

Week 7:

Tuning into Your Soul's Blueprint

Trauma Release

Psychedelics & The Practice of Dying

Archetypes of Death

Celebrating Day of the Dead

To live in the continual acceptance of death means to live with the continual threat of the unexpected. The human mind would have you believe that your life's purpose lies in the future rather than here and now, so you keep postponing your life until you meet all your fears face to face at the end. You must look deeply into your fears now in order to find purpose, because your purpose actually lies within your fears. This is why in the great mystical traditions, it is said that you must die before you die. You must die before you can live.

~ **Richard Rudd in the 28th Gene Key**



Week 6:

A Roadmap for Self & Others

Important paperwork for crucial moments.
Finalizing the 5 Wishes, Dementia Directives,
MOST, DNR, Medical POA

Homework Week 6



Finalize the Roadmap:

- Finalize Wishes 3, 4, & 5.
- Dementia Directive
- POST or MOST forms
- DNR form if applicable
- Read HIPPA if desired
- Health Care POA for your state

Conversations:

- Talk to your buddy.
- Talk to your health care agent, family, and friends

Contemplate: Upcoming Day of the Dead Celebration

Deep Dive Best Practices

1. A guide
2. A relationship with your inner life
3. A support structure
4. A container/context for your experience
5. Wade in slowly
6. INTEGRATION
7. HISTORICAL AND ANCESTRAL TRADITIONS

Ketamine

COMMON & BRAND NAMES

K; Special K; Cat Tranquilizer

EFFECTS CLASSIFICATION

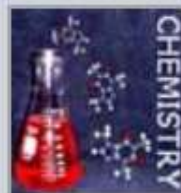
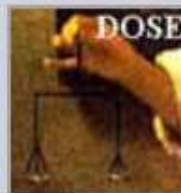
Dissociative Anaesthetic; Psychedelic

CHEMICAL NAME

2-(2-chlorophenyl)-2-(methylamino)-cyclohexanone

DESCRIPTION

Ketamine is a dissociative psychedelic used medically as a veterinary and human anaesthetic. It is one of the few addictive psychedelics and is associated with researcher John Lilly.



MDMA

COMMON & BRAND NAMES

Ecstasy; E; X; XTC; Rolls; Beans; Adam; Molly

EFFECTS CLASSIFICATION

Euphoric Empathogen; Euphoric Stimulant;
Entactogen; Phenethylamine

CHEMICAL NAME

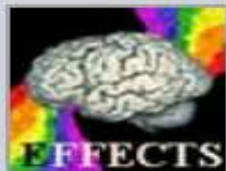
3,4-methylenedioxymethamphetamine

DESCRIPTION

MDMA is one of the most popular recreational psychoactives, most commonly sold as "ecstasy" (usually tablets) or "molly" (usually crystals). It is known for its empathogenic, euphoric, and stimulant effects, and has also been used in psychotherapy.

CAUTION

Ecstasy tablets are notoriously impure, often containing chemicals other than MDMA. See DrugsData.org for anonymous lab testing results.



Psilocybin Mushrooms

BOTANICAL CLASSIFICATION

Family : Strophariaceae
Genus : Psilocybe
Species : cubensis; cyanescens; semilanceata; ...
Genus : Panaeolus
Species : campanulatus; subbalteatus; ...

Photo © Erowid.org



COMMON NAMES

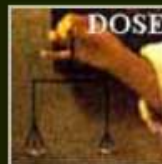
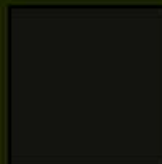
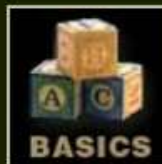
Shrooms; Magic Mushrooms; Sacred Mushrooms;
teonanácatl

EFFECTS CLASSIFICATION

Psychedelic

DESCRIPTION

There are more than 180 species of mushrooms that contain the psychedelic chemicals psilocybin or psilocin. They have a long history of use in Mexico and are currently one of the most popular and commonly available natural psychedelics.



5-MeO-DMT

COMMON & BRAND NAMES

5-MEO

EFFECTS CLASSIFICATION

Psychedelic Tryptamine

CHEMICAL NAME

5-methoxy-N,N-dimethyltryptamine

DESCRIPTION

5-MeO-DMT is a naturally occurring psychedelic present in numerous plants and in the venom of the *Bufo alvarius* toad. It is found in some traditional S. American shamanic snuffs and sometimes in ayahuasca brews. It is somewhat comparable in effects to DMT; however it is substantially more potent, so it should not be confused with DMT.



I think it's obvious that the psychedelics are demonized and illegalized by our society because somewhere in our society are controlling minds that realize that these substances have the potential, have the power to unpick the controlling hierarchy.

Crash Course

guidance



The fact of death leads directly to the question of the purpose of an individual's life. The prime purpose at a physical level is to maintain your health for as long as possible, but there is another core purpose built into us-- to evolve. For a human being evolution means creative uniqueness. We are each born with a creative purpose that no other human being carries. If you are to release your true creativity into the world, you must meet your own dark side. In other words, you must at some point face your deepest fear of death.

~ **Richard Rudd in the 28th Gene Key**

