetation in the garden I first found myself looks like this

My vision began to change from my usual meditative-type images, and morphing into more profound colours. I started to see a type of a garden with strange or 'unusual' flowers, similar to the colour above, but these were more vibrant and alive. These flowers were extremely pretty, calm and the colours began to deepen in their hue and colouration.

It seems to me that this is like a launch pad or a type of "spiritual safe zone or waiting room" of some sort; before being transported or thrown into the "other side". I had a feeling that I'm well looked after, there was no fear, anxiety or any cause or reason to be fearful. Everything was calm and at peace with each other.

The “other side” will always be weird/strange and hard to comprehend for those who are not ready to face the self, or not ready to step into the “unknown” for the first time. My mindset was already, and “somewhat” privy to “general” visualization. I personally don’t have any fear of the unknown, in fact, I’m always eager to embrace and learn new things.

I also don’t have any ill-will of anyone in my heart. I walk around with a clean heart and always do good deeds whenever my heart calls for it. The reason behind this premise is the fact that some other people, based on my research and experience at this retreat, see visions, which reflect their inner ego.

Mother Ayahuasca will put a big mirror in front of you (speaking in parables of course), and show you your true colours or innermost essence. The more you’re in tune with yourself, the less barrier to break down before getting to the profound side of the visuals, where I believe, the pure energy of Love and Light of the One Infinite Creator is channelled from.

To get close to this pure Love & Light, one needs to let go of egos, have a clean heart and also have a clear purpose.

Meeting ‘Mother Ayahuasca’ for the first time!



The Mother Ayahuasca is similar to this but exudes Peace & Love at unimaginable scale

Suddenly, I found myself standing in front of a majestic being, which was moving/swaying ever-so-gently and very peacefully in a ‘somewhat’ fixed position. The moving colours within this majestic Being were predominantly green, with hints of white colours, and all the colours intermingling into one another in perfect harmony, with great understanding and always at peace with one another.

Then I noticed a face, a face of a woman, and she beckoned for me to step closer to her. She was

beckoning or gesturing with her hands, somewhat encouraging for me to come closer to her for a hug.

I hesitated for a split second, and ended up drawn to her, based on her loving aura, tranquillity and peace. She kept gesturing for me to get closer each time I took a step forward. This entity was very tall, about 9 feet in my estimation, and she looked to be floating or gliding above the ground. I couldn't make out any legs of any sort. I could only see a humanoid face and her hands, at this juncture, still gesturing for me to get closer to her.

This entity was full of Love and Compassion that I've never witnessed in my entire life. She has an aura of a Mother, full of Unconditional Love. There was a sound that I could hear coming from her, or around her, which sounded like that of a whale. This is the closest comparison that I can think of.

As soon as I got closer to her, she gave me an 'almighty hug', and telling me, telepathically, that everything is fine. She embraced all my flaws without passing any judgement. As soon as she hugged me, there was a slight appearance of a face of a 'devilish-looking' being, which was trying to manifest between me and her... she embraced me even tighter at this point, and this negative being blew up (or appeared to pop out of existence) and dissipated within seconds!

I symbolically saw the "devilish-looking" being that manifested 'very briefly' as my own flaws (as no one is perfect in this 3rd density). I started to cry, but all the time, she was continuously hugging me, assuring me not to worry, that I have absolutely nothing to worry about. I felt so safe in her presence, and she eventually let me ride within her auric field.

I kind of merged with her, and it felt like I was riding a type of carousel, which only moves in one direction, instead of going around in a circle. I felt at peace within her, and the constant abundant love swirling around me, with no sense of danger or fear.

Riding a 'Wave of Love' with Mother Ayahuasca

After feeling comforted and deeply safe within Mother Ayahuasca's auric field, another Mother Ayahuasca joined us on the journey (I think she looked more reddish in colour), and we were all "harmoniously intertwined". There was no disharmony, everything jelled together and the Love I was feeling from both of them never wavered. They never judged me, and we all continued on our journey together, to wherever location we were heading to.

I was just floating away with them with great ease and continuously felt 'extremely' safe within their presence. No fear in sight, whatsoever.

At this point, as mentioned briefly; I really did not care where they were taking me, I was blissfully enjoying the ambience of their love, and continued to hear the "whale" sound/echoes, plus a deep sense of compassion and care that's beyond believe!

I Woke up briefly



I thought I saw the Creator, but my journey was only just beginning!

I remembered waking up briefly from what I would call a “trance state”, and I briefly uttered loudly enough for people to hear and said, “I saw the creator!” My brief encounter with Mother Ayahuasca was so profound and too overwhelming that I actually thought that I was in the presence of the One Creator itself! Ladies and Gentlemen, this is far from the case, my journey was only just beginning!

Going to a 4th Density Planet The “Intergalactic Black Race” Planet



The hallway I was waiting at is a little similar to this and extremely spacious

“The Balancers”



This picture does not do these being any justice, but this is the closest I could get

She (Mother Ayahuasca) then took me to a 4th Density planet, which is full of order and peace.

Everything on this planet works together in harmony. Nothing is in conflict with another, everything works in a perfect harmony, and the colours that I saw were vibrant in green and blue. These colours look crystalline in nature, and they are always at peace with other colours in their flows and existence.

Nothing is out of place on this planet, no speck of dust to be found, everything seems to be in the right place, in the right order, no chaos, no disharmony... everything just works together!

Before being introduced “upstairs”, I was downstairs, waiting in a type of a long corridor, which looked a bit like a locker-room-type, but was way more glorious, extremely spacious and technologically advance. This particular space looked to have a roof and walls, but there’s no sense of claustrophobia. Whomever did the “interior decor” for this place needs a full mark, whatever that mark may be.

These intergalactic beings/entities are of a very advance black race. I never got any sense of their name or the location of their star cluster. But they are very tall (at least 6 feet 3 inches, minimum), while others are a lot taller, with an impeccable look, beauty and perfection that’s beyond believe.

These Beings are extremely beautiful beyond comprehension, I’ve never seen beauty so perfect!

There were no wrinkles or old age visible within these entities’ planet. They all look very young, and they telepathically made me aware that their average age is around 23 years old! All of the males (and the females) were in an unbelievable shape/figure, they looked well sculptured from head to toe and extremely humble, very beautiful, gentle and calm beyond comprehension.

They have a very short hairstyle, no beards or facial hair in sight, except for a very thinly-laid eyebrow, which complements their look. Everything within these entities was perfection, even the word “perfection” does not do them any justice! Their clothing looked like it was moulded to their skin, and the only thing that I could see protruding is the collar, which is quite small. The colour of their clothing is a type of grey, which is leaning towards white. Everything they were wearing compliments their skin tone.

Their communication with me were all transmitted telepathically, and they also have the ability to manifest anything by simply using their minds only. Some of their bodily appearance was seen to be materialised from their head to their ankle area, but not fully to their toe/feet/sole. It seemed to me that they were showing off their skills, but not in an arrogant way, but rather showing me the possibilities of “mind over matter”.

There was an entity who was standing right in front of me (I’m like 6ft tall myself but I was barely reaching above his chest area), and he was telepathically having a conversation with me; saying that they “understand and feel the sorrow of black people’s suffering on earth”. He said they are aware of what’s going on, and that we should be aware that everything is happening for a reason, that things will eventually “get better”.

He continued, telepathically conveying that that they are makers of worlds! That they create balances in the Universe. He said that they create balances wherever it’s needed, including Earth. He said that they are the ones that make sure that both the negative and positive deeds/energies are balanced.

The same entity also told me that “Black is eternal”, that Black People are the precursor or progenitor of “most cool things”, using his words directly. There was a sense of pride, which exuded from this entity, but it has absolutely nothing to do with ego or self-aggrandizing mentality. Their humbleness is extremely admirable, the type that shows that they have absolutely nothing to prove.

They are living in the ‘Now’, full and whole, meaning that they are existing in their full essence without any pretence or chaos.

They use a type of energy system, which ‘sort-of’ floats around in the air, it looked about 3 feet in diameter. This white energy-ball looked like a floating atom, which was full of internal movements. I was telepathically made-aware that they use it to power everything on their planet. I was only able to see one floating energy-ball-thingy, and I’m not sure if they have others.

This energy ball (as much as I could gather, telepathically) is extremely powerful, and the energy is never-ending. As much as I could gather, this “ball of energy” (as it seems) is infinite in its power, and has the ability to last for eternity!

I was very interested in getting a closer look at this energy system, attracted to it like a moth to a light, but the entity in front of me; “sort of” sent me a ‘non-communicative’ vibration to not proceed further, in a very friendly way.

In other words, he was telepathically sending me a vibration, encouraging me not to get side-tracked, to focus on my journey; and “subsequent experience” that they’ve got lined up for me. I don’t know how, but I shortly found myself in front of couple of their women, who were all wearing white silky-linen type of wear, and their hair neatly packed behind their head (like a bun), and partly covered with this linen, which looked more like a very loose-hood.

These women entities are 'extremely' beautiful, and there are no words in our dictionary or almanacs that's able to describe the level of their beauty. One of them saw me drooling over her beauty, and she telepathically said to me that she recognised that I admire her beauty, but she's busy.

The women on this planet were more technical, and their roles on this planet were more than the men (as it appears), who were more like defenders or protectors. The women are extremely pretty, wear white robes, and those that I saw briefly were sitting in a brightly-lit room, and sat behind a white table-like console with many controls on them. But not sure what those consoles were for.

Basically, the women look a lot busier than the men! 😊

But one thing I can say quite profoundly is that, the women on this planet are 'heavily' respected and protected. If anyone messes or crosses the line with any of these women, those black men looked like they're ready to put in some work on any aggressor! It's a place of pride, respect and humbleness that's rarely seen in our society today, unfortunately.

Floating Metal/Panel (Still on Black Race Planet)



The floating panel looked a lot more regularised, organised and intelligent than these

I also find myself on another part of this planet, where a "serious-looking" man, and as it appears, using his mind to control dark metallic-looking panels floating in mid-air. These panels are constantly, and with great speed, changing forms and shapes and appearances. They kept joining together, forming different shapes. The physical appearance of these "metal" panels, from my vantage point looks like a kind of hard plastic, but the material looks and feels stronger than any material known to man.

It seems to me that they use this metal/plastic-looking thingy to build transportation vehicles or spacecrafts. The strength of this material is beyond comprehension; and this was the actual aura

that the material was portraying/given off, vibrationally-speaking. The material itself was telepathically-speaking, or conveying its own essence!

Based on how things are done on this planet (using the mind), I believe the entity that I saw, who was in unison with the floating metal panels; must have been using his mind to control these panels, because he didn't acknowledge me standing there not far from where he was, and was staring at him the whole time while he worked.

His concentration level explains why I used the words "serious-looking" above, to describe his appearance. He was simply too focused on his tasks that my presence was not in his radar, or largely ignored.

Climbing up the stairs to see Myself! (Still on the Black Race Planet)



The floating stairs is about 15% similar to this one, but are floaty with no support, very spacious with a lot less clutter

All of a sudden, I found myself following an entity up the stairs. This entity looked a lot different to the Intergalactic Black Race Being, she looked and act similar, or 'somewhat' had the same aura to Mother Ayahuasca that I met earlier in my journey. This entity had a female, loving aura.

She proceeded by climbing a type of a see-through flight of stairs, which I can only assumed was made with a type glassy material (floating in mid-air without any structural support!). She wasn't actually climbing, but rather; gently floating/gliding above the 'floaty' flight of stairs, whilst I was roughly 2 steps behind her.

I think she's been there before many times, as nobody paid us any attention, while we made our way to the top of the stairs, which looked and feel very secured and protected.

I couldn't see any guards or security barriers, but I could feel that it's a place or area that not many people usually ventured into.

I also noticed vivid green and other colours floating (almost) everywhere in the air, moving in and out of each other, and mingling together in harmony. One thing I will continue to say is that “things just work in perfect harmony on this planet”.

There’s no disharmony or any kind, or chaos of any level. Everything just works together in perfect harmony and at peace in every regard.

While I gently followed her according to her pace, she began to communicate with me ‘telepathically’, and she said something to me that threw me aback slightly. This majestic entity started to tell me in a very gentle intonation that she was going to show me – myself!

Wait, what?!

I was never, at any one time scared or worried in the slightest about her comment, but I was more curious than ever. She continued, and stated that my “real body” is actually sleeping/meditating on this black race planet, whilst my journey (or mission) on planet earth continues!

*****Basically, what I got out of this was that; whenever I die on this planet Earth, my real body on the black race planet will be woken. In another word, the flesh that I inhabit now on Earth now is like a matrix-type, and I will be unplugged from it once my physical body dies on Earth.**

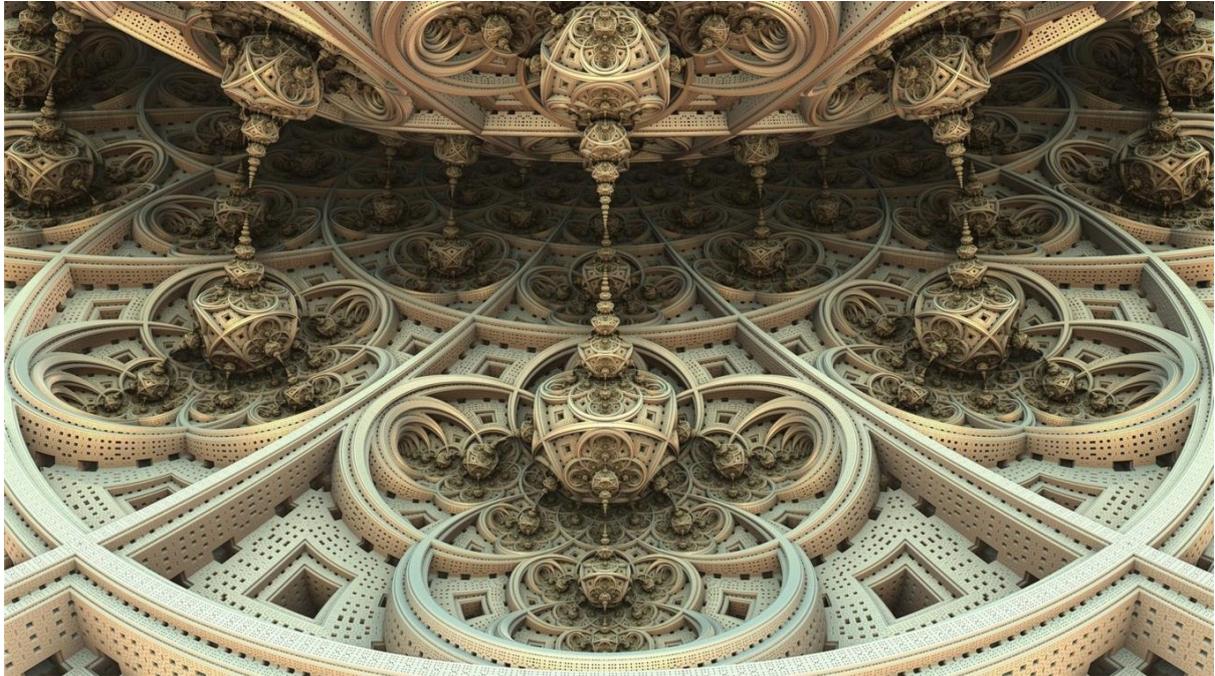
It’s like my “real body” is being kept safely in a type of cryogenic stasis on the black race planet for the duration of my stay here on Earth. I wasn’t expecting this, neither have I ever contemplated such scenario ever, even though I have a very active imagination.

Before we were even at the middle of these glassy-stairs, which also seems to be floating in mid-air, as mentioned above; there was a gentle telepathic communication (coming from another entity who suddenly appeared on the ground floor), which simply said: “Is he ready?”

Now, these two entities began to communicate with each other telepathically, which was a short one. During their telepathic communication, I could hear them, but it also seemed “somewhat” private, and I kind-of knew that their conversation was about me, which was all good to me without any sense of awkwardness between the three of us.

I actually found the telepathic experience/communication to be very soothing and non-intrusive. It was not anyhow chaotic/intrusive as I naively thought it would be. All the telepathic communication was precise, clear, concise, quiet, soothing and I will gladly take this type of communication over ‘speech’ any day.

“Is he ready?”
A trip to a 5th Density Planet
The Love on this planet was immense!



The predominant colour that I saw looked similar to this but a lot more alive, very vivid and harmonious

As soon as I heard that question, the female entity and myself turned around to look at the entity, or thing that uttered the question. To be honest, I really couldn't make out this entity's appearance, nor will I be able to describe its essence accurately, but it sounded like a male entity and his aura also reflected this.

Based on what happened next, this may explain why it wasn't actually necessary or important for me to discern what this entity looked like.

The 'Mother Ayahuasca' like-entity that I was following up the stairs was 'sort of' indicating to the male entity at the bottom of the glassy-stairs that she was about to show me something, which I believe was my "stasis-self", in a cryogenic state, which I was really looking forward to seeing.

These two entities almost 'instantaneously' agreed to let me go with the male entity, and carry on with my journey of "seeking the Creator", Knowledge, Healing and Truth.

As mentioned previously, before we entered the sweat lodge, we were asked to pick one "angel card" from a pouch, and the one I picked was 'Truth', and oh boy, did I not see or witness the truth!

The female entity that I was following handed me over to the other entity, and before I could blink my eyes, and almost instantaneously I was immersed, or found myself on a 5th Density planet!

All I can say is "Wow, incredible"!

It was stupendous feeling of Unconditional Love that was deeply unimaginable!

This 5th Density planet is full of abundant, 'unconditional' Love, of vivid colours swirling around in perfect harmony. The most prominent colour that stood out for me was a sort of light brown and white colours.

These colours are crisp without blemish. These colours form many tapestries of interwoven shapes, which makes them look alive and in perfect harmony with one another. I couldn't see no sharp edges on these shapes, but all are roundish forming countless moving shapes.

The movements of these shapes appeared to be slow-moving, quiet and gentle.

This planet is basically made of/with 'Love' and nothing else! Note that I'm refraining from using past-tense to describe this planet because I know it exist as we speak. You can take it or leave it.

The amount of love that I was able to perceive at every moment was immense, almost immeasurable!

Every time I had any negative thoughts or feelings, the Love energy that permeates throughout this planet is always there to smoulder it and these negative thoughts will disappear as fast as they came.

*****What I could get out of this experience is that "Love conquers all". If any place is filled with unconditional Love, there will be no room for any negative energy to manifest.**

This planet (if this is what it's meant to be called) has no entities/being on it, like on the 4th Density planet, which I've just left.

Did I tell you I was left there all by myself?

You know what? It didn't matter to me one iota!

I never felt alone. When you're dipped from head to toe in a cosmic soup of universal Love, nothing else matters. I was enjoying every moment on this planet. All of my flaws were understood, forgiven, embraced and they all melted away as if they were not there to start with.

There's nothing else this planet was able to offer me, but an Unconditional Love that's beyond comprehension.

Words cannot begin to describe the feeling I got from this type of Love. The one that embraces you with all the joy, even though you've been bad. The Love that's always there for you regardless of your shortcomings and imperfections.

With absent of anyone or any entity in sight, I never felt alone and at this point I didn't actually want to leave this planet. It was too soothing, too joyous, too alive, too real, too powerful, too loving and the feeling was indescribable. No words in the world is enough to describe the loving feelings that I was getting and all the profound emotion that went along with it.

At one time, I was so moved when this "energy of Love" just kept on giving so much 'Unconditional Love' without expecting anything in return, that I started crying; both in the spiritual realm and in my physical self/state. I was aware of everything happening around my physical body. The tears rolled down to the corners of my eyes.

Then I asked myself a question, why would anyone or anything gives you this much Love with all my flaws, and without expecting anything in return? It's a type of Love that keeps giving regardless of what's at stake. It just continues to give and give because that's its very nature.

I'm Good, I'm always Good

There was a time during my vision, where some of the people in the sweat lodge was worried for me. Occasionally, I hear mutterings or statements like:

"Is he alright?"

"Are you alright bro?"

"Is Leo ok"

"Leo, are you alright bro?"

Each time I hear a statement of such, I immediately threw two thumbs up in the sky to indicate that I was absolutely fine. I was in complete control, without any fear, no worries, no demons, nothing was in my way; but Love and Understanding. The desire to keep on seeking the Truth, to bask in the glory of the Infinite Creator and to continue the feeling of the overwhelming joy that was being bestowed upon me.

At every short interval, whenever I felt someone was worried for me, I uttered the statement; **"I'm Good, I'm always Good"**, not having a clue where it came from. This "slogan" wasn't part of my lingo/vocabulary prior to this ceremony, but will forever stay with me until the end of time.

In a grand scheme of things, I believe it came from my sub-conscious or from my 'Higher Self', which is part of me. This became the "intonation of reassurance" to the people in the lodge that I was absolutely doing fine.

My spiritual vision gradually became/transformed into a 'channelling' type, where messages were being channelled/passed on to me from the spirit world, to be disseminated to the rest of the crew in the physical realm.

I've Got a Message for you guys!

Whilst I was on the 5th Density Planet, I was telepathically given a message to pass on. We were about to start the 4th session of the ceremony at this point, the shaman was chanting and getting ready to crack on with his stuff.

The room was somewhat quiet at this time, when I suddenly uttered: "I've got a message for you guys!"

Someone in the room softly said: "What's the message?"

I paused for like 3 seconds or so, and I said, very calmly: "Love"

I repeated it again and again, with a fading intonation, "Love", "Love", "Love", and my voice gently faded away and I went quiet again. I could hear some people gasping, some moved and excited to have witnessed such a moment, based on the vibration that I got.

The word that I uttered was so simple but yet abundantly and profoundly effective. The word itself is

so small, but carries a lot of weight. I could feel the shiver in the spines of many people inside the lodge. I never uttered any other words for some period of time. I went back to the 5th Density planet; to continue to bask in its Love Energy.

Let me heal you, Trey!

Whilst in the trance state, I was drawn to the person on my right, who was Trey (not his actual name). He was coming to me to ask if I was alright, and I kept replying, "I'm Good, I'm always Good". He held my right hand at one point, I later touched his face, and asked: "Is that Trey?"

"It's me bro", he replied.

"Trey, Trey" I muttered, while feeling his face with the palm of my right hand. My eyes were firmly closed at this point, but I was able to see him quite vividly.

All of a sudden, I said:

"Your energy, your energy is blocked!"

"Your chakra is blocked"

Someone in the group, which I thought was Syan (not his real name), but later found out that it wasn't him, who said: "What's that, 'cheekras'?" He jokingly asked

I immediately replied: "No, his chakra!" I rebuffed

"His orange energy-chakra is blocked!" I said

"Do you want me to heal you?" I eagerly asked Trey...

"Yes bro!" he replied.

"Do you really want this healing energy" I asked again...

"Give it to me bro, I want it!" he said

At this juncture, I pressed my right-hand palm firmly on his right cheek, and I was able to see a Green colour energy passing through my right-hand palm unto his body.

I was 'sort of' in a hurry to heal him quickly because I had a feeling that the healing energy was temporary, and I had to be quick to heal him before I lost the 'opportunity of healing'; before it disappears.

According to my understanding of spirituality, the nature of this healing energy is that the person to be healed must agree to this 'healing energy' before the healer is able to commence with the healing process.

The healer does not actually heal. The healer is just an analogue or channel for healing energy to pass through it, so that the person to be healed is able to "grab the baton", then heal itself. This healing energy can either be accepted or rejected based on the spiritual catalyst of the receiver, or the one to be healed.

I was later told by Trey that he didn't feel anything when the actual healing was taking place inside the lodge, but mentioned to me that he felt a sudden surge of energy way after the ceremony ended, whilst making his way to his dormitory, which is somewhat interesting.

My Heart was Racing! My heart got rejuvenated

At one point, I found myself in a type of a long hallway. I was able to view my “physical self”, laying down, and being examined by another part of myself. All these, being overseen by another part of me, which I’ll call an “Overseer” or “Higher Self”. Basically, there are three parts to my Being.

Based on my spirituality understanding, I believe that the other entity overseeing the whole process was either my ‘Higher Self’ or ‘Oversoul’, while the other entity, who was doing the actual healing was my ‘Form Maker or Indigo-ray Body’.

Whilst I was being examined, my heart starts to race and I was breathing very fast, but I was never worried. Even though my heart was racing, I was very calm and not out of breath or had any difficulty breathing. It seemed that my heart was being revamped, recharged or being energized. It’s very hard to explain, but what I can say is that I may have been given a new heart or configuration!

“Breathe slowly, control your breathing”, I heard from a lady on my left whilst holding my left hand. I kept saying: “Don’t worry about me, I’m okay” I kept replying, assuring all the worried souls in the lodge to keep calm.

I was at this time back on the 5th Density planet, and I started seeing energy moving/flowing from one point to the other. In time/space (spiritual world), everything is alive. Once something happens in ‘space/time’ (physical plane), I was able to see its equivalent energy field manifesting in ‘time/space’ (non-physical/spiritual plane).

At this time, the female lady on my left said that I have to come back, that the group was waiting for the last ceremony to begin. I didn’t want to come back from the 5th Density planet, and each time that I wished for myself to stay in the spirit world, an energy field in time/space gets generated, then it will start to grow, but whenever she tries to convince me to come back, the same energy field begins to dim, or it stops it from growing bigger.

*****Basically, this actually means that any desire (or will) is an electromagnetic energy field that’s alive in the spirit world. The stronger the desire grows in the physical realm, the stronger the “equivalent” electromagnetic field in the spiritual plane.**

I continued saying: “I’m Good, I’m always Good”.

Empty buckets

I was ‘somewhat’ half-awake, when the empty puke buckets located around where I was laying was making me feel uncomfortable. These empty buckets were too close to me, that my “spirit-self” wanted these items removed so my body could rest properly without being poked by physical items.

“Get this bucket out of my way!”, I said quite loudly and rudely.

I’m was sure that some of my group members were beginning to get impatient of my shenanigans. These guys were hot, steamy, tired, hungry and wants to finish the ceremony as soon as possible, which I completely agree with, but I was so immersed in 5th Density Love, that I just wanted to stay there and never return!

“You need to return; people are waiting” the lady said whilst trying to get me to return to the physical realm of reality.

Look, once you’ve had a taste of “Unconditional Love”, and you’ve lived on this planet Earth for all your life, you won’t want to return either!

But I completely understood the frustration from the rest of the guys, these guys spent top dollars to have a peaceful retreat, only for a random dude to ‘unintentionally’ hijack the ceremony. At this time, it was almost impossible to listen to any instruction.

The empty buckets were eventually removed from my vicinity, and I became quiet again (I think) and the ‘4th Sweat Lodge session/ceremony’ continued in earnest.

I wanted a ‘Male and Female’ on both sides of Me

I was ‘somewhat’ half-awake when I demanded the hands of a male and female entities. At this time, I was under the impression that I’m doing a service for the rest of the group, which was really not the case, if you look at it from the right perspective.

Trey was still holding my right hand at this point, and I demanded for a female hand on my left-hand-side also.

I didn’t seem to get any volunteer on my left. Not sure if the women in the sweat lodge were apprehensive, confused or scared, not really sure which one it was at this particular time.

I barked out again: “I need a female on my left now!”
“I want a female, here”, I said, while slapping the straw mat covering the floor frustratingly.

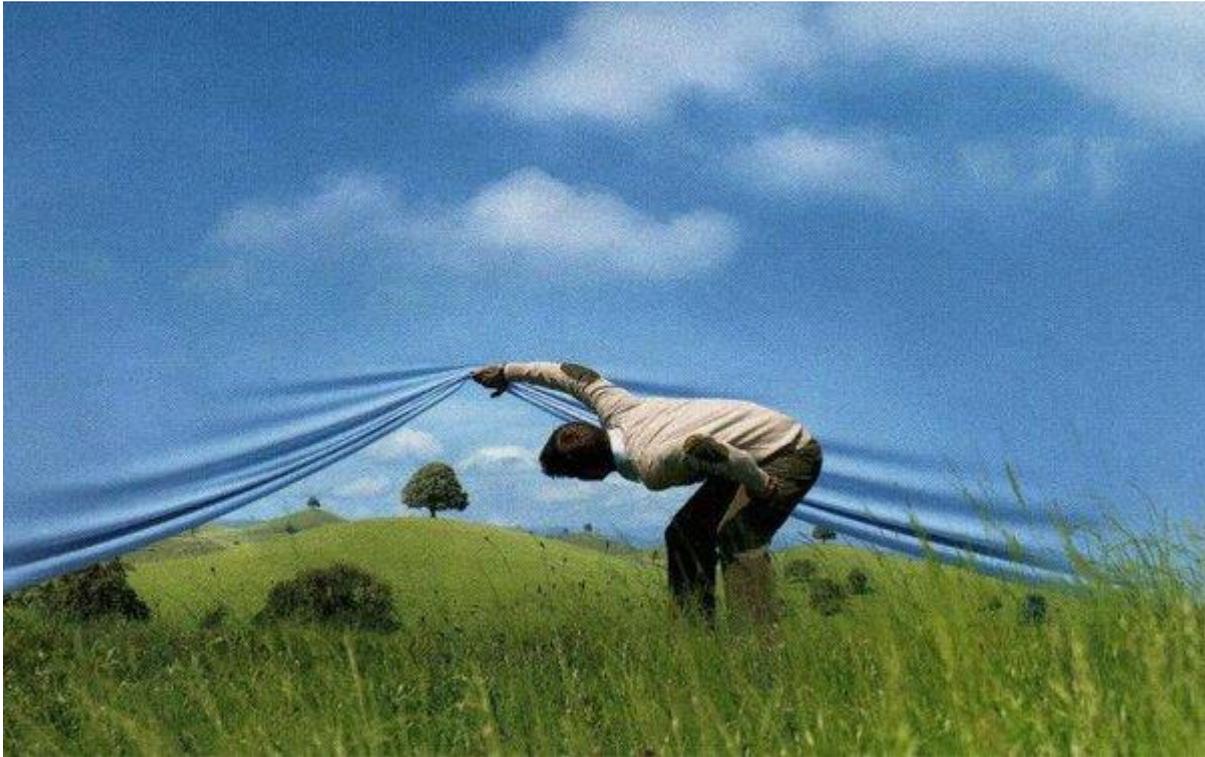
Many of my group members may have been freaking out at this time! I did apologise to all of them at the ‘Family Meeting’, the following day. To be fair, I was a little bit of a dick!

It was a bit out of order for me to hijack such an event for the sole benefit of myself. I apologized few times the next day. I hoped and wished that they all understood, and have heart to forgive me for trespassing, disturbing or stomping on their ceremonial experience.

I started to become quite a nuisance, until a female volunteer, eventually grabbed my left hand, and this actually shut me up! The reason for this weird request (for my hands to be held) was that it felt to me like I had to balance myself with a male and female polarity. This, I believe, allowed me to get grounded in order for the messages I had to be delivered properly.

It may also be for a reason to charge battery in the physical realm, energetically speaking. Whatever it was, it seemed that I needed this male and female entities on both sides of me in order for me to continue my trance experience at that particular juncture.

Surface Illusion and “Minor Inconvenience”



During my Astral travel in the spirit world, I was shown a very large wall, with a small/thin line located somewhere within it. This thin line was dark and unsettling, and it roughly makes up around 5% of the overall size of this wall. This wall, as I was shown, represents our overall existence, according to the telepathic message I got from the spiritual teachers.

According to these teachers in the spirit realm, the little slither (the unsettling thin line) on this wall, less than 10%, being very, very generous in my estimation. This unsettling tiny space/slither on the wall is extremely small when compared with the overall size of the wall of being shown to me.

Basically, they called this tiny, unsettling space as our physical reality. The rest of the space on the wall, which is full of light, balance and extremely harmonious as our non-physical existence.

in another words, our physical reality that we live/experience today in our physical realm is made up of a very tiny percentage of who we really are.

In a nutshell, there are a lot more that we can all look forward to. Everything will eventually be well.

The teachers in the spirit realm said that whatever it is that we are going through, no matter how bad, no matter how sad, no matter how disastrous, whatever life has dealt for us – they said our physical existence are nothing but, a “**minor inconvenience**”, using their exact words.

There are a lot of good news ahead for all of us to look forward to. In another words, from my understanding, there’s no eternal hell fire waiting for anyone, where people are thrown-in, to burn till the end of time! This is a regressive way of thinking, devised to keep people in fear and subjugation.

Indeed, whatever wrongs or karma that we have set in motion, all these will need to be balanced during different lifetimes that we’ve programmed for ourselves.

Energy Pathways: All Thoughts & Actions are alive!



As I was having my continuous spiritual episodes, whenever someone speaks or do something, I could see the equivalent electrical/magnetic energy manifested in time/space, or in the 'spirit realm'.

Basically, every thought or action creates an electrical energy field which always tries to find its destination.

I was laying down at this point, blabbing away and 'somewhat' disturbing the peace, when someone, a lady, came on to my left-hand-side, to tell me to keep quiet because I was halting the ceremony, which was the last one, and was about to commence at that particular moment.

Whenever I starts to speak, or had a thought, I could see a 'white' electronic signal generated in time/space (spirit world) from an anchored point, but whenever she tells me to be quiet, this same energy field dims and snapped back to its original point or position, where it was first generated.

The lesson that was shown to me is that 'Freewill' is paramount, and that everything is alive, whether thought or action. All of these electrical energy-pathways are generated/created whenever the will/desires of an entity (or person) opt for it to happen. All these understandings or esoteric knowledge are waiting for us to discover them, but only when we are able to grasp the true nature of things.

Protected in a “Force Field” Bubble



At some point, during the last ceremony, I was completely immersed in trance. I continued murmuring and kept on saying: “I’m Good, I’m always Good”.

Whilst laying down, I felt the intensity of the heat and steam, which was coming from the lava rocks. I began to feel a little uncomfortable, then had this dilemma of either bearing the heat and stay or wake up and end the experience.

My intension was not to return to the physical realm, but at the same time, the heat was getting a little uncomfortable, but as soon as I could think of any type solution, I saw an entity hovering/standing next to me, who looked like a silhouette of a woman, but the aura being given off felt like that of a male entity.

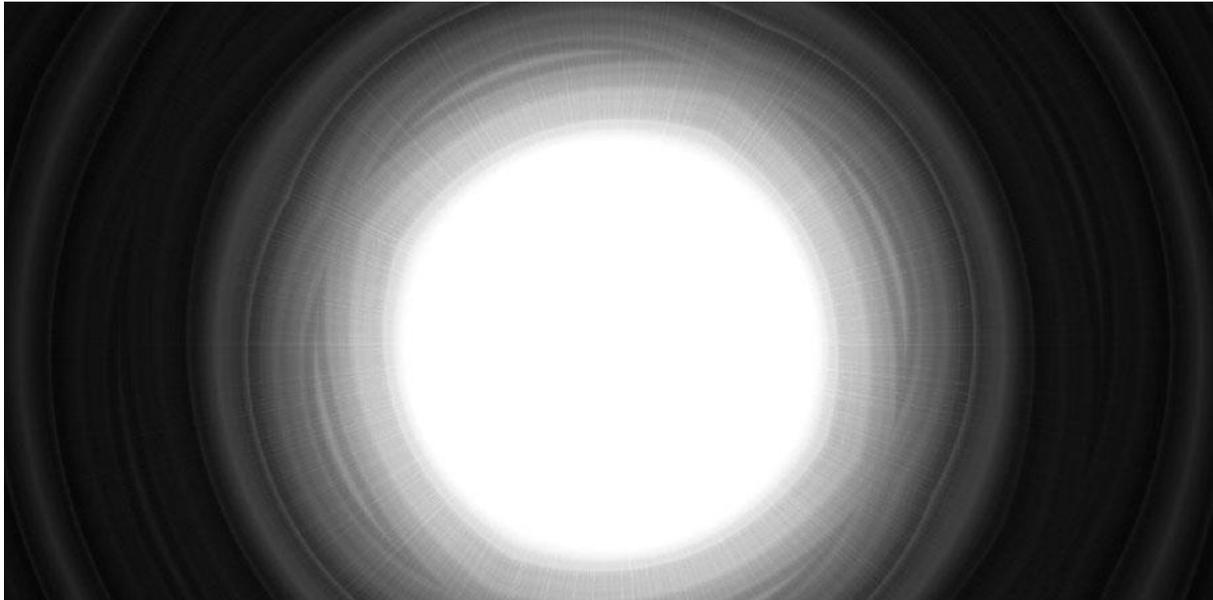
This entity was gentle, and it was there for one thing only... to keep me in comfort. All of a sudden, this entity created a type of “force field” around my body, which prevented my body from overheating. I could see the force field, which was transparent. I was able to see the entity standing over me, while it made sure the force field was doing its job.

I was also able to see the intensity of the heat on the outside of the force field, but the force field was semi-permeable. Only enough, or the right amount of heat was allowed to pass through it. From my view, roughly 30% of the heat was allowed to pass through it, while the rest of the heat was seen to be bouncing off the outer portion of the shield.

I immediately felt comfortable, and I continued my experience in the trance state without any discomfort or pain. Also, my sweating reduced and my heart-rate went back to normal, and my breathing calmed down drastically.

I briefly opened my eyes at one point, when fresh fruits and water were being brought into the sweat lodge. I was actually looking forward to the fruits and grubs before I went into trance, but when the food came, I was too immersed in my experience, and I chose to spend more time in the Light than feeling compelled to eat.

The 6th Density Plane Density of Unity and Light



As soon as I got to 6th Density Vibrational Spectrum, all I could see is a small Light, which started 'somewhat' dim, but it later rapidly became brighter and more intense, but its intensity was not chaotic, or anyway hurtful, but rather calm, extremely bright and by the sense of it, powerful.

I began to see the completeness of this bright light, and my anticipation started to grow, followed by a stint of joy, then all of a sudden, I heard "You need to come back now!", along this line.

Trust me people, I was pissed! I was royally pissed! 😡

I rapidly became disheartened from the notion that I'll be leaving the 6th Density without any type of experience or knowledge. My innermost intension was to see the creator, and my experience in trance was taking me, gradually and gently, through each Density, but by the time the 6th Density experience came, the time was already up for me to vacate the building!

At this time, the 4th ceremony was already over.

People were being told to crawl out of the sweat lodge in a clockwise manner. As mentioned from the outset, the sweat lodge was designed like a womb, and the crawling out of it was symbolic to represent being reborn.

I began to feel the room being emptied gradually, and the excitement of people were a combination of relief; to have completed such ceremony, being jubilant of being reborn, excitement or the feeling of accomplishment. All these I could hear and felt, whilst still in the trance state.

My physical awareness of what's going on around me was pretty impressive. I was aware of every clap, jubilation, laughter and relief each time a person crawls out of the sweat lodge.

I was still, and regularly repeating my favourite statement: "I'm Good, I'm always Good".

Shortly, before it came to my turn to leave the sweat lodge, I said a bit loudly, for everyone, and for the shaman to hear...

"Can I ask for a permission to go last?" I asked

The permission was given for me to go last, so when it came to my turn, I was not bothered and the person after me took my position and so on. The Sweat Lodge, eventually became emptied of all the participants, leaving me (still in trance state) and the shamans inside the lodge.

Then I heard: "Leo, you need to come back now", gently uttered by the shaman

"I see light", I replied

"What type of light?" asked the shaman

"Limitless, limitless Light" I replied

"Well, you need to come back from the light now, everyone is waiting for you", the shaman mentioned.

"You come here", I said to the shaman, instructively.

"No, you come here"

"Come away from the light", replied the shaman.

The Rebirth: Crawling out of the Sweat Lodge

As reluctant as I felt, I didn't want to leave the spirit world! It was too peaceful, too loving, too harmonious, and all too encompassing, the joy and happiness in this realm have no words to describe it adequately. Once you have a taste of this type of love, you'll almost feel disgusted when you see what humans considers as "True Love" in our physical realm, and I sincerely mean no disrespect.

My experience was one of an unspeakable profundity.

But I had to come back, and at this time; I was the only member of my group still left in the lodge. As mentioned earlier, others have already crawled out of the lodge, while a thick blanket was waiting for them at the exit to wrap them against the elements.

The shaman persuaded me to leave the light, to come to reality, and for the ceremony to end. The ceremony cannot be finished without myself crawling out of the lodge also. As the moderator said from the beginning; "We start the ceremony together, we'll end the ceremony together".

At the is time, I could feel the agitation of some of the staff, and a tiny bit of frustration from those waiting outside, who wanted this episode over as quickly as possible. With all of these aforementioned people, I completely understand their frustration.

I wasn't there to channel messages, I was there for a ceremony, which we all began as a group and which needed to be ended as such.

"Everyone's is waiting for you" I heard

"Leo, we have to finish the ceremony" (along this line) someone else lamented.

I slowly began to back away from the light, which at this time; I didn't want to let go of, but had to.

I psychologically and reluctantly backed away from it, as if I was being flown backwards, and slowly the light began to dim/fade. The gentle pace of my retreat from the light was very soothing, no fear, no jarring, no bumps or jangling on the way back. I was being let go in the most peaceful way possible in other not to cause fear or panic.

I gently opened my eyes, I could feel the calmness in the now, emptied room.

The shamans, the moderators (both inside and outside) were all patiently sitting and waiting for me to come around.

"Welcome back!", I think I heard, but I was quite disappointing leaving a place full of infinite love & affection, to a world of egos and uncertainty. It was like leaving a five-star hotel, then find yourself camped on a heap of rubbish! I'm very sorry to say this people, but this was how I felt when I opened my eyes. This has nothing to do with ego or insincerity, but making a type of comparison, which may feel "off" to some.

I gently, reluctantly got up, got on my knees, went on 'all fours' (as instructed) and began my gentle crawl out of the sweat lodge.

"I'm Good, I'm Always Good", I began to repeat gently. Believe me, this is not an affirmation of whom I ought to be, but rather a confirmation of who I really am.

I could hear from the outside

"Come on Leo", "Well done". All sorts of encouragement were being thrown my way to encourage my exit out of the "womb".

I looked at the shamans, gave them a big smile.

"I'm Good, I'm Always Good", I continued saying.

The shamans knew that I was alright, and he had the calmest face that I could see inside the sweat lodge at this time.

I began my sluggish pace across the straw mats, and made my way towards the exit, which had some makeshift fire outside, which was somewhat illuminating the entrance, but was bright enough to see where one's going.

I got to the exit, which was used as the entrance at the beginning of the ceremony.

I could hear a person uttering out, 'He's a boy!'

"No, I am Light" I replied, each time I heard that phrase.

***The reason I was referring to myself as “Light” instead of being a “Boy” was due to the fact that the term “boy” has limitation and separation from a “girl”, while “Light” encompasses all things, which is Unity, and in unity there’s no separation, no disharmony, only Unity, Peace and Love.**

I got to the edge of the entrance, a blanket was already waiting for me.

“Mind your head” someone said, and my eyes were barely opened but I feel everyone and everything around me without directly looking at them. Even the entrance arch made of solid brick, I could feel it behind me. I crawled out, but stopped just outside the entrance

“Mind your head”, a concern moderator uttered.

“I know, it’s behind me” I replied, referring to the brick arch at the entrance.

I could feel the entrance arch, located just about couple of inches away from the base of my neck, around my shoulder area.

“Mind your head, Leo”, uttered the moderator again, with a bit of a concern, but I was aware of everything around me.

“I know, I can feel it, it’s behind me, I know, I’m good”, I replied, referring to the entrance again. It was like; I was connected to everything around me!

I was helped to my feet, covered in a thick blanket, which at that time I didn’t believe I needed. I felt a bit light-headed, firm but a bit delicate on my feet. I was gently led away to the remaining lounge-chair waiting for me.

“I’m alright, I don’t want a blanket”, I uttered, but one was wrapped around me anyway. I was gently led to the sitting area, where others have been patiently waiting for me to be reborn!

There was cheers of relief, even wonderment by some, when I finally re-joined the group. This being the fact that my experience on that faithful night was nothing like the others.

“I’m alright, I’m Good, I’m always Good”, I believe I was still uttering to myself, until I got seated on the reclining chair.

I could see things very clearly, the cloud was clear, the night was bright, the weather was quiet. I was very sensitive and could hear many things quite clearly. The spirit world was, at this point; metaphorically still singing to me.

As soon as I got to my chair, the rest of the family were already on their feet, the shaman, now in the middle giving his last speech and the closing of the ceremony. I was briefly left on my feet but felt obliged to lie down on the chair again. Not because I was tired or wanting to sleep, but rather trying to continue from where I left off in the sweat lodge.

I gently laid back on the chair, some type of a ‘spiritual mist’ still clouding around my head. It felt like when one wakes up from a deep, sweet slumber, and told/forced to stay awake!

Before I was able to close my eyes, the moderator (or helper) came to my position, and told me to stand up (but not in a rude way). At this time, I knew that I was being closely watched/monitored by the moderators, for a good reason of course.

Honestly people, I wanted to go back to the Light (or the Spirit World) and stay there for eternity.

As briefly as it started, the shaman finished his speech and the ceremony. I could only catch one or two words out of a hundred. To be honest, I didn't care much, I was still buzzing, still flabbergasted, as to what I've just witnessed in the spirit world.

It was like being unplugged for a brief period from the Matrix, shown the truth, then get plugged back in again!

One you see the truth, and the True effect of "Unconditional Love", nothing else matters. Most things in the physical world becomes 'water down' all of a sudden.

As soon as the ceremony ended, most people from the group left the camping area almost instantaneously to get changed and to have something to eat. I was being gently led away to the house, where food and drinks were all waiting.

"We have protocols that we have to follow", the moderator was saying to me as he led me to the house, which was 'reluctantly' accepted. I got inside the house, and one of my group member was looking at me, smiling in a type of astonishment, and I replied back with a 'cheeky' grin.

At this time, most of my group members were already inside, helping themselves to fresh fruits and drinks. I was left where our belongings were kept before the ceremony began. I was left there to change, but I just stood there for a moment, clearly not interested nor was I in the mood to do any worldly activities!

I was still trying to bask in the glory of the Love & Light that I've just witnessed

"I'm Good, I'm really good, I'm alright, I'm fine" I kept repeating along these lines.

Visiting a 'Crystal World': Charging someone's crystal



I was sitting on the staircase, with the blanket wrapped around my torso, and I quietly asked one of the Helpers for water.

This was all I was craving in the physical, just a simple cup of water! I wasn't hungry to eat anything solid, even though the food on offer looked enticing, but not for me at that particular point.

As mentioned, the food looked delicious and appetizing but I was not hungry, nor was I interested in anything at that time but to have water, but most importantly; I was still yearning to re-visit the spirit world again.

Every time I thought of the experience that I just had, my eyes were filled with tears, not of sadness but the 'sudden' realisation of how empty the world is, and what awaits all of us in the afterlife, which is quite immense, filled with extreme joy.

I asked for my cup to be filled again with water, whilst my teary eyes continued to gaze firmly forward, ignoring all the commotion, the chit-chat of people whilst helping themselves to foods, cracking jokes and having a good time. With all of these going on, I was the odd one out!

I still had a mist of cloudiness around my forehead area, and around my eye area. It felt as if I was trying to sleep but I was not tired or felt any sleepy.

I got up from the staircase where I was sitting on, gently meandered myself to the metal fireplace, where soft mattresses have been placed on the floor for people to sleep, lay down and chill.

As I wobbled slightly towards the mattresses, one of the group member, who was not actually present during the ceremony signalled to me; by slapping the mattress, indicating that I should come and lay down next to where she was, which I duly obliged.

At this point, the "spiritual cloud" around my head didn't show any sign of subsiding. I laid 'face down' next to her.

Whenever my eyes were opened, reality or things that I was looking at were 'somewhat' at a slower pace than normal, this never bothered me, but it does feel a bit weird as if I was inebriated.

But whenever I closed my eyes, it was more comfortable and easier to relax. I now felt that with all the commotion, the music playing, people chatting away, these were a bit too much for me at that particular moment. My continuous yearning to continue my journey in the 'spirit world' didn't help alleviate the matter either.

With my face planted on the soft mattress, I was slowly and gently moving my head from left to right, trying to find comfort in any type of position allowable. I thought sleeping would help, hoping it will allow me to travel to the spirit world by allowing the "dream state" to get me there, but it wasn't forthcoming.

"He has very soft skin" said the women on both of my left and right torso area.

They were gently caressing my shoulder at top-back area; and their intension was completely plutonic, to give me comfort and support; and everyone in the building understands what I was going through was a 'unique' spiritual episode, different to others.

Shortly, during what I would call a “semi trance state”, I found myself in a type of a solar system, which was almost made entirely of crystals.

Everything here was made out of crystals, moving in and out of each other. When I say “everything”, I really meant “everything” was made with crystals of different type of colour, but the most dominant type of crystal in this solar system was that of ‘quartz crystals’.

I could see tiny strings, all made with crystals.

The worlds, made with crystal, the dots in space, the clouds all like crystals. All moving gently and in perfect harmony with each other. There was no chaos in sight, all moving within each other in peace and in synchronization.

It was totally beautiful. Totally blissful and Totally Harmonized.

“Crystal!” I said suddenly with a bit of a loud noise.

“Who is Crystal?”, the lady on my left-torso area replied, implying that I was referring to someone’s name.

“No, Crystal, clear!” I said trying to correct her that I wasn’t talking about “Crystal” as a name, but rather “crystal” as an object.

Almost immediately after I uttered the word “crystal clear”, she reached into her top, and brought out a crystal (or some quartz crystals) that was dangling from a chain around her neck.

She took them out and I held these crystals firmly between my palms and smouldered it, or cocooned it in/around my chest/heart area.

In the spirit world, I saw myself smouldering these crystals around my ‘heart centre’ with a very strong Intension of Will & Faith. I saw a type of Love energy smoothly and gently going through my heart, then entering into the crystals.

I basically saw myself impressing pure energy of ‘Love & Light’ into the crystals that she gave me.

After, of what I would consider a very brief period of time, which could have been longer in the real world. I suddenly said to her “It’s charged!”; gave the crystals back to her, and then suddenly went back to sleep!

I never looked at her face to gauge any reaction from her, as my head was facing the other way at this point.

The lessons here to me was many-folds, and it goes in the line that Love & Light is free, and it will go to wherever it’s needed and the significant of “Will & Faith” in achieving this realization is congruent and absolutely paramount.

This Infinite Energy of The One Infinite Creator is unbiased and it loves, and gives in an unconditional way.

This energy always exists; and it’s omniversal in its essence & presence, waiting for the hands of us, the Co-Creators (You and Me), to tap into it, court it and thus pluck harmony. This energy must

be tapped and must be given freely without any expectation of return, or the claiming of ownership of such Infinite Energy that's ever-presence from the beginning of time itself.

We all have this unique power built within us, but we are still constantly struggling with our own shadows.

Until we fully grasp the full nature of things, knowing the 'One Creator' in its absolute essence, we would not be able to bask in the glory of this Infinite Intelligence, which is from the One Infinite Creator.

It's like some of us can see the 'door of truth' but still don't have any clue as to how to open it. It's also unfortunate that many of us don't even know that "the door" actually exists in the first place!

It's All Song and Dance!

I think the commotion inside the house was getting louder, and I was awakened to hear the music blaring and people dancing! Others were sitting, crammed on a sofa, busy chatting away, cracking joke (I guess) because there were constant laughter and good vibes going around.

I opened my eyes briefly and saw Trey next to me. At this point, one of the two ladies that were there originally on my sides had already left.

"You alright, bro?" Trey said

I never replied, I just gently crawled to where he was laying, and I laid my head at the top of his shoulder! He didn't mind either and he was happy to be of assistance. I was constantly moving around and being a little bit restless!

I was trying to find comfort to relax, recharge and to get grounded to the physical realm. I was never in fear or in any sort of pain. The spirit energy was gently moving around me, trying to let me go in as gently in speed/pace as possible, without causing any sort of harm or fear.

I was constantly looking around to see whom I could get closer to, in order to get grounded and mostly for comfort. I was searching around the room, looking for a friendly soul/face to latch on to.

I immediately saw one of the shamans sitting on the sofa minding his own business! I got up, made eye contact, he smiled, and I crawled to him like a baby towards where he was sitting. There was another lady (wearing red) also sitting next to him.

The aura of the lady in red was not a good one. I could sense her aura, to be full of ego and insincerity (for some reason). Almost as soon as I dumped myself between them, she eventually left the sofa to sit on the mattress on the floor, where I was sleeping a moment before.

I believe she wanted to make more space for me, since the sofa was not that big to accommodate all of us. I never cared when she left, I was being Loved and cared for; by something far greater. I gently rested my head on the shoulder of the shaman instead.

All of a sudden, I felt like vomiting again and signalled for a container (or bucket) to be brought over.

The lady in red went and got me a stainless-steel bowl, which I believe was part of the dishes being used for the food on the table. To be honest, it's either that or to vomit all over the mattress!

But it was a false flag!

Even though I had several gags to purge, I didn't purge. With the amount of "epic" purge that I did in the sweat lodge, it will be a surprise if I still had anything left in my stomach at that time anyway!

I resumed several times, by planting my head back-and-forth on the shaman's shoulder, which he didn't mind, and he was chuckling away in the process, whilst chatting to another 'lady shaman' and the lady in red; whilst he was eating a delicious fruit.

His soul resonated with me at this point, and I saw his energy as very friendly. I also saw him in a type of "another life" scenario, where he was a type of farmer, lived in a type of farmland, a small modest farmhouse and he rears cattle and oxen.

At one point, he was chatting to me about my experience with Ayahuasca, largely in Spanish language, with very few English mixed in. He was asking me about my experience and the effect of Ayahuasca, in general. All the time, my head was firmly planted on his shoulder.

To many, it was amusing and a little strange to say the least. To this young shaman himself, it was fine. To a very few, it was kind of annoying to see a grown-ass man reduced to a baby, resting another man's shoulder.

To me, I really didn't care for one bit. I was enjoying the energy flow, and going to wherever it was taking me and embracing all other energies at the same time.

Song after song were being played, the amount of people dancing at this point have now subsided.

The young shaman wanted to leave, and I was asked by the lady in red if I prefer to lay down on the sofa instead, which I obliged. The sofa was vacated for me, I laid down and a thick blanket was put over my half-naked body.

I slept for a while, the energy field subsiding bit by bit. I really wanted to catch some sleep at this point, but still wanting to have some more spiritual vision but nothing was forthcoming.

Trey came to sit down next to me on the sofa for a brief period to check on me, and since I could sense that everyone was requesting for a song they like to be played; I requested for "May It Be" by Enya. I thought her soothing voice (in this particular track) would give some sense comfort and relaxation. "May It Be" is actually one of my favourite track.

Trey told me that he felt a "surge of energy" when he was making his way to his dormitory. It seems the "healing energy" that I passed on to him during my trance got to him eventually. I never said much or felt any sense of ego about what I did in the Sweat Lodge. To me, it felt I was doing the Creator's work, and I didn't feel the urge to take any ownership of the healing performed on him.

I told Trey to help me request for the song, but it never came. I ended up playing it on my phone, eventually. It gave me what I was yearning for and it satisfied my needs at that particular moment.

I tried to sleep, and got little bit of it. The house gradually became emptied with only few people coming in and out of the building. Some came in to dance, others came to munch on the food that was laid out like a banquet. In any case, people were filtering themselves out of this enclosure, until it remained a few.

The music faded, and eventually stopped completely.

One or two people came to me, asking/wondering and also curious about my experience. I was also asking people about it as well. Words were being exchanged from left to right, whilst still laying on the sofa, all covered up.

I laid on the sofa to the break of dawn, listened to Enya, caught a bit sleep, but rested mostly. I had another cup of water. Requested for a puke bucket, which one of the helpers brought to me. Even though I felt like throwing up at times, there was nothing but air or false alarm.

It was early in the morning, and still haven't got much sleep and I had to be up for 8am! I've arranged for a cab to pick me up at 8am; to go and see a type of Inca ruins. This journey was like an hour drive away from the retreat. I also had to buy some souvenirs in town, with some ponchos. Both activities were done, with spiritual energy still circling my head.

Last words with the main Shaman



At the Inca ruin

As I was laying on the sofa, still trying to catch either a snooze or to visit the spirit realm. The music has stopped blaring at this time, with few people still left in the room. The remaining people in the room, at this point were thinly scattered across the room. One person on the other sofa across the room, one person on the floor (I believe, reading), another one or two people circling around the buffet area.

The main shaman walked in and he headed straight to the food table. Everyone seemed to be hungry to eat something but myself! All I wanted at this time was water; as nothing else appealed to me at this particular moment.

After he had finished helping himself to whatever it was on the food table, he liked it and he further helped himself to some more. I don't, for the life of me have any idea what he was munching on, but I wished I was hungry to have the same thing also.

I was actually craving pineapple at this point. I was never a big fan of pineapple before, until my visit to the retreat. I was paying attention to almost everything that was going on inside the room; such as the conversation, the movement, the people's mood, their demeanours. I was studying everyone around the room, and some would have my awkward eyes firmly planted on them at various points of the evening, which I believe would make few people uncomfortable.

During the song and the dancing phase; I was particularly starrng/studying a lady, who was amongst my group. If she recognised my gaze following her movement, it would have been a little awkward to say the least. The medicine was still working and at one point, I heard some sort of conversation in my mind saying something like: "She's ready, she would be perfect".

I didn't know what to make of this inner conversation within myself, and it didn't take long before it subsided, and my eyes went about its focus on another person in the room.

I was looking at the shaman, still at the buffet table, wondering if he was wearing a jacket that I brought for him. I never thought it was the same jacket because it suits him so well, you would think he bought it himself. After a brief period, he came towards the sofa where I was still laying under the thick blanket.

"Are you ok?" or "How are you feeling", he asked one of these questions. I believe it was the latter one that he asked. "I'm doing fine", I think I replied.

He found a spot next to me on couch, near my knee area and sat on the edge of the sofa. I got up slightly and we gave each other a gentle, warm hug.

"Muchas gracias" I said
"De Nada" he gently replied.

We started to talk about the ceremony, and in particularly my "unique" episode. He said he knew I was alright and he never hesitated in the first instance to give me a large dosage of Ayahuasca. He said he knows people that can handle the medicine, and those that couldn't. He said I belong in the former group/category.

He was telling me how some (or few) people were worried that he allowed me to have such a large amount of Ayahuasca. He also said that when I was having my spiritual episode, that he knew I was doing okay and that he was never worried about me.

He wished me all the best. I thanked him a lot for all his support, efforts and understanding. We gave each other a hug again and said our goodbyes. As soon as he left, the lady shaman also came to wish me luck, gave me a big, firm hug. All these made me feel at peace with all the people around me. Hugs and well-wishes were exchanged, I went back to sleep, knowing that I had to wake up in couple of hours or so for my excursion.

Message to the Family, and Humanity

They told me to tell the group (and Humanity) the following:

1. They said many of us are “trying” to run away from our own shadows.

2. They said we should remove fear from our heart.
It’s through the removal of fear that everything else becomes possible.

3. Unconditional Love.

Loving others without any condition. The type of love that gives without any expectation of return.

Other Messages

4. Everything we are experiencing in our current reality, no matter how bad, no matter how crazy – are nothing but “minor inconveniences”

5. Our thoughts creates our reality, never the other way around.

6. Ego, the removal of “ego” from our psyche.

“We are Good, We are always Good”

