

5-MeO-DMT Retreats

Hi, my name is Pyasa, I attribute my recovery from complex PTSD and depression to the therapeutic power of psychedelic medicines, and the wise, loving guides who supported me on my path. I'm excited to share with YOU about this magical molecule which completely changed my life when I first encountered it more than 30 years ago. Today, I'm a certified 5-MeO-DMT facilitator by the 5-MeO-DMT Information and Vital Education Center, where I also serve as a guest teacher. As part of their training, I contribute to their mission of providing responsible and trauma-informed guidance for future facilitators of this powerful psychedelic compound.

I am dedicated to empowering individuals through mentoring and psychedelic facilitation. I work with a diverse range of individuals, from those seeking to resolve trauma to those interested in exploring consciousness and catalyzing personal growth. With certifications in somatic trauma therapy, sexological bodywork, somatic sexology, and psychedelic facilitation, I bring an extensive skill set to my work. However, I believe it is my personal journey of healing from Complex PTSD, depression, (and Lyme disease), that truly enables me to offer a rich depth of knowledge, compassion, and insight to each client I serve.

I provide both small group and one-on-one retreats, tailored to meet the unique needs of every participant. My focus is on ensuring safety while providing the individualized attention you deserve for a well-integrated experience. The process includes a thorough interview, medical screening, preparation sessions, a customized in-person retreat, and post-retreat integration sessions. For those ready to thrive and fully embrace life's beauty, a 1:1 5-MeO-DMT retreat could be the transformative experience you're seeking!

I have witnessed 5-MeO-DMT to be a powerful catalyst for consciousness exploration, profound healing, and transformative experiences. While not an exclusive route to enlightenment or healing, this powerful entheogen, when used responsibly, holds a remarkable ability to facilitate healing, and awaken consciousness. When approached with reverence and intention, 5-MeO-DMT can initiate a deeply personal hero's journey, the effects of which I believe, ripple outward, potentially healing not only the individual but also our families, communities, and beyond.



Thank you for reading. With love, Pyasa

Learn more: <https://www.evolutionaryactivation.com/5-meo-dmt-11-retreat>

If you're interested in exploring this opportunity, apply HERE:

<https://form.typeform.com/to/aLKQzvhn>

TESTIMONIALS

"I co-founded an Ayahuasca Retreat Center in Peru 15 years ago and had high standards for the type of container I would want to do this work in...I felt the process from start to finish was held impeccably. Pyasa truly holds the work with high integrity, authenticity, professionalism, compassion and love. I felt fully supported by her.

My experience with 5-MeO has definitely helped me release blocked energies and I have felt significantly lighter, more positive and optimistic ever since. It is 3 weeks now post my medicine journey and I have gained more clarity for my path going forward and continue to do so. I've felt more motivation and inspiration for creative energy and implementing more healthy habits into my daily lifestyle.

I wholeheartedly recommend Pyasa for a 1:1 retreat with 5-MeO. I feel her open heart and integrity with this work. Pyasa and Vinaya are amazing light workers on our Mother Earth and I

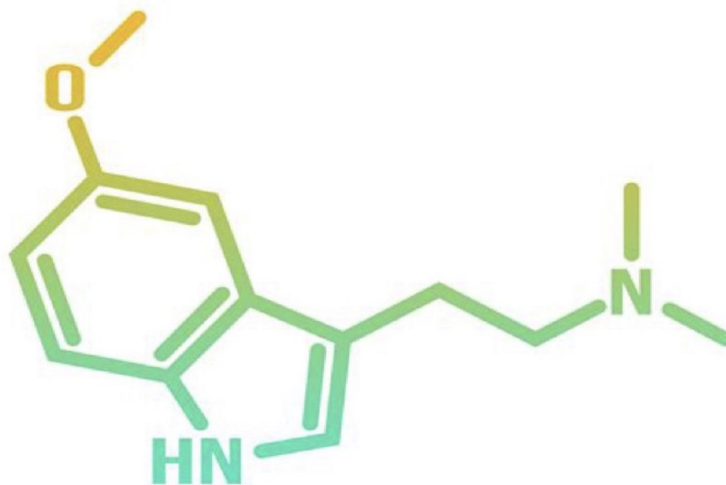
am truly grateful to have connected with them, it was a true blessing to have had their presence and support which enabled me to have a more profound and transformative journey.” - Jill Levers

“This retreat was the most life changing experience that I have ever had! My biggest takeaway? wow.. so so much ... that life is a gift .. that we are all one... that I hold the power of the entire universe within me ... that I am here to open my voice and hold space for humans to remember their full true essence ... that I am always loved because I am love itself ... Since my retreat, I feel way more empowered I am finally stepping into my mentoring business, I am singing daily and writing songs. I feel so so so deeply connected to life itself, and especially in challenging moments I feel that I have a different approach, I am super calm and I know that I can go through it and see every trigger as an opportunity to courageously look into what life wants to tell me.” - Daisha S.

“If you want a transformative journey, I highly recommend you call Pyasa. You may think you’re ok, but maybe you want to be better than OK. If you want to taste the magic, and THRIVE, make the call.

Pyasa's energy is so in tune and focused and divine. I do believe she is really key in making this five journey all that it could be. I feel extremely fortunate, and cannot even imagine doing this healing work with anyone else. There may be other well-meaning and well educated and well attuned facilitators out there. She was perfect for me, and I can only hope that others who need healing, find this door and are willing to step through it.” - Marna D.

A Brief Introduction to 5-MeO-DMT aka 'the God Molecule'



What is 5-MeO-DMT?

5-MeO-DMT (5-methoxy-N,N-dimethyltryptamine) is a potent tryptamine-based compound, often considered an 'entheogen' due to its profound ability to 'awaken the divine within'. While chemically similar to N,N-DMT, the active compound in ayahuasca, 5-MeO-DMT offers a distinctly different experience. Unlike the visual and hours-long journey induced by N,N-DMT, 5-MeO-DMT produces intense, short-lived effects lasting 15-45 minutes; it is characterized by internal, somatic, and energetic sensations with minimal visual hallucinations. Despite its brevity, the experience can be profoundly transformative, often leading to lasting personal changes when properly integrated. That said, the effects of 5-MeO-DMT are highly individual and can vary significantly from person to person.

Interestingly, 5-MeO-DMT is endogenous and can be found in plants, fungi, and animals and has been detected in human blood, urine, and cerebrospinal fluid.

History of 5-MeO-DMT

Many ancient cultures have utilized entheogens to induce altered states of consciousness to explore spiritual realms for healing and wisdom. Archaeological evidence from the Atacama Desert in Chile and Puna, Argentina, including snuffing paraphernalia, suggests the use of psychoactive plant materials containing compounds like 5-MeO-DMT dating back approximately 4,500 years. Indigenous groups in South America, such as the Yanomamö (Waika), have traditionally used snuffs prepared from *Virola* species in their ceremonies. The Desana, a Tukano-speaking tribe in Colombia, refer to their snuff powder as "vihó" and associate it with their creation mythology, believing it enables communication with the sun god. These practices highlight the long-standing cultural significance of entheogenic substances in various indigenous traditions.



5-Methoxy-N,N-dimethyltryptamine (5-MeO-DMT) was first synthesized in 1936 by Japanese scientists Toshio Hoshino and Kenya Shimodaira. The compound gained popularity in the 1990s when synthetic 5-MeO-DMT became available via mail-order in the United States. As its use

grew, governments began to take notice, leading to a gradual prohibition across many countries throughout the 2,000s. In 2011, 5-MeO-DMT was listed as a Schedule I controlled substance in the United States. This classification forced the use of 5-MeO-DMT underground and into countries where it remained legal, significantly impacting its availability and research potential.

In more recent history, the *Bufo alvarius* toad, native to the Sonoran Desert, became a well-known source of 5-MeO-DMT, with its secretion containing 20-30% of the compound. The practice of smoking the secretion, extracted from the paratoid glands of the toad, gained attention in the 1980s following the publication of a pamphlet titled "Bufo Alvarius: The Psychedelic Toad of the Sonoran Desert" by Albert Most. This publication triggered experimentation with the toad's venom in Western cultures and led to spreading its popularity.

- The raw venom of *Bufo alvarius* is highly irritating and contains other chemicals that can cause cardiac problems. Contrary to popular misconceptions, licking toads is not an effective or safe way to consume 5-MeO-DMT, as it is not strongly active when taken orally, and the practice can be dangerous due to the presence of toxic compounds in the toad's secretion.



The Experience of 5-MeO-DMT

The journey induced by smoking 5-MeO-DMT is renowned for its intense and extremely rapid onset taking place within seconds of vaporization and lasting approximately 15 minutes. The

experience gradually tapers off, within 30-40 minutes. Bufo is only safely administered through inhalation. In contrast, synthetic 5-MeO-DMT offers more versatile methods of use. These include smoking, suppositories, insufflation (snorting), and subcutaneous injection, providing users with a wider range of administration options.

Unlike other psychedelics such as N,N-DMT, which often involve vivid visuals and encounters with the spirit world, 5-MeO-DMT often provides an indescribable experience of ego dissolution and oneness. It is difficult to put the experience into words, one can say it facilitates a direct knowing of interconnectedness, often referred to as a 'mystical experience'. This felt sense of unity, a sense of oneness with all that 'IS', has been shown to bring profound healing and perspective shifts. Many participants report this remembrance of their 'infinite self' to help them feel more optimistic about life resulting in a general release from stress, fears and worries.

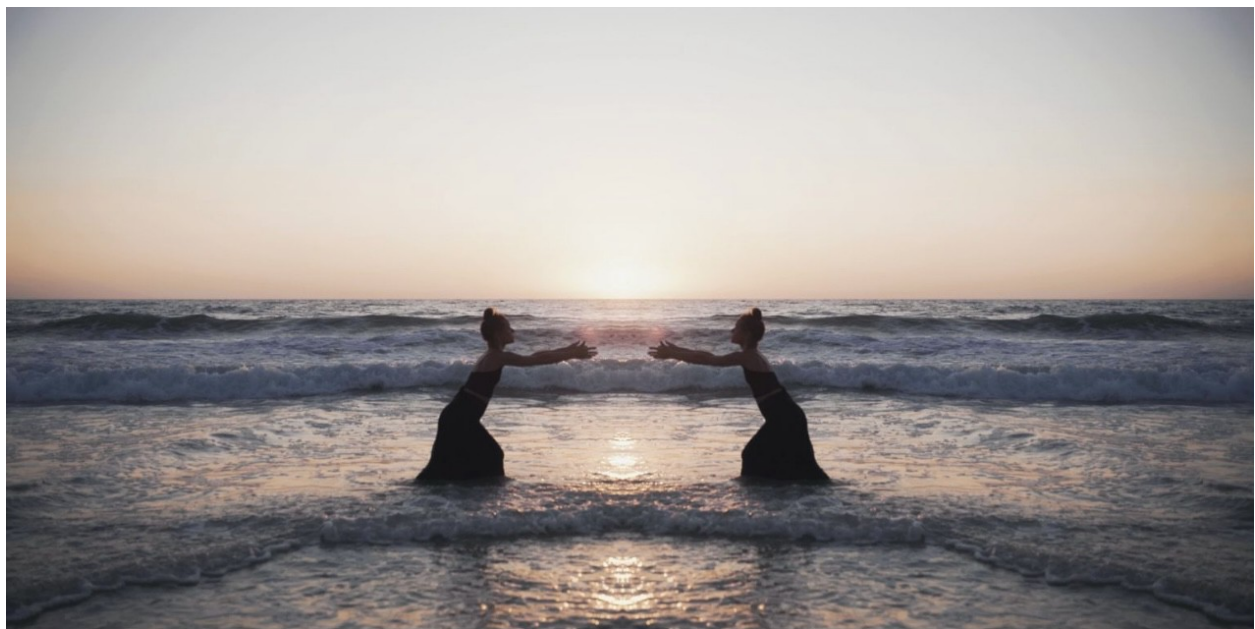


As the 'God Molecule' dissolves the veil of separation created by the ego, it often simultaneously encounters blockages such as mental constructs, limiting beliefs, social conditioning, and stored traumas, helping to release them from the system through catharsis. Contrary to many reports of bliss found on the internet, it is also common to experience old traumas coming to the surface to be healed, ie. deep somatic and emotional releases, also known as purging. These purges can manifest as cathartic releases of repressed emotions or memories, with expressions including shaking, purging, screaming, crying, or punching. Such

experiences address the root causes of emotional disorders, potentially leading to profound healing, personal growth, and a nervous system reset.

For your safety and well-being, I strongly recommend working with a trauma-informed facilitator who possesses extensive experience in working with and serving this medicine. Such a professional can provide crucial guidance, support, and a safe environment for your journey. Their expertise allows them to navigate potential challenges, understand your individual needs, and tailor the experience to best promote healing. A seasoned facilitator can also help you prepare mentally and emotionally, manage any intense experiences that may, and do often, arise. This approach not only enhances the therapeutic potential of the medicine but also significantly reduces risks, ensuring a more profound and protected transformative experience.

I was fortunate to co-create this short film with a brilliant cinematographer; I believe it speaks to the process of catharsis and the profound inner work required to integrate the wisdom and refinement that can emerge from extraordinary encounters with the 'God Molecule.'



<https://www.youtube.com/watch?v=3yQjB423a0k>

It is interesting to note, scientific studies comparing EEG and MRI scans of meditators and individuals under the influence of 5-MeO-DMT reveal a state of hyper-coherence and high gamma wave activity. These brainwave states, associated with deep insight and optimal functioning, allow users to achieve in moments what might otherwise take years of meditation.

**hyper-coherence = All brain centers synchronized, working together in harmony meaning the brain & NS function optimally.*

**high gamma = the brainwave frequency that is the fastest and occurs when different brain regions fire in harmony, such as in moments of insight. (For most of us, typically, gamma wave bursts last a fraction of a second).*

The Potential Healing Effects

As we experience a resurgence of interest in psychedelic research, scientists are increasingly exploring the therapeutic potential of 5-MeO-DMT. This powerful substance has garnered attention for its healing effects through the intense mystical and transformative experiences this medicine offers.

5-MeO-DMT's ability to silence the Default Mode Network (DMN), the part of the brain linked to rumination and self-criticism, is key to its therapeutic potential. This "ego-offline" state creates opportunities for profound emotional and psychological healing. Participants often report relief from depression, anxiety, and stress after just one guided session.

Research shows ...

- *Significant improvement in anxiety symptoms and Increased sense of well-being and life satisfaction*
<https://www.hopkinsmedicine.org/news/newsroom/news-releases/2019/03/fast-acting-psychedelic-associated-with-improvements-in-depressionanxiety>

<https://link.springer.com/article/10.1007/s00213-019-05236-w>
- *Rapid and sustained reduction in symptoms of depression and stress-related symptoms*
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9314805/>
- *Potential relief for post-traumatic stress disorder (PTSD)*
<https://open-foundation.org/5-meo-dmt-use/>
- *Improvement in cognitive functioning and enhanced psychological flexibility*
<https://www.tandfonline.com/doi/full/10.1080/00952990.2023.2220874#abstract>
- *Stimulation of neuroendocrine function and Immunoregulation and anti-inflammatory effects*
<https://pubmed.ncbi.nlm.nih.gov/35149998/>
- *Addiction recovery*
<https://pubmed.ncbi.nlm.nih.gov/38600715/>

5-MeO-DMT has been shown to induce long-lasting effects on neurogenesis and Neuroplasticity, extending well beyond its acute psychoactive effects. Neuroplasticity is the

brain's ability to change, grow, and evolve as a response to new information and life situations. During plasticity, the brain can form new pathways and connections between neurons to support the creation of new behaviors and patterns. Increased focus and funding for psychedelic research will empower scientists to conduct more comprehensive clinical trials in the future, revealing the potential therapeutic benefits of these substances.

Making It Real

5-MeO-DMT is not a recreational drug nor is it a magic pill; it requires careful preparation, appropriate set and setting, and proper facilitation. As healing as work with 5 can be, misuse can lead to re-traumatization, or dangerous physical and psychological outcomes. The experience must be approached with responsibility and reverence, with proper preparation and integration, this molecule has the potential to help heal deeply rooted trauma.

In recent times the importance of psychedelic integration has become more talked about, less talked about yet of equal importance is preparation, it is important to prepare mentally, emotionally and physically for the experience.

The journey with 5-MeO-DMT doesn't end with the experience itself, integration is essential for making true change, without it, it can become just another peak experience, insights gained can remain fleeting or even be counterproductive. Integration allows participants to embody their newfound awareness, transforming their lives in meaningful ways.

The Dangers

While 5-MeO-DMT can offer profound experiences, it's crucial to understand that its use carries significant risks under certain conditions. The substance may pose dangers when combined with specific medications, particularly those affecting serotonin levels. Individuals with pre-existing heart conditions or mental health disorders should exercise extreme caution. The intense nature of the experience can lead to physical risks, such as potential asphyxiation from vomiting or accidental injury during dynamic sessions. Given these concerns, it's imperative to engage with 5-MeO-DMT only under the guidance of an experienced practitioner who can help mitigate risks by providing proper screening, supervision and support.

The effects of 5-MeO-DMT can be intense and potentially disruptive if one isn't mentally or emotionally ready. Before considering any psychedelic substance, it's essential to thoroughly research its effects and risks. Consulting a seasoned facilitator and honestly assessing your own mental state and life circumstances are important steps in making an informed decision about whether such an experience aligns with your personal goals and will best support your well-being.

Disclaimer

This guide is not meant to serve as medical advice or encourage unsupervised experimentation. I firmly believe that the presence of a skilled facilitator is crucial for ensuring safety during these experiences. It's worth noting that careless use of this substance has led to tragic outcomes,

including fatalities and other serious incidents. Therefore, proper precautions and guidance are essential.

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Apply for a retreat: <https://form.typeform.com/to/aLKQzvhv>