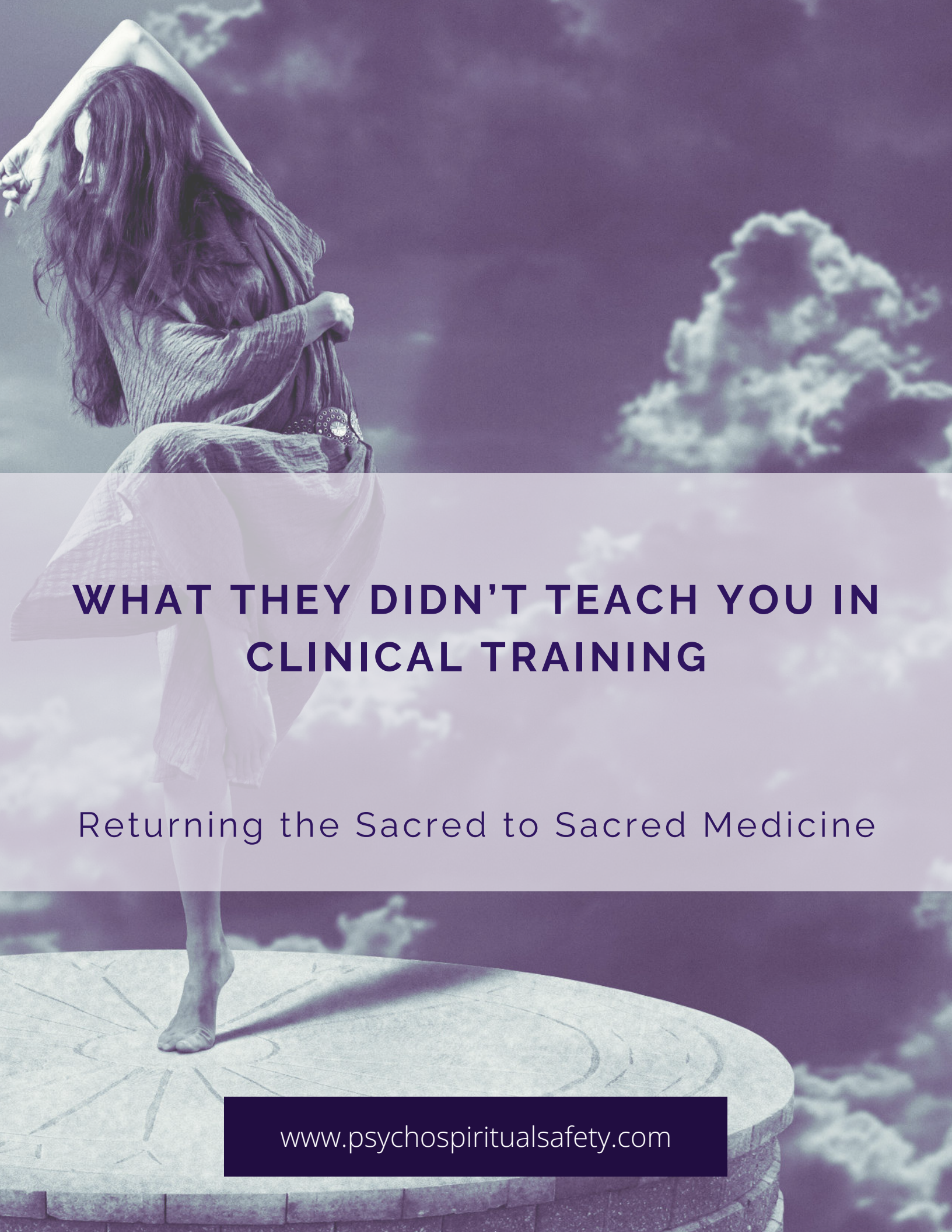




WHAT THEY DIDN'T TEACH YOU IN CLINICAL TRAINING

Returning the Sacred to Sacred Medicine

www.psychospiritualsafety.com

WELCOME



Greetings and welcome to the Psychospiritual Safety & Ethics 6-week training, designed for psychedelic therapists and trip-sitters. This transformative journey is inspired by the work and teachings of honorary inter-tribal medicine woman Elizabeth Sabet and the clinical expertise of ceremonial psychotherapist Katrina Michelle.

Together, they bring a wealth of experience, having worked closely together at ACISTE, organizing conferences to provide research-based education, support, and training to help professionals on the topic of spiritual emergence.

The phenomenon of spiritual emergence is a natural aspect of human development that involves awareness of new or more expanded parts of the Self or the world. This is often called Awakening. The experiences and the content of the experiences often conflict with the societal norms and personal belief systems in which we are entrenched. The process can be beautifully illuminating and extremely challenging because of the dissonance, and despite it being increasingly common, the phenomenon remains overlooked or misunderstood by individuals entrenched in the confines of the conventional material worldview. This neglect has led to many people being discredited, shamed, and pathologized when sharing their mystical or non-ordinary experiences. This unfortunate response not only makes their emergence more challenging but also erodes trust in psychotherapists, medical professionals, and clergy.

In today's context, as psychedelic medicine moves toward the mainstream and countless therapists prepare to ethically support clients using this modality, it becomes imperative for us to delve deeper into the complexities of the psychedelic experience. We must expand our perspective beyond the limited scope of the medical model and embrace the multifaceted lenses through which these substances invite us to explore. The dominant narrative has often disregarded the indigenous perspectives that perceive spirit in all aspects of life. Psychedelic medicine offers us an opportunity to reconnect with the wisdom of our ancestors, allowing us to bridge the gap between worlds and in our inner and outer experiences of our own lives.

By consciously blending evidence-based treatment and therapeutic skills with an appreciation for the animistic, ceremonial, and spiritual traditions, we step into the roles of "the new shamans." Our world is currently in need of healing, and we can play a pivotal role in this process, but only if we are willing to transcend the current structures of oppression and invite new, more inclusive perspectives.

I extend my heartfelt gratitude to Elizabeth Sabet for her willingness to share her wisdom with us. I eagerly anticipate the connections we will forge both personally and professionally as we embark on this sacred journey together. I encourage you to approach this program with a beginner's mind, keeping a journal of your thoughts, feelings, dreams, and desires. Observe how these insights shape you and, in turn, how they transform your work with your clients.

From the outset, it's valuable to recognize your own resistances and triggers. What language or concepts may evoke discomfort? For instance, how do you respond when you encounter the word "God" or discussions about "alien entities"? Each of us brings our own unique history, lenses, and journeys to this space. However, we are united here, ready to cultivate curiosity and embrace more expansive paradigms. Let your own experiences guide you as we embark on this remarkable journey together. We are just beginning, and I am truly thankful for your presence here.

For further insights into spiritual emergence and additional resources, references, and readings, please consult the appendix.

Thank you for joining us on the journey!
Katrina and Elizabeth

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WEEK ONE

Creating a Safe Sacred Space = Creating an Ethereic Firewall for the Human Mind and Energy System

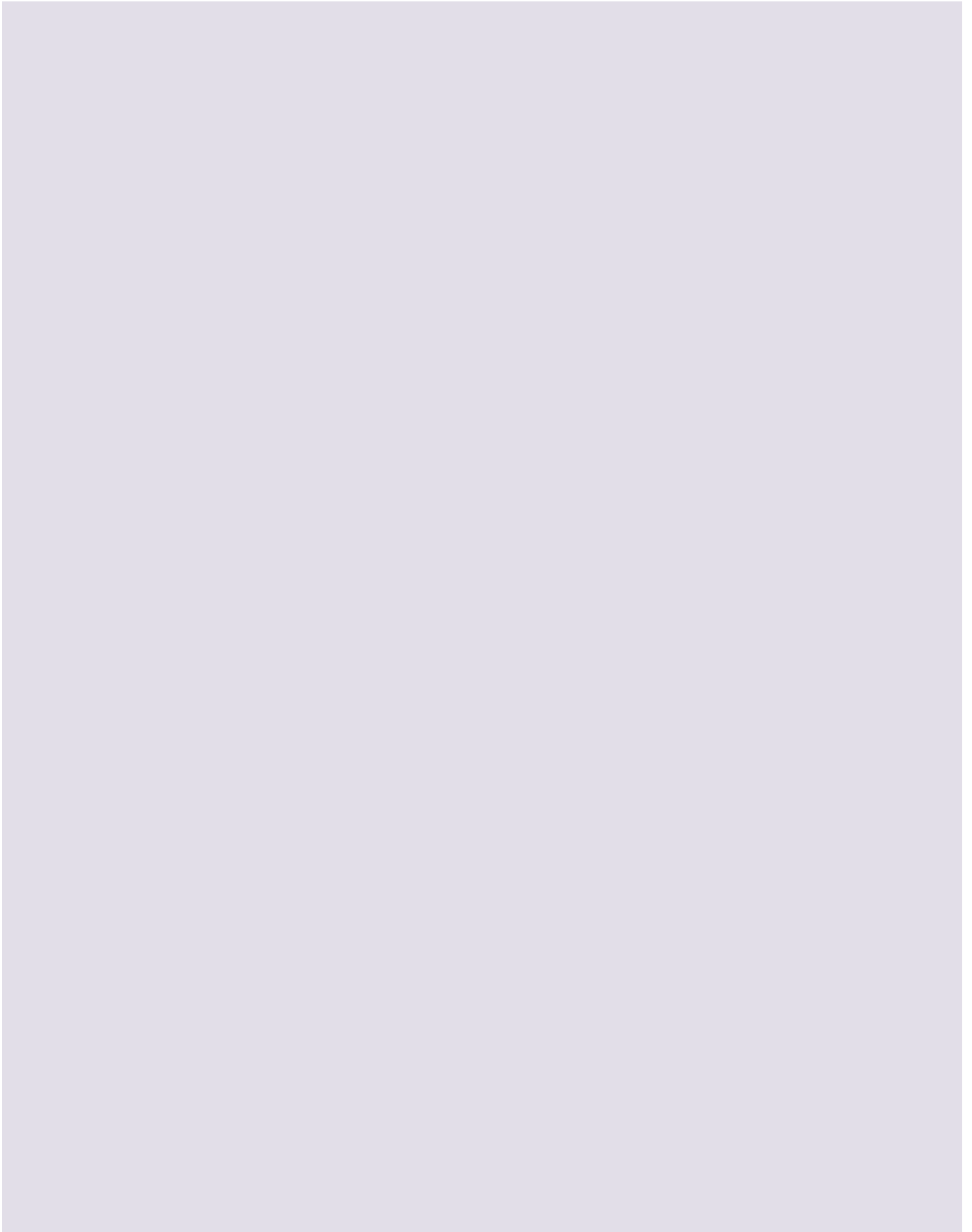
Disclaimer: The terms used in this training, such as God, Divinity, Light, and Truth, have different meanings and cultural connotations for everyone. Please feel free to replace these terms with words and meanings that align with your traditions and belief system.

Knowing yourself and mental, emotional strength are the real superpowers.

The human mind has no firewall. Our subconscious mind is programmed every 1/10th of a second from a multitude of sources without our conscious awareness of what information we are picking up on, or where it comes from. Our brains and central nervous systems are bombarded every day with not only our internal biorhythms and neuropeptides, hormones, and neurotransmitters, but our brains also pick up the information being transmitted electronically from multiple sources along with the thoughts and emotions of other people through our mirror neurons. Our biophotons also send, receive, and store information in our auras and physical bodies, and these are only linear sources of information. Information is also being transmitted from non-linear and non-human sources called entities, angels, guides, aliens, departed loved ones, deities, and other non-linear sources. Most of the time, all this information comes and goes into our subconscious minds and bodies and doesn't cause a problem. Highly sensitive people, empaths, those going through an awakening, psychedelic users, experiencers of spiritually transformative experiences, and people who have brain injuries, addictions, and other mental health issues may be more aware of these energies and information transmissions but not be able to define what is happening or why.

Psychedelic use often increases a person's exposure, awareness, and sensitivity to non-linear information as well as to linear energies. While some in the course may have a hard time believing in the non-linear realms, psychedelic users often report encounters with fairies, gnomes, aliens, angels, departed loved ones, and other beings. We will discuss ways of supporting your clients in integrating these types of experiences later in the program.

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To reduce the negative effects of the inundation of information, regardless of its source, we can intentionally support people in cultivating an awareness of how their subconscious minds and bodies experience these challenges and help them strengthen self-awareness and agency. This demanding work requires a commitment to something greater than one's own ego. It requires a willingness to become aware of the patterns, programs, imprints, and shadows in their subconscious minds and to surrender that information to God, Truth, their Higher Self, etc., and allow their Higher Nature to recontextualize the meaning of the experience. (Not including people with neurological disorders or severe mental health disorders. We will discuss this in more detail throughout the program)

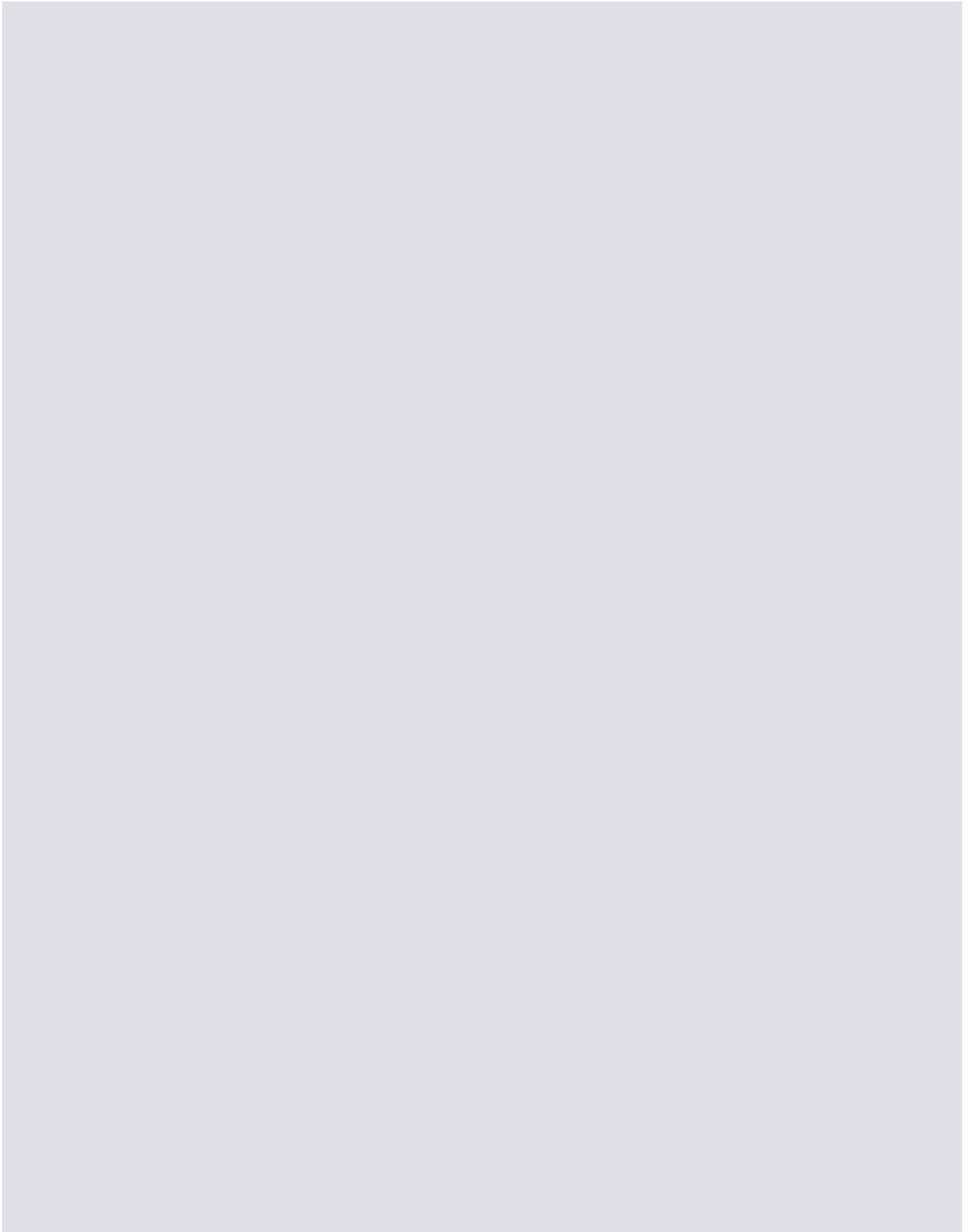
Sacred psychedelic integration: Cultivating reverence in psychedelic therapy to facilitate profound healing and conscious evolution.

While few people make the process of clearing their programs, patterns, imprints, and shadows a focus in their psycho-spiritual wellness journey, more and more people are beginning to wake up and seek healing from the suffering caused by separation from their higher nature. And when they embark on this journey, they inevitably bump up against this programmed information in their psyche. Whether it comes from lived experience, epigenetics, information from linear or non-linear sources, or traumatic events, the evolution of consciousness requires us to master the meaning-making process of all lived experiences and information in our field.

Because so many people are coming to psychedelics for healing and to experience a more integrated awareness of wholeness, we need mental health professionals, shamans, healers, coaches, and spiritual guidance directors who can not only understand the process of awakening to our higher nature, but also guide, support, and empower those that come to them for help in integrating the experience of the psychedelic journey. Thank you for your service to the evolution of consciousness on Earth! Each of you, regardless of your professional niche, is taking part in helping people clean up unhelpful information stored in their field. Your work reduces the resistance to acting from divine inspiration!

You have been trained to trip sit or provide psychedelic-assisted psychotherapy. But have you been trained in the sacredness of medicine? Do you know what that means and why it's important? Do you know how connecting with reverence and respect to the plant medicine you are administering supports your client's process?

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Honoring the Sacred: A Holistic Framework for Ethical Therapeutic Practice

The concept of "Sacred" in therapy refers to a profound respect for and recognition of each client's inherent wholeness, worth, dignity, and transformative potential and for the therapeutic process itself. It encompasses an approach beyond mere clinical intervention, acknowledging the deeper, often intangible aspects of human experience and growth.

For therapists, adopting a Sacred mindset means viewing their work not just as a profession but as a calling that holds deep meaning and purpose. It involves recognizing therapy as a potentially transformative journey for both client and therapist that can touch on fundamental aspects of human existence, consciousness, and interconnectedness.

Incorporating a Sacred approach can enhance therapeutic outcomes by:

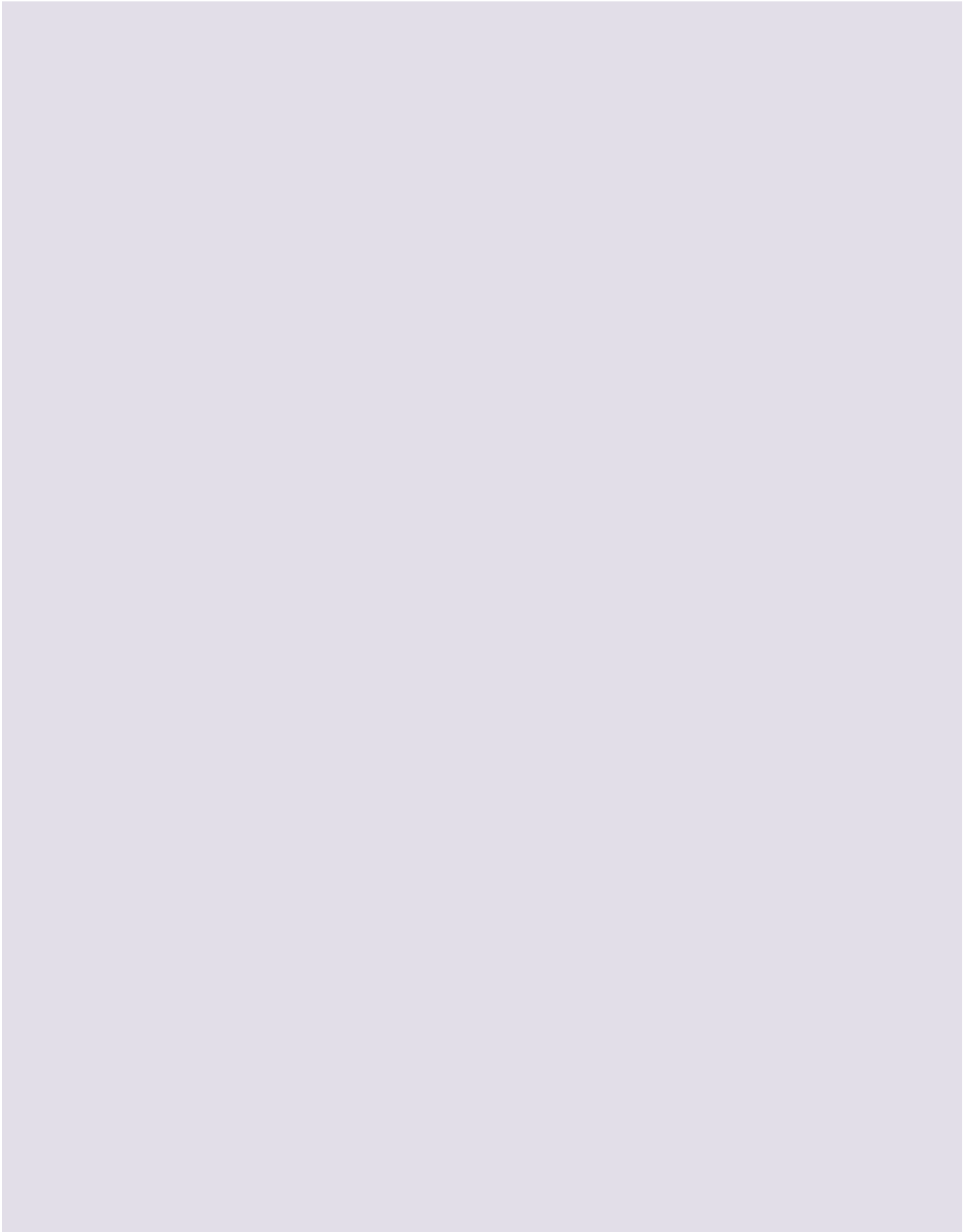
1. Deepening the therapeutic alliance
2. Fostering a sense of safety and trust
3. Encouraging openness to transformative experiences
4. Promoting holistic healing that addresses mind, body, and spirit
5. Enhancing therapist presence and attunement
6. Reducing burnout by reconnecting therapists to their sense of purpose

To approach therapy with a Sacred mindset within professional guidelines:

1. Maintain clear boundaries: While holding a Sacred perspective, ensure professional boundaries remain intact. The Sacred approach enhances respect for these boundaries rather than blurring them.

Your reverent intentions create a high-frequency energy field. This field is like an umbrella of safety, covering and protecting the client's energy field when they are in an open and vulnerable state.

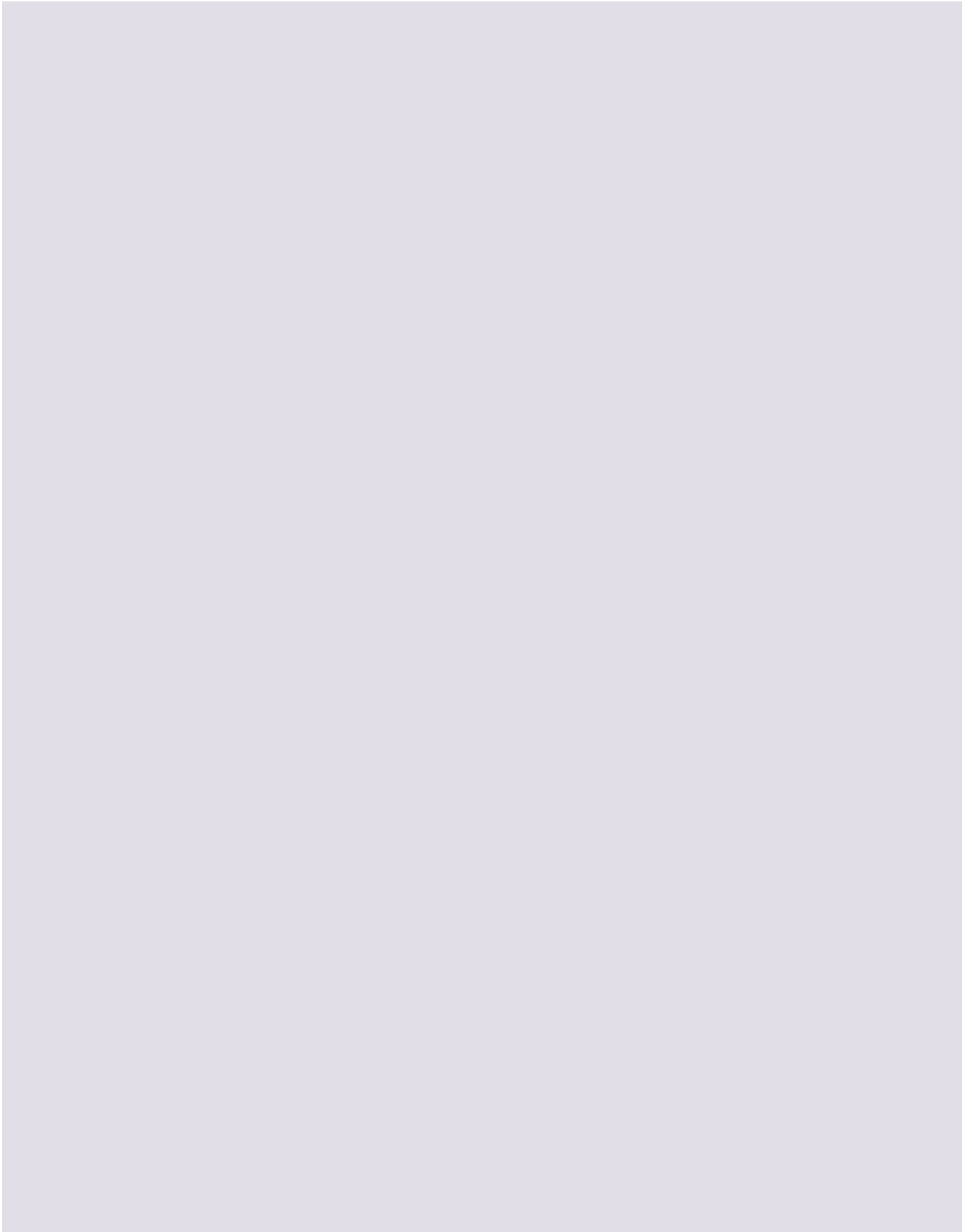
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2. Use inclusive language: Frame discussions of the Sacred in inclusive, non-denominational terms that respect diverse beliefs and backgrounds by assessing your client's belief system.
3. Focus on client experience: This approach centers on the client's personal sense of meaning and significance rather than imposing specific views.
4. Enhance mindfulness practices: Incorporate evidence-based mindfulness techniques that align with the Sacred approach and have established clinical benefits.
5. Continued education: Engage in training on integrating spirituality, transpersonal, or existential approaches in therapy to ensure ethical and effective implementation.
6. Obtain informed consent: When introducing concepts or techniques related to a Sacred approach, ensure clients are fully informed and consenting.
7. Maintain evidence-based practice: Integrate the Sacred mindset with established, empirically supported therapeutic modalities.
8. Self-reflection: Engage in regular self-reflection and supervision to ensure the Sacred approach enhances rather than interferes with clinical judgment.
9. Respect client autonomy: Always prioritize the client's goals and comfort level exploring Sacred or spiritual dimensions in therapy.
10. Document appropriately: Frame notes and treatment plans in professional, clinically relevant language while still honoring the Sacred approach.

By thoughtfully incorporating a Sacred mindset, therapists can enrich their practice, potentially leading to deeper, more meaningful therapeutic experiences for their clients while maintaining professional integrity and ethical standards. This approach recognizes the profound nature of personal growth and healing, honoring the complexity and potential of the human experience within the therapeutic context.

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After your initial training, licensure, or certification in your chosen profession, consciously committing to deepening your practice to include sacred practice can increase the client's development and sense of well-being as well as your own mental and emotional wellness. Think of creating a safe, sacred space for your healing work as the equivalent of setting up a firewall of protection from potential hackers on your computer. Once the protections are in place, the likelihood of your computer being infiltrated is greatly reduced.

You may have never considered being at risk for non-linear interference by providing therapy or other healing work, but the risk is there. You will hear several cases in which the practitioner had been negatively influenced through different forms of interference. These are not isolated cases.

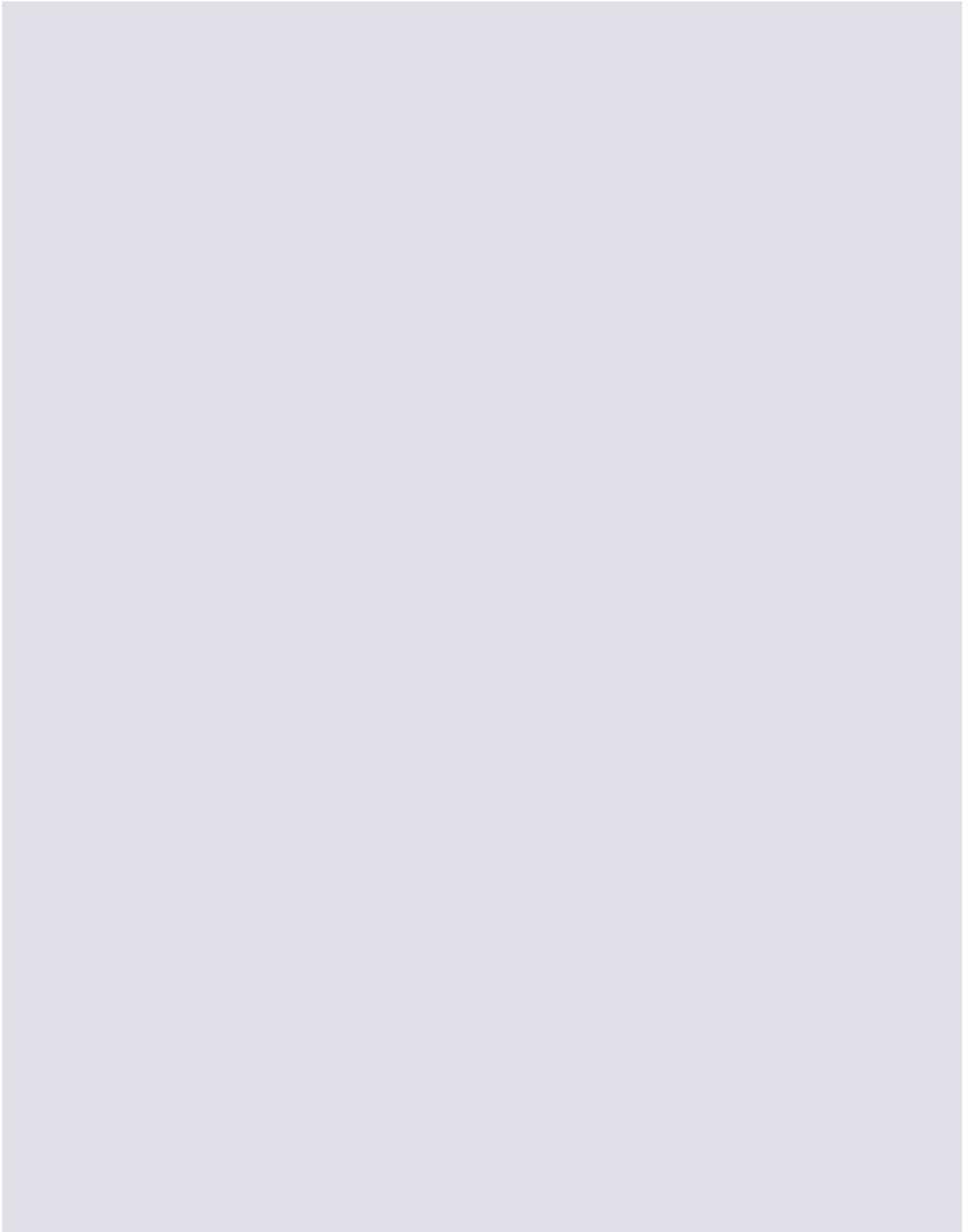
**See your sacred practices as a firewall to protect and strengthen
the container of your consciousness.**

Every therapist I have personally worked with has described some form of non-linear influence. Some were aware of the source of the problem, and others were not. However, once the influences were neutralized, the problem was resolved, and the therapist had tools to prevent further disturbances.

Many topics we introduce may not fit into your client's belief system. The way you create a safe, sacred space is very personal and, most of the time, does not need to be disclosed to the client. You have the right to use any practice that works for you that provides a sense of safety and connection in the space you work in, as well as for your personal energy field. We will discuss the ethics of energy work and prayer later in this course.

Let's take a look at the areas to focus on and ways of preparing the practitioner and client for a sacred plant ceremony.

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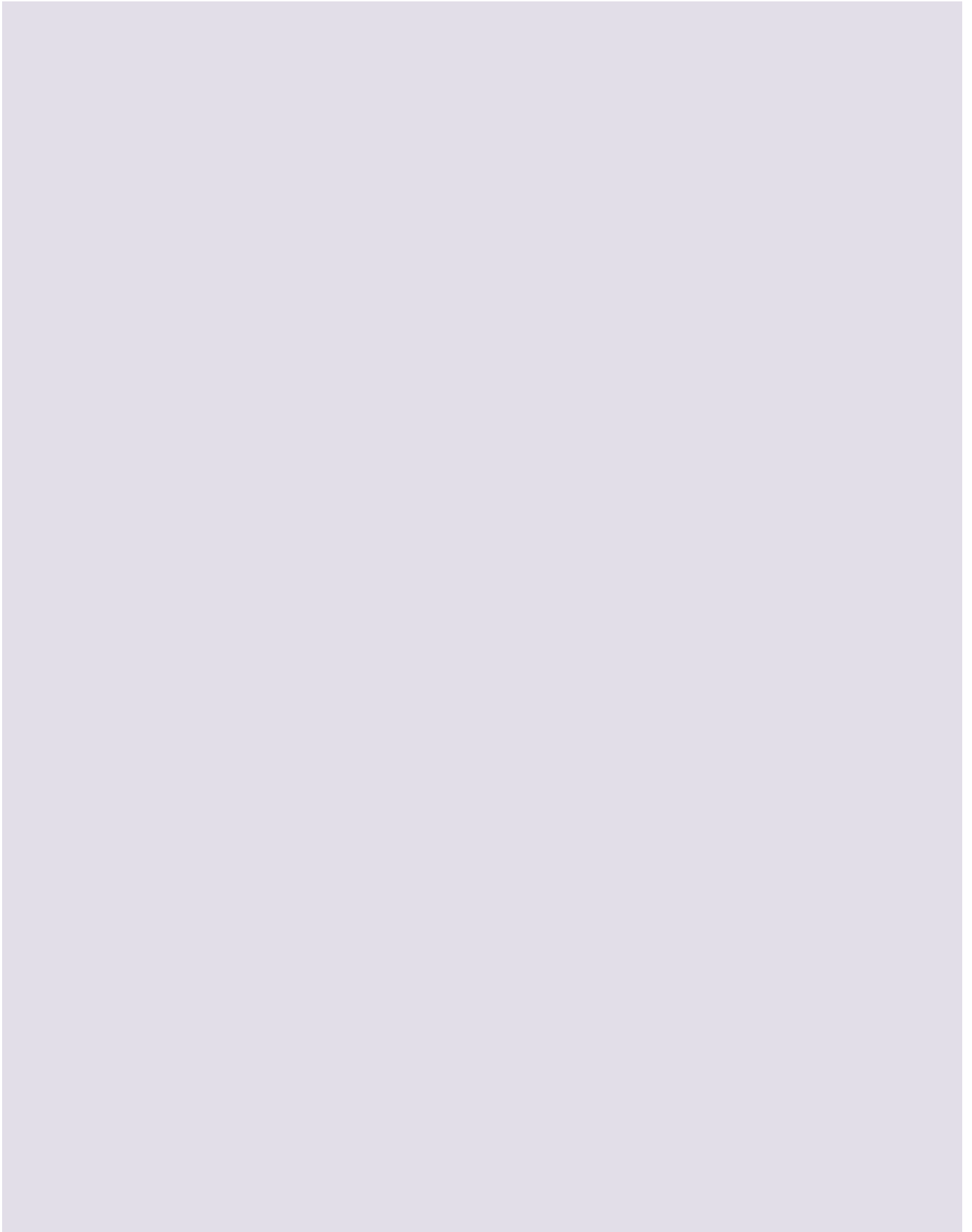
How Sacred and Reverant Connection to Plant Medicine Supports Your Client's Experience

Approaching psychedelic plant medicine with reverence and respect and intentionally meditating with the plant spirit before the ceremony can significantly support a client's therapeutic process during a ceremony in several ways:

1. Setting intention: It helps create a mindful, purposeful atmosphere that can enhance the client's intention-setting and overall therapeutic mindset.
2. Enhancing safety: A respectful approach often correlates with more careful preparation and attention to safety protocols, benefiting the client's physical and psychological well-being.
3. Deepening the experience: Reverence can foster a deeper, more meaningful connection to the medicine and the experience, potentially leading to more profound insights.
4. Cultural sensitivity: Respecting the cultural origins of the medicine honors its traditional uses and can provide a richer context for the client's experience.
5. Reducing anxiety: A therapist's respectful demeanor can help alleviate client anxiety about the unknown aspects of the experience.
6. Modeling behavior: It sets an example for clients on how to approach powerful experiences with humility and openness.
7. Building trust: Demonstrating respect for the medicine can increase the client's trust in both the process and the therapist.
8. Facilitating surrender: A reverent atmosphere may help clients let go of control and fully immerse themselves in the experience.

The Sacred approach: Where reverence meets clinical expertise, transforming therapy into a deeply respectful and potent catalyst for change.

NOTES



Sacred Medicine Ceremony Preparation

Practitioner Psychological and Physical Preparation

- ✓ Personal Shadow work - Journal/Work with your personal therapist/coach/healer - recognize the parts of self that experience shame, guilt, and fear of losing acceptance and approval,
- ✓ Modified Diet - Light six days before, during, and three days after with plenty of lower-fat, meat, or non-meat options for protein
- ✓ Body preparation - Get plenty of sleep and a balance of mental rest and physical exercise
- ✓ Review Biases - check in with any biases that may interfere with your ability to be an active listener and commit to bringing a spirit of respectful curiosity into the session.

A Word About Ritual Opening and Closings of Sacred Ceremony

Shamans are trained to create rituals to open and close any sacred process, such as blessing ceremonies, healings, community gatherings, and medicine ceremonies. Rituals create *the feelings* that connect people to the purpose of the gathering. Rituals can be dictated by tradition and culture, or they can be created by an individual to fit individual beliefs and aesthetics.

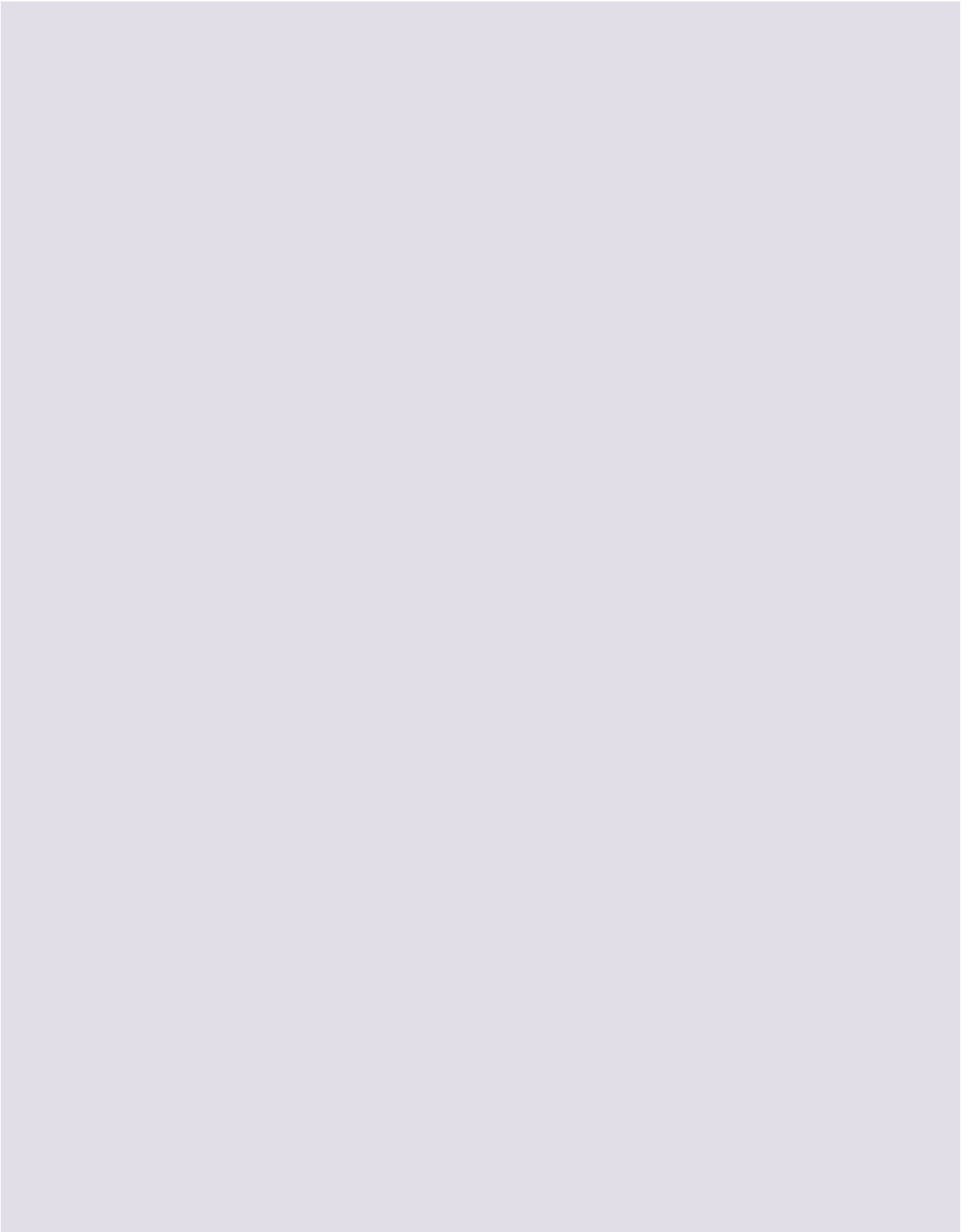
The opening ceremony usually includes activities for:

- Opening the space, formalizing a normal space into sacred space,
- Cleansing the space of unhelpful or stagnant energies,
- Calling in non-linear helpers,
- Align the shaman's soul to truth and surrender their ego to their higher nature,
- Creating a portal for helpful entities and ancestors to take part in the event,
- Invoking a diety's presence and support, and
- Sealing the space.

The closing ceremony usually includes activities for:

- Thanking all helpers, ancestors, and dieties,
- Opening the seal to cleanse the space of any lingering unhelpful energies and entities released during the event,
- Blessing all participants,
- Closing the portal, and
- Sealing the space.

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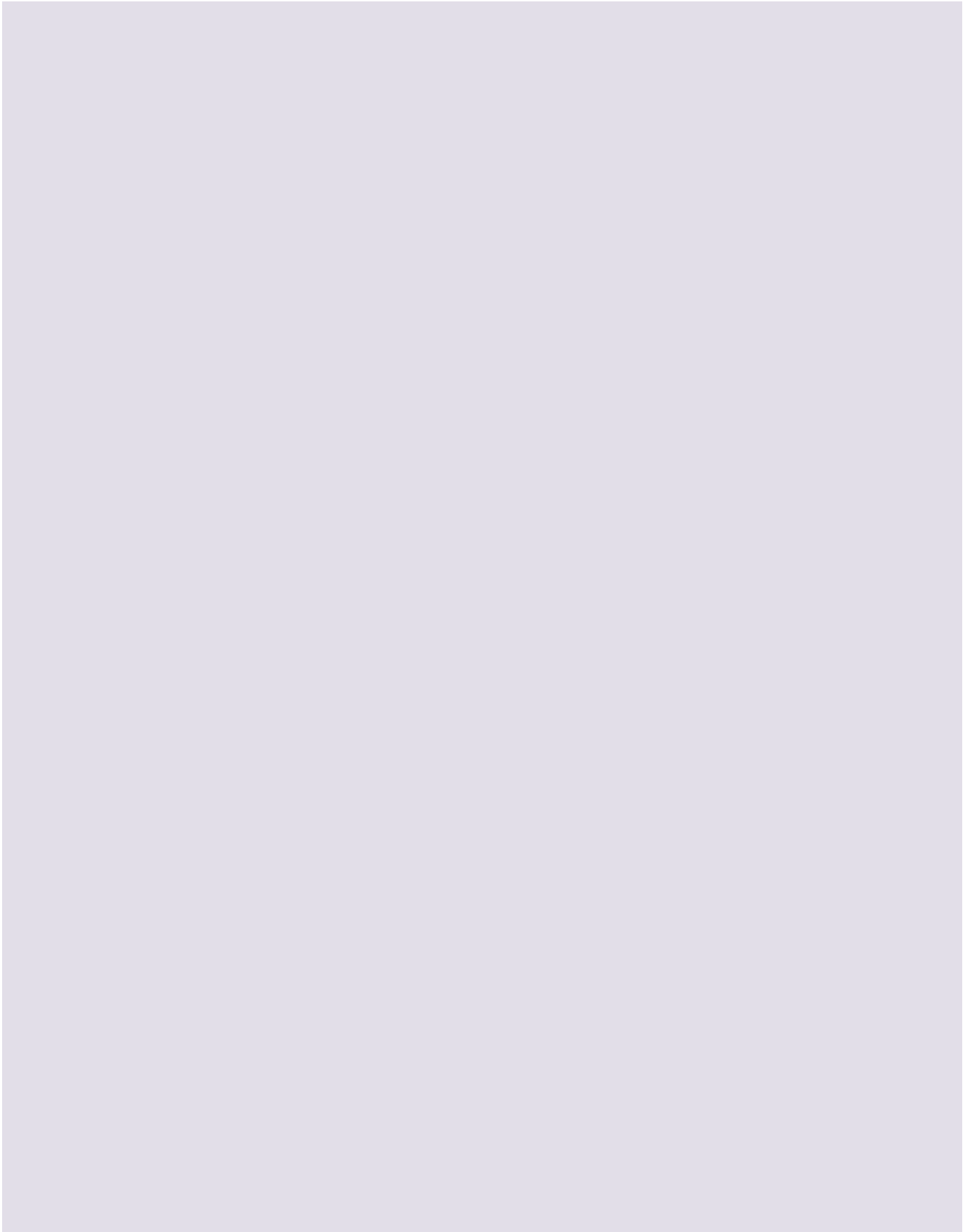


Practitioner Spiritual Preparation

- ✓ Practice Surrender - Forgiveness - 100% responsibility
- ✓ Meditate and communicate with the plant spirit and supplicate to the plant for your client's healing and well-being. Be specific.
 - **How to communicate with plant spirit**
 - Ask the plant spirit for permission to work with it
 - Ayahuasca = Divine Mother
 - Psilocybin = Unity of Life, Spirit of Unity or Oneness
 - MDMA and DMT - Both the practitioner's and client's body wisdom
 - MDMA and LSD - The wisdom of the collective consciousness of all who have used them
 - Ketamine - Same as LSD
 - Practice noticing plant energy with houseplants and trees
 - Notice sensations in the body, thoughts,
 - Practice refining what you sense by recording your experience in a journal and keep track of how the experience is different on different days
 - Meditate with the Spirit once a day 6 to 10 days before the ceremony
 - Thank the plant Spirit for its medicine and bless it before offering it to the client
- ✓ Ask the client's High Self/Spirit for permission to access your client's oversoul/high self and to receive the information before, during, and after the ceremony that is in the highest and best interest of your client's healing.
- ✓ Ask your guardian angel, guides, helpers, etc. to communicate with the client's helpers to assist in clear communication between you during the session (if angels are a part of your belief system)
- ✓ If you are a healer and use a specific modality, ask the client for permission to check for any blocks to direct healing before the session. Then, ask for permission to clear them and check to see if they are regrowing both during and after the session. Also, check for heart and spiritual vows from past lives carried forward into this life and ask for permission for them to be cleared.

Ask the client if they have any angels or guardian beings that they want to invite in during the ceremony.

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Practitioner Spiritual Preparation, Continued

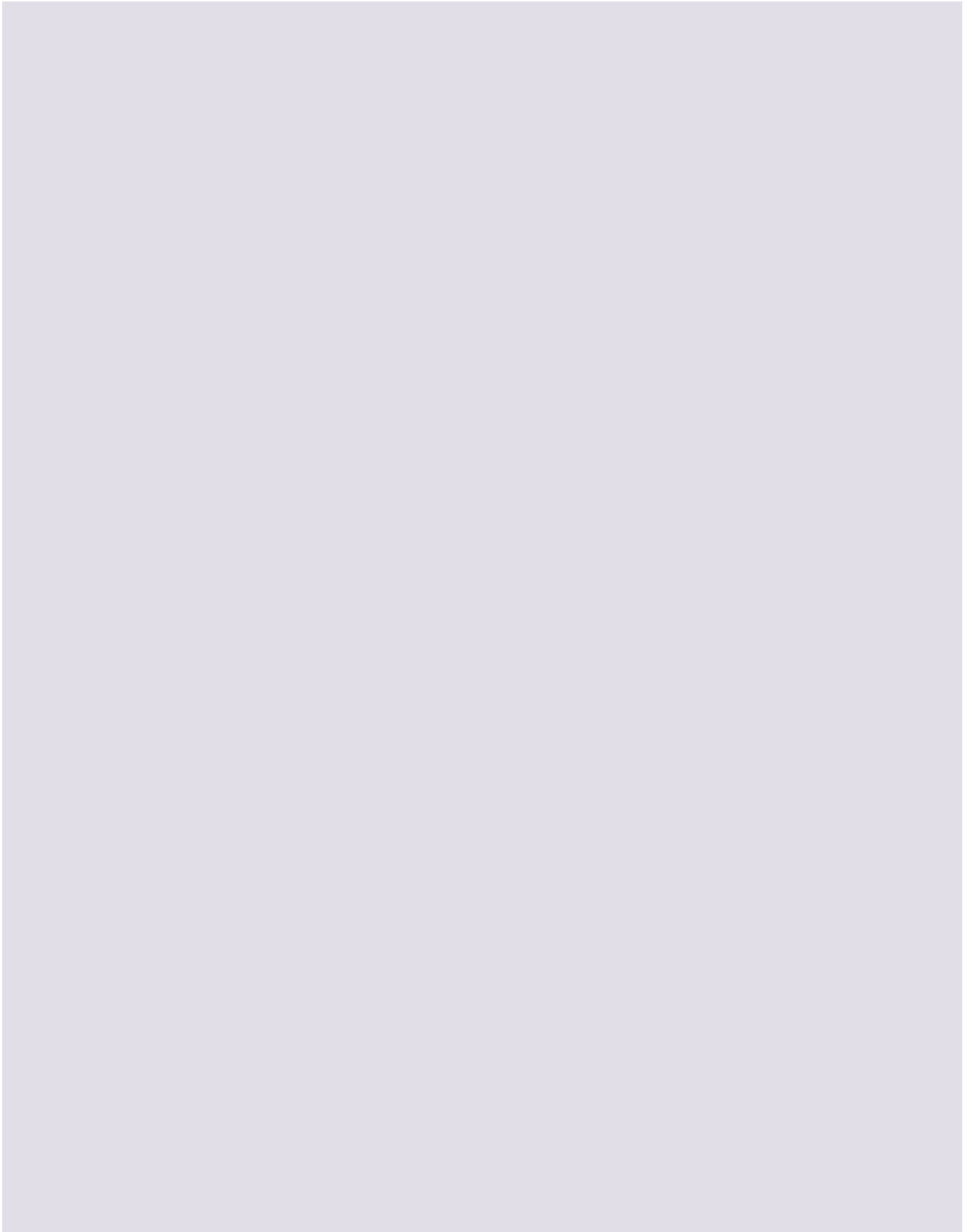
- ✓ Energetic shielding from psychic attack, jealousy, distrust, judgment, and other non-linear interference
 - Program and set up your personal Arcana - a protective space at least 1000 feet high and below. I like to address each cardinal direction. This is for your personal physical and etheric bodies. You will create an Arcana for the physical space as well.
 - Have a shaman or medicine person go to the underworld to find your animal protector if you don't know what it is
 - Spirit Song - Icaros Arcanas, if a shaman has given you one - technically, you can only receive this from your Shamanic teacher. Many people offering medicine ceremonies in the US offer a music playlist to support the journey. Traditionally, only the Icaros Arcanas are offered along with rattles and drums. Some people may prefer no music if you do not have a Spirit Song, or they may prefer you to drum for them at some point in the ceremony.

What is sacred is different for each culture. Sacredness is universal and belongs to all.

Client Psychological and Physical Preparation

- ✓ Set the expectations without programming the client
- ✓ Offer three pre-ceremonial preparation sessions. In the three sessions focus on familiarizing the client with the medicine and the therapeutic process around it.
- ✓ Ensure the client doesn't have high blood pressure or cardiovascular issues, is not pregnant or nursing, and is not diagnosed with schizophrenia, BPD, or Bipolar Disorder. Make sure the client is not on serotonergic drugs or supplements that might enhance serotonin.
- ✓ Share the protocol for how to show up to the ceremonial space
 - Comfort items to bring, such as a crystal, stuffed animal, or picture of a special person. If the client wants to create an altar, bring any items they want on the altar. (note about crystal use in a ceremony: instruct the client to cleanse their crystals before bringing them into the ceremonial space).
 - Show up rested on an empty stomach or a light meal in the early morning
 - Trust and reverence for the process without demands and expectations but with heartfelt intentions
 - Change of clothing and layers
 - Bring a journal or a voice recorder
 - Be well hydrated
 - Let people know you will be unavailable for the day
 - Provide you with a contact person in case you need additional support

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Client Psychological and Physical Preparation, Continued

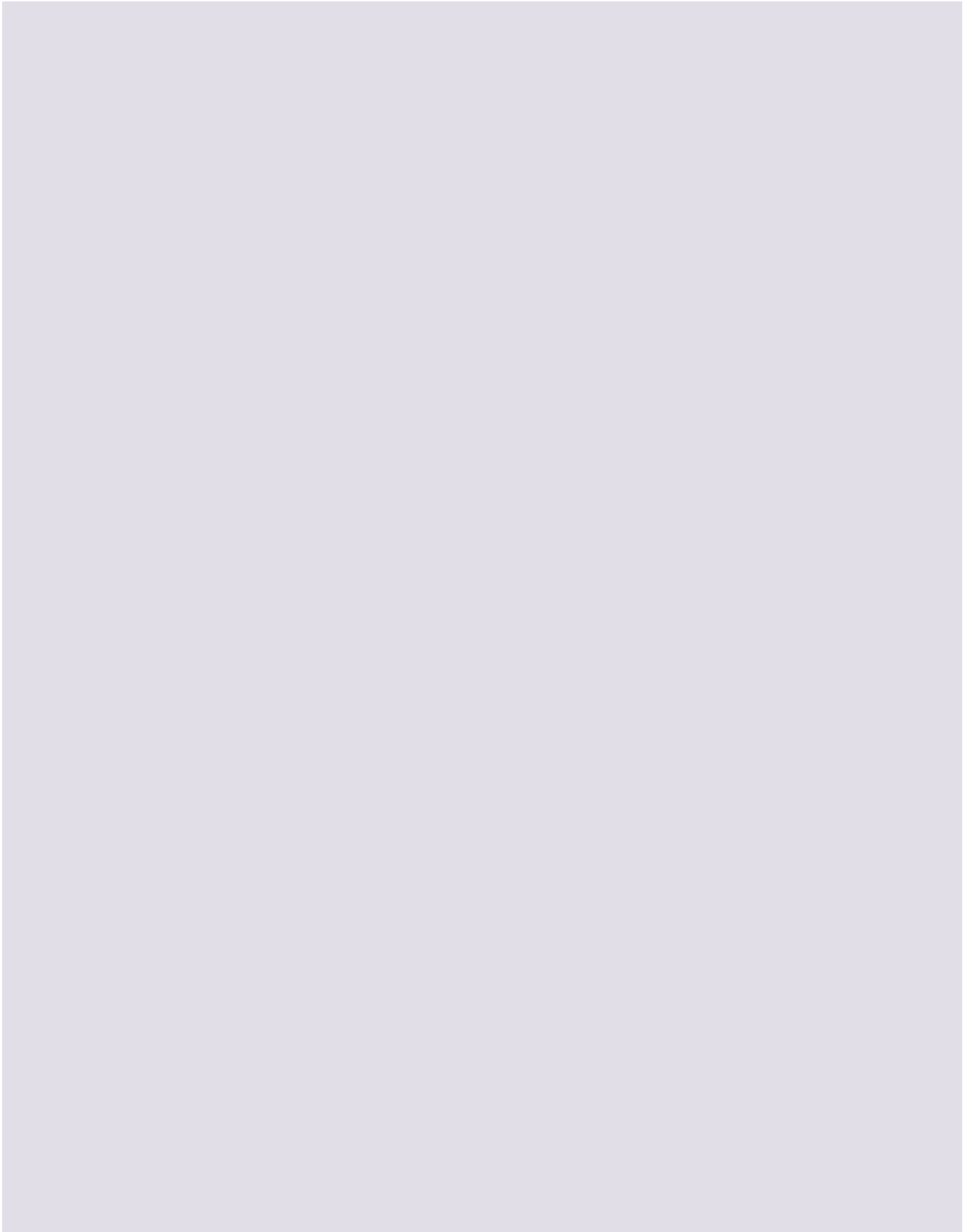
- ✓ Follow the recommended dieta protocol for the plant medicine you are working with.
- ✓ Complete a spiritual/cultural assessment of desired language and beliefs and observe any bias.
- ✓ Discuss comfort level with physical therapeutic touch.

The information in the practitioner's field is more critical to the ceremony's success than the client's information field.

Client Spiritual Preparation

- ✓ If it fits with the client's belief system that plants have spirits, you can suggest that the client meditate with and supplicate to the plant spirit, asking for specific healing. Tune into the plant. You may want to hold the medicine and connect with it before the ceremony. Thank it for its wisdom and healing properties. Pay attention to any sensations or messages the plant gives you. Keep a picture of your client in your mind and share that picture with the plant. Ask the plant spirit if it has any information to share about the ceremony, you, or your client. Make notes immediately after your connection process.
- ✓ Even though MDMA and LSD are man-made chemical compounds, they do have a consciousness. If you tune into them, you will notice the difference in frequency. You may even notice a metal sensation to MDMA and LSD. This does not negate their effectiveness but may create a strange sensation when communicating with man-made compounds if you are sensitive to energies. When communicating with these compounds, you are not communicating with a Spirit like you do with a plant Spirit. But you can connect to the collective consciousness, the stored information in the field from everyone who has used it. When connecting to this collective consciousness, ask that only the most positive and helpful information regarding healing be transmitted in the ceremony. Ask that all unhelpful information be transmuted.
- ✓ It appears that because the body makes its own DMT, the body does not experience it as foreign in the same way it does with MDMA and LSD. When connecting to DMT, you are connecting to the client's body wisdom and less of a Spirit as with Ayahuasca and Psilocybin. Connect to the client's pineal gland, thank it for its function in the client's life, and ask that it work with the DMT used in the ceremony to support the client's healing. Share the client's intent for the ceremony with the pineal gland.

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Client Spiritual Preparation, Continued

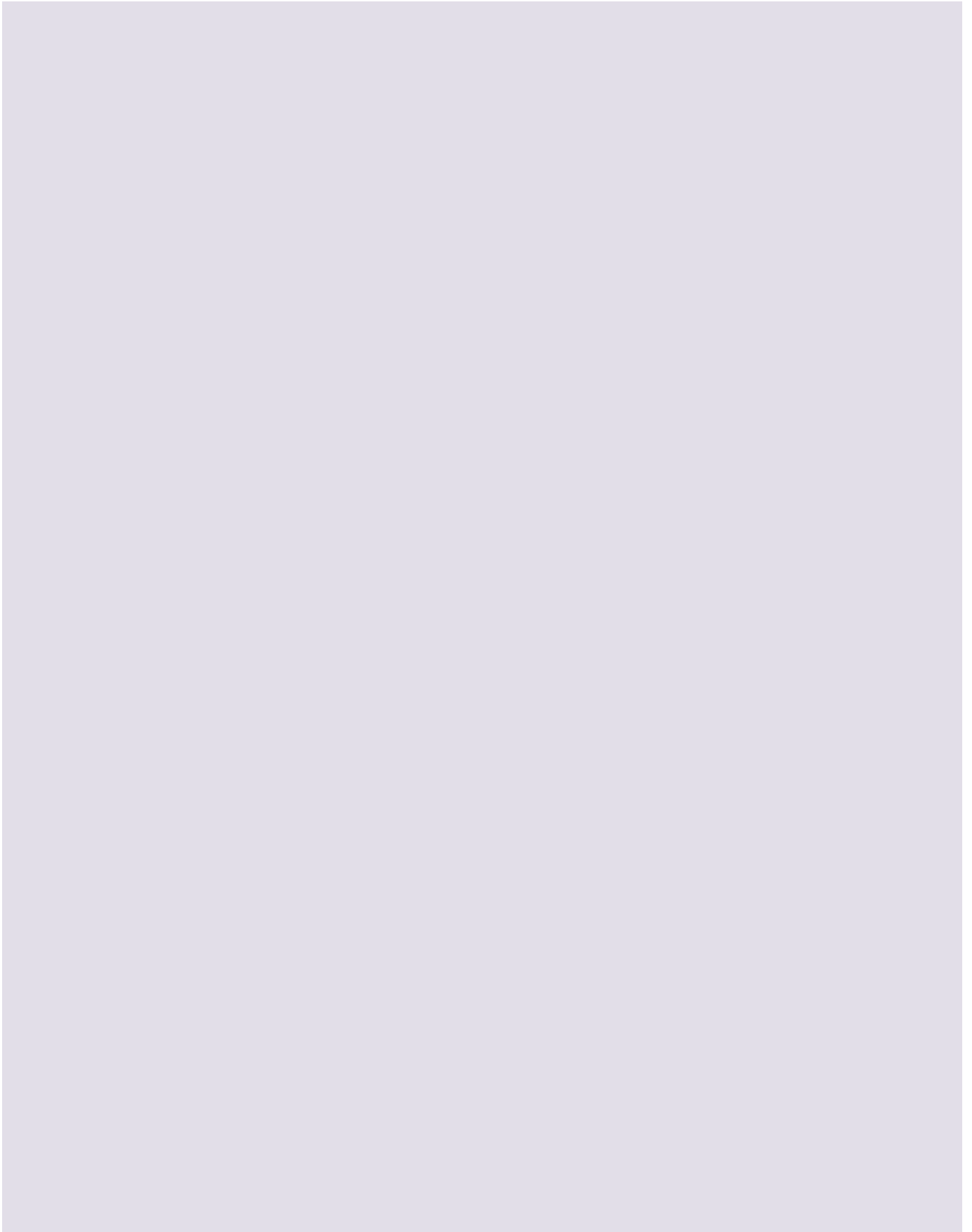
- ✓ The Hertz (Hz) level for each plant and compound is different. When taken with healing intent, the calibrated level of consciousness (LOC) on Dr. David R. Hawkins's Map of Consciousness is very high. When any of the plants or chemical compounds are taken recreationally or for escapism, the hertz level stays the same, but the level of consciousness is reduced below the level of Courage for each plant and substance.
 - Hertz level and LOC, if taken integrously for healing:
 - Ayahuasca 666 Hz over 1000 on LOC
 - Psilocybin ranges from 550 Hz to 17,420 Hz (it depends on the species) over 1000 LOC
 - MDMA 30 Hz, 350 LOC
 - LSD 480 Hz, 450 LOC
 - DMT 407 Hz, 605 LOC
 - Ketamine - 30 Hz, 360Hz

Physical Healing Space Preparation

Pre-Session Preparation

- ✓ Set up your physical Arcana
 - Do it the same way you do for your personal Arcana, but connect to the space itself and ask the land and the building if anything else wants to be considered. When applying the Arcana, you want to do so verbally and speak your commands and requests out loud, as the frequency of the intention is generally stronger when spoken.
 - Apply your personal Arcana first before setting up the Arcana for the space. See the Arcana as a protection grid over the property, building, and room. I like to expand it to the entire city if I am working in a city. You can intuit the distance of your Arcana, always making sure it goes as deep into the earth as it is high and wide.
 - The Arcana can include angels, guides, ancestors per your faith tradition, and other protectors to be on guard at every corner of the property, home, and room.
- ✓ Verbal Blessing and Energy Shielding
 - Drum and sing your Icaros Arcanas or pray an invocation for protection,
 - Spray a rose water dilution made of food-grade rose water or rose oil in water
 - Smudge with white sage.
 - Use Frankincense or other holy protective oil and put it on the door and window frames.
 - If you are an energy worker or reiki practitioner, use your energy practices to cleanse the space. You can also program the space to be a clear healing space when doing this work.
 - In the healing space, include all elements, earth, water, air (can be a picture of the sky, an open window, or a fan), fire, and metal - Feng shui according to your specific success and healing directions,

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Physical Healing Space Preparation Continued

- Remove all crystals that absorb energy and put a bowl or two of earth in the room instead. (Even if you have plants in the room, you will want separate bowls of earth as you will be returning the dirt back to the Earth to be purified when the ceremony is complete). Be sure to bless the earth with a prayer of gratitude when removing and returning the soil.

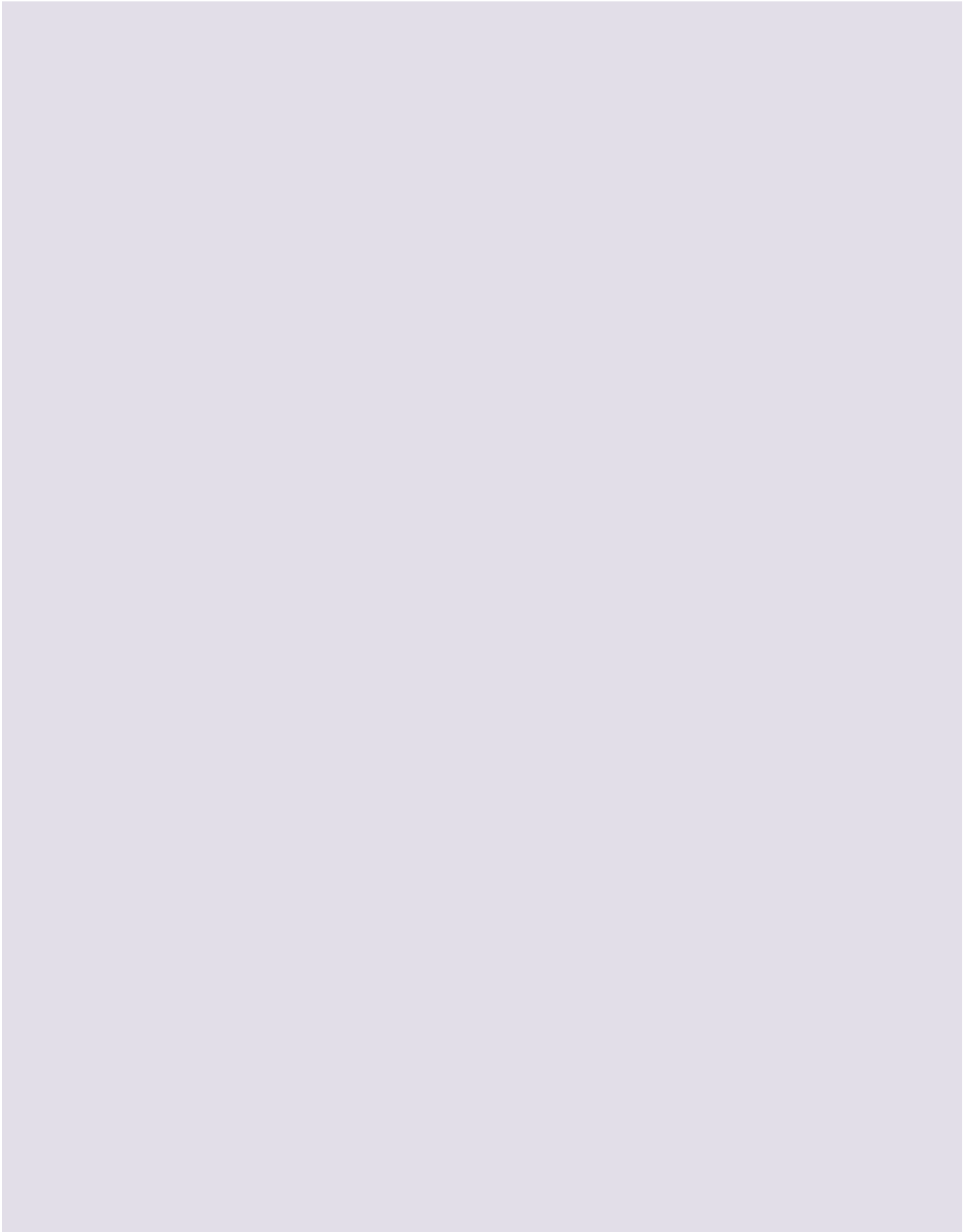
Protection During the Session

- ✓ Pay attention to interference (I will go over in detail in weeks 2 and 3 how to notice and handle it safely), employ the arcana if necessary, and do any form of energy work you are trained in and have permission from the client to perform.
- ✓ If you notice any funny business, use the clearing statement in week three on Page 29.

Post Session Closing and Cleansing of the Ceremonial Space

- ✓ Cleanse the space by:
 - Spraying rosewater, smudge, or both, and say a prayer of thanks and gratitude to your helpers.
 - Take the dirt outside, and thank the Earth in the bowl for cleansing anything unhelpful from you and the client as you pour it back into the ground. Thank Mother Earth for transmuting any pain collected in the dirt as you return it to the Earth.
 - Journal every day for a week to examine what you are noticing emotionally and mentally. Note if any old wounds arise out of the blue, note your mental status. If you experience any lingering emergency emotions, do the entity clearing statement several times a day for one day and note if anything shifts or lightens up. If it does not, contact an energy healer or reiki professional to help clear any programs, patterns, implants, imprints, or shadows you may have picked up, and use the opportunity to practice Ho' Oponopono or have a session with your therapist or coach, or both.

NOTES



Personal Arcana Worksheet

If you already have a spiritual protection protocol, take some time to examine it to see how it's working for you. Do you notice unusual unrest or disturbances? Perhaps you need to recharge your practices. If you have never used a personal protection process, consider what energies, processes, and guardians you would feel comfortable working with. Is there anything about this process that is uncomfortable for you? Make a list of Arcanas you would like to work with.

Physical Space Arcana Worksheet

Follow the same directions listed for the Personal Arcana Worksheet

