

Episode 171: KAMBO: That one time I did a frog "poison" deto...

Tue, 7/28 2:23AM 1:10:46

SUMMARY KEYWORDS

frog, ayahuasca, medicine, ceremony, feel, people, purge, practitioner, sedona, body, healing, toxins, called, spirit, process, intention, life, cassidy, indigenous, thought

SPEAKERS

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Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, 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're going. Leave it to me to provide you with tools, resources, strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together, so thank you so much for pushing play today. And now, let's begin. Hello, my gorgeous souls and welcome back to The Manifestation Babe Podcast. Today is going to be one of those story time episodes based on something that I experienced about two weeks ago in Sedona called kambo. So, I very appropriately named this episode kambo because of that one time I did a frog poison detox. So, I've been super open with you guys about my own journey of trying all different kinds of healing modalities for the sake of evolution, growth, learning, discovering myself, and really clearing what no longer serves me, so that I can create space for what I simply desire in my life. I've obviously recorded - I think we're at six episodes, now - just on my ayahuasca journey that I did back in December. I recently did

something new, something different something related called kambo. What's funny about this medicine is that right after I did ayahuasca, I remember becoming obsessed out of the blue with kambo. I've heard about kambo before. It was really after we transferred from the hotel we did Rythmia at - the Plant Medicine Center in Costa Rica - to our hotel, which was next door, also in Costa Rica, for us to integrate and transition before we fly back to our normal lives in the busy cities spread across the US. I remember getting this download of kambo; that I have to do kambo. I didn't even really understand what it was. I knew that my friend Stephanie Bellinger - a lot of you guys might know her; she is @thespiritualbossbabe on Instagram - has done various types of plant medicines. She's actually the one who introduced me to the world of plant medicine, in the first place. I had never heard of things like ayahuasca before her. She has also done kambo before. For some reason, right after Costa Rica, I became obsessed with it. I started doing research on it, and for some reason, I could not stop thinking about it, which - just to give you guys a bit of a hint - if you cannot stop thinking about something at any point, it's probably a sign that your intuition is trying to drop that thing into your consciousness, knocking on the door and waiting for you to open the door, because there is some sort of opportunity. So, whenever you can't stop thinking about something - such as a certain book, or a certain person and how you need to open a conversation with them, or something like kambo - it means that there's something here for you. There's a gift inside waiting for you to open it. So, as my Sedona trip came closer and closer, my friend Stephanie Bellinger mentioned that she knew people in Sedona who facilitate kambo. She said, "If you're interested, I know some people." From that moment, I said to myself, "I feel like it's time to do it." I felt like I needed to do it, even though after doing so much research, I was scared out of my mind. Stephanie has actually done it in the past and she said it was a whole ordeal. It's very taxing on the body while you're doing it, and she wasn't interested in doing it again anytime soon because she did it for three days in a row. She said the 20 minutes - because that's all it takes; it's only a 20-minute ceremony. The actual process - not the ceremony, which is really long - from when the kambo enters your body to when it leaves is a 20 to 30-minute process maximum. So, it's not even that long, compared to ayahuasca where you take the drink and you're in it for eight hours. But hearing this from her, of course, did not help me right. It's funny that we ended up all doing it. But before I move on and lay the foundation of what kambo is, what it isn't, and the benefits, and give you guys a play-by-play - because I know you are here for the play-by-play of my story and my experience, and I'm here to give you every single detail you could possibly want to know to the best of my memory - I want to give a similar disclaimer that I did with my ayahuasca series. So, before we move on, let's just get the record straight; I am not a medical expert. I am in no position to tell you what to do with your body, nor am I in any position to recommend something like kambo to you. Even though I will be talking about whether or not I recommend it, please just understand that this comes from my personal experience; it has nothing to do with me understanding you, your body, your decision

making, and anything like that. So, even though this is a legal medicine - which, for instance, ayahuasca is illegal in the US, which is why I did it in Costa Rica - kambo is actually very unique. It is legal in most countries, but it's still not for everyone. It can be dangerous if you're not paying close attention to the contraindications, as well as any negative effects. This can happen to someone who hasn't done adequate research or decides to do kambo with a practitioner who is very inexperienced. All the dangers that come from doing kambo is usually a practitioner who doesn't know what they're doing, or from you being on a certain medication, or having a certain underlying health issue that makes it very hard for your body to process kambo. So, of course, I always promote doing your own research and making your own choices when it comes to these alternative healing modalities and medicines. Now that that's out of the way, let's lay the foundation of what kambo is and what kambo isn't. When I posted about this on my Instagram, there were so many of you who were very open to what kambo is and very excited to hear more about it on the podcast. A lot of you were looking forward to this episode. I had a lot of people who have done it, sharing how amazing of an experience it was for them; I also had a lot of people who probably did a quick Google search and got a lot of misconceptions -because there are misconceptions, and we're going to talk about those - and came after me in regards to those misconceptions. And so, of course, I opened it up as an opportunity to educate some people because I have educated myself on this plant - well, I can't even see plant medicine, because it's not coming from a plant - but this healing medicine. And so, I want to carry that through this podcast so that you guys understand what it is and what it isn't. Kambo has been named the "vaccine of the forest" (by forest, we're referring to the Amazon Rainforest) for its strong healing properties and ability to clear out every single virus, pathogen, harmful fungi, and bacteria in the body in a single session. Whoa. So, what it refers to when we say kambo is a peptide secretion that comes from the Giant Monkey Frog - which is really cute, if you want to Google it. It's green, super cute, and I love this frog; I have a special connection to this frog now. This frog lives in the Upper Amazon Basin. Kambo has actually been used as an Indigenous medicine for thousands of years before it ever became known in the Western civilization. As we are learning about these powerful medicines here in the Western civilization, keep in mind that these medicines have been used for thousands of years. There's enough evidence to show that ayahuasca was used at least 4,000 years ago, and that's just the written, fossilized history. I think they found some ayahuasca in the ground, somewhere, that's been dated 4,000 years old. Just keep in mind that this doesn't mean that it was the first time people discovered it; it could have been around for tens of thousands of years. Who knows? But it hasn't been known by the Western civilization until people started traveling to places like the Amazon, learning from the Indigenous tribes, and seeing what they use for their livelihood. What do they use to get well when they get sick? Correct me if I'm wrong, but I believe that Kambo was discovered in the 1980s. There has been a lot of scientific research done on it, and I will share some of the research and what came out of

that research. But if you go on Google and you go to the first three articles - the first page will have all the articles telling you how dangerous it is, all the misconceptions, and how there's not enough scientific research. What is interesting, and I'll share that with you in a second, is how much kambo has been used in Western medicine. A lot of pharmaceuticals come from a lot of the research that has been done with kambo. So, anyway, how did how did people find it? There's a story and a whole legend behind ayahuasca, and there's also a legend behind kambo. Because how do you just know that this particular frog in the Amazon Rainforest has healing properties? How do you find that out? So, the legend goes that there is a tribe in Brazil that once got incredibly ill. Their medicine man - and I probably will butcher his name, but I will try my best - Paje Kampu, known as a shaman in today's times, who tried everything to cure his tribe. He tried every single herb, plant, and medicine that he knew and could think of. He would use them, and nothing was working. For some reason, this disease was not leaving. Nothing was helping it. And so, one day, he took ayahuasca to get answers for what he could do to save the tribe from dying and going extinct. He used ayahuasca to get some clues and visions; he brought that intention into his ayahuasca ceremony. Ayahuasca ended up showing him a frog that produced a white secretion, and that if you apply this white secretion in a very particular way, it will cure them from the illness that they were experiencing. So, he thought, "I've tried everything. What is the harm in trying another thing?" And so, desperate to try anything, he went on to try it, and it freaking worked. So, now the legend lives on that when you do kambo, it's the spirit of the frog; similar to how I shared with ayahuasca, there's a spirit of the plant. There's a spirit of the frog in kambo, in addition to the spirit of Kampu, the tribesman and medicine man himself who comes to your kambo ceremony to aid in the facilitating of the healing. I personally did not feel a presence from a spirit of a human in my ceremony, but I definitely felt the spirit of the frog. Also, fun theory: Our facilitator, who learned how to administrate the kambo medicine and facilitate the ceremony from the Indigenous in the Amazon, said that there's actually a legend that goes as far to say that there were many different tribes who all got sick at the same time, and who all got the download of kambo medicine at the exact same time through ayahuasca. It wasn't just one tribe who discovered it because if you do your research, you'll find that there are a lot of different tribes who use it. A lot of tribes are pretty isolated from one another, so it's just very interesting to think that could be a theory as well. I really like that theory because knowing the magic of how this universe works, and how often we get very similar ideas to one another and very similar downloads at the same time; and having had done ayahuasca and experiencing the same download that three other people got in the ceremony, I could totally see how that happened. The most fascinating part about the kambo frog to me is - and this is something very interesting to think about, and it goes to show you the mystery of life and how mystical this medicine truly is - the frog itself - the Giant Monkey Frog - doesn't actually have any natural predators in the Amazon. It's a very docile creature that is absolutely unharmed by the process of secretion collection.

Very little is known about why it even creates a secretion in the first place. The secretion isn't actually poison. Now, I know I titled this podcast, "That one time I did a frog 'poison' detox." I will share with you why people call it a poison, but it's not actually poisonous. The frog has no predators; it has nothing to protect itself from. So, the fact that it creates the secretion in the first place is very mysterious because, like other animals that do need to defend themselves, protect themselves, and do create toxins and poisons (i.e. plants, certain animals), the kambo is different in the sense that it doesn't need to protect itself. So, it's very interesting. It doesn't have any natural predators, and there's actually an abundance of them that live in the Amazon. The reason why people label it as Frog Poison is because of the way that your body reacts to its intake. It's a very easy label based on the symptoms that the kambo entering your body creates. A lot of what I'm going to be talking about when I share what I experienced - because I can only speak from personal experience. If you Google this, they'll share with you, "First you're going to feel heat; then you're going to feel this; then you're going to feel that." It's very similar, but everybody still experiences it differently. How most people think that's your body reacting to poison, what is actually happening is that these are peptides that running through your body and causing all your tissues to dump out toxins. So, your liver, kidneys, and everything dumps out toxins into your gut, and then you have to purge that out. It's the building of the toxins. When these toxins are hidden in your tissues, you acclimate to them over time. You know when you eat junk food your whole life, and then you decide to go on a detox? It's the most painful thing in the world, and you're wondering why you feel like shit. It's because your body is finally feeling what it feels like to not have those toxins in your body and release those toxins. When you're clean and clear, the next time you eat McDonald's (I don't even know what that tastes like anymore; I haven't had McDonald's in 20 years), some fried food, or something that's not very good for you, you will feel like shit. You'll think, "Wait a second, how come I didn't feel like shit for the longest time when I was eating this every single day?" It's because your body acclimates to it. This is your body feeling the effects of all of the toxins dumping into your stomach all at once. That's what makes it seem like your body is reacting to poison, but once you purge that out, through the process of kambo, you're constantly purging. It's very purgative since it's a detox. So, as you're purging, it feels like you're feeling better every single time you throw up. That's because you are throwing up those toxins over and over again until you have none left. A quick thing I wanted to mention - a misconception - is I had a few beautiful souls who were animal lovers telling me that they were concerned about the frog being harmed in the process of kambo collection. What I have learned from my own research, as well as speaking to my practitioner and from what I know about the Indigenous of the Amazon, is that the Indigenous of the Amazon are the last people to ever torture animals. If there's anyone who has more respect for Mother Earth, I would say it's the Indigenous tribes. They have the utmost respect for the animals because they rely on these animals and various plants for their well-being in medicine. They don't have a pharmacy, they don't have the

access to Western medicine that we do, there are no labs. And so, they rely on going into the forest and picking out plants and animals for their own health, healing, and medicine; so of course, they want that to last, and they want more and more of it. So, they're going to treat it with respect. The process of kambo takes about five minutes. What they do is they call a specific song; the kambo frog comes up to the Indigenous, the collector, the tribesman, or whoever; it sits on a branch, and as it's sitting, they take a tool and they scrape it - usually on its leg - and then they collect it, dry it out, and bring it home. The frog is released back into the wild - it just hops away. Whenever they sing the song - every single night, or however often they collect it - it comes back. The same frogs come back over and over again. If the frog felt truly threatened and in danger and felt that this process is harming the frog. I don't think that they would keep coming back. So, just something to think about, know, and feel comfortable about is that you are not torturing animals for the sake of spiritual healing. That is a big misconception. Another misconception is that it is a psychedelic. It actually isn't, which makes kambo unique. There are no psychoactive properties to kambo unless you are a very open channel. Our Practitioner, who was facilitating our ceremony, said that he's had people straight up see frogs and hallucinate a little here and there. I immediately freaked out because I was not ready for a hallucinogen. "I did not come here to hallucinate. I just want to learn to ground into my body. I want to do a body detox." I will tell you that as an open channel, I had a lot of messages come through. I had some visions come through, but it wasn't anything like a psychedelic; so, you don't have to worry about that. If you're not ready for that or are afraid of that, there are no psychoactive properties to kambo - only things that are felt on the physical level; because you're going to go through a purge on all different levels - mental, spiritual, emotional, and physical. The purge really is on the physical level. I don't think I really sweat or cried, but everyone's experience is different. For some people, that is their purge. For some people, they purge through their butt; others purge through their mouth. For me, it was a purge through my mouth. Kambo is 100 percent legal in most countries, but you need to check up on the laws in whatever country you're in and wherever you're listening to this episode - obviously, that's the country you want to Google it in. But the one thing that does make people feel more comfortable about kambo is that it's legal in most parts of the world and it's fairly easy to find a ceremony. You would laugh at how easy it is. I found so many in LA after I opened myself up to kambo, but I really wanted to do it with not only my girlfriends that I trust that we do these crazy things with - these awesome things for the sake of spiritual growth, healing, wellness, and all that good stuff; but I also wanted to have a conversation with the person who's facilitating, making sure that I trust them. I'm pretty good at reading energy when I talk to people, and depending on what my intuition tells me is how I base my decision-making. "Yeah, I feel good about this place," or "Yeah, I feel good about this person." It really is key, though, to find a facilitator who you trust. There's an organization called the International Association of Kambo Practitioners (IAKP) that has a list of practitioners from all over the

world who are trained to not only safely administer the kambo - because they go through an actual school for it - but also do it in a way that's sustainable. So again, not harming the environment, not harming the frog; it's ethical, and also gives back to the Indigenous. So, if these are things you care about, I would definitely go through something like the IAKP. I'm also a personal recommendation; ask around. You'll never know, you might know someone who administers kambo. So, why kambo is powerful, and what is it used for? In other words, "Kathrin, why the EFF did you choose to do it?" I chose to do it for the benefits because the process is no fun at all. It's not something you do recreationally, with your friends, or when you're bored. I really chose to do it for the benefits. First and foremost, in the Indigenous tribes, kambo is used as a vaccine, like how we have a vaccine here in our Western civilization. Kambo is protective and preventative, and supposedly treats a lot of illnesses, as well as what they call "bad luck," also known as panama. Panama basically means that there's a cloud of negative energy following you. This cloud of negative energy basically manifests negative things into your reality. What kambo does is it can clear the bad luck away so that you can create space for what you want in life. Kambo is a complete clearing on the physical, mental, emotional, and spiritual level without any psychoactive effects. On the physical level, kambo contains many different peptides that have been linked to being potent painkillers, detoxifiers, immune system strengtheners, and hormone balancers. Kambo is known for clearing, removing, treating, and helping with the following conditions, such as arthritis, Lyme disease, addictions, thyroid conditions, chronic fatigue, Parkinson's disease, fibromyalgia, diabetes, high blood pressure, anxiety, depression, PTSD, various cancers, fertility problems, HIV, herpes, and more. The fun fact that I wanted to share with you guys is that there were over 70 different patents in Western pharmaceuticals that have come from the peptides in the kambo frog. So, maybe you, someone you love, or someone you know, has taken medication in the past - or maybe are currently taking - which contains synthetic versions of the peptides found in kambo. However, with pharmaceuticals, for instance, you're taking on all the side effects. If you've ever watched a commercial - I'm sure you have - of a medication, and they say, "Some common side effects are death, diarrhea, seizures, and suicidal thoughts." They talk about all these side effects. With kambo, however, we just take the kambo and there are no side effects. Kambo is very much like ayahuasca, which has its own intelligence. So, like other plant medicines, it will help you clear whatever you need, and often without you being aware of what it's clearing. It's similar to ayahuasca in the sense that there's a spirit that's basically helping you and assisting you. I very much felt and had a full-blown conversation with the frog spirit. So yeah, it's definitely there, and I'll share with you guys what it said. On the metaphysical level, it resets your chakra system; it cleanses your auric field; it releases traumas from your tissues; it reveals your shadow for healing - I definitely spoke with my shadow side; it transmutes negative energy to create space for what you want to attract into your life. Our facilitator himself was very passionate about using kambo for manifestation in terms of creating space for what you

want in your energetic field - because we have space. Nature abhors a vacuum, and you suck all the good stuff in, as long as you focus on positive thoughts, positive beliefs, and what you want after creating space, because if you go back to the negative habits, thoughts, beliefs, you're only going to suck up the old. So, if you want the new, it's very important that you focus on what you want. So, what was it like to experience kambo? Here's where I'm going to share my personal experience. Let's get into story time. So, at the beginning of our Sedona trip, I was the only one who wanted to do the kambo, but I didn't want to be the only one. For some reason, I had this agreement with the universe where I said, "If there's one or two other people who will do kambo with me on this trip, I will do it." And so, I made that decision right when we got to Sedona. In about day three or four of Sedona, there was this crazy synchronistic meeting with a girl named Cassidy at one of the cafes called Chocolate Tree in Sedona. Cassidy is someone who was already following me, so she immediately knew who I was, and we got to know each other. She also met my friend Ashley Gordon (@ManifestWithAsh) as well as Jen Casey (@HeyJenCasey) at an NLP training about two years ago. Cassidy was someone who was diagnosed with Lyme, and a bunch of other things about two years ago. She's been using plant medicine, work, and other alternative medicines for her healing; for healing Lyme, mold toxicity, and other things that she was experiencing. She recently moved to Sedona, and we were just talking. My friend Lauren, who is @IAmBusinessBabem has been very open talking about her recent diagnosis of Lyme. It was a very synchronistic meeting, where Cassidy started talking about how she has been doing kambo for her healing, but also how she just recently did kambo, and how she was doing it again the next day. She said that if we were interested, she could connect us with a practitioner that she was friends with. I remember looking at Cassidy and seeing this glow about her that I couldn't shake. She just looks so light and free; there was a zest within her that you just couldn't shake. She was just so magnetic. I think that all of us noticed it, because it immediately opened up a conversation about kambo. Me being the person who did a fuck ton of research on it, and with Stephanie actually having done it, we of course started talking more about it. By the end of this day, there were three of us who decided EFF yes! And so, we decided to reach out to Cassidy and schedule a private ceremony for the next day. And so, the three of us decided to do it. We had a conversation with a practitioner. He said, "Yeah, I can do a private ceremony for you guys." So, then, excitedly, I said, "Guys, can I go first, please? I have to go first because I want to get it over with." And so, the other two of us - which was Lauren and my friend, Stephanie Burgos, my original mentor who I've talked about before (@HealthyERDoc). They agreed. The other girls that were coming that they were going to watch, support, and be in the energy. Our practitioner said that anybody who comes to the ceremony will get some sort of benefit, whether they take it or not. But the funny part about this is that all of us decided to participate. All of us did a full dose, which was so much fun. Well, not fun in the process, but fun that we all got to experience it. The healings and the transformations that we had afterwards were just

unreal. So, that night, as I'm going to bed, the Kambo Spirit came to me right as I was falling asleep. And here's the thing about plant medicine, healing, or making decisions in your life on an energetic level; the moment you make a decision, that thing starts working through you. This is often very common when people decide to do something like ayahuasca; they realize that the moment they decide to do ayahuasca, it starts working through them. Our practitioner also said that the moment we decided to do kambo, the Kambo Spirit is going to start working through us; and so, we might experience some healings even tonight, and to take tonight slow and eat a good meal - a good plant based meal, no fried food, no dairy, no sugar - just keep it keep it healthy. And so, that night, as I'm falling asleep, I'm sitting in bed, nervous, and I'm doing more research, thinking, "Am I going to survive tomorrow? Is this dangerous? What am I doing?" My ego really kicked in. Right when I put my phone down, I said to myself, "I'm not doing myself any favors. I agreed that I was going to do it. It feels right. I got all my signs -" I literally asked for 12 signs, and I got them all - "I'm doing it. This is meant for me. I have to do it." And so, I decided to go to bed, and all of a sudden, my heart starts pounding. Am I going to have a panic attack? What is happening right now? Why is my heart pounding? I'm trying to fall asleep! All of a sudden, I feel this heat rise up my body. I was thinking, "Why am I feeling hot right now?" All of a sudden, I feel this electricity going through my veins and I'm wondering, "What is happening?" I feel so much heat rising to my head. I remember feeling heat coming out of my ears. Guys, I didn't take anything. I was just trying to fall asleep so that we could do kambo the next morning, but I'm literally feeling the effects of kambo. I then immediately got this download of the Kambo Spirit talking to me, saying, "Hey Kathrin, can't wait for tomorrow. Just so you know, I'm already working through you to make tomorrow easier." Okay, I guess I like that. I mean, how hard is this supposed to be that you have to do some work on me tonight? But okay, fine. Let's see. And so, the next day, we drove to our meeting spot, which was supposed to be a creek. We were originally going to do it at 8:00 am, but because the creek was busy when we got there - there were people there because it was the Fourth of July weekend - so we decided it would be best if it was done in the practitioner's home, which was a huge relief for me because, for some reason, I felt safer doing it in a home with access to a bathroom and civilization, rather than a creek with absolutely no service. Cassidy told us that doing at the creek is way more magical than doing it at a house, but it was up to us and our decision, so we decided to do it at the house. And so, we went to the house and were just nervously chatting away, waiting while they were setting up. The little team that we had - the team of facilitators - were planning on doing it at the creek, so they packed up all their stuff, and they really needed to unpack it. So, we were waiting for them to do that. We talked with the Practitioner for about an hour afterwards about any questions we had, or any health concerns. It was very important to bring up all of our health concerns and anything that we feel might get in the way of the ceremony. We actually did this the night before, but he said, "Any last minute questions, any concerns? We want to make sure that you feel super

safe and in the right place." I personally felt so safe in his presence. I felt very safe with his girlfriend, I felt very safe with Cassidy. There was also a musician that was there to play live music for our ceremony. It was magical. You could tell that they treated kambo with the utmost respect, and that they're very heart-centered healers that here to help. I felt really good about the whole thing. And of course, I was nervous. Of course, I was sweating. My palms were sweating; my heart was racing. I was like, "What the frick am I doing?" So, the ceremony began, and we first started with our intentions. We were speaking our intentions into this beautiful feather tool that belonged to the Practitioner - it was given to him as a gift - and it was believed to be an antenna and an amplifier of our intention. So, we passed it around and we set our intentions. Intentions are key. Intentions are everything when it comes to not just plant medicine; intentions are key for life; intentions set the foundation behind what we get to experience in our life. So, it's very important to set whatever intention that you want to experience. I said my intention is to ground into my body, detoxify my body, heal my mind, body, and spirit, bring them back into unison, and bring them back into centeredness. I really wanted to feel grounded. I really wanted to feel safe in my body. I was using kambo as a way for me to not only detoxify, but also to feel rooted, and not like I'm always floating off somewhere, or avoiding my body - which I learned, through my breathwork practices, that very often, my soul and my consciousness likes to escape my body; for some reason, it doesn't feel safe in my body. And so, I really wanted to heal that. This, of course, comes from sexual abuse in the past. We can have all kinds of traumas that cause us to not feel safe in our body. One way of coping with trauma as children is to split from our soul, or our soul splits from our bodies, or our consciousness to leave and dissociate from our bodies. It's very common, and oftentimes, people don't feel safe in their bodies because they experience some sort of trauma. What this plant medicine - or I guess animal medicine - can help you with is to ground you back. You're much more powerful in the 3D world when you're grounded into your body and have your mind, body, and spirit working in unison, than if you're just leaning far into two out of three. Some people are very body and very mind, but they don't have the spirit activated; some people are very mind and spirit, but they're not grounded into their body, and so they don't really experience the physical manifestation of their minds and spirits because they're not in their body. So anyway, I digress. In most of the ceremonies, we did the Rapé. Apparently, it's pronounced HA-pay by the Indigenous, but at Rythmia, we called it RA-pay. It's very similar to any other ceremony, where you prepare your body for the ceremony. This is one way to prepare your body for the kambo. Just to give you guys a reminder, rapé is a medicinal tobacco snuff that is super powerful for grounding, aligning your chakras, getting your energetic field open, and purging your third eye, ready for whatever it is that you're meant to experience. And let me tell you, I received a very large dose of the rapé, and it took me out of this world. I felt myself completely lost somewhere in the ether for just a moment. Before I had to come back, I told myself, "Okay, Kathrin, come back." I felt myself vibrating at a super high level. My third eye just blasted open,

and I felt myself just floating off until I told myself, "Okay, Kathrin, Let's come back, let's come back, let's come back." And then, I remember with the rapé, I was looking at the altar and there were several frogs on this beautiful altar and so many different things. There were four or five frogs, and the one that was closest to me started to speak to me. It literally said - I'm just quoting this frog, which is the frog spirit - "Hey, Kathrin, I know this is super important for you to know, because I know you. We've met before. Maybe not in this lifetime, but we've been longtime friends. I'm your medicine. We love working together. I just want you to know that you're going to live through this experience. You're not going to die, so you don't have anything to worry about. Please enjoy the ceremony. Oh, also, you're super psychic. It's time to own how much of an open channel you are." That's literally what it said. I remember thinking, "Okay, gotcha. Good. Well, I'm glad I'm staying alive," because, of course, that's always our concern, "Am I going to live through this experience? Am I doing something that's going to kill me?" It's so funny that's what the Spirit told me, "Hey, before we begin, I know that you're always thinking, 'Am I going to survive?' And I just want you to know that, yes, you will survive, so you have nothing to worry about." It was so beautiful because that's what allowed me to surrender. So, the next part - there's two parts before the kambo, it's a whole shebang. We were in the ceremony for eight hours. We thought this was going to be 20 minutes here, wham, bam, thank you, ma'am, and then leave. But no, we had to cancel our entire days worth of stuff that we had planned. We didn't realize. The facilitator said, "Oh, no, you guys are going to be here until 3:00 or 4:00 pm." And, mind you, we started at 8:00 am. So, the next thing was called sananga. Sananga is another common pre/post kambo and pre/post ayahuasca plant medicine, except this time, sananga is administered through your eyes. I think sananga comes from a bark that is related to another plant medicine called iboga, or sananga might be an iboga itself. It's administered through your eyes rather than ingested. It's also used by the same tribes that use kambo, and what they use it for - and just so you know, the Indigenous also use kambo for hunting. It's a very powerful hunting medicine because it really sharpens your focus. Sananga, very similarly, strengthens night vision for hunting, and is also used for spiritual healing. Sananga is known for treating and preventing ocular diseases, detoxifying your body, increasing visual perception and enhances colors. It also helps clear anger, addictions, depression, and anxiety. It resets the energetic field, and it also clears negative energies in the body. Again, like I said, the bad luck is called panama. The sananga is a very interesting process; they basically walk around, they put drops in the corners of your eyes (with your eyes closed) and then they say, "When you're ready, open." The moment you open your eyes, sananga enters your eyes, and it burns so bad. Talk about the worst pain I have ever felt. Your eyes are so sensitive. It's not literally the worst pain I've ever felt, but your eyes are so sensitive. When your eyes burn, it's so hard to make them stop, so you just have to let it pass. The thing is, the whole challenge with sananga is that you're not supposed to tense up, because the more you tense up, the less effective it is; the more you just relax and breathe through it, the better it is. Breathwork

really prepared me for these medicines because through breathwork, I learned that through your breath, you can process anything. And so, I just let myself breathe, and breathe, and breathe. It only burns for 60 seconds, and then it kind of burns for another 60 seconds, and then it barely burns another 60 seconds, and then it's done. So, it's pretty quick. Now, I will say the first time, I thought that it burned; but there was another sananga dose coming that I was not expecting to burn even stronger than the first. But first, we did kambo. It was next thing we did. We walked in and told our Practitioner, "We already have an order of who's going first, second, third, fourth, fifth." He said, "Actually, I choose who goes first." We never said our order. We never told him our order; he just said, "I will choose who goes first based on the energy of the group." I guess he heard my intention, because the next thing I know, he was handing me the cassava. Now, there are two schools of thought with the cassava. One of them is that you would drink cassava, which is a starchy root vegetable blended in water; it has this watery, mashed potato texture. The cassava is supposed to be a toxin binder, so that the kambo is easier to process and you don't feel as nauseous or as horrible as you do with the other school of thought. The other school of thought believes that you just need a drink two liters of water, all at once. That then fills up your stomach and allows the toxins to collect into the water, and then you purge. The thing is, with water there are no binders, so you feel all this toxin dump. With the cassava, it is not supposed to be as painful. So, I really appreciated that he came from the school of thought that uses the cassava. So, he hands me the cassava, and I go, "Oh my god, I'm going first. Holy shit, I'm going first. Holy shit. Okay. All right. Oh my god, this is happening." The Practitioner and Cassidy were there helping, and the Practitioner's girlfriend came to me with the kambo. They sat next to me and I just started sweating. I was mildly panicking, trying not to show it. I remember asking them, "My heart's already pounding. Is that okay? Is something going to happen, where my heart races so fast that I just die?" They said, "No, it's actually worse if you're not nervous, because if you're not nervous, then you're not here for the right reasons. If you're nervous, you have a respect for the medicine. If you're nervous, you know that this is some work to do. If you're nervous, you know that there's healing coming. If you're not nervous, then either you are super ready for it - for most first timers, they don't know what to expect so of course, they're nervous - or you're not here for the right reasons. So, of course, it's fine to be nervous." I could just feel the Frog Spirit telling me to relax. How kambo works is they basically take this stick, that looks like the back of an incense stick. If you have incense, you know how there's a very thin wooden stick. They heat it up with a flame, and then with this heat, they poke it into your skin. What it does is it leaves a burn. What this burn does is it opens up access to your lymphatic system. Kambo is never ingested or put directly into your bloodstream. It only works through your lymph, otherwise it can be dangerous. I've heard like that if you ingest it, you can die, and that if you put in your bloodstream, something else happens, but if it works through your lymphatic system, it's very safe. So, through these burns, they put the kambo. Think of this white secretion, this

white, powdery liquid, that's a little thicker in consistency. It's kind of like a clump that they put on each of the points. They asked me, "Where do you want it?" Traditionally, it's on the right leg for a woman, and the left arm for men. But my right arm, for some reason, was twitching really bad. They say that sometimes if you have a certain thing you want to work through, or a muscle that doesn't feel very good, or sciatica or anything like that, you want to place it in those areas so that the kambo can directly affect that area first. Well, my arm was twitching. I don't know why, but maybe that was a sign that it needs to be put on my right arm. So, I said, "Right arm." Kambo starts working the moment that it touches the point - they call it points. At this time, they put five points. They say that they never know how many points you need until it starts working through, and the Practitioner (if the practitioner is very connected to the medicine) can read your energetic field and tell you how much you need. They watch you, watch how the Spirit works through you, and watch how the medicine works through you based on how you're reacting to it. They'll then either take off some, if it's too much, or they will put some more on, if it's not enough. As soon as they put it on, it works - it works within seconds. The entire process takes about 20 minutes. Because there are six of us, and we have the sananga, the rapé, a Q&A session, the intention setting. We were in ceremony for eight hours. So, they placed two of the points on my arm. They put two points, and then they wait for two minutes, and based on how you react, they put on more. What's funny is that the moment they put two points on me, I started feeling electricity. It was the same electricity running through my veins that I felt the night before. The next thing I felt is my heart starting to pound. It was louder, deeper, faster, and boom, boom, boom! They say that your heart rate could go up to 190 beats per minute. I wouldn't say my heart felt like it was going any faster; it felt like it was just getting louder and deeper, like somebody took my heart out and put a drum instead. This lasted for about two minutes. Your blood pressure rises and rises, and then it falls. Afterwards, your heart rate and blood pressure stabilize, so you don't feel that anxious beating. It's kind of scary for some people because they think, "Oh my God, is my heart going to beat out of my chest?" No, as long as you just surrender to it and wait two minutes, it should go away. You then feel heat rising up to your chest into your face. A very common symptom of doing kambo is to feel your face swell up. That's a common symptom, but I felt no pressure in my head whatsoever. I was getting ready to feel pressure in my head; your throat can kind of swell, but it never swells shut - and no, it's not anaphylactic shock (some people think it is). Some people end up looking like a frog because their face swells; it's like a toxin swell before it flushes out, but I didn't feel any of that. But what I did feel is the nausea build and build. How I would describe the feeling through my body is like a discomfort. I didn't feel pain; I just felt very uncomfortable. When the nausea becomes unbearable, you have a bucket next to you, and you just purge. You want to keep drinking water through the process because you want your stomach to be full. The fuller your stomach is, the easier it is to purge. If you have nothing to purge, and if you have nothing for the toxins to go in, then you'll just have like toxins in

an empty stomach, and that just sounds like hell. So, I purged and immediately felt a sense of relief. The Practitioner then comes in and said, "You're ready for three more points." This happened within the first two minutes. And so, they put three more points on me, and then the process begins again. The thing about kambo is that you never feel it as intense as the first wave. It comes in waves, and each wave has a lower peak than the first one. By wave, I mean the building and the building, until it becomes unbearable, and then you purge. Build, build, build, purge. That's what I mean by wave. And so, they say that it's never going to peak to the same intensity again, because your body is already acclimated to the medicine. Even if they keep putting more medicine on, you're just going to feel it last longer, but it's never going to be as intense. However, even a little bit of discomfort for 30 minutes sucks. It's not like it's enjoyable at all, but you just get used to the process and surrender. You also know - and this really helped me - is I kept thanking the frog and the medicine. "Thank you, thank you, thank you so much for healing me." I was very proud of my body for handling something like this. I remember they put five points, and it started building again. I remember feeling very in my body and more grounded than I ever felt before. I started getting messages after the first purge, and the message that came to me at that point was, "This is how good it feels to be in your body. It feels so good to be here on Planet Earth." And that was my intention, to ground into my body. I remember looking at all the other girls. Again, everyone was watching me. We went one at a time; we were kind of stacked, so that when one was finishing up, the next one would go. And so, I went first and they're still watching me. I looked at them, smiled, and said, "Guys, this is fucking amazing. Kambo is my medicine." And they just all bust out laughing. I remember grabbing my wand that I made at a crystal shop the day prior, and just slamming it on the ground in front of me like it was a staff, and letting out this primal grunt/scream. "Aaaah!" I don't even know what I let out. The Practitioner is also like watching me and smiling. He came up to me and said, "Hey, your prana is really strong, and the kambo really loves you. It seems like you guys are old friends -" which is so funny because I didn't tell anyone that's what the frog told me, so it's interesting that he picked up on that. He said that my body is doing so well, so they're going to put more on me. I remember going, "More? Okay. I'm here to surrender, so sure." And so, they put three more points on me while I already have five on me. I felt it build again, and then I purged. I went through the process of discomfort again, and with the second purge, I felt I was really purging mental and emotional things. I was screaming, hurling, and grunting into the bucket. It was not just a purge because I felt nauseous; it was a purge because something was leaving my consciousness. After this, the practitioner comes up to me again. He whispered into my ear, "Thanks so much for surrendering. Thank you so much for trusting me. Thank you so much for trusting the frog. Thank you for trusting the medicine. You're doing so amazing. We all just had a talk, and we think you need way more. So, we're going to put someone on your back." I remember looking at him and saying, "Do we have to? I'm already so uncomfortable. I was very proud of myself for handling it to this level, but I don't know, how many more are you going to

put?" He said, "Don't worry, we're just going to put three or four more on your back." "What!?! Do I have to?" He just looked at me and then whispered in my ear, "Hey, you're not here for some bullshit healing, are you? You said you came here to purge. So, let's just make it the best healing you've ever had." I said, "Okay, I'm here for it. Sure." And, of course, my ego was like, "Fuck no!" But my higher-self was like, "No, no, Kathrin, you're ready for this." So, I agreed and said, "Okay, I'm ready." He came back, ready to put three or four more points on me. He then looked at my arm and realized that two of my points slipped off. When they're not on the points, the kambo doesn't work. It's a very on-and-off type of medicine; there's an on switch and an off switch. It doesn't stay in your body once it's off the points, and because it's a frog, it requires water - they keep spraying it with water throughout the ceremony - and if it dries out, it also stops working. So, it's not like something that enters your body and stays in there for hours. As long as it's on your body and on the points, it's going to work. As soon as it's off, it's not going to work. So, he whispered into my ears again, saying, "Hey, I was going to put some more on, but I realized that two of your points slipped off. And so, we're going to put the points back on and we'll see how it goes." And so, they moved it back and they saw me reacting to it again. They said, "Okay, that's why. Here we go." So, I stayed with my eight points. Apparently eight points is a lot of points. My friend Ashley had nine points. I think the average is six points. I think that a lot of grown men can barely handle four. So, it's very interesting how different doses work for different people. I purged my third and final time; I let out another primal grunt into my bucket. It was like nothing I've ever experienced before, even with ayahuasca. What I was purging was just on this deeper level than I've ever experienced before. Again, as I already mentioned, I just kept thanking the frog. I felt so held and so loved. I really wanted to tune into this unconditional love. I felt so held and loved by this very gentle, loving, compassionate Spirit who wanted me to be well. I felt so proud of my body for going through such an ordeal and for coming out stronger on the other side. I actually pulled a card before we started the process, and the card was all about being a feminine warrior. That's exactly what I felt through the process. I actually loved every single second of it. As soon as my points got wiped off, I remember thinking to myself, "Oh, hell yeah, I would do it again." If we had time and other people were down, I would probably do it again, because you can do it back-to-back up to three times. Yeah, I know, some people are crazy like that. Or you could do it three days in a row, and that's considered the Kambo Reset. But even doing it once is powerful on its own. I then got the points wiped off; I lied down; my whole body then just started to shake and shiver. I remember looking at the Practitioner, asking, "What does this mean? I'm not cold, why am I shaking?" He said, "Oh, don't worry, it's Kundalini Energy getting activated. It's just running through your spine." I remember being like, "Okay, that's awesome. Sure." I then went into a deep meditation and felt blissed the frick out. My body felt so clean; it felt so clear; it felt like I was just reborn. And then, because I was first, I got to watch and support the other girls through the process. Some of them had an easier time, like me; some of

them were smiling. I'm not going to say who is who because I want to respect their own journeys and how they want to share it, but some of them were smiling and laughing through the whole process, and some of them were really struggling to purge and let go. But for all of us equally, it was just as profound; all of us were like, "Hell yeah, we would do it again." After the kambo, once everyone is done, we did the sananga again. Just to remind you guys, the sananga is the eye drops, but this time, holy hell, it burned. I think it's because we were so clear, that the sananga was able to go on a deeper level. I thought it was bad the first time? No, it was way more painful than the kambo and the, the first round of sananga, and the rapé combined. But again, it only lasts 60 seconds, not even. The peak is right away, so the moment you feel it, it burns and burns, and then it slowly starts to taper off. We had live music. There was singing, there were drums and different instruments, and we just blissed out to the live music for about 30 minutes. Then, the ceremony ended. We did an integration process, because everything's an integration, where we shared what we learned. The Practitioner told us how kambo works very similarly with other medicines, where 50 percent of the work is done in ceremony, while 50 percent of the work is done at home. He said, "If things are going to come up for you, just know that's the kambo bringing them up for healing." This is what I always tell my students; when you enter my courses, my courses are very similar to this process where a lot of things are going to come up, and they're coming up for you to be healed. So, what did I learn from this process? The most profound learning that I got this time from this particular medicine was to surrender, and how rewarding it was to surrender, and how powerful it is to just sit there and let the magic do its thing, and to let the healing take care of itself, and to breathe through whatever it is that you're working through. I realized that I was led to breathwork to do a lot of this surrendering, and how I can breathe through my worries, discomfort, pain, and challenges, then I can do anything. I have everything within me to take care of myself and heal myself. My body is so powerful. The other profound learning that I captured from the Kambo Process was the following download. I made a post on this, so this might be familiar, because you've probably read it before if you read my kambo post. If not, this is something that was the most profound thing that has stuck with me ever since then. It's been two weeks, but it's still so loud in my mind. It really helped me get down to a deeper layer of not giving a fuck what people think of me, and a deeper layer of not leaking my power away to people who simply don't even take the time to get to know me; people who just judge me for what they see on social media, or judge me for what they hear in one podcast. I'm just in this space where I don't give a fuck. I think it's because of this particular lesson that I learned in the Kambo Ceremony, which is this - and I wrote this down - "No one knows me the way that I know myself in these Ceremonies, where I walk through darkness, through tunnels with seemingly no end; face my demons, send love to my shadows, and come out the other side, stronger and free from the shackles that tie me down. No one knows me the way that I know myself in these Ceremonies. And even yet, I don't know myself fully yet. I am here to keep learning and

keep remembering who the EFF I am." I'm telling you guys, this took me to so much more of a deeper layer. Things have come up - because kambo brings them up. All of us have had stuff come up, and we laugh about it, saying, "Stirring the pot!" Things are coming up to be healed. I have had things happen since my kambo ceremony, where someone would say something or send me a DM, or I would learn something about what was said about me, or any judgment that has come my way. Unlike before, where I used to feel this like trigger or a twinge of negative emotion, or let it knock me off my rocker, I've just been letting things roll off my back. It's like I have become Vaseline, or something, and people just slide off me. I feel grounded into who I am, more than ever before. I just feel grounded, rooted, and centered. I am the only one who walks with myself in these Ceremonies. When I'm facing my shadow side, it's just me. When I'm doing the inner work, it's just me against me. When I face my demons, it's just me. No one knows me the way that I know myself. No one has ever even taken the time to do the background check on my life in the way that I have. No one knows the traumas that I've lived through, the things that I've faced, and the way that I do. That's the lesson that I really want to carry on and share with you guys. Nobody knows you the way that you know yourself. Nobody knows you the way that you have handled challenges before in your life. No one knows what you've been through. No one actually knows you, and the thing beyond that is that we don't even know ourselves. We come into this lifetime to learn, to relearn, and to remember who the EFF we truly are. And that's the lesson I got. I've been living with this lesson ever since. It's been like medicine to my soul, and regardless of whether you do something like kambo or plant medicine, in general or not, I just hope that you guys are getting the transmission of this. My podcasts, anything that I teach, or anything that I share or write isn't just my words. It's not just words you're hearing; it's an energetic transmission through this microphone and into your ears; through whatever speaker you're listening to me on. It's an energetic transmission where you are getting the knowings that I am passing on to you. That's my intention; that you also learn to just let things roll off your back; that you don't take anything to heart. The more that you spiritually grow, the more you become a mirror, and the more people will project things on you. The things that have been projected on me in the last two weeks have been un-freaking-believable. The old version of myself would want to hide off social media. Just the cruel and judgmental DMs that I've received. Where the frick is coming from? I've been talking to a lot of my friends, who have been doing this inner work for a really long time, and they all agree with me that the more that you evolve, the more that you become a mirror; the bigger mirror you become. It's not like you're necessarily a target, because that has a negative association with it. You're not a target; you're just a mirror, and you're reflecting more and more of the things that trigger other people about themselves. They see it within you because you've become this mirror. The more that you become a light and the bigger light that you become, the less the darkness can handle being next to you without doing its own healing or being illuminated. And so, it's completely normal. That's where I am at. I have some podcasts coming your

way, based on this inspiration of how to really not give a fuck about what people think of you, and some more lessons that I've learned in regard to that. I'm excited to share more of this with you guys. The last part that I want to leave you with this episode is: Do I recommend kambo? So, for the right person, absolutely. But again, this is not recreational. Your intention with it always matters, and it's important to do it with someone you trust in a ceremonial setting, where the medicine and the practice are respected and honored on a very deep level. Because I know that so many of you will ask who I recommend, I asked permission from Cassidy. So, I am going to put her Instagram into the show notes. Feel free to reach out to her; she agreed that she would be the connector to anyone who happens to pass through Sedona and wants to work with a trustworthy Practitioner there. But again, if you're not in Sedona, a simple Google search will lead you to someone, as well. So again, you can find this in most countries - it's legal in most countries - or you can go to a country where it's legal once we're out of quarantine, if it's not just a quick drive away from you. So, there's that. All right, you guys, I hope you loved my wild journey. This includes another sacred medicine podcast. Let me know what you guys think. As always, I love your feedback by screenshotting this, tagging me on Instagram, and sharing it with anyone you think could benefit from this episode. As always, I am giving away a free Manifestation Hypnosis for anyone who leaves a review on iTunes for this podcast. You guys, we hit the Top 20 podcasts in the Education category over the last few months, and it's because of your reviews. So, thank you guys so much for sharing it with your friends and your audiences. Thank you so much for your tags and for sharing this podcast. If you think this episode is beneficial to anybody you know, as always, I appreciate you sharing it. Alright, until the next episode. Mwah. Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep up the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by following @ManifestationBabe, or visiting my website at ManifestationBabe.com. I love and adore you so much, and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.