

Episode 120: So I Drank the Ayahuasca & Here's What Happened (Ceremony 1 & 2 Recap)

Hello, gorgeous souls!

And welcome back to the Manifestation Babe Podcast.

If you're looking to massively up-level your life, your finances, your relationships, your productivity, and your success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself in order to be able to do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are and where you are going. Leave it to me to provide you with the tools, the resources, the strategies, and the teachings that you need to manifest a reality wilder than your wildest dreams. I know we are about to have so much fun together, so thank you so much for joining me.

I am back from Costa Rica, back from Rythmia, here to spill the tea, literally spill the tea, on everything that happened when I drank the ayahuasca. You have been driving me crazy the last couple of days just waiting for this podcast episode to come out. It took me a hot second to just write out everything that happened because there is just no way to accurately, ever in words, summarize, whether written or spoken, what the hell happened last week. It was crazy.

So, I am going to do my best. The way that I have decided to split up these episodes is to make them into a series. Initially, I was going to record one episode and then it ended up being so long that it was going to be a four-hour episode. So, I thought "let me just split it up and record it."

Before I get into the details of explaining the madness that Mother Ayahuasca took me through and the transformation, the beautiful, beautiful transformation, that was on the other side, I first wanted to share something with you. My signature new year boot camp called *Epically Aligned 2020* is enrolling right now. On January 6, through 10th, I am going live for three workshops, that is, Monday, Wednesday, and Friday. Do not worry; they are all recorded. You have lifetime access. So even if you cannot make it live, that is okay. You get to keep this workshop forever and use this workshop to help you release what is holding you back and standing in the way of achieving your goals for 2020.

2020 is right around the corner. It is not just a new year; it is a new decade. A brand new decade! Can you believe that? So, everything that you intend on creating, everything that you intend on releasing from 2019 (releasing from this decade) and bringing into the new decade is setting a precedent, not just for the new year, but actually for the next 10 years.

So *Epically Aligned* is a boot camp. It is a process that I take you through in three days, three live workshops, to release everything that is holding you back. Let go of 2019; let go of all the years prior, giving you a completely blank slate, pretty much like ayahuasca does, to be honest.

What we are going to do together is we are going to come together, and help you create a vision for 2020 that excites you, especially, a plan that helps you get there, that is in alignment with your soul and in alignment with manifestation. Soul alignment is the most important part and so many people get stuck in just this goal setting: this goal setting mindset of what do I want to achieve? How do I make it happen? How do I reverse engineer it, so that every day I know exactly what is on my to do list that I can get to xyz destination? Oftentimes, we are not checking in with how our soul feels about that. We also do not take advantage of the fact that it is our soul that is working in unison with the manifestation process, working in unison with the Universe. If we just get the hell out of our way and let our soul go out there and do the work and bring in all of our desires, we are going to have a much easier time, creating the life that we actually want to live.

Epicly Aligned is also about feeling and looking and being your best self in a new year and the new decade, and of course, bringing in more abundance, love, and joy into your life than you ever thought before possible.

I have decided that, even though this boot camp is literally worth over \$1,000 (because it is that juicy and has that many amazing, incredible tools to help you), I decided to price it at a no-brainer price of just \$111. That is it! Three workshops, completely live with me, lifetime access, all recorded so do not even worry if you cannot make it live, and a community to support you all year long for just \$111. If you are interested, if you are ready to create the best year of your life, you can go to manifestationbabe.com/links. That is my new hub for anything that I talk about on the podcast: "Where is the link for that?" or "How do I find that?" or "Kathrin talked about xyz and I want to enroll," make sure you go to manifestationbabe.com/links. Remember that the only way to predict 2020 is to create it.

I believe that 2020 is the year of the visionary. And it is time for you to be the visionary, leading and trailblazing through. That is, not worrying about what happened in the past, not worrying about what others are going to think of you or even what you are going to think of yourself, but actually realizing that stress, worry, fear, anxiety, people's opinions and judgments, shame, and guilt do not serve you in the new year, in the new vision.

The only way to know for sure if 2020 is going to be your year - You know how people go on Instagram and they are like, "Oh, my God; 2018 is going to be my year;" "2019 is going to be my year;" "2020 is going to be my year," and then they do nothing about it! And every single year they think that just because the year on the calendar changes, something miraculous is going to happen for them. That obviously does not happen. They end up saying that every single year until pretty much the day they die. Because they do not actually do. They do not actually create; they do not actually manifest; they do not actually decide to take the necessary actions that would create and make that year be their year.

If you want to create that extraordinary life; you want to take your life from mediocre to good, or good to great, or great to extraordinary, you got to be able to do whatever it takes to make it happen. *Epicly Aligned* is that boot camp where I will take you through my process; I have been hitting my goals and slaying them left and right since I started doing the *Epicly Aligned* process myself, and now I want to gift it to you so that we can all live our best life.

Girl, yes! manifestationbabe.com/links and I cannot wait to see you there.

All right! Ayahuasca! Let us get into it. So, first of all, before you continue on with this episode, if you did not listen to episode number 116 of the who, what, when, where, and why of ayahuasca, this episode is going to be so out there and so esoteric and make absolutely no sense, and might kind of freak you out. I want to make sure you get some context of what even ayahuasca is, why I decided to go drink it, who drinks it, why to drink it, when to drink it, etc. I invite you to keep a very open mind while listening to this episode. It gets very esoteric; it gets very out there. And the Ayahuasca journey is absurd. It is unexplainable. If we're going to get esoteric right now, it is something that is experienced in another dimension that we currently do not live in. We live in the third dimension and I do not know what dimension ayahuasca happens in, but it is not this dimension. It feels like, I would say, not even like going to another planet. Sometimes I think, "Did I go to another planet? Did I come back to Earth, and am I now adjusting to Earth?" No, it is like going to another planet, in another dimension, and then coming back to earth and being like, "Whoa! What the hell happened?" This episode is going to be my best way of sharing what happened in my four ceremonies. As I mentioned before, the episodes are split into three parts. Part one is what you are listening to currently. Of course, there is a prequel to this, so make sure you listen to Episode 116 before you even go into part one. So, part one: I just want to talk about my experience at Rythmia overall. I mentioned that I was not sponsored by Rythmia, as there is a whole influencer program that they do. I think it is really great because people listen to influencers these days.

What better way to use influencer marketing than to inspire people to do the deep, inner work that relieves them of a lifetime of trauma and just brings them peace and freedom and trust in themselves!

I think it is just so brilliant, but I was not invited as part of the influencer experience, nor did I want to be a part of the influencer experience. I just wanted to go and have my own experience. I wanted a very unbiased journey at Rythmia.

I did not want to, while I was there, especially now looking back, hindsight is 2020, I could see how I would have struggled, being sponsored to experience Rythmia for free in exchange for some podcasts about them, which I am already doing, or some posts about them, which I have already done.

I have pretty much done everything, but it is just on my own time. To be honest, at Rythmia itself, at least for the first four days, I really struggled and I was, you know. I struggled to not isolate myself; I so badly wanted to isolate myself and not talk to anyone because I was processing so much. I mean, so much was released from me, and at some of the times just did not know how to handle that. I just did not know how to cope with the fact that literally there were parts of myself that were killed off that were not serving me at Rythmia. I also wanted to just share with you guys an unbiased view because I will share a couple things that could have been done better, but overall, I loved my experience, and I will go into that. Then, I want to share in this episode what happened during ceremonies one and three, and how I am going to go into this episode with the ceremonies as I am just going to share what happened. I am going to share a couple of insights and breakthroughs that I had, but I am going to actually leave the lessons for part three. So, the lessons are more of, not so much the details of what happened during the ceremony, but more of what I took home with me, what I realized needed to change, what I realized was not serving me, what I realized I was meant to do with my life per se. So I

am going to leave that for part three. In part two, I am going to talk about ceremonies three and four.

At first, I was going to do parts one and two and do ceremonies one through four, and then I realized after writing out just ceremony one that this has to be split again. Then part three is what I actually learned from my experiences, how it transformed my life, and, of course, how I am integrating everything now. It is been almost a week since my last ceremony and Rythmia talks about a two-week integration process, where you are going to go through some ups and downs, you are going to go through a little bit of confusion, you are going to possibly--on a much milder level--relive the feelings and emotions and the memories of what happened during your experience. You will be mourning and grieving a part of you that was essentially killed off at Rythmia that was not serving you, that was getting in the way of your true potential, which your true potential is believed to be you merged back with your soul. As I talked about in Episode number 116, Rythmia believes that at some point in your childhood, there was a trauma. I realized that my trauma was actually in my mom's womb, that I did not even incarnate with my soul intact with my body; it was always split from the very beginning.

So, Rythmia believes that that split is what creates all of the distress we have in our lives, all of the false beliefs, and all of the ego overpowering the soul. Any mental stuff that we handle or that we deal with, any psychological stuff that we deal with, any physical illnesses that we deal with, all come from the split. The split is very intentional; it is part of the duality of nature, and it is part of what we are meant to experience on planet Earth. The split is what teaches us all of our lessons. If we came to Earth whole, and stayed whole, well, then we would not learn very much; there would not really be a point. There would not be something memorable to take with us at the end of our life where our journey was coming back with our soul and learning how to integrate with our souls and how to live a life of creation and be the best versions of ourselves. We would not have anything really to move forward to; we would not really have any desires, or we would not have any interest in growth if it was not for the split.

So, I am integrating that now. In part three, I am going to talk more about that integration.

So, my overall experience at Rythmia: I literally could not have chosen a better place to do ayahuasca. I felt incredibly safe. I felt incredibly watched over, taken care of, well fed, and protected while at Rythmia.

Wow! It is such a safe place. I do not know any other way to describe it. Physically safe because they had a ton of security. They had security constantly patrolling Rythmia. They had medical staff there to basically clear you and then watch over you. There is actually a paramedic that was outside of our ceremony. We did the ceremony in this place called *The Maloca*. I do not know if it is actually called the maloca or that is what Rythmia calls it, but it is pretty much like this room that has a ton of windows and doors, and they all slide open, where you can open the whole room to the outside to be like this platform where they do yoga (and it has a roof, too) they do yoga and do breath work. They do all the ceremonies in there. The paramedic is always patrolling at night and he said that he has never had to get called except for one time, someone sprained their ankle, trying to go home while the medicine was still working. By home, I mean like traveling to your hotel room. At the end of the night, the night ends and you walk to your hotel room, and then you go to bed. They have so many facilitators and so many shamans

there, where you feel like whenever you need help, there is somebody to help you. Again, this is an unbiased review. I would say that just a couple of downsides of Rythmia were, of course, that it is not necessarily the Ritz-Carlton. They call themselves a five-star resort, but I would not look at it as a five-star resort in the sense that this is a five-star resort that people would come vacation to. It is a five-star, in fact, I would call it a six-star, when it comes to a plant medicine center.

So in the context of a plant medicine center, this is crazy compared to other places that I have looked at in the Amazon, even compared to other places in Costa Rica. If you want all the comforts of home and all the comforts of the western kind of luxurious vacation, amenities, then Rythmia is definitely for you.

Another thing that Rythmia did right, besides the amenities and the hotel itself, is that they really really, really made sure that you constantly felt supported. I appreciate this because I needed support so much; it was ridiculous. Me, being the independent spirit that I am, who is so prideful of never needing help and always understanding things and being the best student (I was a really good student in school), I was the one asking a bazillion effing questions, and constantly asking the shamans to help me.

Anytime I would see a shaman, even outside of the Plant Medicine Ceremony, I would constantly tell them, "Hey, I am having a hard time; can you help me?" I really for the first time in my life practiced just receiving help, which was so new to me. Rythmia is so great for that because everyone who needs help gets help. The plant integration causes that we had every single day after Ceremony made all of the difference. It brought so much peace of mind and clarity to me, especially when I was confused for about half of my ceremonies.

Just even knowing that there is absolutely nothing really that you could see or experience that someone at Rythmia who works at Rythmia has not seen or worked with their experience, and that they know and have a basic idea of what is going on, especially since the facilitators have done like hundreds of plant medicine ceremonies, and they just know that everything is good, everything goes okay. There is nothing that can hurt you except for what you think will hurt you. Meaning, only you can self-judge yourself. Only you can punish yourself. Only you can feel guilt or shame or darkness within yourself. There is nothing outside of yourself that is harming you. There is nothing outside of yourself to figure out except for just the fact that this plant medicine is a journey inside of your soul, inside of your mind, inside of you to figure out what is no longer serving you, and how you can be the best version of yourself.

Another thing that I loved about Rythmia is that it is a retreat center, which means that they incorporate yoga, incorporate breath work, have organic, delicious frickin meals, and it does not matter what you are: you can be vegan, vegetarian, and even if you eat animal protein, they have something for you. And it is all fresh; it is all organic. They had workshops every single week. They have a guest speaker and sometimes it is someone really, really famous.

Sometimes, it is someone lesser known, but all super-duper valuable people who come and teach a workshop that relates to something around consciousness or spirituality, becoming the best version of yourself, manifestation, plant medicine, the science of psychedelics, etc. They also had colonics, which is so great, because ayahuasca is such a purgative, cleansing healing modality and to have colonics added into that is just so magical.

First of all, I love colonics and, second of all, when you are cleaning out so much of your internal body on a physical, mental, emotional, and a spiritual level, colonics just helps you get even more of those toxins out and you come out of Rythmia feeling like a freaking bajillion bucks, I swear. They also have massages and they include about two colonics and one massage. What I ended up doing as I wanted another massage, but because we stayed at a neighboring hotel after our Rythmia journey, I just booked another hotel. I mean, I booked another massage at that hotel. I ended up doing three colonics at Rythmia. This is something so crucial to say: even though Rythmia is incredibly westernized, the way they handle and serve the medicine itself, the ayahuasca portion of it, they hold it so incredibly sacred and authentic to the Colombian lineage. The shamans are not just serving the ayahuasca, they are truly healing people with it. They take their jobs, they take their missions, incredibly serious. There are so many rituals and ceremonies and so many prayers and so many things that they do to make sure that the medicine is going to be served in the most authentic and most sacred way possible. They infuse so many intentions, prayers, songs, and dances; they sing the Ikaros, which are this spiritual kind of singing or music, however you want to call it, that also assist with the healing. It is believed to guide the spirit of ayahuasca to help people when the Ikaros, I hope I am pronouncing it correctly, are sung. The first night the Ikaros was a recorded version, so it was through a speaker, and then they brought in live musicians, which was so beautiful and so crazy. I swear it was the most angelic singing that I have ever heard in my entire life. The shaman, the main shaman, that oversees Rythmia, comes from a Colombian lineage. I believe one of the shamans said that the main grandfather from this lineage in Colombia, in the Amazon basin, passed, but his grandson regularly comes to Rythmia and oversees the shamans that are working there. The shamans are students of this man named Taita Juanito. There is actually a documentary that I found two days before I attended Rythmia called *The Medicine* (you have to rent it or buy it. I believe it is like five bucks to rent or 10 bucks to buy.) I will definitely link it in this podcast episode, as well, it is on Vimeo. It is such a good documentary and it actually shows you a lot of the lineage and the ceremony and stuff that they use at Rythmia. It is just so beautiful: my respect for shamanism, my respect for indigenous cultures, my respect for this medicine, just grew watching them, let alone experiencing it. Just watching how seriously they revere this medicine and how sacred it is to them is so inspiring and so beautiful. You can just tell that they are there to do their work with love and with healing and that is their ultimate, ultimate intention. Even though I have watched hours and hours---because I am a research freak---videos, interviews, documentaries, and read many articles, personal experiences, read lots of books on ayahuasca, there is absolutely nothing that can prepare you for this experience. Nevertheless, Rythmia does the best job of prepping you to the best of their ability and making sure that you know exactly what is going on, before and after Ceremony. So at Rythmia, everything is intentional. It was such a beautiful reminder to bring this practice home with me, where I know your reality is a manifestation of your intentions. It is the intentions that you consciously create. That is how manifestation works. Of course, I have this idea of how everything is intentional. However, I was not really bringing much intention into other pieces, other places, in my life, like when I meditate, when I shower, when I cook when I eat, when I talk to people, or even before I sit down to record a podcast episode. There are just so many beautiful practices that I learned to bring home with me, just based on seeing how Rythmia

operates. The entire journey is so much about intention. So, the first thing that Rythmia encourages you to do, and they encourage you to do this before you ever sit down in your first plant medicine ceremony, is something called the *labyrinth* and the labyrinth is like a maze that they had off to the side of their check-in desk. They have a check-in desk and then behind the check-in desk is what they call the flight deck, which is so funny because that is where you go to drink the ayahuasca and lay on the mattress, and just go fly away to another dimension. The labyrinth is a place where you first get clear on six things that you want to let go of. Then, you get clear on six awarenesses or six things that you want to bring into your life. They say to be very conscious and very careful with what you choose, because whatever you do in the labyrinth is going to manifest. So, of course, I sat down, before ceremony, I believe on Sunday night. Ceremonies were from Monday through Thursday. So Sunday night, I sat down and got really clear on what I wanted to let go of and what I wanted to manifest into my Rythmia journey. So I journaled out; I wrote out this journal prompt and then I went right into six things, six things. What you do is you go to this labyrinth, pick up a rock off to the side of labyrinth, and walk in and you walk through this maze and every time you turn a corner on the maze, you want to think of one thing that you want to let go of. You do it six times: you drop the rock, sending a signal to the Universe that you are letting go completely, completely letting go of these six things. Then when you walk out of the labyrinth, on the other side or through the same way, I do not remember exactly, I forgot, you intentionally think about what you want to bring into your life. It is just a beautiful practice. It helps you get super clear and then you can bring those intentions with you to the plant medicine ceremony. Now, Rythmia has intentions that they give you that they highly recommend; Jerry the owner of Rythmia himself channeled through doing many, many plants ceremonies that these three intentions are going to help heal anybody who comes to Rythmia. They are such beautiful intentions and I chose to follow these intentions because I will confirm that they are magical and that any intention that you have when doing something like plant medicine, if you give the plant medicine these three intentions, you will have any other question answered. It is like anything you come to the table with just becomes eradicated, simply, because you follow these three steps. One of three steps or three intentions is "show me who I have become," which means show me not how I see myself or how others see myself, but show me the truth of who I have actually become and where I am holding myself back. This is probably the hardest part of my journey and I will confirm that, in night one, I was definitely shown who I have become, and it was hell on Earth. It was the most brutal, honest truth that I have ever had to face in my entire life, but it was the truth that set me free. As Tony Robbins says, "The truth will first piss you off, but then it will set you free." So, that is the intention of that one: show me who I have become. The second intention is "merge me back with my soul at all costs." There is a split that happens when you have some traumatic event that occurs in your childhood; your soul stays within your energetic field (your body and your soul are next to each other very close to each other), but the soul is not necessarily inside the body, it is not an embodied feeling. There is no feeling of wholeness. If you think about all the things that you do in your life to fill a void; for many of us, that could be addictions at all different levels. It could even be something as simple as being addicted to just numbing out on YouTube or addicted to toxic relationships or an addiction to self-harm or an addiction to alcohol or whatever it is. If you think about it, every addiction stems

from a void, and voids just come from the lack of wholeness that we feel. When your soul is embodied inside of your body, you feel whole. There is no more need to fill a void. So, it is important to fill this void, not with things outside of yourself, but with your own soul, finding the inner peace and happiness of your own soul back in your body.

You want to intend “at all costs” because you want this to happen at all costs. It does not matter whether your ego likes it or not, your soul is fucking coming back inside. I had definitely had that experience. Then, the third intention is “heal my heart.” It means how it sounds! Heal my heart: make my heart whole again: whatever is preventing me from really showing up in life with true love, and unconditional love for self and others, whatever is standing in the way, please, heal that and heal my heart.

The whole point of this process is surrender. If you like control and if you have a hard time surrendering, you have got no option but to surrender when it comes to ayahuasca. Let me tell you about the spirit of Mother Ayahuasca, the spirit behind the plant, (I talked about this in Episode 116.) If you are lost and asking, “What spirit are you talking about? You are just drinking a plant.” There is a spirit that works and I have met her and there truly is a feminine, divine feminine spirit that lives behind the plant of ayahuasca called Mother Ayahuasca. She is essentially doing the work and showing you what you need to know. However, you are the one who is doing the work. This is the hardest work ever, surrendering and showing up for the work and not fighting her. Because if it is you versus ayahuasca, you are never going to win. It is something so much bigger and so much more powerful, and not in that negative way that you might think of it as powerful than you are. I mean it in the most loving, positive way; the Universe is more powerful than you. You are a co-creator of the Universe, but when you surrender to the Universe, you find that the Universe is so much smarter than you. It knows how to get your desires to you so much faster than you could ever, ever predict. So the hard work really with ayahuasca is once you drink it, it is all about surrendering. It is all about showing up for the work and not running or hiding and not escaping from the work. And even if you try to escape, at some point, you get so beat down physically, mentally, and emotionally that you just surrender anyway. Once you surrender is when the journey becomes fun in a way, or easier in a way, or more blissful in a way and not so crazy like my very first ceremony. Rythmia talks about *the big four* and I just took a couple of notes down for you to share with you some context of what I used to really help me get through my ceremonies. Rythmia talks in their introduction to plant medicine class (before you even go to Ceremony) about things to expect and four different types of journeys that you might have. They say that whatever is coming your way, whatever is coming, is actually going. So, everything that you feel during or your ayahuasca journey, everything that you see, everything that you experience, is something that you are seeing, hearing, feeling, and experiencing in the journey at an intensified level so that you never have to experience it to that degree again. What is coming is actually going. What is coming is actually leaving you. Then they say go to what is hard because the Universe rewards bravery. Go to what is hard means just do not fight it. Just relax. Just be okay with seeing some pretty crazy things and just know that you are going to come out of it, on the other side, a much better human being. Another thing they say is do not think, drink. This is for the logical people who like to overthink everything and their mantra is stop thinking, just drink; just drink and the medicine will help you. Then mind your own business: They say, “**Rebirth**, mind your own business.” By

that what they mean is that everyone in the journey is having their own experience and some people are having a very loud experience. Some people are crying, some people are moaning, some people are having orgasms. Yes, this is a real thing. Some people are running around screaming. It is very easy to get caught up in other people's stuff and allow other people's journeys to scare you or trigger you or cause you sadness or whatever. It is believed that when we are all together in the room, all 86 of us or however many are in a room together, we are actually one. We become one and we are all healing everything together. At the same time, sometimes, when you are going through your own thing, you might get distracted by someone else. It could take away from the healing that you need to do, so they say, "Mind your own business." The four different types of journeys that you could have: I have had mainly two types of journeys. One of the four different types is body. Body just means that you might be experiencing shaking, you might be experiencing sweating, crying, laughing, purging, and by purging that I mean vomiting and that can also mean diarrhea. That is just something leaving your body. You actually want to purge; a lot of people are very afraid of vomiting or having diarrhea when they are drinking ayahuasca. I promise it actually feels better to purge than to hold it in and just sit there in your bed nauseated all night. Of course emotions: crying and laughing and stuff like that you might feel. You might feel fear; you might feel anxiety; you might feel worry; you might feel dread. All of these things are completely normal. As I mentioned before it was my mantra, so I really got good at reminding myself of this. "What is coming is going; what is coming is going." The next type of journey you could have is a pinta: it is like having visions or seeing things and some people really hallucinate with ayahuasca and some people do not have visions. I was made aware during my journey that I have a very open third eye and Ayahuasca herself actually told me that she is a very overwhelming medicine for me because of how open my third eye is. My journeys were so visual, but it was not like I was hallucinating outside of myself, it was more like inside of myself. It was like an extreme, visceral visualization that I was having that I could not control. It was not guided by me. It was just things flooding my mind and flooding my mind and flooding my mind. I could see them crystal clear when I closed my eyes, but when I opened them, it was not so much that I was like seeing things with my eyes open. It was just that everything was so disoriented. It was like being extremely, extremely drunk. Then there is a Consult which means that you have a consultation with Mother Ayahuasca, where you can ask her any question and she will answer you. It is not like shit that you can make up. It is like you are walking outside, and all of a sudden you are staring at a tree, and a tree turns around and just starts talking to you.

I know it sounds crazy, but it actually happens. Jerry himself, Jerry Powell, the owner of Rythmia, in his first plant medicine journey ever, he was talking to the moon, and the moon is the one who told him to open up Rythmia. The moon told him all kinds of things, so he really had a consult kind of journey. I had a different kind of consult journey, in the sense that it was not so much like an object talking to me or a tree talking to me or like a moon talking to me. It was just that I was talking back and forth with Ayahuasca inside my head, and I had a lot of my questions answered. This is the most interesting journey of all. I will just give you a sneak peek to a miracle that happened to one woman in our group that was so insane. You would never guess that something insane would happen because she had *a not a journey*, which means that essentially nothing happens. You fall asleep, and the medicine feels like it has no effect over

you whatsoever. It is believed that sometimes this will happen when something is so traumatic that there is no need to revisit it that the medicine needs to work with you on a subconscious level and not bring anything up to the surface. That could potentially re-traumatize you. That is not to say that you will not experience traumatic things because I definitely did. I think for some people it happens, not that they cannot handle it, but because that is part of their own healing journey, part of their own process. What is for their highest good is that ayahuasca does not have an effect on them on a conscious level, but on a subconscious level. So, what actually happened is one woman, on the first night, she fell asleep, and nothing happened. When she woke up, her husband woke her up in the morning. It was not in the morning; it was like the middle of the night because their ceremonies would end at about two in the morning, one to two in the morning. She was deaf in her ear for 32 years, in her right ear, so she could only hear from her left ear, and she could not hear from her right ear. Her husband would always have to stand on her left to be able to talk to her, and there is just all kinds of problems of being deaf in one ear. What ended up happening is that they are walking home to their hotel room, and her husband is standing on her right side and having a conversation with her. She is just like listening to him, like he can tell that she is listening to him. She woke up, first of all, very disoriented. And it makes sense because ears represent the equilibrium balance inside of your body. That is where you balance is, your equilibrium is. So she was feeling a little disoriented and all of a sudden she says, "Man, these crickets are so loud." That is when she realized that she could hear for the first time in 32 years with her right ear. Her journey with ayahuasca, even though it was a not a journey, meaning nothing happened on a subconscious level, a shit ton of things happened. Because after that one ceremony (this is giving me goosebumps like crazy) her hearing was restored; it was healed. How crazy is that? We were all cheering the next day; it was everything. The next day (I am about to get into my ceremony, so you will see why the next day I really needed to hear that), it just gave me all the faith I needed for this process. The plants themselves, ayahuasca, whenever you drink it, you are supposed to speak your intention into it. Ayahuasca will always honor your intention, no matter what. No matter what, if you have an intention, you are going to get it by the end of the journey. It is not always going to make sense in the beginning because the plants are going to heal you by their priority, not yours. If it needs to go elsewhere first before it gets to what you think you need help with, that is going to happen. The last thing I want to mention before I get into the ceremony is that - because it is crucial also, not only to the story I just shared about the woman restoring her hearing and something that happened to me as well - is that 70% of those people who do ayahuasca get something called a celestial surgery. It is (this is going to sound so crazy, bear with me) when an alien or a being or little people or robots or something not of this world comes up to you, asks you if they can do a surgery, because they have to get your permission. Actually, I do not even know if they have to get your permission because I do not remember giving permission, but I remember receiving the healing and receiving this celestial surgery and being okay with it. I think it is more on an energetic level. It is like "Yes, I am okay with it." Basically, they come and operate on you and it is on a celestial spiritual level, where whatever they do is they are literally healing you also on a quantum physical level. So many people got celestial surgeries because 70% who do ayahuasca get celestial surgeries. That is also what I had and it was insane.

So are you ready for this? Ceremony number one. The whole day, on Monday, I felt very good. I felt very excited. I was calm. I remember we were all lining up outside of the maloca, which, again, is where the ceremony takes place. In Rythmia, they are very protective, and they are very systematized and they make sure that everybody in the room is supposed to be there and that no stranger randomly walked into the Rythmia campus and made their way inside of the plant medicine ceremony. There were a couple people who were not medically cleared but they could still come in and join the ceremony in the sense that they could be in the energy of the ceremony and they could take ayahuasca out of a tincture, so very, very low dose of ayahuasca, but not the actual thing. There was a guy who had type one diabetes. Ayahuasca raises your blood sugar levels, so God forbid if he would have actually drunk ayahuasca he would have gone into a diabetic coma. So that is why Rytmia has a whole clinic and medical staff to clear you to make sure that those who are drinking ayahuasca are supposed to be drinking ayahuasca, and those who are not, will not be drinking. I believe that they let them into the ceremony. At least that is my perception. They have like this whole system where you have to fob yourself in; you have like a fob on your key; you have to check in, and they give you these tokens that you have to give as well. I think the tokens represent more of an energy exchange like, "Here is my token; thank you for the ayahuasca"; I am not sure. There is like a whole system, so it takes some time to get into the maloca. After we had gone to the maloca, about 30 minutes went by, and they announced the *repay*. The repay is (that also sounds crazy) this mixture of herbal medicines grounded up. So, it is in grounded form; it is grounded tobacco mostly, as well as some other herbs. What they do is they literally blow it up your nose. It is not like you are inhaling it because they ask you to hold your nose. They blow it up your nose and then you breathe out. But the feeling that it gives you is like it burns. It feels like it is burning your insides. It is crazy; I really loved it because what repay is supposed to do is it grounds you and actually clears you out, clears your channels. It opens up your crown chakra and opens up your third eye. It opens up your other chakras and prepares you for ayahuasca. It works very well with ayahuasca. So I got the *repay*, and I absolutely loved it because it grounded me and calmed me down completely. It helped me just gather my thoughts because my palms started to sweat as soon as I laid on my mattress. I whipped out my journal; I journaled a little bit. I just had this feeling I could not shake that my entire life led up to this very moment. It was such a beautiful feeling, and I could not describe it and I felt so much at peace. It was because I took the repay; I let it settle and I just allowed myself to get grounded. Then it was time for First Drink. This is the most uncertain moment of your life because you literally do not know what you are signing up for, but you are just standing in this line, and the shamans praying over it before they serve the medicine. What they are doing is they are singing the Icaros; they are summoning the spirits. They are praying; they are chanting. They make this whole celebration out of the fact that the medicine is about to be served. Then every time someone goes up to drink the medicine, the medicine is served in the shot glass. The shamans are praying over every single person, praying over every single shot glass of ayahuasca that they are serving. Your job is to say your intention into the ayahuasca. So I said in my ayahuasca, "Thank you for showing me who I become." It took the shot glass, and then it was down. I thought, "All right; there is no going back now; it is down." So I sat on my mattress and I waited. About 45 minutes in, I, honest to God, thought I was going to have a nada because I felt so sleepy and so tired

and so relaxed. I thought, "Oh man, good." You know, a part of me felt good because I was not ready for whatever was going to happen. "Maybe this will be my nada; maybe I will fall asleep and do some subconscious work." "It is going to be an easy night." Oh no! About five minutes after that thought crossed over me, it hit me and it hit me hard. The only description I have for what ayahuasca feels like in its peak state is that you feel extremely drunk and *extremely* high at the exact same time. If you have never been drunk or high, then I cannot help you. I do not know how else to describe it to you. If you have ever smoked marijuana or drank a ton of alcohol: just imagine doing both of them on both extremes, being really high and really drunk at the same time, and just combining them. That is not even the best description because it is just so unexplainable and it is unlike anything I have ever felt before. Your brain feels this fizzing like it is kind of melting at the same time. It is just so, so weird. I started to get visions immediately. Whether I kept my eyes open or closed, I started to see these geometrical shapes. I started to see codes; I started to see patterns. I was like in the matrix. I started seeing numbers. It was like someone played the movie *The Matrix* inside my head, except it was not playing inside my head. I was starting to see the veil come off between the physical and the spiritual world. Mother Ayahuasca did not talk to me for the majority of this night. In fact, this whole night was just a process of showing me things, and boy, did she show me things! As I said before, the way that I experienced the visions were like stream visualization; I would see them inside my own head, but not so much like a hallucination. things outside my mind looked interesting, but it did not produce actual images, like a movie being played out. However, when I close my eyes, it was like a freaking party. So, before the visuals really started to go, I actually started feeling the presence of hands all over me. It is somehow intuitively because there is no more veil between you, your ego, and your intuition. It is just all so blended. You really walk into the spiritual world, where things are just starting to happen on a quantum level, and they happen really fast. You cannot explain them. You have like this clear cognizance of just knowing what is happening, to a degree. Not to say that there were not some confusing things that happened, which I will get into. So all of a sudden, I felt the presence of all these hands, all working on my body. I just knew that these were my spirit guides. I just somehow knew that these were my spirit guides, and I could kind of see them. I would not see them, but I would see them. I definitely saw their hands working on me and feeling my hands. I remember I started this dialogue with them where I said, "What are you working on? What are you doing?" They were so lighthearted with me. They said, "Oh, do not worry; we are just working on your liver." I literally felt my liver being massaged, like someone was operating on me, opened me up, grabbed my liver, and started massaging me. "Oh, do not worry; your liver is filled with toxins, and we are just massaging this out for you." I remember thinking, "Oh, that makes sense. had breast implant illness. I had my breast implants removed. I have a lot of toxins in my liver; thank you so much for cleaning it." It was so bizarre. It was like a lighthearted conversation between us. Then, it started happening in my guts; "what are you doing with my guts? What are you doing with my stomach? What are you doing with my womb? What are you doing with my butt?" All of this back and forth, and the response was always the same: "Oh, do not worry; we are just making a little tweak here. We are making a little tweak there." I am like, "Okay, cool." Then I remember, very distinctly, something being done to my brain. I was like, "Okay, what are you doing to my brain?" I see an alien, a robotic alien, working a robot who is then working on my brain. So, let me describe that

again. A robotic alien working a robot (like those robots that surgeons can work in a brain surgery, for instance.) They are very precise; they work on because they are less likely to commit an error than a human hand. Well, yeah, that robotic alien was working a robot who is working on a brain. I just remember distinctly being told, "Oh, no worries; we are just rewiring your brain and filling in some gaps for you." I remember saying, "Thank you," to this alien, "oh, thank you so much." It was also humorous and so lighthearted and I just let it happen, even though, consciously this is really weird, but at the same time you do not have a conscious mind anymore, so you just let it happen.

After this lightheartedness ended, this is where it became viscerally visual and really intense for me. I started to see a snake. Ayahuasca shows up for a lot of people, especially when you are drinking it in or near the Amazon or from the Amazon, Mother Ayahuasca shows up usually like jungle animals, different jungle animals. For me, it was always a snake. So I started to see the snake going down a spiral in my brain, opening up all of the most traumatic moments I have ever experienced. Again, what is shown on ayahuasca is so that it can be healed. So a lot of people do experience their traumatic moments, but it was for the purpose of healing. Ayahuasca has been known and proven to help people who have PTSD because it allows people to go back to their traumatic moments, and see them from a completely different perspective so that they can heal them so that they no longer affect them in their day-to-day life. We do not even realize how much we hold on to. There is so much that we hold on to; it is insane. So part of ayahuasca, when this was happening, I actually remember consciously telling myself, "Oh, I see I am healing my trauma. Okay, let us go right like; let us go baby. I do not care what I am shown. Nothing will scare me." So I just remember going down the spiral. I remember a door opening. It is like a sliding door open and I see myself being molested as a kid, which I always assumed was a thing, but, for the first time ever, the memory came back to me. Although it sounds like it was hard to see, it was not very hard to see. It was almost like something got solidified. I finally got an explanation for something, but it was not as traumatic to see it. I just knew that I was being healed. It did not feel so in my body; it felt like I was just observing it, if that makes sense. I was an observer to the trauma. Then I would go down and I would see myself being yelled at as a kid, and I just kept going down the spiral and another door opened, and it was my dad abusing my mom, over and over and over again, just a couple of things. Backtrack for a moment, I remember that they say Mother Ayahuasca is a feminine divine spirit. What was very strange is that Mother Ayahuasca appeared to me as a grandfather energy. I saw this grandfather sitting on a throne and I immediately recognized the reason why Ayahuasca showed up to me as a grandfather so that I would trust it. For some reason, I got this message of "I had to show up to you as a grandfather because you do not trust women," which was so weird because all of my trauma as a kid involved other men. I did not have any trauma with women. Yet, for some reason, this is why you could not really be - I did not have any girlfriends growing up because you do not trust women. It was so bizarre. Anyway, then Mother Ayahuasca transformed into this ice queen. She is just watching me; she is watching me from the top of the spiral. I am going down the spiral, going down the spiral, going down the spiral and the dialogue was not very kind to me, between me and Ayahuasca at first. At least, it was so my intention could be honored. Hindsight is 2020, when I look back, I realized that Ayahuasca was trying to show me who I have become, and who I have become did not have

very many kind parts to it. So, of course, she had to show up in a certain way so that my intention could be honored. Ayahuasca knows how to evoke emotion out of you, let me tell you, she knows how to bring up your deepest, darkest fear so that you can heal them. She just knows exactly what to show you. It is just so uncontrollable. I remember as I started to get more and more uncomfortable, and fear started to rise up inside of me, sitting up and wanting to purge, but I could not. It was just building and building and building but nothing was coming out. I remember I sat on my knees, and I just became so helpless. I started to struggle and I started to try to fight the medicine. It was in this moment that I sat on my knees again, a little bit higher like trying to shift, thinking "Maybe if I can shift my body, this will stop." I felt a shaman come up to me and he started blowing on my neck. For some reason, I knew he was a shaman, and it was a male shaman, blowing on my neck from behind me to move the energy because that is the job of the shamans. They are constantly walking around looking for people to help, looking for people who have stagnant energy that they cannot seem to work through. So, they just will blow or will chant or will fan them off or will spray them with something and or bless them or whatever it is. Just they get the spirits moving. Get this energy out of the maloca, whatever energy is no longer serving you get it out of the maloca. I remember feeling so relieved by this shaman blowing on my neck until I opened my eyes. I looked behind me and there was nobody behind me. I was trying to think the shaman there was nobody behind me and I felt the blowing on my neck in 3D. It felt like it was happening in real life. When I looked behind me, I remembered and I saw that there is only a wall behind me. What?!! Looking back now, Ayahuasca works on the quantum level. The shamans also work on the quantum level. So it is very common that a shaman can be working with you from a distance. Because they are also drinking the medicine, they just know who to go to, what people need, and can work on you whether they are physically standing next to you or not.

So if you are having a hard time, there is always help, whether it is physically or on a quantum level. I remember thinking, "Okay, this is so weird, but whatever;" I calm down for a bit and then I felt a presence stand over me and forcefully pushed my head down. I remember someone grabbing my head and just pushing me down, and just pushing me down. All of a sudden, I was just on my mattress and it could not be pushed down anymore, but it kept getting pushed down and kept getting pushed down. I felt like my head was being smushed into the mattress. This is when things got really confusing and dark for me. So, in hindsight, I believe I went to hell. It definitely felt like hell, or at least my version of hell. All of a sudden, I started seeing thousands of eyes looking back at me, eyeballs, single eyes, thousands of them just looking at me. Looking at me from trees, looking at me from the darkness, looking at me from rooms, from doors, door knobs were eyeballs: eyeballs everywhere. Then I started to see demons and then I started to see a ball of really dense energy; it was just a really dark ball of energy and it was so dense. I just knew that was my dad, so weird. I could just tell my dad is inside of this dense ball of energy. Then this very dark voice told me, "Oh, Kathrin, you think you are so good, so cool, and so amazing, but you are made from evil, and this is evil." I remember just constantly saying "You are made from evil; you are evil. Evil is your dad. You are made from evil. This is evil and evil is your dad." Then I started seeing all of my friends and family laughing at me. I remember Brennan and my team members and my parents and some of you coming into my world and just laughing at me and saying that I am worthless, that I do not mean anything, and that my life

is meaningless. Then it got even crazier. It sounds crazy, but it got crazier. I lost complete sense of myself, completely. I was not in my body. I had no body. I had no idea who I was. It was the most bizarre feeling ever, but it sucked. It was like purgatory. I remember thinking that it was going to last forever. Whenever I would try to fish up images of people who I knew in my life, like Brennan, I hear a voice saying, "Who is that? Who is Brennan? Who is Kathrin? What is an INTJ?" I remember literally thinking, "What is an INTJ? Who are you? What are you? What are you doing?" I would think of my mom: who is mom. I would think of my dad, my stepdad: who is dad? Who is that? Who are you? Who is Kathrin? It was in this moment where I was actually having the thought of "what the fuck did I do?" "What did I drink? Why am I here? Why did I put myself here?" This voice kept laughing at me, making fun of me. After about what felt like an eternity of this, an eternity of purgatory, I finally came back into my body and got somewhat a sense of myself. Then I heard the shamans announce the second cup of ayahuasca to drink. So, every night they announce two cups, and then on the last night it is like a free for all; you drink as much as you need. You drink as much as you want. You drink as much as your heart tells you to drink. I remember getting up immediately and everyone who got up started to laugh in unison at how fast we got up to get the second cup. It was like a military operation. It was like, "We are going to announce the second cup;" Everyone just flew out of their mattresses because like the mattresses are spread all throughout the maloca. Everyone just like got up, shot up to go take the second cup. We literally took the mantra "Do not think, drink" seriously. I remember standing in line and feeling I got some comic relief. I needed that comic relief so badly and for just a moment I was sober. Then, as I am standing in line again, I just kind of felt myself going back in. As I drink my second cup, again, I thank the ayahuasca, "Thank you for showing me who I become." I laid on my mattress; I felt this impending doom approach me. It was in this moment that I again was thinking, "Oh, fuck, okay. All right." I already felt so raw. Like you have no defense mechanisms. You have no other option but just to go through the process. The first thing that came to me after the second cup was my mom, and I thought of my mom, but for some reason, I could not picture her face. Instead, all of a sudden, and I will spare you the details of what actually has happened because this is a real life thing that actually happened to my mom. I lived out my mom's trauma. I went into a memory of hers. I went into her body, and I lived it out on a very physical, visceral, emotional, and spiritual level. At least 20 times, over and over and over and over again. Every time the memory would finish, it would just shake; it is like the box would shake, and I would do it again, and the same thing would happen over and over again. And it was guys is the most violent and traumatic imagery, emotional feeling I have ever felt in my entire freaking life. It was horrendous. I remember at that moment being like my poor mom, but for some reason I still could not see her face. It was really weird. I could not picture my mom, but I knew it was my mom and I knew it was my mom's trauma. Then, I started to see this long line of women line up before me. I just knew that these women came to me that I would process their trauma, as well. I remember just being thinking, " Fuck!!!! I can not do this! Stop!" and they are saying, "No, we have to."

So I started to feel the feelings of hundreds of women in my lineage and in my generation. This is when Ayahuasca started to talk to me; at this point, she sort of narrated what is going on. From this point on, Ayahuasca was talking to me. You know, a lot of people have asked me, "How do you know she is talking to you? Or what do you hear? Do you hear a voice?" I actually

hear it in my own voice, but it is an uncontrollable voice, meaning that it is a narration and I am going back and forth with her. I can control what I am asking, but I cannot control the answer I am getting. It is like you cannot make it up. It is a raw subconscious coming through. There is no controlling, no filtering. She is just saying it like it is and she is explaining everything that is happening. That is how I knew that this line of women were me, having to process generational trauma. I thought the night would never end; it was the most painful thing I have ever felt in my life until, finally, I started to yawn. Yawning is another form of purging and this time my mouth opened up so wide; I thought my mouth was going to rip open. Immediately, I got the download or the narration that these are my ancestors purging and that they have not purged in a really, really long time and that is finally their opportunity to purge. So they thanked me for doing ayahuasca so that they could finally purge and release all of their trauma as well. Interestingly enough, ayahuasca started to taste like vodka to me; the aftertaste in my mouth was vodka. Every time I would drink ayahuasca past this night, I would always get the aftertaste of vodka, and you know that I am Russian, so that is where it is coming from. It is just so interesting. Then, it was less of a feeling and more of a visual experience where ayahuasca just kept showing me things. She started showing me Mother Earth, and Mother Earth crying for help; you know how much we need to help Mother Earth. Then I just felt my heart just opening up to indigenous cultures all over the world. I saw them crying for protection, and letting me know to let the world know that we needed to help them. They are so threatened; people are so threatened by them, especially people in power, so threatened by them because they are the wisdom keepers of the world. They are the ones who created this channel, this medicine for us. They are the wisdom keepers and they are here as part of the healers of Mother Earth and we keep destroying them. We just keep eradicating them and taking their rights away and all this horrible, horrible stuff. I just remember thinking, "Wow! Part of my purpose in this lifetime is to help the indigenous cultures." Then I started seeing politicians in the US; I saw Trump, but I did not see them the way that you would see them on TV or meet them in person, but I saw them as they actually were. It was so bizarre. What I actually saw was little children crying, who are just begging to be healed. I saw President Trump as a little boy, hiding in a corner feeling helpless, feeling threatened, feeling broken and just crying and begging to be healed. Then I saw America; I saw a visual of the United States being built off of broken and shattered bones and just built off of so much negative energy. I just saw that (the whole world needs it) the US especially needs more light workers to come and rebuild this country. It was just so crazy what I was being shown. Then again, I saw millions of eyes. Finally, I will tell you guys what these eyes mean, because it is so random is so confusing and so traumatic. I kept seeing eyes; I still see eyes. Anytime I look somewhere, I see eyes looking back at me, which is so bizarre. What I learned the next day from my plant integration circle is that these eyes are just windows of consciousness. So, we are all windows of consciousness; we are just all peering out. We are consciousness expressing itself through an individual format. We are consciousness expressing itself in human form, and we are all having an individual experience of consciousness, even though we are all one. We are all one entity, one being, and one consciousness. So these eyes are just a representation of all the different possibilities of consciousness and all the different individuals and all the different experiences, which is so interesting. I am no longer afraid of these eyeballs, but holy crap! They were following me around everywhere. Then Ayahuasca

kept showing me all this darkness and I just kept feeling more and more frightened as she kept showing me things, really sick to my stomach, and I just wanted the night to end. I felt helpless. Once I recognized that I felt helpless, everything clicked for me. I have realized that she showed me who I have become. She rendered me helpless and evoked every freaking emotion that I have ever repressed and suppressed in my life from childhood and apparently from past lives and beyond. She showed me how I let all of my fears and worries and anxieties that were pushed down inside of me, turn me into a very toned down, repressed, and suppressed version of myself. I realized that Ayahuasca was taking me through this horrible journey not just for shits and giggles, but to render me helpless. It caused me to surrender and finally realized that I have been holding on to way too much shit in my life and way too much unimportant shit and that I did not have to let the anxiety, the worries, the pain, the trauma, the suffering to be a part of my story any longer. Once I had that insight, once I made that connection, things started to shift for me and the rest of the night pretty much went like this. She started showing me new brand colors for *Manifestation Babe*; she started showing me things about my business, which was like the fun part. She showed me that I needed a new logo and she actually threw my logo, my current logo; she laughed at it and threw it in the trash. It was so weird. Then she pulled up my Instagram and started scrolling through and she was like, "Why is everything So dark? You need to lighten this up; this needs to be light because you are no longer dark Kathrin. You are no longer suffering; you are no longer in pain; you are no longer anxious. Anxiety was just something you picked up from the womb. It is not you. You no longer feel the space; you need to lighten this up." And she went, "You have had all these fears about growing your account; How do you expect to get to this number?" She showed me a number of followers, a huge number of followers on my Instagram account. She said, "I am going to take you to this level; you are growing to this level, but you are blocking yourself because how can you expect to get to this level when you are so afraid of the level you are currently at?" My mind was being so blown. I said, "Wow, you are so right." Then she kept showing me really beautiful things, too. She showed me how much love I had in my life between me and Brennan and that we were destined to be together. Then I asked her to show me my highest potential, "If I decided to transform my life, show me what I could possibly create." She said, "You know what, if you let go of your current identity, this is what is going to occur. This is you at your highest potential." She took me to an audience of 20,000 people, like I have literally appeared on a stage in front of 20,000 people. As that happened, she cleared my throat chakra. I saw this light go through my crown chakra and out of my throat chakra. She said that I would now be able to speak my truth freely because I let go of all the fears that were preventing me from doing so. She also said the reason why I have had so many fears around public speaking and sharing my truth and worrying about people's opinions is because I am open clear channel and I always have been and I have always been connected to infinite intelligence, but I have been dishonouring infinite intelligence by not trusting that I can create anything and everything that I wanted out of flow and surrender. This is so shocking to me here because so many of you can look at me and say, "Oh! Kathrin is so good at manifesting and she is so tuned in and tapped in," and I get these messages all the time. I was not believing it myself. I was still being so analytical and logical about the way that I was doing things; very masculine approach still. And so she was showing me and saying, "No, no; you are a clear channel for divine intelligence, and it is time for you to

trust it.” That was the last message I got that night and then it was done. When it is done, it is so bizarre, the shamans, after 5--7 hours, they start to slowly light some candles, bring some light in; they turn on the lights; they turn on some very light music; they play gentle tone to kind of bring us back, bring us back into our bodies. Then, we do an integration circle where we just share our experience and I was the only one who had this kind of experience. Everyone had blissful, amazing experiences because they called it the *introduction to ayahuasca night*, so it is apparently very gentle. It is a very gentle brew and very gentle experience. That is how it is supposed to be. But nope! One other guy and I went to hell that night and everyone else was having such a great, great, great night. For me, it actually changed the next night, where the next night was my, quote unquote, blissful night. For everyone else, they had a really hard night. So you cannot predict this stuff and what everyone else is experiencing does not necessarily mean that you are going to experience the same thing because it is so individual. It was really nice to come together and talk about what happened and just see like, “Yo, I made it back. I am back in the room; I am in my body. Life is good. It is time to go to bed.” I remember walking to bed and you walk normally. You do not really feel it; you feel a little tired, a little exhausted; you are ready for bed. You go and you can shower; they recommend taking a cold shower, but I could not bring myself to; I was just very cold that night. So, I just got into bed and fell asleep. The next morning, I woke up feeling like dread, extreme dread. I really did not want to go to ceremony and I remember telling my best friend, Stephanie, who was my roommate, “I have no idea how the hell I am going to make it through this week.” My brain felt really scrambled. I cried for most of the day. I sobbed at my colonic appointment that day, like for 40 minutes, while I had water going up my butt and out of my butt. I was sobbing. I felt I was just so confused and I felt I was just left wide open, with no closure. I felt like I had no closure. The plant integration class, as I told you Rythmia does plant integration classes, really helped me because the facilitator was talking about how it is not necessary to have closure and it is not necessary for you to make sense of everything that happened. Just trust that, especially the first time you ever do Ayahuasca, she is learning about you. This not only is she introducing herself to you, but you are also introducing yourself to her. Essentially, what she is doing is she is searching through you like a file cabinet. When he said that that made sense because I felt like a lot of what I was shown was like going through a file cabinet. She is like searching, searching, searching, figuring out how to help you, pulling out files, tossing them, reviewing them, putting them back in if they are important, taking them out if they are not. It is very, very fast paced, like, crazy. Let us rummage the files; let us take this out. She is like unzipping your code to learn more about you and how to help you because, remember, this is ancient medicine. It is not a recreational drug and I cannot imagine *ever* how you could ever take this for fun because this is not fun. This is work. This is like the deepest inner work I have ever done in my entire life. People have said before to me, “Kathrin, it is like 10 years of therapy in one night.” Yes, it is definitely 10 years of therapy in one night. Another thing the facilitator said is that every journey is completely different. A scary journey one night could turn into a beautiful and calm one the next night and that there is no good and bad. The whole lesson behind ayahuasca is to learn that there is no good or bad and the moment you stop labeling what is happening, it all becomes beautiful because Ayahuasca is just helping you, healing you, and teaching you.

So that was night one. Now going into ceremony number two. It was a completely different experience. I had to drag my ass to ceremony. As you can imagine, I was so scared that I would take the ayahuasca and that I would lay on my mattress and we would pick up right where we left off from the night before. I had to keep reminding myself, "No, no, no; every journey is different. Every journey is different" So, I went to get the repay this night and I chose a beautiful soul named Lindsay to administer it. The night before I went to a male shaman. The next night I went to his wife and I did not know that they were married at this point. She was his beautiful wife and I felt so good in her energy. I felt the night before I really healed my thing around women, other women, and it was so beautiful because from this moment on, I really connected with all the women shamans. I kept coming up to them and kept consoling with them, asking for their help, and asking for them to pray over me and bless me and all this stuff. I just felt so safe in their presence. Lindsay really put me at ease and the repay this time instead of just grounding me. It created an instant emotional purge. I started to sob. I started to cry uncontrollably. I started to feel nauseous as if I took ayahuasca not repay. I went to the bathroom and I had a physical purge. This is my first purge ever. I did not purge at all the day before and I felt like I was holding on to it the whole day. I just purged, and the thing about your purge, vomiting in a bucket, is that you want to ask the vomit what it is. I know it sounds so weird, but the vomit is usually something that you release from your body, from your emotional body, physical body, spiritual body, and mental body. It could be thought; it could be unworthiness; it could be fears; it can be anxiety. I immediately got the message that I purged fear. So I went back and I started to meditate on my mattress. Then they called for the ayahuasca, the first cup. I drank the first cup, and then I went to the bathroom to pee so I did not have to all night. They do not let you drink water. You cannot drink water from the moment you drink the ayahuasca until the morning or when the ceremony is over. I keep saying morning because the last ceremony, ceremony number four, was when you could actually drink water. Sorry, was until the morning; the sun actually rose up when the ceremony was over. So anyway, I went to pee and when I went to the bathroom, I, for some reason, was called to look inside my bucket again that I purged into and I was the only one that purged in there. So I looked inside and my puke was in the shape of a heart. I was sober at this point, so it was not that I was hallucinating or anything; I just saw a beautiful heart. I remember lying down and as I lied down Mother Aya said to me, "Tonight, I will take you to bliss and liberate you of your past. But first we need to work through some discomfort." She came over me, 30--45 minutes, who knows, it comes on faster and faster with each night because the medicine is still in you and the medicine stays with you for about I think 24 to 48 hours, or something like that, like do not quote me on it, but it stays with you. Spiritually, it stays with you, like on an energetic level, for the rest of your life so helps you heal. It is constantly providing you with guidance. Not to the extreme of actually drinking it, but it stays with you on this energetic level and things will continue to connect from your ceremonies like years later down the line. The shaman, one of the showmans, said that he is still connecting things from a ceremony he did a year ago, which is really really cool to hear. So, I started to feel it within like 30 minutes and as it started coming over me I started to feel progressively more and more uncomfortable and nauseated. Ayahuasca showed up to me as a snake again so again it started to feel like I was having the same experiences as the day before. I was terrified of it, but I was just letting it happen. I already drank it. I am here showing up and choosing to

surrender, blah, blah, blah. I heard this flute being played and Ayahuasca kept telling me that she is summoning my ego to come out and purge itself, who was also apparently a snake inside my body. I could feel this snake wiggling inside my body while I am hearing a flute being played. I do not know if you know those people who play the flute and the Cobra dances. If you know I am talking about, so that is what it felt like. It felt like someone was summoning a snake to wiggle inside of me. It got progressively more and more uncomfortable and all of a sudden I remember I am laying on my stomach because I just went from getting nauseous to wanting to purge, could not purge, laid down on my knees or was on my knees, then laid on my belly. Then, I started to release things from my pores. It is not just sweat but actual objects, like spikes. Specifically, I remember seeing spikes coming out of my pores. At this point, it became so excruciating and uncomfortable that I started to panic. The night before I actually had an insight come in, in the morning of the ceremony number two, that I was being very prideful by not asking the shamans for help when I really needed it the night before. I remember waking up thinking, "Wow, I did not need their help. I did it. I made it through, blah, blah, blah, blah, blah." I was kind of being prideful about it. Then, I realized that morning that I never asked for help in my life, and that was just a representation that I needed to learn to start asking for help. Ayahuasca told me that if I asked for help, I would be rewarded for it. I remember, when I was getting really uncomfortable, I raised my hand. I remember looking at the shamans in front of me raising my hand, waving my hand, and nobody is coming up to me, nobody is paying attention to me. They are looking at me, but they are looking past me. I started to panic. Ayahuasca said, "No, if you want help you go get help." Then I just felt everything in my being get up and make a beeline for Christian, who was the shaman serving the medicine the night before. I remember coming up to him and saying, "Hey, I am really struggling and having a hard time." I sat right like on my knees in front of him, and he is sitting up in front of me saying, "Okay, shhhhh. Just relax. Just relax." He started to fan off and start to use all these tools that the shamans use. They have fans; they have feathers; they have fans that are in the shape of them. So they have like plants, mini palm-tree-looking plants, that are in the shape of a fan. He was just waving things over me, chanting over me, praying over me, doing all these things, rubbing herbal lotions all over me. Then another shaman was behind me fanning me down and rubbing my back and just moving the stagnant energy and I could just feel the movement of the darkness just leaving me, and all of a sudden a shift happened. I went to a deep trance, and a white owl appeared. This owl opened me up to the darkness that was surrounding me and I just remember this owl above me. The only way I can describe this, and I actually have somewhat of a confirmation that I learned the next day, that she took me to Source. Source tends to appear to you when you are doing plant medicine as a big ball of blinding light. The way I would describe this is, all of a sudden, I went from dread to Nirvana. You know in movies when someone dies, they go to this like white light, but then the whole screen becomes a white light. That is how it felt. I felt like I just lost sense of myself; I lost sense of time; I lost sense of everything. Nothing else mattered, except the fact that I felt the most blissed out that I have ever felt in my entire life. It was like describing Nirvana. There was nothingness except for the most pure love that I have ever felt in my life. I felt like I had died and went to heaven. I sat there for what felt like, I do not know, if I were to estimate, 30 minutes maybe. It was probably five, to be honest, because I do not think they would have kept me there for 30 minutes, but it felt like an

eternity. All of a sudden, the shaman asked if I wanted to go back to my mattress. I reluctantly agreed. I was like, okay, and I march back to my mattress only to have this dread come back over me again. Ayahuasca started to communicate with me back and forth from this point on. And she said, "Hey, hey, hey, hey, hey, let me back in. Let me back in. Why are you resisting me?" I said, "Okay," then she said, "See, you can trust me; I healed your jaw." I said, "What?" I opened my mouth; I have had a jaw issue for the last maybe three years, where every time I opened my mouth, it clicks. For the first time ever, I opened my mouth and there was no clicking. I could open my mouth wide. She said, "See! Congrats on fully surrendering for the first time in your life." Then she said, "Congrats on merging with your soul. Now enjoy having your soul in your body. keep letting me back in and you will feel bliss." I just remember feeling for the first time that my soul had merged with my body and that I was having a date with my soul. I remember I started dancing, like belly dancing, and grinding my mattress and just feeling what it is like to have my soul back in my body. Ayahuasca kept saying, "This bliss is yours." I remember through the whole night, I would get triggered by something or someone and then I would just relax back into it and go back into my state of bliss. Ayahuasca said to me, "See, Kathrin, you get so distracted from your happiness. You have bliss available to you every single day, but you allow life to get in your way. Nothing else is real. Nothing else matters. Surrender to the bliss that you have available to you." It was just so beautiful; we played this game. She allowed me to practice what it was like to have inner peace of mind without letting the daily life distract me, when people would cough or sneeze or cry or laugh or run around or walk around or anyone would talk. Not many people are talking to be honest. Everyone is having their own journey, but, like, if the shaman was talking to someone or telling them to calm down, I kept getting triggered then I would play this game or I would just practice relaxing, relaxing, and feeling peace for the first time in my life.

I remember in the middle of Ceremony, in the middle of this game, this woman gets up. It sounded like someone was talking over an intercom. It just sounded like it was in this world, but kind of not in this world, like coming from a distance over an intercom, saying that she was leaving ceremony. She was announcing the fact that she was leaving Ceremony; she did not want to be part of it. It was said in a really creepy and disturbing way. It caused me to temporarily panic until I realized - She has walked out of the maloca, simply walking out of the maloca. Then, I realized something on two different levels: on one level, I saw her soul follow her and saying, "No, no, no, we were going to merge; we were going to merge." And I was thinking, "Ahh," and I remember sending her love, like a ton of love. I thought, "Oh man! She is really struggling; I am going to send her love." At the same time, I had this download that that was an old version of myself who left the maloca. I just felt like decades of my life just left the maloca, too. I remember, finally, for the first time in like a ceremony and a half, I was able to finally go outside. The beauty of Rythmia is that they have the maloca, which is all considered indoors where they have the mattresses, but they also have hammocks hanging outside that you can hang out in; you lay on the grass; you can look at the moon and the stars and see the trees and the plants and it is just so beautiful. So, I finally went outside for the second half of my journey, and I was just enjoying bliss. I kept questioning if I was actually feeling bliss or feeling liberation or feeling freedom and all these other positive emotions. Ayahuasca pointed out to me so profound, oh my God. She said, "See? How come you can recognize fear, anxiety, worry and

all the negative emotions when you feel them (you know what you are feeling; you are so familiar with them) but you are questioning if what you are feeling right now is an actual emotion or just an illusion. Do you see how little you are familiar with your positive emotions?" I thought, "Whoa, okay; you are so right. This is peace. This is liberation. This is freedom and I get to keep it and it is mine." It was the breakthrough that I dwelled on for the remainder of the night in the hammock. I think I fell asleep for about an hour outside. I was just feeling so much peace for the first time in my life, peace that I could not describe. I felt love for my body. I truly felt like what it was like to have my soul in my body for the first time since my mom's womb or first time ever. I was dancing with my soul. I remember I kept dancing and moving my hips. I felt so feminine and so free. Then ceremony was over, at around two in the morning, and we did a closing circle. And before we went to bed, I walked up to the shaman. I explained to them what happened: how I was being guided to ask for help, and no one came up to me and so I basically marched my ass over to them. I was talking about my experience and how I felt like I died. The shaman said, "Yeah, you definitely did; a part of you died tonight." The whole part about ayahuasca is not the fact that you are going to die.

You feel like you are dying or you feel like you have died but it really is about rebirth. Part of the merging of the soul is for you to experience a death so that when you are reborn your soul is merged back with you so that you can end a chapter of your life, a massive chapter, and start a completely brand new chapter with your soul intact. So you can feel whole and no longer chase things that are coming from voids or coming from distractions, so that you are no longer numbing pain. My ceremonies, which will be in the next episode, three and four had a lot to do with figuring out how I have been repressing and how I have been suppressing and how I have been escaping truly feeling my emotions; how society teaches us that our emotions mean weakness, how society really represses and suppresses the feminine divine energy, and how that is what is creating this imbalance in the world. All of our troubles and pain and suffering is coming from the fact that we are not recognizing that masculine energy and feminine energy are just as powerful as one another. They are just opposite in nature, and they are needed for us to save the world, save the planet. A lot of this healing we have to do as light workers is through embodying more of that feminine energy and respecting the divine feminine, and feeling whole again so that we are no longer pursuing things for selfish reasons. We are realizing that what we are pursuing has to be for the highest good of all involved. That was really such a beautiful, beautiful, profound experience. I was so relieved to have night two. Then I went to bed. The next day, surprisingly, was very, very hard for me because I felt like I felt such high highs. Then what I felt in Ceremony, thinking, "How do you compare to the high of going to source, going straight to source, being source, and then coming back?" Anything in comparison just felt so low for me.

There was lots of processing and lots of crying and I remember I did not want to be around people and I felt I was learning to be myself all over again. I was just really giving myself an opportunity to heal and then it all changed; every single sadness and frustration felt, changed in ceremony number three and number four, which I will be saving for the next episode. Got to give you something to wait for. So, as you can tell, this is why I obviously recorded Ceremony one separately from three or four because we are already an hour and 45 minutes into this episode. I hope you guys enjoyed this episode. I cannot wait to continue and share with you

what happened in ceremonies number three and four. Then of course what happened after the ceremonies, after Rythmia; how I am integrating what I really learned. I am curious to hear from you. Send me a DM, tag me on Instagram, leave me a comment to let me know what you thought of this episode. I am just so curious to connect with you because that is my experience. If you guys have not signed up for *Epicly Aligned* yet go to manifestationbabe.com/links: this is the Manifestation Babe New Year's Eve party where you will literally create and manifest the best year of your life yet. I will share with you all the tools and processes so that you can step into the new decade as if you took ayahuasca but without taking ayahuasca because I am going to show you how to release everything that is no longer serving you, giving you a completely blank, clear slate, helping you heal your past so that you can step into a new future feeling light, feeling free, feeling liberated, and feeling at peace. Alright, so manifestationbabe.com/links. I will catch you guys in the next episode. Love you so much.

Thank you for listening. Bye.

Thank you so much for reading this episode. Thank you for sharing. Thank you for tagging me on Instagram. Thank you for leaving a review on iTunes and I hope you are enjoying the free manifestation hypnosis that you get when you leave a review. Just screenshot it and email it to my team at hello@manifestationbabe.com and I will see you in the next episode.

I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.