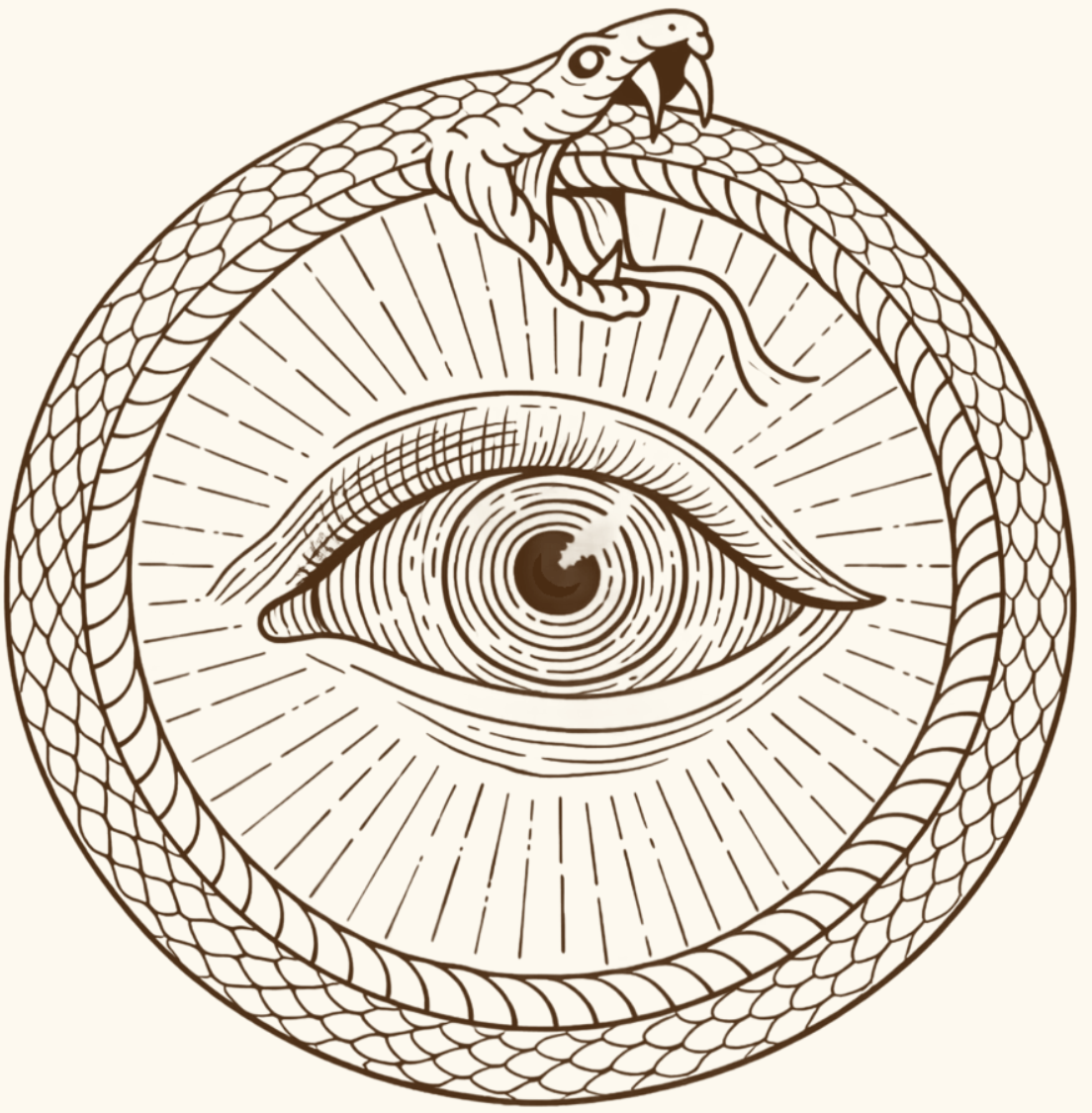
AYAHUASCA PROTOCOL



the ultimate global standard for training and transformation

MANIFEST. AUTHOR'S NOTE: FROM BUSINESS TO PURPOSE

« The most important journey in a person's life is the journey inward »
— Alex Goodman

Hello, dear reader.

What you hold is not another self-help book. This is a candid, direct, and at times unflinching account of how, on the ashes of a burned-out ego, amid the wreckage of old meanings, the idea was born to create the premium retreat center SACRUNA and the Protocol for Preparing Leaders for an Encounter with Ayahuasca.

I wrote this document as technical documentation for human consciousness. In it, I have gathered four things that cannot be found together in any management textbook or esoteric treatise.

First — my personal path. More than a hundred deep Ayahuasca ceremonies. This is not merely a number — it is hundreds of hours beyond the boundaries of the familiar world, where I gathered, piece by piece, the algorithms of transformation, testing them on my own psyche.

Second — the millennial wisdom of the ancestors. Direct transmission of knowledge from the curanderos of the Shipibo-Conibo tribe. This is the source code of the Medicine, purified of the accretions of modern civilization.

Third — the international expertise of SACRUNA. The experience of our team from 15 countries and hundreds of sessions conducted with people of your caliber — those who manage capital and companies.

And fourth — the foundation of evidence-based science. The most current research on the effects of Ayahuasca on neuroplasticity and the biochemistry of the psyche. No mystical fog — only mechanisms that work.

This text is written in a language accessible to entrepreneurs and strategists. I deliberately use metaphors and analogies from the world of business — in order to translate a transcendent experience into the plane of concrete decisions and tangible results.

The primary goal of the Ayahuasca Protocol is your safety. I created it so that you can avoid the traps that have cost many of my colleagues millions of dollars, shattered families, and decades of lost time. In a space where the cost of error is too high, the Ayahuasca Protocol will be your navigator — and a guarantee that the encounter with the Medicine will become a turning point in your life.



THE STORY OF MY "SECOND BIRTH"

I am a serial entrepreneur who has founded more than 20 businesses. My record includes both staggering triumphs and hard falls, which taught me to value reality over illusions. I had everything that those who have not yet reached the summit dream of: vast capital, influence, fame, and power. But behind this dazzling façade, the most important thing was absent — happiness.

By the age of 35, I had turned into an empty shell. Chronic depression, vacant eyes, a complete absence of joy or pleasure from what I was doing. I had lost the meaning of this race and genuinely could not understand: why bother waking up tomorrow?

A CALL FROM ANOTHER REALITY

One day my friend M. came to visit and suggested we travel to Peru to encounter Ayahuasca. At the time I could not even pronounce the name on the first try. He said something simple: "There you will find all the answers." He showed me an interview with Sting, and my inner skeptic fell silent. Within 30 minutes I was already buying a business-class ticket. We flew as a group of 15 people into the unknown.

At that time I dismissively rejected everything "spiritual." Meditation, yoga, esotericism — to me these were the domain of eccentrics who had finally lost touch with reality. My world was built on numbers, graphs, and money. It never occurred to me that this trip would overturn everything I believed in.

THE JUNGLE: A COLLISION WITH REALITY

The path to that destination began with a brutal challenge to my physiology — a month of strict diet. For a committed carnivore accustomed to denying himself nothing, this was a genuine inner war. The jungle itself greeted me with maximum "hospitality": the conditions more closely resembled a budget

hostel than a place for the transformation of leaders. Enormous cockroaches held dominion over my belongings, and the moment I stepped outside the door, snakes and spiders were already lying in wait. The food barely resembled food, and there was no question of any comfort.

I was in full defensive mode — the atmosphere was entirely unconducive to trust. Everything inside me was screaming: "Alex, what are you doing here among these suspicious shamans and peculiar hippie facilitators?!"

THE FAILURE OF THE "TERMS OF REFERENCE" FOR THE UNIVERSE

I arrived at the first ceremony in the Maloca (the ceremonial hall) as if walking into a board meeting. I had prepared a sheet of paper with 10 points — my list of requests to the universe. I was accustomed to extracting the maximum from life, and this list was supposed to guarantee results. The shamans were clearly amused.

I drank the bitter-tasting Ayahuasca and waited. Four hours of shamanic songs (icaros) — and... NOTHING.

- I saw NOTHING.
- I understood NOTHING.
- I felt absolutely NOTHING

A wave of disappointment crashed over me — I felt deceived. By morning my sole objective was to buy a ticket and flee home. It seemed to me that an ordinary nightclub under the influence of substances held more meaning than this hollow exercise.

DEATH OF THE EGO: ATOMIC DISSOLUTION

There were no suitable departures that day, and I decided to attend the second ceremony — simply because I had genuinely liked the icaros songs. This time I had NO expectations whatsoever. I was not planning to receive answers; I simply wanted to relax and listen to the music.

I did what I had been incapable of doing for decades: I fully released control. And that was the main secret.

I drank exactly the same dose as the night before. Twenty minutes later, reality began to melt. My body began disintegrating into atoms — I physically felt myself dissolving. Then my heartbeat disappeared. I grabbed my chest but felt nothing. Terror swept over me completely — I was dying, right now, in the middle of the jungle, and there was nothing I could do about it. I wanted to scream, stand up, run — but my body no longer belonged to me. A single thought pulsed through my mind: "This is the end." Out of the darkness, facilitators and shamans appeared — ritual gestures, the sound of the shacapa rattle, the scent of palo santo, singing... and I vanished.

I came to at the end of the ceremony. By my perception, two years had passed, though the clock showed four hours. It was a complete Death of the Ego. When the inner controller and the security system switch off, the authentic, true Self is liberated — without social masks, accumulated lies, and illusions. I returned a different person — and for the first time in many years I felt that I had finally encountered myself.

LIFE AFTER AWAKENING

A single night changed everything. Without any act of will, alcohol, late-night outings, and junk food disappeared from my life. Even meat left for good. It was as if someone had simply switched off an unnecessary circuit inside me.

I received answers to all of my "10 questions." I came to know who I am, why I am here, and how this Universe is structured. I stood as if naked before a mirror — and for the first time I saw my true self.

But then a hundred new questions arose: how to fill this vacuum? What to do next?

Returning home, I began to search frantically for information. I bought around a hundred books: neurobiology, mysticism, esotericism, religion. I sought teachers among gurus, scientists, and monks; I even joined the Order of Martinists — one of the deepest esoteric branches of Freemasonry. It was an insatiable thirst.

Now I understand my central mistake: what I lacked was a few dozen sessions with a competent psychedelic coach. Due to the absence of integration, I made many mistakes in business and relationships that cost me enormous losses.



THE ELIXIR OF TRUTH: A NEW QUALITY OF PLAY

Today I call Ayahuasca the "Elixir of Truth" — and this is not a beautiful metaphor. It is a tool that strips the grey film from reality and restores the capacity to see the world with absolute clarity. When the illusions that have consumed 90% of your vital energy for years fall away, possibilities open up that you had not even suspected.

This is what life looks like after a complete reboot of the operating system:

INTUITION AS A COMPETITIVE ADVANTAGE

In business, we are accustomed to relying on analytics, reports, and logic. But Ayahuasca gives something more — direct knowledge. You walk into a meeting room and before your partner has even opened his mouth, you already read his true motives, his fears, and the exact point where he is bluffing. Deception becomes physically perceptible.

You stop wasting months on dubious deals. Decisions become instantaneous and uncannily precise. You simply know where to direct capital, because your inner compass is no longer thrown off by others' opinions and your own complexes.

ENERGY WITHOUT LEAKS

I used to think that chronic fatigue was the norm. I did not understand that a vast portion of my energy was being spent on maintaining a façade, fighting suppressed depression, and wearing social masks.

Imagine a company in which 70% of the budget is devoured by internal conflicts, bureaucracy, and redundant processes. Now imagine that all of this vanished overnight. That is exactly what happened to me. The colossal volume of energy that had previously gone into the internal war was released for creation. I began waking at six in the morning not because I "had to," but because I was bursting with ideas and a hunger for action.

HAPPINESS AS THE DEFAULT SETTING

The most incredible thing is the return of a taste for life. Not a cheap dopamine spike from buying a new sports car. But a deep, fundamental calm and a sense of wonder at the sheer fact of existence.

Food became more flavorful, colors more vivid, relationships with people deeper and more sincere. I stopped consuming life and began to feel it. And at a certain moment, understanding arrived: everything I had been earning for years had been merely an attempt to purchase the state that now lives within me of its own accord. That is true wealth.

This was not simply "treatment" for depression. It was a complete reassembly of my personality. I ceased to be a prisoner of my own internal breakdowns — and for the first time began to build my life according to my own design, rather than someone else's blueprints.



THE HISTORY OF SACRUNA'S CREATION: A BRIDGE BETWEEN WORLDS

The Ayahuasca experience became the most significant event in my life — no business triumph or material achievement can compare with it. It radically altered my trajectory, opening up unprecedented horizons of development and understanding of the Universe. But this same experience proved to be profoundly traumatic. And the trauma was caused not by the Medicine itself, but by the way the process surrounding it was organized.

WHY THE JUNGLE BREAKS THE WESTERN PERSON

For indigenous peoples — in particular for the Shipibo-Conibo people — the jungle is home. They are born, live, and die in this environment. But for a Western person, especially for a leader whose life is built on structures, control, and a certain level of comfort, the jungle can be not merely uncomfortable — it can be destructive. And here is why.

When you are in a state of ego death, your psyche is maximally exposed and vulnerable. The last thing you need at that moment is to wage war against enormous cockroaches, suffocate in humid heat, or flinch at every rustle in the bushes. Instead of surrendering completely to the process and going into depth, the brain expends a colossal resource on elementary biological survival. You do not transform — you survive.

The second problem is a security vacuum. In the jungle there is a shaman who sings sacred songs, but there is no professional oversight in the Western sense of the term. There is no one who will understand the specific nature of your consciousness, your cognitive distortions as an entrepreneur, or the enormous responsibility that rests on your shoulders. For a leader's system, the absence of guaranteed safety is a trigger that blocks deep entry into the experience.

And the third — most critical — problem is the complete absence of integration. This is the central failing of authentic retreats. You are sent into open space, your entire interior is shaken up, and then you are simply dropped off at Lima airport. You return to your world with a disassembled psyche but without a single tool for applying the knowledge gained in business or family life. It is precisely this integration vacuum that has cost me and many of my colleagues enormous losses — in money, relationships, and time.

THE SEARCH FOR THE GREAT MISSION: THE SECOND PATH

Six months later I returned to Peru. I realized that the first experience had left unhealed wounds in me, and I went not for another "trip," but for answers to new questions. This time I entered the ceremony with a single intention — to find my true purpose.

In the very midst of the experience, when the masks had finally melted away, I received a revelation — clear and irrefutable. I saw my role: to be a bridge between the ancient world of Ayahuasca plant medicine and the modern Western world. To preserve millennial knowledge, but to repackage it entirely — to wrap it in the familiar high level of comfort and to provide what is completely absent in the jungle: professional psychedelic integration. A leader does not need to suffer in the mud to attain enlightenment. On the contrary, premium comfort is not a luxury but a necessary condition for safety, one that allows the psyche to shed its armor and achieve the maximum effect from the Medicine.

THE BIRTH OF SACRUNA

Thus SACRUNA was born — a premium retreat center in Europe, whose foundation consists of the millennial traditions of the Shipibo-Conibo, over which is built a superstructure of the highest level of comfort, safety, and professional psychedelic integration.

SACRUNA's mission is to heal and to awaken. To help people emerge from the darkness of their own illusions and to see the world as it truly is. We have created an environment where one can pass through ego death and rebirth, knowing that behind you stands a team of experts and that your body is in absolute safety.

Our task is to help leaders, through deep transformation, become the best version of themselves, so that they may change this world and the lives of those around them.

The Ayahuasca Protocol that you are reading is your entry point. A concentration of the experience of hundreds of ceremonies and cutting-edge research, written so that your path may be conscious, effective, and maximally safe.

Alex Goodman, founder of SACRUNA



CRITICAL SAFETY PROTOCOL

Before we turn the first page and immerse ourselves in the architecture of consciousness, it is necessary to cross-check the safety maps. In business we call this risk management. In the space of Ayahuasca, this is your insurance against fatal errors.

This material is exclusively informational and educational in character. I am not a physician or a lawyer. Everything set forth below is the quintessence of the experience of hundreds of leaders and SACRUNA experts, which you must assimilate as a basic pre-departure checklist.

MEDICAL CLEARANCE

Ayahuasca places an enormous burden on all systems of the body. If your physical body has critical vulnerabilities, entering the process can be destructive.

The first area deserving attention is the cardiovascular system. Cardiac pathologies, valvular defects, severe hypertension, a history of myocardial infarction — all of these close the door to deep ceremony. The Medicine significantly increases blood pressure and heart rate.

The second is the psychiatric profile. Diagnosed schizophrenia, bipolar disorder, or a predisposition to psychosis represents a serious risk. A psychedelic experience can serve as a trigger for irreversible processes.

The third is epilepsy. Any seizure disorders are an absolute contraindication.

PHARMACOLOGICAL CONFLICT

This is the zone of maximum danger. The chemical incompatibility of Ayahuasca with certain substances can lead to serotonin syndrome and a fatal outcome.

SSRIs and MAOIs — it is categorically prohibited to combine these antidepressants with the Medicine. A complete detox period of three to six weeks will be required before it is possible to enter a ceremony. Many blood pressure medications enter into a dangerous reaction with the alkaloids of the vine. Dietary supplements and stimulants — anything that affects dopamine and serotonin, including St. John's Wort, tryptophan, and even certain fat-burning agents — must be completely discontinued.

The full contraindication list with all details is provided in Module 3, “Protection: Safety and Responsibility.” Disregarding this list is not a risk — it is a direct threat to life.

LEGAL STATUS

The legality of Ayahuasca is a complex gray area that varies from country to country. In certain jurisdictions, such as Peru and Brazil, the Medicine is part of national cultural heritage. In Europe and the United States, the situation differs. SACRUNA is based in Spain and operates within a legal framework. The author does not call for the violation of the laws of your country — your task is to carefully study the local legislation before planning participation in a retreat.

THE LAW OF HONESTY

In business, a minor discrepancy in a report may go unnoticed. Here, that will not work. An attempt to conceal a medical history, the fact of medication use, or the presence of psychological trauma in the participant questionnaire is the fastest way to turn a transformation into a catastrophe.

ANATOMY OF INTENT: 25 REASONS WHY LEADERS CHOOSE AYAHUASCA

In the world of high stakes, leaders are accustomed to relying on analytics and will. But when the system malfunctions, classic tools such as an MBA or coaching stop working. This is the signal: the limit has been reached not in the business, but in the configuration of the owner's own consciousness.

Ayahuasca is a comprehensive overhaul of your operating system. Below is a brief audit of 25 intents with which leaders come to the Medicine for a fundamental reset.

BLOCK 1. PHYSICAL CONDITION AND ENERGY

The body is the hardware base. If the “hardware” is worn down by stress, effective management becomes impossible.

1. Release of chronic stress. Years of life in “fight-or-flight” mode overload the system with cortisol. Ayahuasca forcibly shuts down this mechanism, giving the nervous system a chance at genuine relaxation.
2. Cognitive clarity. The Medicine clears the mind of mental noise and restores neural connections. This returns the ability to see the essence of a task instantly, without prolonged rumination.
3. Restoration of drive. Ayahuasca restores the state of “hungry eyes” that you had at the start of your career. You begin again to want to scale and to win, rather than merely hold your positions.
4. Elimination of dependencies. Leaders often suppress tension with alcohol or cigarettes. Ayahuasca eliminates the root of this need. You simply stop requiring substitutes, as the internal void disappears.
5. Calibration of sleep architecture. The Medicine restores natural regeneration cycles. You begin falling asleep without pills and waking up refreshed, rather than forcing the system to run on liters of coffee.

BLOCK 2. BUSINESS INTELLIGENCE AND THE MIND

At this level, Ayahuasca functions as an analytical instrument of ultra-high resolution.

6. Intuition as direct access to data. You begin to physically sense your partners' bluffing and hidden risks in deals before you even see the numbers in the reports. This is direct access to knowledge, bypassing logic.
7. Removal of scaling barriers. A business is a projection of its owner. If the company is not growing, that means there is a fear or limiting belief inside you. Ayahuasca locates and demolishes these partitions.
8. Generation of nonlinear strategies. The rational mind moves in circles of established patterns. The Medicine takes you beyond the boundaries of the system, allowing you to see new niches and solutions that remain hidden from competitors.
9. Reclaiming the role of visionary. You stop being a "firefighter" and return to the role of architect, who inspires the team with a clear vision of the future.
10. Awakening of creative potential. Not merely new strategies — but the restoration of the ability to create from a state of flow. Many entrepreneurs have forgotten that they once began from precisely this: from inspiration, not calculation. Ayahuasca restores this source.

BLOCK 3. PERSONAL CRISIS: WORKING WITH THE SHADOW ZONES

Here, the Medicine works with what leaders typically conceal even from themselves.

11. Escape from the "Golden Cage." The situation in which the business has become a prison that consumes all of one's time. Ayahuasca helps to restructure the system so that you once again become the master of your life rather than a slave to your enterprise.
12. Dissolution of impostor syndrome. Even at the summit, many fear that their success is an accident. The Medicine provides a firm inner foundation and an affirmation of your right to power and capital.

13. Healing loneliness at the top. You feel that those around you see in you only a resource. Ayahuasca restores the capacity for sincere relationships, in which you are valued not for the figures in your account.
14. Overcoming the void of meaning. When goals have been achieved but joy is absent. The Medicine returns a taste for life, showing that your state of being need not depend solely on market valuations.
15. Shedding the iron masks. The constant role of the "infallible hero" demands a colossal expenditure of energy. Ayahuasca allows you to remove the armor and to discover that the true strength of a leader lies in his authenticity.
16. Elimination of pathological distrust. The fear of betrayal compels you to control every step of your subordinates. Ayahuasca helps to work through this fear, allowing you to hire strong people and delegate tasks. As a consequence, manipulators and sycophants naturally depart from your circle.
17. Transformation of anger. If anger has become your sole mode of communication, Ayahuasca will help find its root cause and transform it into a calm, assured strength.
18. Healing psychosomatic conditions. Chronic pain, gastrointestinal problems, skin disorders — things that have resisted treatment for years not infrequently resolve after deep work with suppressed emotions. The body stops crying out about what the mind refuses to hear.

BLOCK 4. SYSTEMIC CONNECTIONS: FAMILY, LINEAGE, AND LEGACY

Business is inseparably linked to the ancestral patterns and family relationships you carry behind you.

19. Breaking cycles of recurring failures. If you repeatedly lose money according to the same scenarios — this is a systemic error. Ayahuasca helps to see these patterns and to break them.
20. Settling accounts with the past. Resentments toward parents are leaks through which your energy drains. The Medicine allows you to close these internal conflicts and to unblock your resources.
21. Responsibility toward heirs. You understand that you transmit to your children not only assets but your own fears. Ayahuasca helps to purify this mental code so that your children begin their path without your "bugs."

22. Relationship with a partner. Many leaders arrive with dead marriages, in which only formality remains. Ayahuasca helps either to restore the depth of the connection, or to find the honesty to acknowledge that the relationship is exhausted. Either outcome is liberation.

BLOCK 5. SPIRIT AND MEANING: THE HIGHEST LEVEL OF PLAY

Here you receive answers that cannot be found in management textbooks.

23. Liberation from the fear of death. One of the most powerful effects of Ayahuasca is the experience of symbolic death, which dissolves existential fear. For a leader who makes decisions involving millions, this changes everything: paralyzing caution disappears, and freedom to act at a grand scale appears.
24. Forgiveness of oneself. The heaviest burden of a leader is not resentments toward others, but what he cannot forgive himself for. Failures, betrayed people, wasted years. Ayahuasca allows you to look at your path without judgment and to finally release what has consumed your energy from within for years.
25. Determination of purpose. You receive a direct answer to the question of your true mission. Ayahuasca is the Elixir of Truth: it shows the actual state of affairs in your life without embellishment. This knowledge bestows extraordinary confidence in every subsequent step and is the only way to stop building castles on sand.

This list is not theory but the actual intents with which leaders come to Ayahuasca. The Medicine gives not what you want in your imagination, but what you need in order to move to the next level of life.

THE AYAHUASCA PROTOCOL: INSTRUCTIONS FOR USE

You have read the story that stands behind this Protocol. Now — about how to work with it.

ARCHITECTURE OF THE PROTOCOL

The material is divided into eight functional modules, as well as an introduction and an afterword. Each module addresses a specific stage of your transformation.

- Manifest. The author's note, personal history, and the entry point into the Protocol.
- Module 1: Genesis: History and Culture. Everything about the origins, tribal traditions, varieties of the vine, and the path of Ayahuasca from the jungle into the modern world.
- Module 2: Mechanics: Science and Neurophysiology. A deconstruction of the Ayahuasca experience through the lens of neurophysiology, quantum physics, and systems biology.
- Module 3: Protection: Safety and Responsibility. The critical section: legal aspects, medical contraindications, selection of a master, and working with difficult experiences.
- Module 4: Foundation: Preparation and Diet. Instructions for preparing the organism: dietary restrictions, working with intention, and psychological readiness.
- Module 5: Immersion: Process and Navigation. A detailed breakdown of the ceremony itself: stages of the experience, management of attention, working with sound, and rules of conduct within the process.
- Module 6: Realization: Integration and Transformation. Methodology of implementation: how to translate insights into actions, find purpose, and change the quality of life after the retreat.
- Module 7: Workshop: Diagnostics and Coaching. Applied tools for quantifying results and professional elaboration of insights.
- Afterword. The author's closing words.

WHAT YOU WILL FIND INSIDE

In addition to the primary material, the text contains embedded applied tools that will help make your experience measurable and manageable.

- ROI matrices of states — tools for evaluating the effectiveness of your process. We will learn to measure changes in productivity, level of happiness, and quality of decision-making.
- Terms of reference for the subconscious — a methodology for formulating a request to the Medicine, which minimizes informational noise in the experience and directs attention toward the resolution of specific problems.
- Safety checklists — sets of rules, the violation of which renders the process ineffective or dangerous.

HOW TO WORK WITH THIS MATERIAL

I recommend approaching the study of the Ayahuasca Protocol in the same way you approach the study of a new market or investment project.

Do not attempt to absorb everything at once. The information is high-density and requires time to assimilate. Begin sequentially, paying particular attention to Module 3 (Safety) and Module 4 (Preparation). Until your body is physically prepared, theoretical knowledge about higher meanings has no practical value.

Take notes. During the reading process, your subconscious will already begin to work. Record what evokes inner resistance — as a rule, the most important material is hidden precisely there.

Remember: knowing the aircraft's operating manual does not make you a pilot, but it significantly increases the chances of a successful flight. The Ayahuasca Protocol will give you the map and an understanding of the instruments, but the controls will be in your hands alone.

INTRODUCTORY TOOL: CURRENT STATE AUDIT

Any deep transformation begins with a candid inventory. In business, you do not begin a new project without understanding the actual state of affairs in the company. In working with one's own consciousness the rules are the same: before moving on to Module 1, document your "Point A."

Below is a simple self-assessment tool. It will take no more than five minutes, but will give you a candid picture of where your system is malfunctioning.

Rate each statement on a scale from 1 to 5, where 1 means "this describes me completely" and 5 means "this does not describe me at all." Be maximally candid: this audit is intended for your eyes only.

BLOCK 1. PHYSICAL RESOURCE

1. You find it difficult to begin the day without stimulants — coffee, nicotine, or something else.
2. You cannot remember the last time you woke up genuinely rested.
3. You have chronic pain, tension, or ailments that you have grown accustomed to ignoring.

BLOCK 2. STRATEGIC CLARITY

4. You spend a long time turning over decision options and doubt your choice even after it has been made.
5. You feel that you have lost the ability to see opportunities and risks before they become obvious.
6. The greater part of your time goes to operational busywork rather than strategic tasks.

BLOCK 3. INNER INTEGRITY

7. Your current activities do not bring deep satisfaction — only money.
8. You feel that you are constantly playing a role and have grown tired of the necessity of maintaining an image.
9. You cannot give a coherent answer to the question of why you do what you do.

BLOCK 4. SYSTEMIC CONNECTIONS

10. You suspect that the majority of people around you are interested in your resources rather than in you.
11. Your relationships with those close to you are more a source of tension than of support.
12. You find it difficult to trust your team and to delegate key processes.

BLOCK 5. MEANING AND DEPTH

13. You avoid thinking about the finitude of life and about what will remain after you.
14. You carry a burden of guilt over past decisions, mistakes, or people you have let down.
15. You do not have the sense of having found your true purpose.

SUMMING UP

Add the scores for all 15 questions.

- 15–30 points: Your system is in good shape. Ayahuasca can serve as a fine-tuning instrument and a pathway to a new level of awareness.
- 31–45 points: Zone of hidden strain. You are coping, but spending too many internal resources to do so. Accumulated fatigue may lead to a systemic failure.
- 46–60 points: Systemic crisis. You are holding your positions by force of will alone. It is worth seriously considering a deep reset.
- 61–75 points: Severe deficit of energy and meaning. Before moving forward, it is recommended to consult with a professional psychotherapist or psychedelic coach in order to choose a safe path of working with your condition.

Write down your result and the date. This is your reference point. Now that you have documented your current reality, we may proceed to the study of the technology for changing it.



MODULE I. GENESIS: HISTORY & CULTURE

Origins, tribal traditions, vine classifications, and the evolution of Ayahuasca from the Amazon to the modern era.



FOREWORD FROM ALEX

Ayahuasca is not a religion, nor is it an escape from reality. For me, as an entrepreneur, it is first and foremost a high-precision technology for working with consciousness. After years of managing international projects, I've realized one thing: the scale of your business is always limited by the scale of your own persona. If there are bugs in the system—fears or cognitive biases—they will inevitably manifest in your decisions, your strategy, and your results.

In this project, I have combined the ancient wisdom of the Amazon with the pragmatic approach of a modern leader. I have undergone hundreds of ceremonies and lived in the jungle not for the sake of the эexotic, but for the answers that cannot be found in management textbooks. My task within SACRUNA is to strip away the mystical fluff and give you a clean algorithm for transformation.

This book is not a philosophical treatise. It is technical documentation for the most powerful tool for self-discovery on the planet. We will break down how to prepare your "hardware" (the body), how to configure your "software" (the psyche), and how to reach a level of direct control over your reality. If you are looking for a way to push your boundaries and find true meaning beyond figures and charts—you are in the right place.

INTRODUCTION: WHY A LEADER MUST UNDERSTAND THE TECHNOLOGY'S ROOTS

Before hitting the "Start" button and entering a state of deep transformation, you must first conduct a system audit. Ayahuasca is an ancient technology for consciousness management, complete with its own specifications, operating rules, and lineage of succession. If you approach this process as a "spiritual tourist," you will get nothing more than special effects. If you approach it as a Leader, you need to understand the architecture of this power.

In this section, we will conduct a Due Diligence—verifying the integrity of the assets and the reputation of the tradition. We will strip away the esoteric fluff, leaving only the facts you need to utilize this tool with maximum efficiency.



MODULE I TABLE OF CONTENTS

1.1. The Code of Origin: Geography and the Etymology of Power
A breakdown of the Medicine's path from the Andes to the Amazon — and the technical specification behind its name.

1.2. Biological Composition & Vine Classification
The hardware of the process: types of vines and companion plants.

Tool: The Power Identifier — A Comparative Table of Ayahuasca Types

1.3. The Global Map of Traditions: Where to Go — and Why
A comparative analysis of the Peruvian, Colombian, and Brazilian schools.

Tool: The Tradition Navigator — How to Choose Your Path

1.4. Mythology & Cosmology: Mapping the Invisible
The user interface for navigating the subconscious.

Tool: The Entity Compass — Interpreting the Experience

1.5. Ceremony & Ritual: The Technology of Immersion
Spatial architecture, the facilitator's instruments, and the sonic codes of navigation.

Tool: The Technical Ritual Blueprint

1.6. Keepers of Knowledge: The Dieta & The Master's Code
The curandero training system and the ethics of working within tradition.

Tool: The Conscious Traveler Manifesto

1.7. Modernity & the Shadow Side of Tradition: A Safety Audit
Protection criteria against manipulation and red flags of unethical practitioners.

Tool: Checklist: 10 Signs of a "Dark" Facilitator

CHAPTER 1.1. THE CODE OF ORIGIN: GEOGRAPHY AND THE ETYMOLOGY OF POWER

Ayahuasca is not merely an "exotic jungle brew." It is a sophisticated technology for accessing the subconscious — one with a specific geographic origin and a linguistic code embedded in its name. To understand how this instrument truly works, you must first examine its "factory settings".

THE GEOGRAPHY OF POWER: FROM THE ANDES TO THE SELVA

The path of the Medicine is not a fixed point on a map — it is a dynamic expansion of knowledge. The story of Ayahuasca begins in the foothills of the Andes, where extreme environmental conditions force plants to develop high concentrations of active compounds. From there, the tradition gradually descended into the Amazon Basin, adapting to new ecosystems, tribes, and cultural frameworks along the way.

Today, the Geography of Power spans vast territories:

- The highlands of Colombia and Ecuador: Home to the rigorous Yagé tradition — a lineage known for its intensity, deep purification work, and uncompromising discipline.
- The Peruvian and Brazilian Amazon: A center of sophisticated navigational systems and sonic technologies — particularly the use of Icaros, the ceremonial songs that function as acoustic guidance codes.

For us, geography matters because every tribe along this route contributed its own "patch" to the foundational code of the Medicine. The result is a distributed network of knowledge — one that we integrate and systematize within SACRUNA.

ETYMOLOGY: DECODING THE NAME & REGIONAL LINEAGES

The word Ayahuasca comes from the Quechua language and functions as a direct technical specification of the instrument itself:

- Aya: Spirit, soul, ancestors, or "the realm of primordial intelligence."
- Waska: Vine, rope, or cord.

Literally translated, it means "vine of the spirits." In modern terms, you could think of it as an information cable — a line of connection to the server of your subconscious.

1. Yage: The Colombian lineage, synonymous with intensity, strength, and endurance.
2. Caapi: The Brazilian term, emphasizing the biological foundation of the vine itself.
3. Nixi Pae: The name used by the Huni Kuin people, highlighting the visual and visionary dimensions of the experience.

A BIOLOGICAL AND ETHNOGRAPHIC PHENOMENON: THE MATHEMATICAL ANOMALY

From a scientific perspective, Ayahuasca represents a biological paradox — a form of "bio-hacking" whose full implications we are only beginning to understand. The probability that Indigenous peoples randomly combined two specific plants out of more than 80,000 species in the Amazon — and discovered the precise synergy between DMT and MAO inhibitors required for activation — approaches statistical improbability. This was not the result of an accidental jungle brew. It was the outcome of intentional experimentation — a long arc of research and development conducted by both nature and human intelligence.

THE HISTORICAL LINDY EFFECT: PROVEN BY TIME

For an entrepreneur, Ayahuasca represents a technology that has passed the most unforgiving viability test of all: time. Unlike modern startups that struggle to survive a decade, this system has endured for thousands of years. Archaeological discoveries in Bolivia — leather medicine pouches containing residue of psychoactive plant compounds dating back over 1,000 years, along with rock art more than 4,000 years old — provide material evidence of the instrument's durability. In business terms, this is the Lindy Effect in action: the longer a technology has survived, the longer it is likely to continue surviving. Longevity at this scale is not accidental. A system does not persist for millennia unless it works.

THE ORAL TRADITION: KNOWLEDGE TRANSMISSION FROM THE "PLANT MOTHERS"

The foundation of this technology rests on direct knowledge transmission — a system that functioned for centuries without written documentation. According to Indigenous cosmologies, the Ayahuasca recipe was not discovered through chemical experimentation. It was revealed to the first practitioners by the "spirits" or "Mothers" of the plants — understood as the custodians of specific frequencies and intelligences within nature.

- Learning from the Cloud: Through deep trance states and prolonged periods of dietary discipline (dieta), early masters accessed what they described as direct insight into biology and consciousness.
- The Plant as Subject: Within this paradigm, the plant is not treated as an object of study, but as an autonomous intelligence — a teacher rather than a compound.
- The Security Protocol: The oral tradition ensured that the brew was never transmitted in isolation. Alongside it came a navigation system — ceremonial structure, ethical guidelines, and protective frameworks refined across generations.

Many of my clients are pragmatists. They come for results — not for legends. But I always tell them: "If you believe Indigenous cultures randomly boiled two plants together and somehow unlocked access to the human brain, then your math needs work." We are working with a technology whose authorship does not belong to man — but to nature itself. Respecting that authorship is not romanticism. It is risk management. Because without that respect, what could be a profound transformation easily degrades into nothing more than a meaningless psychedelic episode.

Critical Vulnerability

Attempting to engage with the Medicine in isolation from its history and geography. Without an understanding of its lineage and transmission protocols, a precise instrument becomes an unpredictable substance — stripped of structure, protection, and navigational guidance.

The Core Principle

In the Ayahuasca space, knowledge of origin and operational framework is your only real insurance policy.



CHAPTER 1.2. BIOLOGICAL COMPOSITION & VINE CLASSIFICATION

If the first chapter established where the Medicine was born, this section examines its hardware. Understanding the biology is not an academic exercise — it is a matter of knowing the technical specifications of the instrument you are working with. In business, you would never deploy software without understanding the hardware it runs on. With Ayahuasca, the principle is exactly the same.

BANISTERIOPSIS CAAPI: THE FOUNDATION AND THE "BODY"

The Banisteriopsis caapi vine is the structural core of the system. In traditional contexts, it is referred to as the "body" of the brew. Its morphology — a dense, woody vine often twisting into spiral formations — has frequently been compared to the structure of DNA.

From a biological perspective, the vine functions as a source of MAO inhibitors (monoamine oxidase inhibitors). In the human body, the enzyme monoamine oxidase rapidly breaks down DMT, preventing it from reaching conscious awareness. The compounds in caapi temporarily inhibit this enzymatic process. Without the vine, the other components remain biologically inactive when taken orally. It is the caapi that provides the process with strength, depth, and structural stability.

COMPANION PLANTS: LIGHT AND VISION

If the vine is the body of the brew, the companion plants serve as its "light" — the visual and perceptual dimension of the process. These plants contain DMT, the compound that enables access to deeper layers of perception and subconscious material.

- Psychotria viridis (Chacruna): The most common partner to the vine. Known for producing a stable, clear visual field and a gradual, structured immersion.
- Diplopterys cabrerana (Chaliponga / Chagropanga): A more potent alternative. In addition to DMT, it contains other active compounds that tend to produce a more somatic, intense, and often less predictable experience. It is traditionally chosen when the process calls for deeper disruption or breakthrough.

REGIONAL FORMULATIONS: MODIFIERS OF INTENSITY

Depending on the intention of the ceremony, an experienced maestro may incorporate additional teacher plants into the brew or ceremonial space.

- Mapacho (Nicotiana rustica, Amazonian tobacco): Used for grounding and for cleansing the "channel." It acts as a filter, clearing mental noise.
- Brugmansia (Toé): An extremely dangerous instrument. Added in microdoses to break through the most rigid psychological defenses. Working with it is always advanced-level practice and a high-risk zone.

VINE CLASSIFICATION: INSTRUMENT SPECIALIZATION

In the Amazon, the vines are classified according to the character of their effects. These are different "versions" of the same engine, calibrated for specific tasks.

- Ayahuasca Cielo (Heavenly): Gentle, luminous, instructive. It works delicately and is ideal for initial healing and receiving answers in the format of a "dialogue."
- Ayahuasca Trueno (Thunder): Its function is disruption. It strikes directly at psychological barriers and the ego. If you feel stuck within your own defenses, Trueno removes them without asking for permission.
- Ayahuasca Negra (Black): An instrument for shadow work. It takes you into the deepest layers, working with ancestral memory and heavily repressed trauma. It is a profound inventory of the past.
- Ayahuasca Blanca и Roja (White and Red): More specialized types. Blanca is used for cleansing subtle layers and refining intuition; Roja is associated with physical restoration and work with the body's vitality.

- Ayahuasca Anaconda: The rarest and most powerful type. Its vine has a distinctive structure resembling the spine of a serpent. It is used for fundamental restructuring of the personality and work with primary life energies.

TOOL: THE POWER IDENTIFIER — A COMPARATIVE TABLE OF AYAHUASCA TYPES

Use this table as a technical passport to select the appropriate caliber for your process.

Vine Type	Intensity	Duration	Work Vector	Primary Application
Anaconda	Extreme	8–10 hours	Energy/ Foundation	Complete reset and restructuring of the “core.”
Cielo	Moderate	4-6 hours	Information/ Spirit	Strategic vision, learning, clarity.
Trueno	High	4-5 hours	Psyche/ Ego	Removing internal blocks, breaking rigid control patterns.
Negra	Maximum	6-8 hours	Subconscious/ Lineage	Work with the past, the shadow, and inherited patterns.
Roja / Blanca	Low/Moderate	3-5 hours	Body/ Ether	Physical restoration and subtle recalibration.

In my practice at SACRUNA, the choice of vine accounts for 50% of the outcome. If a business leader comes in seeking strategic clarity and is given Trueno, he'll spend the entire night battling his shadows instead of designing the future. Precision in selecting the instrument determines your ROI from the ceremony. We are not playing shamanism. We are engineering states.

Critical Vulnerability

Attempting to use a "standardized" Ayahuasca for highly specific objectives. If the vine is selected incorrectly, you will either face an excessively harsh experience where clarity was required — or simply a "beautiful movie" where a structural overhaul was needed.

The Core Principle

Biological composition is the configuration of your hardware. The correct vine ensures the system can withstand the load and deliver the intended result.



CHAPTER 1.3. THE GLOBAL MAP OF TRADITIONS: WHERE TO GO — AND WHY

Choosing an Ayahuasca school is not about selecting an attractive setting or exotic atmosphere. It is a strategic decision about the method that will be used to "repair" your operating system. An error at this stage is costly. Instead of addressing real business challenges, you risk either singing away your valuable time — or going through unnecessary physical hardship. Each tradition is a distinct instrument, forged through centuries of survival and refined to address specific demands of consciousness.

1. THE PERUVIAN LINEAGE: ENGINEERS OF CONSCIOUSNESS AND WARRIORS OF SPIRIT

The Peruvian school is the "premier league" for those seeking answers, precision, and measurable results. At SACRUNA, we have chosen this protocol as our foundation because it operates with the surgical precision of a laser.

THE SHIPIBO-CONIBO: MASTERS OF THE SONIC CODE

Historically, the Shipibo are a river people who, for centuries, refined the ability to structure chaos. Their uniqueness lies in the system of Kené — intricate geometric patterns they perceive under the influence of Ayahuasca and reproduce on textiles and ceramics. For them, this is not art, but data visualization.

- Ceremonial Distinction: Individualized work within a group setting. The maestro approaches each participant, effectively "scanning" their state and constructing a personalized sonic field of protection.

- How It Works: Shipibo maestros use icaros (songs of power) as executable code. Sound functions as a navigator, structuring the visual field and preventing the mind from dissolving into chaos. It is a targeted intervention into specific "archives" of memory and the subconscious to correct systemic errors.
- For Whom: Leaders and entrepreneurs seeking strategic breakthroughs, unconventional solutions, or a deep audit of their internal structures.
- Outcome: Mathematical clarity of mind. You leave the process with a defined action roadmap and the sense that your internal office has finally been put into perfect order.

THE ASHANINKA: CONSCIENCE AUDIT AND INNER ALIGNMENT

The Ashaninka are one of the most warrior-oriented tribes, with a history defined by the continuous defense of their sovereignty and values.

- Ceremonial Distinction: Strict discipline and an emphasis on protective, masculine energy. There is no room for passivity here; the process demands full concentration.
- How It Works: This is a technology of conscience audit. The Ashaninka tradition compels you to confront your motives, your actions, and your responsibility to the world — and to your team. It is a rigorous inventory of your ethical foundation.
- For Whom: Leaders navigating a values crisis or facing a complex moral decision.
- Outcome: A strengthened inner axis. A state of clear conscience and the readiness to assume responsibility at any level, without fear or hesitation.

2. THE COLOMBIAN LINEAGE (YAGE): SPIRITUAL SPECIAL FORCES

The Colombian tradition (the Cofán and Siona peoples) is a "boot camp" for those whose system is so saturated with noise and self-deception that it requires total deconstruction.

- Ceremonial Distinction: Radical minimalism and severity. Ceremonies often take place in austere conditions, and the masters (Taitas) demand strict adherence to the code. The brew (Yagé) is prepared in a highly concentrated, dense form.

- How It Works: Through intense physical cleansing and the dismantling of ego defenses. The system quite literally shakes everything out of you — accumulated toxins, old resentments, and entrenched mental patterns. It is a demolition of the structure down to its foundation.
- For Whom: For those who have been lying to themselves, who have reached a complete dead end, or who feel that their current life is a role they no longer own.
- Outcome: A state of a blank slate. You emerge physically and mentally reset, having released a burden carried for decades. It is a harsh but necessary zero point for a new beginning.

3. THE BRAZILIAN VECTOR: RESONANCE AND RETURN TO LIFE

The Brazilian schools (Yawanawá, Huni Kuin) function as a "hospital for the soul" and a powerful charging station for those who are completely burned out.

- Ceremonial Distinction: Celebration, collective creativity, and joy. There is extensive group singing, dancing, and vibrant ceremonial symbolism. The ceremony is built around the energy of unity — with the forest and with one another.
- How It Works: Through emotional opening and group resonance. The energy of the group acts as an external battery, helping to gently bypass psychological defenses and refill depleted reserves of vitality. This is work through love and acceptance rather than confrontation.
- For Whom: For those experiencing severe burnout, apathy, or a loss of interest in business and life. When there is no energy left even for analysis — the priority is simply to come back to life.
- Outcome: A powerful surge of life force and emotional uplift. A restored capacity to feel joy, inspiration, and empathy toward your team and loved ones.

TOOL: “THE TRADITION NAVIGATOR” (HOW TO CHOOSE YOUR PATH)

Parameter	Peru (Shipibo / Ashaninka)	Colombia (Cofán)	Brazil (Yawanawá)
Process Metaphor	Laser surgery / Audit	Structural demolition	Battery recharge
Core Request	“I need answers and strategy.”	“I’m stuck. I need a reset.”	“I’m burned out. I need energy.”
Ideal For	Top executives, shareholders	Individuals in an identity crisis	Creatives, leaders in depression
Physical Intensity	Moderate (focus-driven)	Maximum (deep cleansing)	Low (emotion-focused)
Monday Morning Effect	Clear plan and actionable roadmap	Sense of freedom and integrity	Inspiration and surge of energy

Use this audit to determine which “service package” of the Medicine is right for you at this stage.

MY VERDICT

In business, we don't fix a cash flow gap with meditation, and we don't hire auditors when the team is simply exhausted. The same principles apply in the Ayahuasca space.

If you want a result that can be converted into profit and quality of life, Shipibo is your choice. If you feel the foundation has rotted and you can no longer lie to yourself, go to Colombia for honesty. Brazil, on the other hand, is the best gift you can give yourself in a moment of total exhaustion.

At SACRUNA, we work with the Peruvian protocol precisely because it delivers the highest ROI for a Leader.

Critical Miscalculation

Attempting to extract strategic insights during an intense Colombian purge. While your system is being turned inside out, your brain is not thinking about revenue charts. And conversely, don't expect deep personality restructuring from a Brazilian celebration.

The Core Principle

A tradition is a method. Choose it based on the real problem — not the image you saw on social media. Your objective is to leave the maloca with a tool for growth, not a collection of beautiful hallucinations.

CHAPTER 1.4. MYTHOLOGY & COSMOLOGY: MAPPING THE INVISIBLE

Ayahuasca mythology is not a campfire story and not folklore. It is a user interface — necessary for navigating a space where ordinary logic no longer applies. If you enter a deep process without this "map," your brain will interpret incoming data as chaos. My task is to give you a structure that transforms hallucinations into a coherent flow of information.

THREE-TIER ARCHITECTURE: LAYERS OF REALITY

In Amazonian cosmology, the world is not flat. It is structured into three functional levels, each with its own purpose:

1. Upper World (World of Spirits): The realm of ideas, higher meaning, and pure design. This is where strategy and vision for the future are formed.
2. Middle World (World of Humans): Our everyday reality, where ideas are translated into action. This is the interface in which we live.
3. Lower World (World of Ancestors): A deep database where ancestral memory, instincts, and unresolved conflicts of the past are stored.

Understanding this structure allows you, during ceremony, to recognize which "floor" of your subconscious you are currently on — whether you are clearing inherited family bugs or designing the next scale of your business.

THE GREAT ANACONDA: THE SOURCE CODE OF LIFE

The image of the Great Anaconda is the central symbol of the entire tradition. It represents the Ayahuasca vine itself. It is not merely a serpent, but a metaphor for the primordial energy that shaped the riverbeds and the structure of human DNA. In ceremony, the Anaconda manifests as a current of force that reconfigures your body and consciousness. She is the progenitor of life, and encountering her signifies contact with the foundation of your "Self."

If you see or feel the movement of the Anaconda, it indicates that the process has reached the level of core system settings — where the deepest distortions are being removed.

THE PLANT MOTHERS: NATURE'S AUTONOMOUS INTELLIGENCE

The concept of the "Plant Mother" (Madre) acknowledges that nature possesses its own autonomous intelligence. It is not a "hallucination," but an interaction with another form of awareness. Each teacher plant has its own "Mother" — a distinct knowledge algorithm that enters into dialogue with your consciousness.

Working with Ayahuasca is not a monologue of the ego, but an exchange of data. The "Mother" reveals the areas of your life you prefer not to see and offers solutions that cannot be reached through rational analysis alone. It is a consultation with a board of directors on a planetary scale.

ARCHETYPAL GUIDES: JAGUAR, EAGLE, ANACONDA

Your subconscious often uses animal archetypes as perceptual filters for energy. These are specialized navigation instruments:

- Jaguar: A symbol of grounding, strength, and protection. If the Jaguar appears during the process, it signals work with fear, aggression, and personal boundaries. It teaches precision and ruthlessness toward your own weaknesses.

- Eagle: A symbol of high resolution and panoramic vision. It allows you to see your life and business from a bird's-eye perspective, filtering out minor details to focus on the primary vector.
- Anaconda: Transformation through fluidity. It teaches you not to resist change, but to move with it — shedding your "skin" in the process of renewal.

ENCOUNTERS WITH OTHER FORMS OF INTELLIGENCE: METAPHYSICS AND PSYCHOLOGY

The question of whether the entities you encounter are "real" or products of your brain is beside the point. From a results-oriented perspective, what matters is that they operate autonomously. They may challenge you, teach you, or test your resilience.

This is contact with forms of intelligence not limited by your upbringing, language, or social conditioning. You may interpret them however you choose — from Jungian archetypes to extraterrestrial software — but their guidance is difficult to dismiss, as it often carries unsettling precision and effectiveness.

MY VERDICT

When I first encountered "entities" in ceremony, my rational mind tried to dismiss it as a system error. But when a so-called "hallucination" broke down a business case I had been struggling with for a year — in five minutes — I stopped arguing. Mythology is simply a language for describing what science cannot yet measure. At SACRUNA, we do not ask you to believe in spirits. We give you tools for interacting with the autonomous forces of your own mind. Use this map so you don't get lost in special effects — and instead reach the essence of the work.

Critical Miscalculation

Attempting to analyze mythic imagery logically while the process is still unfolding. If you begin thinking, “Why am I seeing a serpent instead of a revenue chart?” you interrupt the data transmission. Accept the interface as it appears — and observe the information it carries.

The Core Principle

Mythology is a navigation system. The Anaconda, the Jaguar, and the Plant Mothers are the languages through which nature delivers complex knowledge in a form your mind can understand.

TOOL: THE ENTITY COMPASS — INTERPRETING THE EXPERIENCE

Image / Level	Sector of Work	What It Means in Practice
Lower World / Ancestors	Database / Lineage	You are clearing the foundation. Removal of inherited patterns and unresolved grievances.
Middle World / Humans	Current Operations	Resolving issues in business, relationships, and health in the here and now.
Upper World / Spirits	Strategy / Ideas	Searching for new meaning, mission, and long-term vision.
Jaguar / Predators	Personal Power	Work with fear, confidence, and the ability to protect your boundaries.
Eagle / Birds	Perspective / Focus	The need to rise above distraction and see the broader picture.
Anaconda / Vine	Foundational Rebuild	Total cleansing and renewal. Transition to a new level of energy.

Use this table after the ceremony to understand which sector of your consciousness the primary work was taking place in.

CHAPTER 1.5. CEREMONY & RITUAL: THE TECHNOLOGY OF IMMERSION

A ceremony is not a theatrical performance and not a religious ritual. It is a strictly regulated technological process designed to create a safe environment for working with the subconscious. Every element — from the structure of the space to the scent in the air — carries a specific functional purpose. Remove the ritual, and Ayahuasca becomes unmanaged chaos. The ritual is the framework that keeps your psyche in a functional state.

SACRED ARCHITECTURE: THE MALOCA AS A MODEL OF THE UNIVERSE

The maloca (a traditional circular or octagonal ceremonial structure) is not simply a hut. It is a deliberately designed space that functions as a “clean room” for your experience.

- Form and Center: The circular design eliminates corners where, according to tradition, energy may stagnate. The center of the maloca is considered the grounding point that connects all levels of existence.
- Isolation: The maloca separates you from the outside world, creating a closed circuit. Within this boundary, its own laws of time and perception apply.
- Function: For a Leader, this space operates as a secure perimeter. You know that while you are inside the maloca, the process remains under the maestro’s control, and no external factors can interfere with your transformation.

TRADITIONAL INSTRUMENTS: THE MAESTRO'S INVENTORY

The tools used by the curandero are instruments for regulating the state of the group and each participant individually.

- Shakapa: A bundle of leaves from the Pariana plant. This is the primary rhythmic and cleansing instrument. The sound of the shakapa functions like "white noise," helping to structure the visual field, while the physical fanning of the participant literally brushes away heavy states.
- Mapacho (Sacred Tobacco): A powerful grounding tool. Mapacho smoke is used to protect the space and clear attention. It is not smoking for pleasure, but the creation of a filter that removes mental noise.
- Sacred Incense (Palo Santo, Copal): Used to shift the energetic frequency of the space. Scents act immediately on the brain's limbic system, helping to transition between perceptual states.
- Floral Waters (Agua de Florida): Alcohol-based herbal infusions. Their sharp, fresh aroma is used to "bring someone back," interrupt overly intense processes, or cleanse the space after difficult moments in ceremony.

ICAROS: THE TECHNICAL CODE OF NAVIGATION

Icaros are songs of power sung by the maestro. They are the most essential component of the Shipibo technology. It is important to understand: this is not music in the conventional sense.

1. Nature of the Songs: Each icaro is a specific geometric structure translated into sound. The maestro does not "invent" the song; he transmits a code received during extended dietas in isolation.
2. Receiving Through Dieta: To earn the right to sing an icaro, a maestro spends months in the jungle, observing strict restrictions and working in direct relationship with a specific teacher plant. The song is the result of that contract.
3. Application: During ceremony, icaros function as steering wheel and pedals. The maestro can elevate you, deepen the process, or calm the storm in your consciousness. It is executable code that guides your experience in real time.

MY VERDICT

When I enter a maloca, I evaluate it like a production floor. Everything must be in its proper place. The shakapa in the maestro's hands is not a broom — it is a calibration tool for your state. The icaros are not folklore — they are targeted sound interventions acting on your neural pathways. At SACRUNA, we use these ancient instruments because they work more effectively than any modern alternative when it comes to navigating the deeper layers of the psyche. Either you accept this protocol — or you remain outside the real experience.

TOOL: THE TECHNICAL RITUAL BLUEPRINT

Instrument	Function	When It Is Used
Maloca	Secure perimeter	Throughout the entire process
Icaro	Control and navigation	To adjust the depth and character of visions
Shakapa	Cleansing and rhythm	When stuck in heavy emotions or overwhelming imagery
Mapacho	Grounding and focus	When control and stability need to be restored
Agua de Florida	Sensory reset	For rapid return to baseline or energetic cleansing

Understanding the purpose of each instrument allows you to stop being distracted by the "exotic" elements and stay focused on your objective.

Critical Miscalculation

Treating the elements of the ceremony as mere decoration. Ignoring the sound of the shakapa or the scent of mapacho is like trying to pilot an aircraft while disregarding the instrument panel. All of this “atmosphere” exists to ensure that your psyche can withstand the intensity of Ayahuasca.

The Core Principle

The ritual is a safety protocol. Each instrument in the maestro’s hands is a functional device designed to secure both your result and your return.



CHAPTER 1.6. KEEPERS OF KNOWLEDGE: THE DIETA & THE MASTER'S CODE

A curandero is not merely a guide; he is the system administrator of the process — someone who has undergone decades of rigorous training. In the world of Ayahuasca, there are no state-issued diplomas, but there is lineage and there is dieta — lived experience gained through prolonged isolation and disciplined work. If a maestro does not stand behind a real school and lineage, you are entrusting your psyche to an amateur playing with instruments whose power he does not fully understand.

THE CURANDERO: SCIENTIST, HEALER, AND DIPLOMAT

A true maestro embodies three critical roles:

1. Scientist: He possesses deep knowledge of the chemistry and botany of the jungle. His laboratory is the selva, and his research method is personal dietas with each plant.
2. Healer: He works with psychosomatic patterns and energetic blockages at a level Western medicine is only beginning to explore.
3. Diplomat: His task is to negotiate with the "consciousness of nature" on your behalf. He serves as a moderator in a space where you are a newcomer without knowledge of the language.

LA DIETA: THE MAESTRO'S PREPARATION PROTOCOL

You must understand: a maestro does not "learn" to conduct ceremonies from books. His training is La Dieta. It is years of isolation in the jungle, where the diet consists of boiled plantains and river fish, without salt or spices.

The purpose of this austerity is to purify the body to the state of an antenna capable of receiving signals from the "Plant Mothers." During this time, the plants transmit the very icaros (songs of power) and the knowledge of how to address specific ailments. If a maestro has not dieted with the plants, his words lack grounding — and his songs are nothing more than empty sound.

LINEAGE: WHY CONTINUITY MATTERS MORE THAN CERTIFICATES

In this tradition, knowledge is transmitted "from heart to heart." Lineage is your guarantee of safety. It means that a maestro received his authority from a father, grandfather, or teacher who carries responsibility for the integrity of the code being passed on.

At SACRUNA, we work only with those who hold an impeccable reputation within their community. A master without lineage is an impostor — someone who may know the form of the ritual but does not command its substance.

TABOOS: ENERGETIC HYGIENE

Dietary and behavioral restrictions — abstaining from sugar, salt, alcohol, and sex — are not moralism and not religion. They are technical rules for the accumulation of personal power.

For the maestro, breaking these taboos means contaminating the communication channel. For the participant, it creates the risk that the system (Ayahuasca) will interpret external substances as noise, resulting in physical distress or the absence of meaningful results.It is a matter of signal conductivity — nothing more.

SOCIAL RESPONSIBILITY AND ETHICS

For centuries, the Western world has extracted resources from the Amazon without giving anything in return. Engagement with the keepers of this knowledge must be sustainable and respectful.

- Community Support: We do not simply purchase a service; we invest in the preservation of culture, the protection of land, and the rights of Indigenous peoples.
- Intellectual Property: Knowledge of plant medicine belongs to the tribes. Any use of this knowledge without respect for its source is a form of piracy.
- Ethics of Engagement: When you enter this process, you are a guest. Respect for the maestro and his traditions is not politeness — it is a condition of entry into the system.

MY VERDICT

When choosing a retreat, don't look at the number of social media followers. Ask who the maestro's teacher was — and how many years he spent in dietas. In business, we verify a partner's background before closing a deal. Here, the stakes are higher — it is your consciousness. A true curandero does not seek fame. He carries responsibility for everyone who enters his maloca. And that respect must be mutual.

TOOL: THE CONSCIOUS TRAVELER MANIFESTO

Use these principles as your ethical compass. This is your contribution to preserving the integrity of the Medicine.

1. Acknowledgment of Source: Understand that you are engaging with a legacy shaped over thousands of years under conditions of survival.
2. Ecology of Presence: Do not approach the experience as something to consume. Enter with a commitment to learning, not to spectacle.
3. Support for the Keepers: Ensure that your visit benefits Indigenous communities — not only the organizers.
4. Adherence to Protocol: Dietary and ceremonial guidelines are mandatory for everyone. Your ego is not grounds for exception.
5. Protection of Intellectual Rights: Do not attempt to replicate rituals or claim knowledge as your own after one or two experiences.

Critical Miscalculation

Treating the maestro as service staff. In the ceremonial space, the maestro is the captain of a ship in a storm. Even minor disrespect or disregard for his instructions can result in you being "thrown overboard" from the process.

The Core Principle

The maestro is someone who has paid with years of austerity for the right to press "start" in your process. Respect for his path is the foundation of your safety.

CHAPTER 1.7. MODERNITY & THE SHADOW SIDE OF TRADITION: A SAFETY AUDIT

The self-development market today is saturated with offerings, but Ayahuasca is not a harmless workshop. Where there is great power, there will always be those who seek to exploit it for personal gain. If you do not understand the difference between a healer and a manipulator, you risk more than money — you risk your psychological integrity. In the jungle, this is called brujería. In major cities, it is known as a destructive cult.

BRUJERÍA VS. CURANDERISMO: A WAR OF INTENT

In the Amazon, the world is not divided into good and evil spirits. Power is neutral — like electricity. The difference lies only in how the maestro directs that voltage.

- Curanderismo: Work aimed at creation, healing, and restoring order within the human system. The maestro serves as a guide who helps you access your own strength.
- Brujería: The use of the same Ayahuasca for control, extraction of another's energy, or harm. A brujo operates from his own ego, creating dependency and attachment.

For a Western pragmatist, this may sound mystical. In practice, however, the distinction is simple: how you feel after the ceremony — clear and autonomous, or psychologically dependent on the figure of the guide.

ETHICAL VIOLATIONS: TRAPS FOR THE WILL

Within the modern retreat landscape, certain violations undermine the very essence of the Medicine:

1. Manipulation of State: Exploiting a participant's vulnerability during ceremony to implant specific ideas or influence decisions.
2. Boundary Violations: Any infringement upon sexual or physical integrity. In authentic tradition, a maestro rarely touches a participant except in limited cases of cleansing.
3. Control and Dependency: Attempts to convince you that only this maestro can "save" you — and that you must return again and again to remain whole.

A GLOBAL PHENOMENON: FROM THE SELVA TO THE METROPOLIS

Ayahuasca has stepped out of the jungle's shadow and become a global trend. In London, Madrid, or New York, ceremonies are held in lofts and private villas. On one hand, this makes the instrument more accessible. On the other, it has given rise to a wave of "weekend shamans" who attend a few retreats and decide they are ready to lead others.

The problem with "spiritual tourism" is that the depth of tradition is replaced by visual spectacle. People go in search of the exotic and end up with a commercialized substitute — one that offers neither safety nor genuine lineage.

TOOL: CHECKLIST: 10 SIGNS OF A "DARK" FACILITATOR

If you recognize even two or three items from this list when choosing a retreat — take your money and leave. This is not a matter of politeness. It is a matter of your safety.

1. No Screening: The facilitator accepts everyone into the process without medical questionnaires or prior consultation.
2. Personality Cult: All attention is focused on the "specialness" or "sacredness" of the maestro rather than on your process.
3. Guaranteed Results: You are promised "enlightenment in one night" or the resolution of all problems without personal effort.
4. Sexual Boundary Violations: The maestro engages in flirtation or inappropriate physical contact before, during, or after the ceremony.
5. Undisclosed Ingredients: You are not informed about what is in the brew, or additional substances (such as datura) are added to intensify hallucinations.
6. Aggressive Marketing: You are pressured to decide quickly, manipulated through fear-based messaging, or promised "exclusive knowledge for the chosen few."
7. No Aftercare: After the ceremony, you are left alone with the experience, without integration or support.
8. Emotional Whiplash: The facilitator intentionally pushes you into extreme euphoria or deep despair, only to step in later as the "rescuer."
9. Payment for «Protection»: You are asked for additional money to remove a "curse" or install "special protection" allegedly discovered during the process.
10. Teacher's Anonymity: The facilitator cannot clearly explain who trained him, within which tradition, or how long he spent in real dietas.

MY VERDICT

In business, we call this a toxic partnership. In the world of Ayahuasca, it is far more dangerous. I have seen people spend months rebuilding their mental stability after poorly conducted ceremonies. The purity of a maestro's intention is not an abstract concept — it is the foundation of your ROI. At SACRUNA, we design the process to eliminate any possibility of manipulation. Your will is the highest value. True Medicine returns authority over your life to you — it does not take it away.

Critical Miscalculation

Trusting a facilitator solely on the basis of charisma or a polished social media presence. Without verifying his lineage and ethical standards, you risk becoming material for his self-assertion.

The Core Principle

Safety in ceremony begins with your ability to critically assess the person leading it. The shadow side of the tradition exists, and the best protection against it is your awareness — and your knowledge of the markers of manipulation.

MODULE 1 SUMMARY: CULTURAL AND HISTORICAL FOUNDATION

We have laid the groundwork. Ayahuasca is no longer a mystical haze for you, but a concrete technology with a defined geography, linguistic framework, and professional code. You now understand where this Power comes from — and who has the authority to work with it.

Key Takeaways:

- Code of Origin: Ayahuasca is the "vine of the spirits" — an information cable connecting consciousness to the foundational database of the subconscious.
- Map of Traditions: You now understand the distinction between methods: Shipibo "surgery" and navigation in Peru, the Colombian "survival course," and Brazil's model of energetic restoration.
- Mastery Protocol: A facilitator's qualification is confirmed through years of austerity (dietas) and lineage. This system leaves no room for amateurs.

- Ethics and Safety: You have learned to distinguish a healer from a manipulator. Choosing a process is now a conscious risk audit — not a gamble.

AFTERWORD FROM ALEX

Many people stop at this stage. They read books, study the history, and believe they understand everything about Ayahuasca. But knowing the technical specifications of a car does not make you a driver.

This first section was about context. We established that we are dealing with an ancient, rigorously structured system — not a random collection of hallucinogens. Without understanding whose "house" you are entering and by which rules it operates, any experience will be superficial and, most likely, ineffective.

We have built the foundation. I deliberately removed the excess "magic" so you could see the raw facts. If you are a Leader, you are used to working with verified data. Now that we have addressed the historical framework, it's time to move to the most compelling part — how this machine operates on physical and chemical levels. The theory is over. Engineering begins.

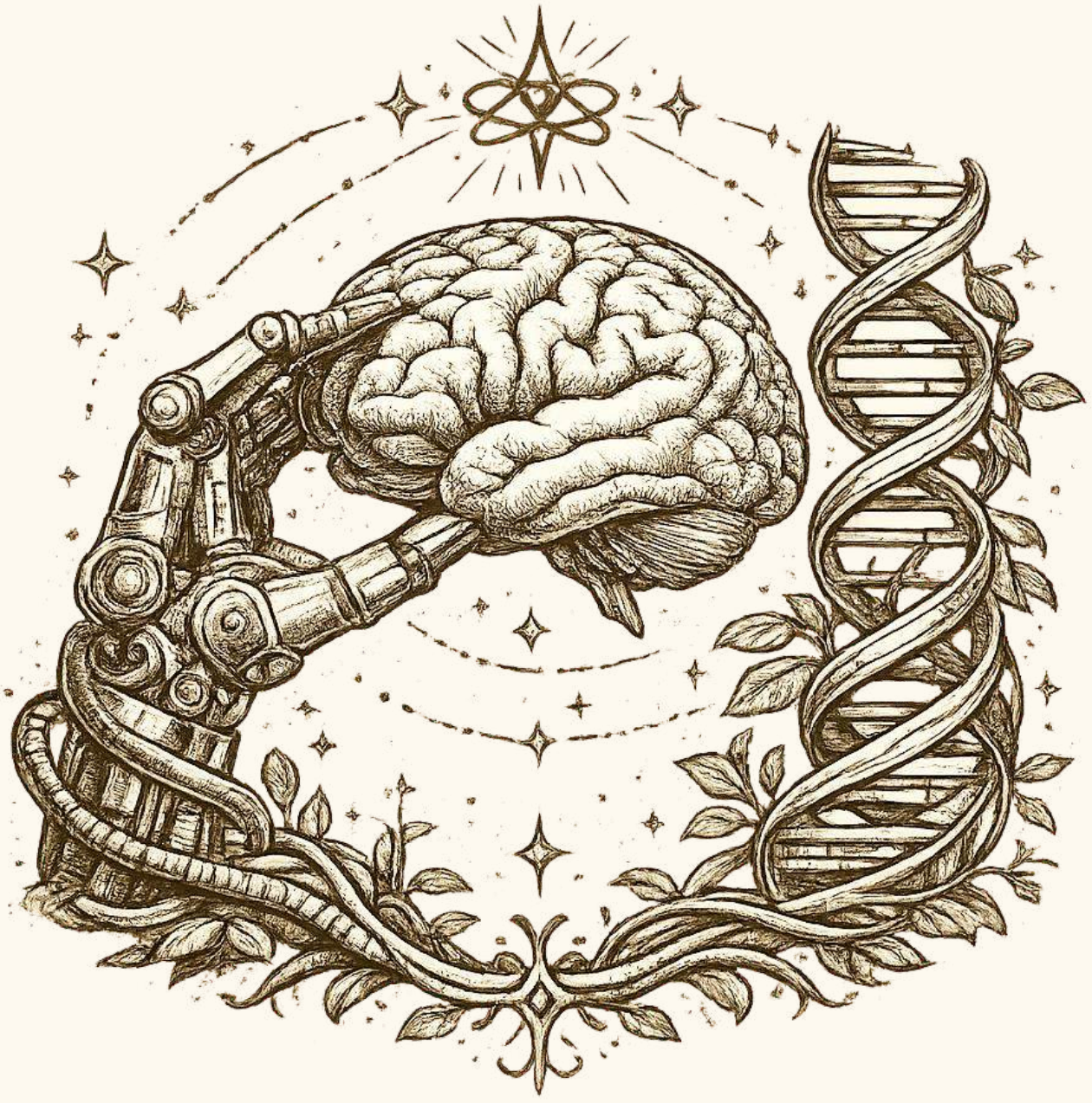
WHAT'S NEXT?



We close Module 1 and move into Module 2: Mechanics — Science and Neurophysiology. There, we will examine the "hardware" of the process: the specific vine varieties, the chemical synergy, and the preparation technology behind the composition that alters perception and experience.

MODULE II. MECHANICS: SCIENCE AND BIOLOGY

A deconstruction of the Ayahuasca experience through the lens of neurophysiology, quantum theory, and systems biology.



A FOREWORD FROM ALEX

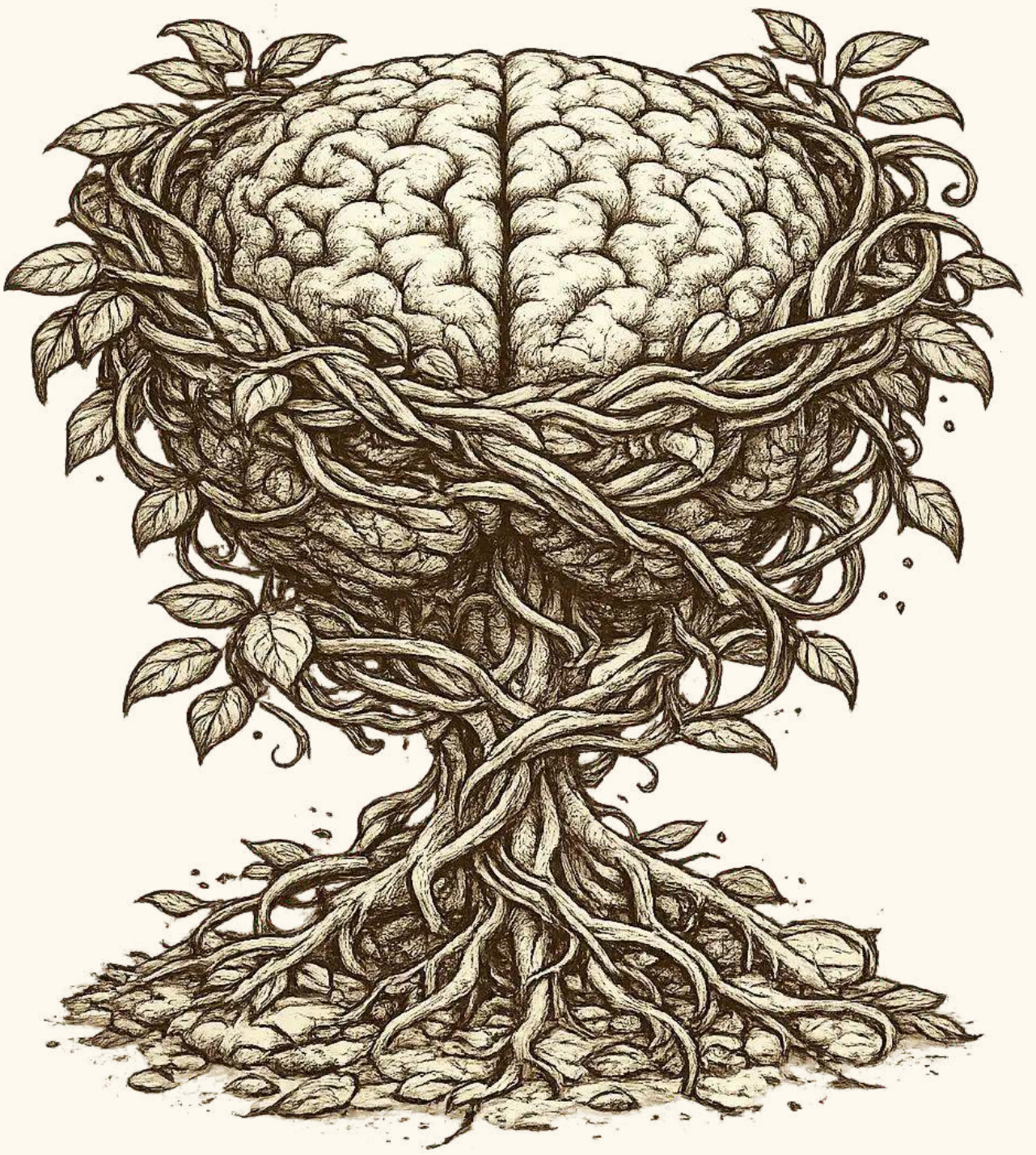
In business, we don't invest in black boxes. If someone offers me a tool promising exponential performance growth, I run a technical audit first: how is it built, what hardware does it run on, and what are the system failure risks?

This section is Ayahuasca's technical passport. We will set legends aside and focus on neurobiology. My rational mind resisted this for a long time — until I saw MRI scans and research on neuroplasticity.

Here, we will break down how this "plant software" interacts with your biological processor. You will understand why vision suddenly clears after the ceremony and why decisions that resisted you for months arrive in five minutes. This is not magic. It is targeted neurochemical modulation — and as a Leader, you need to know which levers we are pulling.

INTRODUCTION: AUDITING THE HARDWARE

Before entering transformation, you must understand the physics of the process. Ayahuasca is a highly complex synergy of components that bypasses the blood–brain barrier and temporarily reconfigures brain function. We are moving from mysticism to evidence — so your mind becomes an ally rather than an obstacle in this experience.



MODULE 2 TABLE OF CONTENTS

2.1. Alchemy of Consciousness: The Biochemical Key.
The synergy of DMT and MAOIs. The mechanics of the "lock and key." Preparation and extraction protocols.

2.2. DMN Deactivation: Exiting the Ego "Matrix.
The anatomy of the "inner critic." Cognitive freedom and the brain's high-connectivity mode.

2.3. Neuroplasticity and the "Second Childhood."
BDNF stimulation. Reopening learning windows and installing new behavioral algorithms.

Tool: The 14-Day "Neuro-Update" Roadmap

2.4. Evidence Base and Pharmacological Due Diligence.
Clinical research (Johns Hopkins, Imperial College). Contraindications and compatibility analysis.

Tool: Checklist — Signs of a High-Quality Brew.

2.5. Ancestral Code: Epigenetics and DNA Memory.
The biology of trauma and resetting epigenetic markers. Transgenerational healing in business and family systems.

Tool: Epigenetic Audit of the Ancestral System.

2.6. Quantum Intelligence: The Brain as Antenna.
The Orch-OR theory. Informational fields and non-local sources of data.

2.7. The Biology of Intuition: The Heart–Gut–Brain Axis.
The vagus nerve and heart coherence. "Gut feeling" as a biological parameter.

Tool: The "Intuitive Navigator" Map.

2.8. Comparative Analysis: Ayahuasca vs. Other Tools.
The difference matrix (LSD, MDMA, 5-MeO-DMT). The unique role of purge.

Tool: Decision Matrix — Matching the Tool to the Task.

2.9. Evolutionary Leap: The Future and Bioethics.
The evolution of consciousness as the elite hygiene standard of 2030. Visionary leadership and neuro-upgrade.



2.1. THE ALCHEMY OF CONSCIOUSNESS: THE BIOCHEMICAL KEY

Ayahuasca is a masterpiece of natural engineering. To understand it, we must break the brew down to the molecular level. This is not simply a "hallucinogen." It is a dual-component system precisely designed to bypass biological defenses and deliver a "system update" directly to the core of your personality.

DMT & MAO INHIBITORS SYNERGY: THE LOCK-AND-KEY MECHANISM

At the heart of the process lies the interaction of two molecular groups — what science calls a pharmacological duet. The probability that two specific plants out of 80,000 Amazonian species were randomly combined to produce this synergy approaches zero.

- DMT (Dimethyltryptamine): The messenger molecule. Found in hundreds of plants and even produced in small amounts by the human body. Orally, it is normally destroyed immediately by monoamine oxidase (MAO) enzymes.
- MAO Inhibitors (Harmine, Harmaline): Alkaloids from the vine. These compounds temporarily disable the digestive "security system" for 4–6 hours.

How it works: The vine is the key. It blocks the enzymatic "guards," allowing DMT to enter the bloodstream and reach the brain. There, DMT binds to serotonin receptors, causing large-scale desynchronization of habitual neural pathways.

PHARMACOKINETICS: SCIENCE VS. "HALLUCINATION"

When a Leader enters the Ayahuasca experience, they gain access to data normally filtered by the rational mind. Scientifically, this is not the creation of delusion — it is a temporary expansion of biochemical processing capacity.

1. Hyperconnectivity: Brain regions responsible for vision, memory, and emotion begin exchanging data directly, bypassing the ego's "customs checkpoint."
2. Reduced Filtering: "Hallucinations" are a side effect of the brain no longer suppressing subconscious signal noise. Within that noise are the insights and unconventional solutions logic alone cannot generate.

PREPARATION TECHNOLOGY: EXTRACTION PROTOCOL

The quality of the "software" (information) depends entirely on how the "hardware" (the brew) is prepared. At SACRUNA, preparation is not cooking — it is high-temperature extraction.

- Time Concentration: The vine is boiled from 12 to 72 hours to extract alkaloids from dense woody fibers. The more precise the extraction, the cleaner and deeper the effect.
- Fire Discipline: Temperature control determines whether the brew is "dirty" (excess physical load) or "medical-grade" (clear vision). Every stage is controlled to ensure chemical stability.

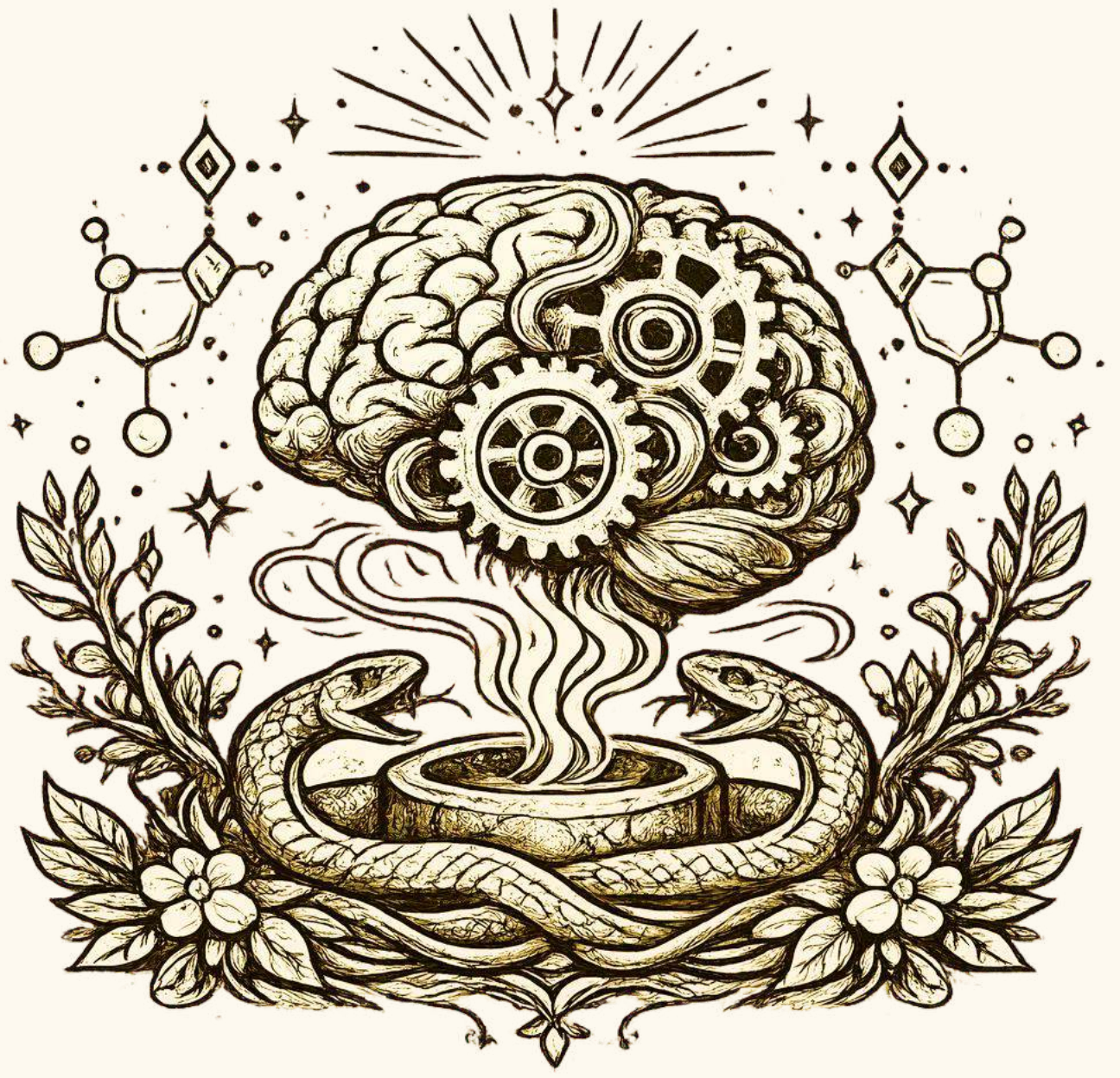
METABOLIC CYCLE: CLEAN EXIT

Unlike synthetic substances or alcohol, Ayahuasca leaves no toxic residue.

- Natural Breakdown: Alkaloids are fully metabolized by the liver and cleared within hours.
- No Hangover: Because these are biologically familiar compounds, participants typically wake up clear and refreshed. The body registers the process as cellular cleansing — not poisoning.

MY VERDICT

When you understand the chemistry, fear disappears. Ayahuasca is simply a temporary biochemical shift allowing access to your internal server. It is safe under two conditions: clean composition and proper medical screening. In business, we call this controlled resource management. We don't rely on luck — we rely on concentration and chemical purity as the guarantee of ROI.



TOOL: “THE TRANSFORMATION FORMULA: CHEMICAL PROTOCOL”

Understanding the composition means understanding the level of impact on your system.

Component	Role in the System	Outcomes
Harmine / Harmaline	MAO inhibitor	Disables protective barriers, ensuring depth and duration of the process.
DMT	Receptor agonist	Opens access to visual experiences and deep meanings.
Tetrahydroharmine	Serotonin modulator	Stabilizes the state, making the process smooth and manageable.

Use this table as a technical passport for selecting the appropriate caliber for your process.

Critical Vulnerability

To treat the brewing of the drink as a “secondary matter.” Poorly prepared Ayahuasca is like “corrupted software.” It will bring a lot of physical discomfort and minimal understanding. The quality of the brew determines the quality of your insight.

The Core Principle

The biochemistry of Ayahuasca is a key created by nature to unlock our mental limitations. It is a tool for direct data transmission, where the vine provides access and the light of the plants delivers the information itself.

2.2. DMN DEACTIVATION: EXITING THE EGO "MATRIX"

If biochemistry is the "password hack," then deactivation of the DMN is the temporary shutdown of the "security service" that has been dictating for years who you are, what you are allowed to do, and what you are not. For a Leader, this state is a legitimate way to step beyond self-imposed limitations and view your business and your life without the filters of social status, fear, and habitual patterns.

THE DEFAULT MODE NETWORK (DMN): ANATOMY OF THE "INNER CRITIC"

In the brain, there is a structure known as the Default Mode Network (DMN). In neurobiology, this is the equivalent of your "internal office" — one that never closes.

- Function of the DMN: It governs self-reflection, autobiographical memory, and the maintenance of your sense of self. It is the voice in your head that constantly replays past mistakes, worries about the future, and reinforces your rigid social masks.
- The Ego's "Matrix": The DMN generates habitual thought patterns. It says, "I am a successful businessman," "I don't know how to lose," "The world is dangerous." It is a filter that once protected you, but now limits your perspective, turning reality into a predictable — and often dead-end — script.

THE DEFOCUSING EFFECT: HOW THE NOISE FADES

During the ceremony, Ayahuasca acts on key nodes of the DMN, temporarily reducing their activity. It is like shutting down a noisy server in a data center: only after it powers off do you realize how much constant noise you were living in — and how much energy it was consuming.

1. Removal of Censorship: When DMN activity decreases, the "inner critic" falls silent. You stop evaluating your ideas through the lens of "Does this align with my status?" or "What will the shareholders think?"
2. 360° Objectivity: Without the ego's filters, you see your challenges as they actually are. Fears that once felt overwhelming shrink to the scale of standard operational risks.
3. Access to Hidden Resources: Information the DMN had classified as "irrelevant" or "too painful" surfaces. This is where the breakthrough insights were hiding — previously blocked by excessive rational control.

COGNITIVE FREEDOM: THE "HIGH CONNECTIVITY" MODE

The most interesting phase begins when the DMN falls quiet. The brain shifts into a state of hyperconnectivity — High Connectivity.

- Cross-Department Communication: Brain regions that normally operate in isolation begin exchanging data directly. Logic connects with intuition, and the visual cortex interfaces with long-term memory.
- The Birth of Insight: In business, we call this "out-of-the-box thinking." From a neurophysiological perspective, it is the creation of new neural pathways between regions that were previously separated by the "wall" of your ego.

MY VERDICT

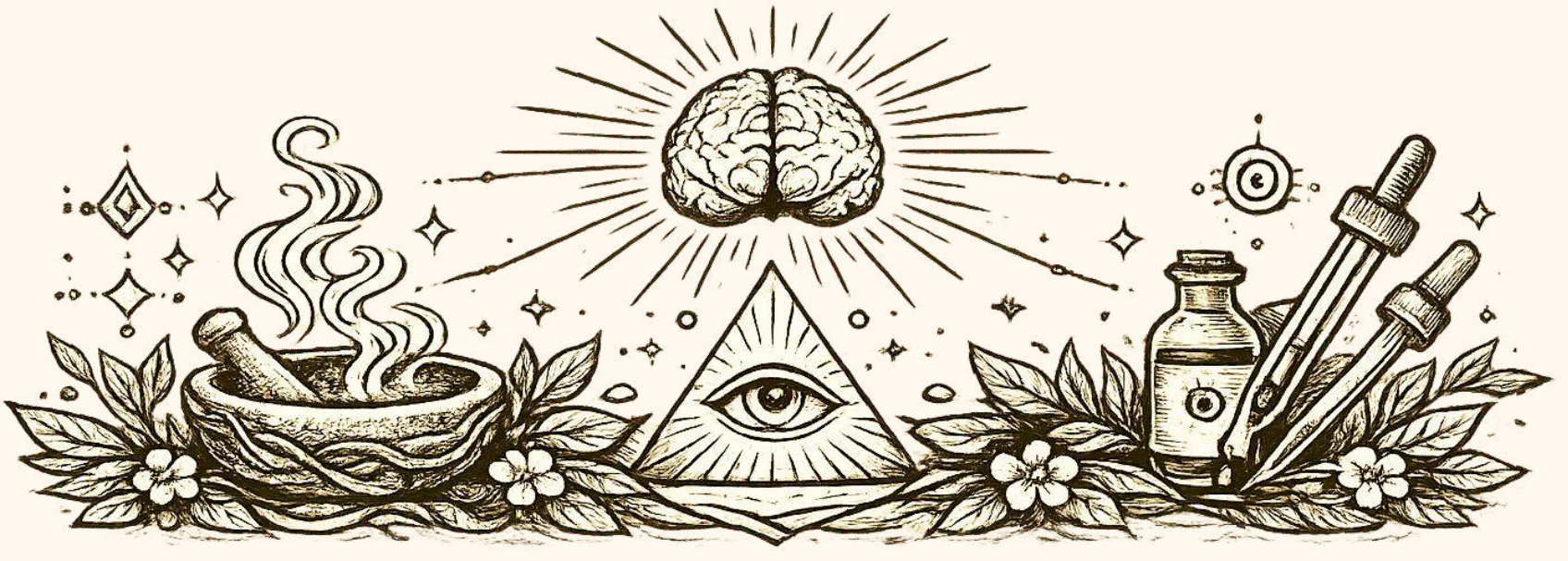
Leaders often become prisoners of their own success. The DMN grows accustomed to winning algorithms from a decade ago and stops noticing new opportunities. Ayahuasca performs a hard reset of that system. For several hours, you are temporarily stripped of your habitual "self" in order to see the true landscape of your market — and your life. At SACRUNA, we create the conditions to ensure that this exit from the "Matrix" is as safe and productive as possible. Remember: to rewrite the code, you must first switch the system into developer mode.

Critical Miscalculation

Trying to "negotiate" with your ego during the process. If you cling to your titles and your sense of being "right" inside the ceremony, the DMN will not fully deactivate — and instead of insight, you will experience resistance. Surrendering to the process is the only way to win this game.

The Core Principle

DMN deactivation is not the loss of self — it is freedom from your own stereotypes. It is the moment when you stop being a character in your old story and become its author.



2.3 NEUROPLASTICITY AND THE "SECOND CHILDHOOD"

If DMN deactivation is the demolition of old walls, then neuroplasticity is the pouring of a new foundation and the installation of modern infrastructure. For a Leader, this means the ability to radically change habits, reactions, and decision-making patterns that once seemed "concreted in" with age. Ayahuasca quite literally returns your brain to the state of a highly productive learner.

BDNF STIMULATION: BIOLOGICAL "FERTILIZER" FOR THE BRAIN

One of the most powerful effects of Ayahuasca is a sharp increase in levels of BDNF (Brain-Derived Neurotrophic Factor). In the scientific community, it is often referred to as "fertilizer" for neurons.

- Neuronal Growth: BDNF stimulates neurogenesis — the birth of new nerve cells. This challenges the old myth that neurons do not regenerate. They absolutely can, given the right chemical signal.
- Synaptic Plasticity: The vine's alkaloids and DMT prompt neurons to extend new projections (dendrites) and form new connections (synapses). This is the physical foundation of learning and adaptability.

THE CRITICAL PERIOD: A WINDOW INTO "SECOND CHILDHOOD"

In biology, there is the concept of a "critical period" — a time (usually in early childhood) when the brain is maximally plastic and absorbs information like a sponge. As we age, these learning windows close, fixing our character traits and response patterns.

Ayahuasca temporarily reopens these windows.

1. Resetting the Settings: You regain the capacity to learn new skills and reconsider foundational beliefs with the same ease children possess.
2. Emotional Flexibility: Old traumas and conditioned fear responses lose their rigidity. You can quite literally reprogram your reaction to stress or conflict.
3. Dissolving Rigidity: In business, we call this cognitive agility. Biologically, it is the brain's ability to exit habitual excitation loops.

THE INTEGRATION PERIOD: THE "GOLDEN" 14 DAYS

Many people mistakenly believe transformation ends with the ceremony. In reality, after Ayahuasca, the brain remains in a state of heightened plasticity for approximately two weeks. This is your "golden period" for installing new behavioral algorithms.

- Carving the Track: If during these 14 days you begin acting differently — for example, negotiating in a new way or adopting a new daily structure — those pathways will stabilize in the brain with remarkable speed.
- Biological Consolidation: Your new behavior quite literally solidifies within neural connections, becoming your new baseline.

MY VERDICT

You cannot change your business until you change the way your brain generates decisions. Neuroplasticity is not a poetic metaphor — it is a physiological fact. Ayahuasca gives you the opportunity to remove the "rust" from your primary processor. At SACRUNA, we place special emphasis on the post-retreat period, because those first 14 days determine whether your experience becomes merely a vivid memory — or a genuine upgrade of your personality. Do not waste this window of opportunity.

TOOL: THE "NEURO-UPDATE" ROADMAP

An operational action plan for the first 14 days after retreat to consolidate new neural pathways.

- Days 1–3: Information Vacuum. Minimize news consumption, social media, and toxic communication. Allow new neural connections to stabilize without external noise.
- Days 4–7: Implement Micro-Habits. Begin practicing one action you recognized during the ceremony as necessary. Only one — but consistently, every day.
- Days 8–11: Audit Old Triggers. Consciously enter situations that previously triggered anger or anxiety. Observe how your "updated" brain responds. Reinforce the new, calm reaction.
- Days 12–14: Strategy Lock-In. Document your key insights and convert them into concrete business goals. At this stage, your mind sees the path with maximum clarity.

Critical Miscalculation

Returning to old habits and environments the very next day after retreat. You will quite literally suffocate young neural connections with old informational junk. Respect the biological window of plasticity — it is the most valuable resource you have just received.

The Core Principle

Neuroplasticity is your opportunity for evolution at any age. Ayahuasca fertilizes the soil — but what kind of garden grows there depends entirely on your actions during the first two weeks of integration.

2.4 EVIDENCE BASE AND PHARMACOLOGICAL DUE DILIGENCE

In business, we rely on audits and statistics. When it comes to Ayahuasca, a Leader needs to know that this tool is not merely a "shaman's opinion," but the subject of close examination by leading research centers around the world. Here, we will review the hard data and safety protocols that position this experience as a scientifically grounded asset — not a reckless gamble.

GLOBAL STATISTICS: LEADERS IN RESEARCH

Over the past decades, Ayahuasca has moved from the category of anthropological curiosity to that of breakthrough technologies in therapy and neuro-enhancement. The primary data comes from institutions such as Johns Hopkins University, Imperial College London, and the Beckley Foundation.

- Imperial College London: MRI studies have demonstrated that Ayahuasca's components induce large-scale neural synchronization and temporary deactivation of the Default Mode Network (DMN), which we discussed earlier.
- Johns Hopkins University: Research confirms that a single profound psychedelic experience (including DMT-containing compounds) can lead to long-term improvements in psychological well-being and cognitive flexibility, with effects lasting up to 6–12 months.

HEALTH ROI: TRANSFORMATION STATISTICS

If we view a Leader's health as core capital, Ayahuasca demonstrates a remarkable return on investment in areas where traditional methods (pharmacology and psychotherapy) often plateau.

Condition / Request	Effectiveness (Traditional Methods)	Effectiveness (Ayahuasca / DMT Therapy)
Burnout & Apathy	30–40% (long-term treatment)	70–80% (after 1-3 sessions)
Treatment-Resistant Depression	20–30%	High remission rates within 6 months
PTSD & Acute Stress	Required years of work	Radical symptom reduction after retreat

PHARMACOLOGICAL DUE DILIGENCE: SAFETY PROTOCOL

Any powerful technology requires strict operating standards. At SACRUNA, safety is not a gesture of care — it is the foundation of your ROI. Without medical integrity, the outcome will be compromised.

1. Drug Interactions (Critical): Ayahuasca is incompatible with certain medications. Most importantly, SSRIs (Selective Serotonin Reuptake Inhibitors). Combining them can trigger serotonin syndrome. Blood pressure medications and certain stimulants also pose serious risks.
2. Medical Screening: We conduct a full health audit for every participant. Significant cardiovascular conditions or specific psychiatric diagnoses (such as bipolar disorder or a family history of schizophrenia) constitute a stop signal.
3. Diet as Hardware Preparation: Eliminating tyramine (found in aged cheeses, wine, and fermented products) several days prior to the session is not ritualistic — it reduces strain on the liver and cardiovascular system.

THE AFTERGLOW EFFECT: LONG-TERM RETURNS

Unlike alcohol or stimulants, which create a temporary uplift followed by a crash, Ayahuasca produces an Afterglow effect.

- Cognitive Bonus: For 3–6 months following a session, participants often demonstrate increased creativity and enhanced capacity for solving complex problems.
- Emotional Stability: Levels of reactive anxiety decrease, allowing a Leader to maintain composure in the face of intense market volatility.

MY VERDICT

When I review reports from Johns Hopkins, I understand that we are working with a technology of the future — one that has simply not yet become mainstream. In business, those who win are the ones who adopt effective tools first. Ayahuasca is your legitimate cheat code for a system reset. At SACRUNA, we build everything on a scientific foundation: no improvisation, only verified protocols and pharmacological purity of the brew. Your brain is too valuable an asset to entrust to amateurs.



TOOL: CHECKLIST — SIGNS OF A HIGH-QUALITY BREW

Before drinking, make sure the “software” is not corrupted.

- Transparency of Origin: The organizer clearly knows where and by whom the vine was prepared.
- No Adulterants: The brew contains only the Vine (Banisteriopsis caapi) and the light-bearing plant (Chacruna or Chaliponga). No Datura (Toé) or questionable additives.
- Texture and Density: A quality brew is a thick, concentrated extract. It should not resemble “just tea.”
- Medical Screening: If no one asks about your medications or medical history, you are at risk. Leave.

Critical Vulnerability

Concealing medication use or chronic conditions from the facilitator. In the Ayahuasca space, this can lead to a physical system failure that nullifies any benefit from the process. Honesty here is a matter of your life.

The Core Principle

Ayahuasca is a validated tool for neural restoration. Clinical research confirms that, when safety protocols are strictly followed, it is one of the fastest ways to bring a Leader back to full capacity and expand cognitive horizons.

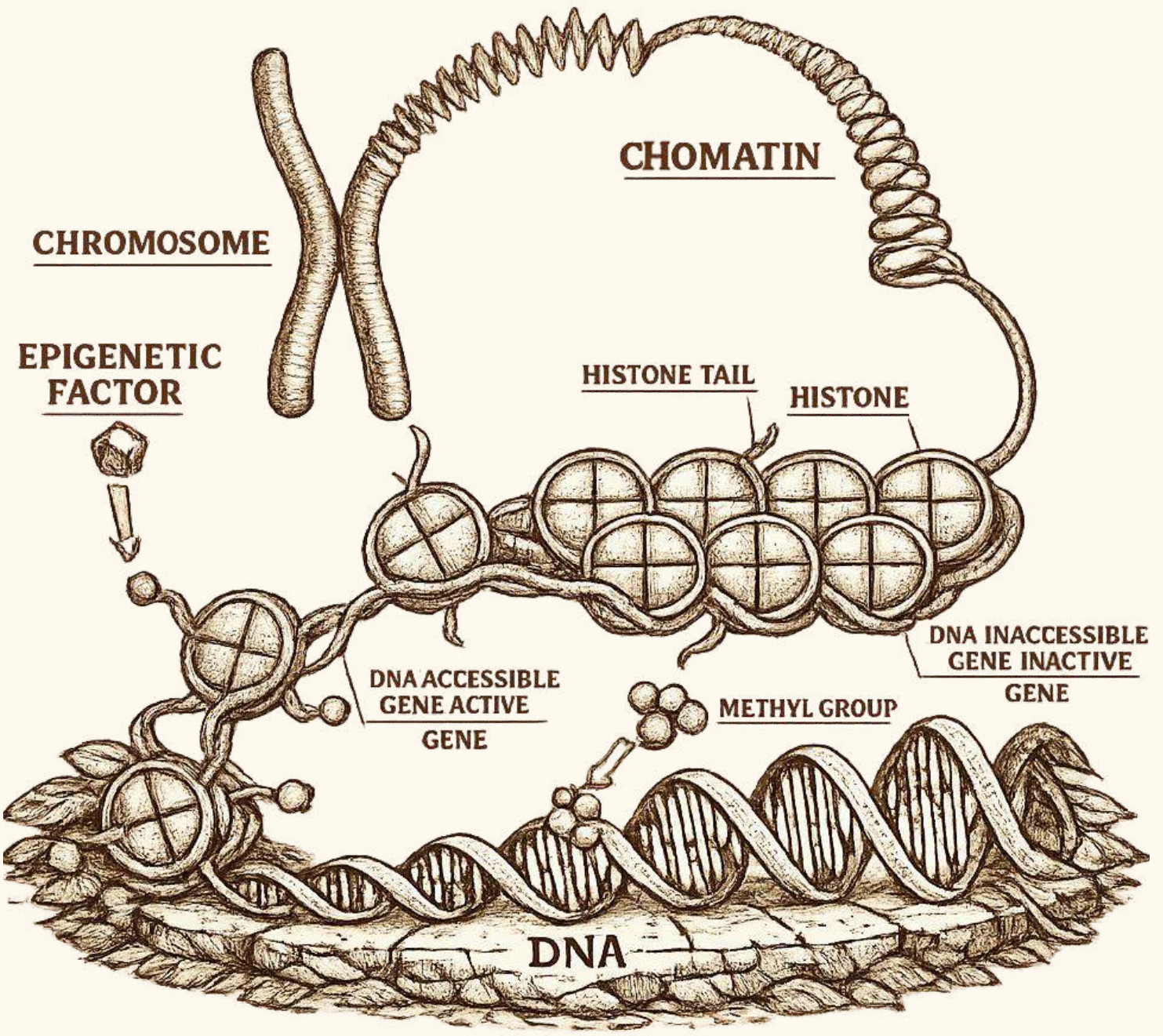
2.5. THE ANCESTRAL CODE: EPIGENETICS AND DNA MEMORY

In business, we call this “hidden costs” or “bugs in the base code.” You may be a brilliant strategist, but if your system repeatedly generates errors at moments of risk or success, the issue may not be incompetence — it may be the inherited “firmware” embedded in you long before your birth. Ayahuasca allows access to the level of epigenetics — a review of the programs that were encoded in your DNA long before you arrived.

THE BIOLOGY OF TRAUMA: HOW FEAR BECOMES CHEMISTRY

Modern science confirms that we inherit more than eye color — we also inherit stress responses. The process is known as DNA methylation. It is the mechanism by which the experiences of your ancestors — famine, war, repression, or financial collapse — place “markers” on genes, determining which are activated and which are silenced.

- Survival Memory: If your grandfather lost everything in a single day, your DNA may carry a marker that reads: “Large sums of money = mortal danger.”
- Automatic Self-Sabotage: In business, this can manifest as an unexplained fear of scaling, a persistent “glass ceiling,” or the tendency to undermine deals at the final stage. Your biology is simply protecting you from what it interprets as a life-threatening risk, based on ancestral experience.



RESETTING THE MARKERS: THE MECHANICS OF "CLEARING" THROUGH THE MEDICINE

Ayahuasca has a unique ability to bring a person into a state of deep emotional processing. Biologically, this is the moment when an intense neurochemical process meets conscious awareness — allowing old epigenetic imprints to be "demagnetized."

1. Processing Instead of Suppressing: During the ceremony, you may suddenly feel terror or grief that does not belong to your personal history. This is the activation of an ancestral "bug."
2. Emotional Catharsis: When you fully experience that fear within the safe container of the Medicine, the biochemical link between the DNA "marker" and your behavioral response begins to dissolve.

3. Code Rewriting: After such a clearing, the gene returns to a neutral state. You are no longer compelled to react to success the way your ancestor reacted to dispossession.

TRANSGENERATIONAL HEALING: THE DOMINO EFFECT

The most striking aspect of working with Ayahuasca is how a shift in one mind can recalibrate the entire system. In systems biology, this is described through field theory; in business, through changes in role modeling.

- Breaking the Script: When a Leader removes an ancestral bug within themselves, they stop transmitting it to their children and their team.
- Business Recalibration: A company often reflects the structure of the family system. By clearing the "ancestral code," you automatically remove destructive patterns from leadership, personnel management, and strategic decision-making.

MY VERDICT

Many people believe their character is who they truly are. In reality, up to 70% of your reactions are residual "tails" from previous generations. For a Leader, auditing DNA memory is a matter of capital hygiene. Why carry the fears of the early 20th century into 2026? Ayahuasca provides the opportunity to conduct this due diligence at the molecular level. At SACRUNA, we help you do more than "see your ancestors" — we help you reset the patterns that prevent you from building your empire today. Clean DNA. Clean business.

TOOL: EPIGENETIC AUDIT

A method for identifying recurring "bugs" in your career and life that may have ancestral roots. Analyze your system through these three lenses:

1. The "Glass Ceiling" Pattern: Is there a moment in your history — or your parents' history — when success was abruptly followed by catastrophe? If you repeatedly stall at the same income level, look for a "growth = danger" marker.
2. Relationship to Resources: How were those who stood out or had more than others treated in your lineage? If success leads to envy, exile, or imprisonment, your biology may be blocking your visibility as a survival mechanism.
3. Impostor Syndrome: Do you feel your success is "undeserved" or accidental? Often, this is the voice of ancestors who lost their social status and transmitted a sense of insecurity at the top.

Critical Miscalculation

Believing that epigenetic "bugs" can simply be understood and they will disappear. This is biology, not philosophy. To remove a marker from DNA requires a deep physiological and emotional process — the kind Ayahuasca facilitates. Conventional talk therapy often works too slowly at this level.

The Core Principle

DNA is not a verdict; it is a dynamic library. Ayahuasca provides access to edit that library — allowing survival programs to be cleared and prosperity programs to be written in their place.

2.6. QUANTUM INTELLIGENCE: THE BRAIN AS AN ANTENNA

For most people, consciousness is viewed as a product of neural activity — software locked inside the skull. But for a Leader operating in conditions of uncertainty, that model is insufficient. It does not explain where breakthrough ideas originate — the kind that reshape entire markets. Ayahuasca shifts your brain from "local drive" mode into "cloud receiver" mode, connecting you to a broader field of information.

THE ORCH-OR THEORY: CONSCIOUSNESS IN MICROTUBULES

Why do insights during a session often exceed a person's prior experience? A scientific hypothesis may lie in the Orch-OR (Orchestrated Objective Reduction) theory, developed by Nobel laureate Roger Penrose and anesthesiologist Stuart Hameroff.

- Quantum Computation in Biology: Inside each neuron are microtubules — tiny protein structures. The theory proposes that quantum processes occur within these microtubules, and that these processes may be fundamental to consciousness.
- The Brain as a Decoder: Within this framework, the brain is not a generator of thought, but an extraordinarily complex quantum receiver-computer. It does not "produce" consciousness — it tunes into it, like a radio aligning with a specific frequency.

INFORMATIONAL FIELDS: ACCESS TO NONLOCAL DATA

When Ayahuasca temporarily deactivates your habitual filters (the DMN), your brain's "antenna" begins receiving signals on frequencies that are normally blocked.

1. Nonlocal Data Access: You gain access to information not stored in your personal memory. This helps explain why entrepreneurs in ceremony suddenly grasp the architecture of complex systems, understand unfamiliar languages, or discover solutions in areas where they are not experts.
2. The Field of Meaning: It resembles connecting to a "Wikipedia of the Universe." The information does not arrive as text, but as compressed data packets — instantaneous insights that may take weeks to unpack and integrate.

INTERACTION WITH INTELLIGENCE: ENTITIES OR DATA?

In the Ayahuasca experience, people often encounter "entities," "spirits," or "guardians." For a rational Leader, it is important to understand the technical dimension of this phenomenon.

- Autonomous Forms of Information: These are not merely "hallucinations," but the way your brain visualizes contact with a broader informational field. When the data carries immense density and its own directional force, the mind interprets it as an autonomous intelligence.
- Consulting the "Board of Directors": Think of it as engagement with higher-order expert systems. Whether you call it "Mother Ayahuasca" or a "quantum field," the precision of the transmitted information often remains striking.

MY VERDICT

The first time I received a business insight from a "serpent" in a vision, I was shocked. But when that insight saved me hundreds of thousands of euros, I stopped arguing with the form in which the data arrived. If your brain is capable of functioning as a quantum antenna — use it. At SACRUNA, we do not require you to believe in mysticism. We provide a tool for accessing a resource far larger than your individual memory. Consider it legitimate industrial intelligence within the field of universal ideas.

Critical Vulnerability

Trying to “ground” the quantum experience too early. If, during the session, you begin analyzing an insight through ordinary logic, you collapse the superposition and lose depth. Record the data. Analysis comes later.

The Core Principle

Your brain is capable of more than processing input from five senses. Ayahuasca switches it into a quantum mode, shifting you from operator to visionary — connected to the source of ideas.



2.7. THE BIOLOGY OF INTUITION: THE HEART–GUT–BRAIN AXIS

In business, we call it "gut instinct." It is the ability to make the right decision under conditions of limited data — when the charts are silent and logic reaches a dead end. Many consider intuition a gift. For a Leader, it is a biological skill that can be trained. Ayahuasca recalibrates the communication between your internal control centers, transforming the body into a highly sensitive radar system.

THE VAGUS NERVE: THE INTUITION HIGHWAY

The vagus nerve is the longest nerve in the human body, connecting the brain to nearly all major organs. It is a two-way highway through which information flows from the body to the brain — and back.

- Instant Analysis: Approximately 80% of vagal signals travel from the body to the brain. Your body detects crisis or opportunity fractions of a second before your rational mind becomes aware of it.
- Clearing the Channel: Ayahuasca powerfully stimulates the vagus nerve. This reduces "white noise" — chronic tension and internal constriction — that interferes with your ability to perceive bodily signals. When the channel is clear, intuition is no longer a vague feeling but a distinct physiological signal.

HEART COHERENCE: FROM CHAOS TO LASER FOCUS

The heart is not merely a pump — it is a powerful generator of an electromagnetic field. In a typical stress state, heart rhythms become chaotic. Ayahuasca supports a shift into cardiac coherence.

1. Synchronization: Heart and brain rhythms begin operating in unison. This represents a state of maximum system efficiency, where you can remain fully composed at the center of a storm.
2. Emotional Intelligence: Coherence enhances your ability to read others in negotiations. You begin to sense deception or concealed intentions through subtle shifts in your own internal state.

THE MICROBIOME AND THE SECOND BRAIN: WHY PURGING MATTERS

Approximately 95% of serotonin — the neurotransmitter associated with stability and clarity — is produced not in the brain, but in the gut. That is why purging during the ceremony is not a side effect, but a key phase in resetting intuition.

- Microbiome Reset: By releasing physical burden, you are quite literally cleansing the "second brain."
- The Biology of Confidence: A regulated, balanced gut functions like a finely tuned sensor. This directly affects decisiveness. When the gut is calm and clear, your decisions become firm and uncompromising.

MY VERDICT

The most expensive mistakes I ever made happened when I trusted only Excel spreadsheets and ignored the signals of my own body. A Leader without intuition is a blind pilot. Ayahuasca does not grant you "magical powers." It simply recalibrates your biological sensors. After a retreat at SACRUNA, you will begin to notice how your body quite literally signals the right move. This is not mysticism — it is the optimized function of the Heart–Gut–Brain axis. Use that advantage to stay one step ahead of the market.

TOOL: THE "INTUITIVE NAVIGATOR" MAP

A method for calibrating bodily signals to make high-precision leadership decisions:

- "Gut" Signal (Vagus Nerve): If, during a deal discussion, you feel a subtle contraction or cold sensation in the solar plexus area, this is a biological "NO." The system is detecting a concealed threat.
- "Heart" Signal (Coherence): If an idea creates a sense of expansion in the chest and steady, warm calmness, this is a "YES." The project is aligned with your core values.
- "Head" Signal (Rational Mind): Use logic to formalize a decision that has already been confirmed by the Heart and the Gut.

Critical Vulnerability	**The Core Principle**
Trying to suppress purging out of shame or discomfort. Remember: by blocking physical cleansing, you block the reset of your intuition. Allow the body to release what it needs to release — that is how space is created for clarity.	Intuition is a biological parameter. Ayahuasca synchronizes your internal control centers, transforming your body into a high-precision instrument for navigating business under uncertainty.

2.8. COMPARATIVE ANALYSIS: AYAHUASCA VS. OTHER TOOLS

In the world of biohacking and consciousness technologies, there is no shortage of "substances." A Leader must understand: not all tools are equal. Choosing between Ayahuasca, synthetic psychedelics, or empathogens is not a matter of preference — it is a choice between a temporary special effect and a fundamental education. Let's examine how learning from the Vine differs from other popular instruments.

MATRIX OF DIFFERENCES: TECHNICAL SPECIFICATIONS

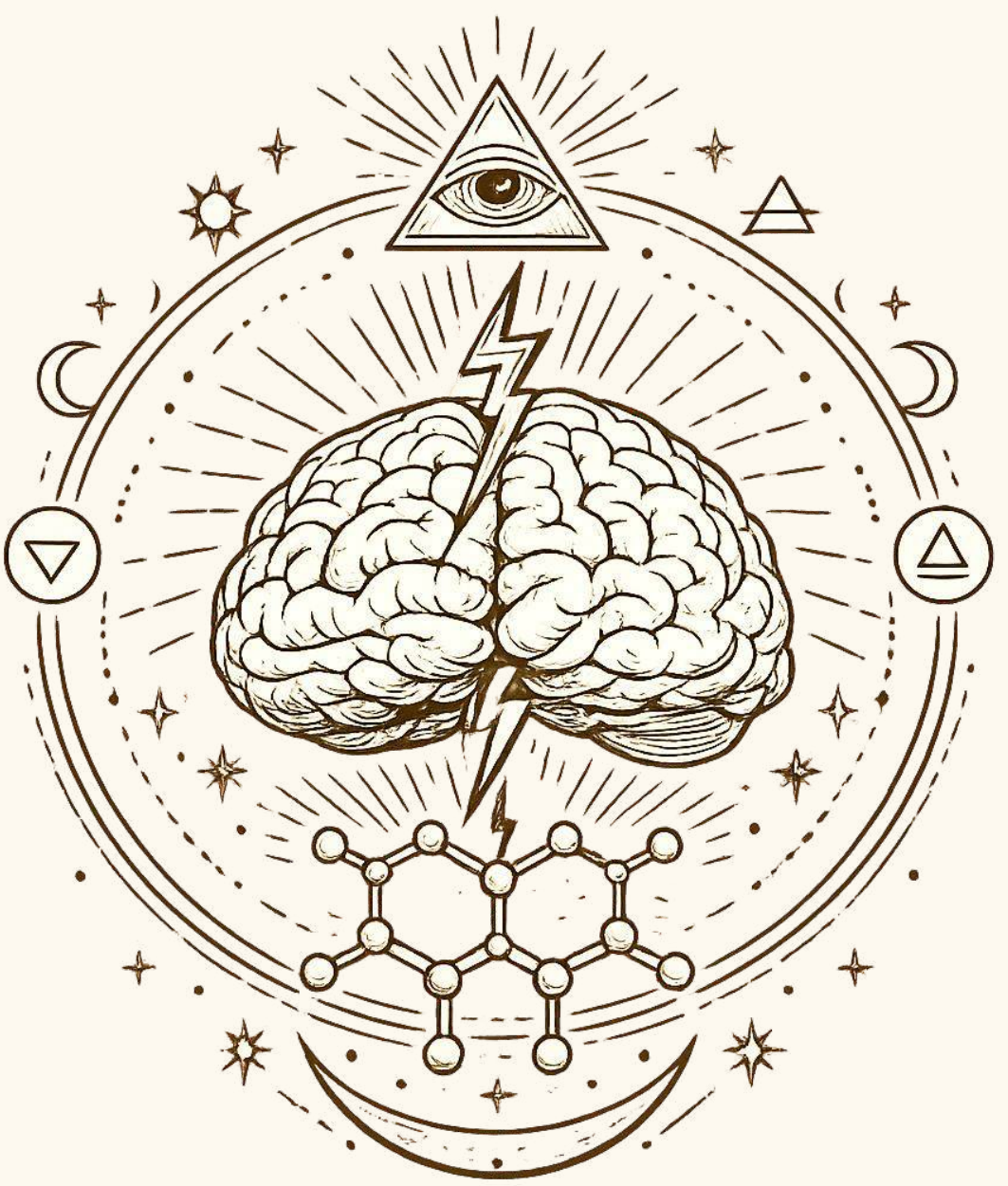
Many people confuse the Ayahuasca experience with LSD or MDMA. From a neurophysiological standpoint, these are different operating systems.

- LSD: Primarily engages the intellect and visual cortex. It is a powerful tool for analysis, pattern recognition, and disrupting logical structures. However, it often lacks somatic depth and emotional grounding. Think of it as designer software for the brain.
- MDMA: An empathogen. It temporarily suppresses fear responses and floods the system with serotonin and oxytocin. It is highly effective in PTSD work and communication processes, but it functions as borrowed chemistry. It allows you to feel love — yet does not always teach you how to generate it independently.
- 5-MeO-DMT (Bufo alvarius): Shock therapy. A radical flash that dissolves the ego within minutes. Useful for total reset, but the process unfolds so rapidly that the brain often lacks sufficient time to record and integrate the experience.

THE UNIQUENESS OF AYAHUASCA: WHY IT IS A "UNIVERSITY"

Ayahuasca is the only tool that demands effort from you. That is precisely why it is called a "teacher plant."

1. Duration and Process Dynamics: The experience lasts 4–8 hours. This provides enough time for the brain to move through all stages: resistance and fear, deep analysis, and final synthesis of decisions.
2. The Role of Purging (Physical Cleansing): Unlike synthetic compounds, Ayahuasca fully engages the body. Cleansing (nausea, sweating, tears) is not an unfortunate side effect — it is the mechanism that translates psychological work into biological change. When you physically release an old resentment, it leaves your neural network as well.
3. Organic Navigation: The vine carries its own vector. It does not simply "explode" the brain; it guides you through a specific sequence — often beginning with the most urgent issues you have been trying to ignore.



TOOL: DECISION MATRIX

Use this table to select the right instrument for a specific business challenge or personal request.

Tool	Work Vector	ROI / Result	When to Apply
Ayahuasca	Total reconstruction	Deep transformation of identity and strategy	Systemic crisis, search for purpose, conscience audit
LSD	Intellectual analysis	New ideas, creative concepts, design thinking	When you need to “rethink” a product or break beyond market limits
MDMA	Communication / Heart	Removal of relational blocks, trauma processing	Teambuilding (in controlled settings), family crises
5-MeO-DMT	Ego Death (Reset)	Instant removal of “protective armor,” exit from paralysis	When you need to urgently “turn off” the mind and restart from zero

MY VERDICT

For me, the choice is obvious. Synthetic tools are like taking out a microloan: you get a quick result, but later you pay interest in the form of a crash or a lack of real character change. Ayahuasca is a long-term investment. It requires a contribution — diet, discipline, and honest work during the ceremony — but the dividends, in the form of a new personal operating system, stay with you for life. At SACRUNA, we don’t look for shortcuts. We choose the paths that work in the long run.

Critical Vulnerability

Assuming that “all mushrooms/ pills/vines are the same.” Treating Ayahuasca as a recreational substance is like using an industrial laser just to shine light in the dark. It is a tool for work, not for entertainment.

The Core Principle

Ayahuasca’s uniqueness lies in its ability to integrate biology, psychology, and intellect into a single learning process. This isn’t just an experience — it’s a cellular-level retraining of the Leader.



2.9. EVOLUTIONARY LEAP: THE FUTURE AND BIOETHICS

We are at a paradigm shift. What today may seem "exotic" or like a "secret weapon" reserved for a narrow circle of Silicon Valley billionaires will, by 2030, become a basic standard of mental hygiene for any world-class leader. The gap between those who use consciousness-expansion technologies and those stuck in outdated mental programming will become impossible to ignore. This is the beginning of a new evolutionary branch — Leadership grounded in heightened awareness.

PHARMACOLOGICAL PROSPECTS: FROM "PATCHES" TO UPGRADES

For centuries, modern medicine has operated in "firefighter mode": suppressing pain and symptoms without addressing the core architecture. The new era of pharmacology — which Ayahuasca signals — is not about treating illness, but about evolving the healthy human being.

- The Industry of Meaning: Instead of tranquilizers that "ground" and numb the system, tools that expand cognitive and emotional potential are moving to the forefront.
- Neuro-Upgrade: In the future, attending a retreat at SACRUNA will not be seen as "treatment," but as a scheduled upgrade of your biological processor. It's an investment in the quality of your decisions — not just in stress management.

VISIONARY 2030: THE HYGIENE STANDARD OF THE ELITE

By the end of this decade, access to expanded states of consciousness will become as essential to success as a top-tier university degree or fluency in multiple languages.

1. Consciousness Audit: Senior executives will undergo annual sessions to clear cognitive distortions and emotional noise. It will become a matter of professional fitness.
2. The Era of Intuitive Leadership: In a world where AI handles logic and data, the only remaining human advantage will be intuition, empathy, and the ability to perceive quantum-level opportunities — precisely the capacities Ayahuasca develops.
3. Ego Hygiene: The ability to consciously "switch off" the ego (the DMN) will become a mark of advanced leadership culture. Leaders trapped in self-reference simply will not keep pace with accelerating change.

BIOETHICS OF LEADERSHIP: POWER AND RESPONSIBILITY

The use of powerful awareness technologies places a distinct moral responsibility on the Leader. This is the emerging bioethics of business:

- Capital Guided by Values: When you begin to perceive the world as an interconnected system — as often happens in the Medicine experience — it becomes impossible to make decisions that damage that system for short-term gain.
- Human Capital Reframed: A Leader who has undergone deep transformation no longer sees employees as "resources," but as partners in evolution. This creates a new type of corporate culture built on integrity and co-creation.
- Transparency of Intention: In the Ayahuasca space, deception is unsustainable. The Leaders of the future will be those with "transparent" code — whose words align with their internal direction.

MY VERDICT

The future is already here — it's just unevenly distributed. While competitors debate the benefits of meditation, you can engage a nuclear reactor for your consciousness. But remember: this technology is not for manipulating others — it is for overcoming your own limitations. At SACRUNA, we prepare Leaders who will shape the world of the 2030s — a world where intellect, intuition, and conscience operate as one calibrated

system. This is your opportunity to make the evolutionary leap before everyone else.

VISIONARY 2030: THE FUTURE LEADER CHECKLIST

Are you ready for the standards of the next decade? Assess your current position:

- Cognitive Flexibility: Can you completely pivot your strategy within 15 minutes when the data shifts — without clinging to "I was right"?
- Biological Intuition: Do you make critical decisions based solely on reports, or do you also listen to signals from your body?
- Epigenetic Clarity: Are you truly directing your decisions — or are they driven by inherited fears?
- Integrity: Does your public strategy align with the core values you encounter in the quiet of your own consciousness?

Critical Miscalculation	**The Core Principle**
Believing you can remain an effective Leader in 2030 while relying on management methods from the 1990s. The information and cognitive explosion will push traditionalists to the margins of history. Adapt or disappear — the rules of evolution have not changed; only the speed has.	Ayahuasca is not a step backward to the roots — it is a leap forward into the next frontier of human potential. It is a technology that transforms biological accidents into conscious evolution.

MODULE 2 SUMMARY: FROM BIOLOGY TO STRATEGY

We've completed the technical audit. Ayahuasca is no longer a "jungle brew" in your perception, but a precision instrument for biohacking and neural upgrading. We examined how it works under the hood — and now your rational mind has no reason left to sabotage the process.

Executive Recap:

- Biochemical Bypass: We understood the synergy of DMT and MAO inhibitors as a method of bypassing the brain's security system for direct data transmission.
- Ego Deconstruction: We saw how deactivating the Default Mode Network (DMN) silences the inner critic and opens access to unconventional solutions.
- Neural Reprogramming: We examined the role of BDNF and learned why the first 14 days after retreat represent a "golden window" for installing new habits.
- Epigenetic Clearing: We looked into DNA and explored how ancestral "bugs" and inherited fears that limit business growth can be addressed.
- Quantum Antenna: We considered the possibility that the brain functions as a receiver of nonlocal information, enabling insights beyond personal memory.
- The Biology of Intuition: We recalibrated the Heart–Gut–Brain axis and recognized that "gut instinct" is pure physiology — rooted in vagal signaling.

AFTERWORD FROM ALEX

If you've made it this far, your inner engineer is satisfied. We've broken down the "magic" into formulas and neural pathways. But knowing how a Formula 1 engine works doesn't make you a Formula 1 driver.

Science has given us clarity on safety and efficiency. Yet Ayahuasca is a practical discipline. You can study neuroplasticity forever, but it won't activate if your body is overloaded and your mind is clogged with operational noise.

Now that we've completed the theory of the "hardware," it's time to move into pre-flight preparation. In the next section, we'll focus on the foundation: how to prepare your biological system to receive this powerful "software."

Without proper preparation, even the best tool can malfunction. We move to diet and mental calibration.

WHAT'S NEXT?

We are closing Module 2 and moving on to Module 3. Protection: Safety and Responsibility.

There, we'll break down:

- The legal landscape: Where it is legal and how to properly position your experience within the EU legal framework.
- Medical audit: A comprehensive list of contraindications and pharmacological conflicts that are often overlooked by amateurs.
- The Due Diligence system: How to choose a master and a center using the gold standard of 20 questions for the organizer.
- The encyclopedia of fears: How to deconstruct a bad trip and turn a loss of control into a breakthrough point.
- Ethical Security: Protection from Guru Addiction and the Rules of a Clean Space.

MODULE III. PROTECTION: SAFETY AND RISKS

Critical Audit: Legal aspects, medical contraindications, guide selection, and the technology for managing "difficult" experiences.



FOREWORD BY ALEX

In business, we call this Due Diligence. No sane investor would put millions into a project without checking its legal integrity, financial risks, and the founders' "skeletons in the closet." With Ayahuasca, it’s even more serious: it’s not just your money at stake, but your biological "hardware" — your brain, your heart, and your psyche.

I often see people who are used to total control in business show striking carelessness when it comes to retreats. They go to "friends of friends" or centers with a beautiful Instagram feed without asking a single tough question about safety.

This section is your insurance policy. We will take off the rose-colored glasses and break down the "dark side" of the industry. You will learn where medicine ends and charlatanism begins, how to avoid ending up in prison due to a ridiculous accident, and why a "bad experience" is often the result of poor preparation. In my view, safety is not a restriction of freedom, but the only condition that allows you to dive to the maximum depth and return with a result.

INTRODUCTION: THE PRICE OF CARELESSNESS

When it comes to expanded states of consciousness, the line between a "breakthrough" and a "system failure" is very thin. Professionalism in this field is measured not by the amount of Medicine consumed, but by the quality of preparation and the ability to prevent risks before they even arise.

In this section, we move from strategy and meaning to strict protection protocols — legal, medical, and ethical.



MODULE III TABLE OF CONTENTS

3.1. Legal Landscape and Regulatory Status
Where it is legal, what constitutes the "gray zone," and how to correctly position your experience within the framework of EU legislation.

3.2. Medical Contraindications
Cardiovascular pathologies, organ functions, and neurological filters. Profiles for whom entry is strictly prohibited.

3.3. Pharmacological Conflicts and Drug Interactions
The chemistry of the matter: why antidepressants and Ayahuasca are a life-threatening cocktail.

3.4. Psychological Safety
Genetic risks, psychosis prevention, and managing states of depersonalization.

3.5. Selecting a Center and a Master: The Due Diligence System
How to distinguish a true lineage from a marketing fake. 20 "uncomfortable" questions for the organizer.

3.6. Encyclopedia of Fears and Deconstruction of "Bad Trips"
The mechanics of losing control and the technology for transforming a crisis into a breakthrough point.

3.7. Ethical Safety and Abuse of Power
Boundaries of will, sexual ethics, and protection against the formation of "guru-dependency."

3.8. Physical Protocol and Emergency Assistance
Organizing a safe space and action algorithms for non-standard or emergency situations.

3.1. LEGAL LANDSCAPE AND REGULATORY STATUS

In business, we never enter a deal without studying the jurisdiction. With Ayahuasca, the rules are the same, but the stakes are higher. In 2026, the world is divided into "safe harbors," "gray zones," and "territories of legal suicide." Below is a detailed breakdown of countries, so you understand where your freedom is protected and where it hangs by a thread.

SOUTH AMERICA: THE CRADLE OF LEGALITY

In these regions, the Medicine is not just a plant; it is a national treasure and a sacred right.

- Peru: The Golden Standard. Since 2008, Ayahuasca has been recognized as "National Cultural Patrimony." This is the only place in the world where the status of the process is protected by state doctrine.
- Brazil: Full legality within a religious context. Large organizations operate entirely openly under the protection of the law.
- Colombia: Traditional use (Yagé) is recognized as a sacred right of indigenous peoples and is protected by the Constitution.

SPAIN: THE ISLAND OF FREEDOM AND SAFETY

Spain today is the most favorable jurisdiction in Europe for Leaders who value transparency and law.

- Alegality: The plants themselves are not prohibited. Only the isolated DMT molecule is controlled, not the traditional brew.
- Constitutional Protection: The right to privacy and freedom of conscience is practically sacred here. If the process is conducted in a private format, the law is on your side.

- A Secure Hub: This is why Spain was chosen for the SACRUNA project. Here, a Leader can remove their armor, knowing their right to self-discovery is respected by the state. We ensure total legal integrity so you can focus on your internal objectives.

THE NETHERLANDS: THE SUNSET OF A "MECCA"

Once a global magnet for practitioners, the rules of the game have radically changed.

- Supreme Court Ruling (2019): For a long time, a religious exemption existed, but the country's highest court ended it: Ayahuasca is now prohibited.
- Status: Illegal. Even if you are offered a "legal retreat" in Amsterdam—it is a lie. Organizers are prosecuted under the Opium Act.

ITALY: FROM "GRAY ZONE" TO STRICT PROHIBITION

Italy balanced on the edge for a long time, but in 2022, the state spoke unequivocally.

- Ministry of Health Decree: Ayahuasca and its constituent plants are officially included in the list of narcotic substances ("Table I"). A ritual in Italy is now legally equivalent to the possession and distribution of Class A drugs.

PORTUGAL: THE "DECRIMINALIZATION" TRAP

Many are misled by headlines claiming that "everything is permitted" in Portugal. This is a dangerous illusion.

- The Reality: Only consumption is decriminalized. However, importing and organizing retreats carry heavy criminal charges. In 2024–2025, police initiated a series of aggressive raids. The safety of the process there is highly compromised.

COSTA RICA: A "WELLNESS FRONTIER" WITH AN ASTERISK

A popular destination for luxury retreats, but the legal armor is thinner than it seems.

- Status: Gray Zone. It is not officially permitted, but authorities look the other way—until an emergency occurs. In the event of any incident, a center can be shut down in a single day.

USA: A BUREAUCRATIC MINEFIELD

The States is a country where one hand gives and the other takes.

- Conflict of Laws: Some states have passed local "decriminalization," but the federal DEA still considers DMT a Schedule I drug. This is a zone of federal risks and endless litigation.

UK, FRANCE, AND GERMANY: ZERO TOLERANCE TERRITORY

- France: The strictest country. A direct ban on all parts of Ayahuasca plants.
- United Kingdom: DMT is Class A (like heroin). Courts are merciless.
- Germany: The BtMG (Narcotics Act) operates strictly. Any activity involves the risk of a criminal case.

TURKEY AND KAZAKHSTAN: THE RED ZONE

Here, a "spiritual search" can end in a very harsh reality.

- Turkey: Sentences for such substances can be comparable to life imprisonment.
- Kazakhstan: DMT is on the list of strictly controlled substances. The legal system is punitive.

LEADER'S LEGAL MEMORANDUM (2026 SUMMARY TABLE)

Region	Status	Risk Level	Executive Summary
Peru / Brazil / Colombia	Legal	Low	Maximum protection under law and tradition.
Spain	Alegal	Low	Optimal choice. Safety and a guaranteed right to privacy.
Costa Rica	Gray Zone	Medium	Acceptable only in high-end centers with significant local standing.
Portugal	Risky	High	Decriminalization is a trap for the organizer.
USA	Prohibited (Fed)	High	Conflict between state and federal laws (DEA oversight).
Germany	Prohibited	High	Strict control under BtMG; high risk of police raids.
Netherlands / Italy	Prohibited	High	Former loopholes are closed. Direct bans in effect.
UK / France	Prohibited	Extreme	Criminal prosecution (Class A / Absolute Taboo in France).

Region	Status	Risk Level	Executive Summary
Kazakhstan	Prohibited	Extreme	Unpredictable system with strict prohibited substance lists.
Turkey	Prohibited	Extreme	Strictly excluded. Extreme prison sentences.

MY VERDICT

As a Leader, you must choose a jurisdiction that empowers you rather than puts you in the line of fire. At SACRUNA, we selected Spain and Peru because they are the only locations where your "system upgrade" won't become grounds for a criminal case. Do not risk your reputation where it can be avoided. Professionalism begins with selecting a secure space.

Critical Warning

Never transport the Medicine across borders yourself. In the eyes of customs, you are a smuggler, not a seeker of truth. Use only verified locations that have already resolved all legal logistics on your behalf.

The Core Principle

The law is not about morality; it is about the stability of your architecture. In business, we do not build a headquarters on leased land without a contract. Working with Ayahuasca is no different: your transformation must take place in a "safe harbor" where legal risks are mitigated to zero.

Remember:

- Spain is your legal hub in Europe, where the right to privacy is protected by the Constitution.
- Do not play "courier" — transporting Medicine across borders transforms you from a Leader into a trafficker.
- Your legal safety ends where "black market" centers and amateur retreats begin. Choose platforms that do not hide from the system but are intelligently integrated within it.

3.2. MEDICAL CONTRAINDICATIONS

In business, we don't launch a system on faulty "hardware." If your server is overheating or the power supply is sparking, no amount of software can save the project. Working with Ayahuasca places a colossal load on your physical systems. If you ignore medical contraindications, you are not "expanding your consciousness"—you are committing biological sabotage against your own organism.

FOREWORD FROM ALEX

I often hear: "The Medicine knows what to heal." Leave that infantilism for esoteric forums. As a Leader, you are responsible for your primary asset—your body. If there are critical malfunctions in the system, entering a deep altered state can be a one-way ticket.

At SACRUNA, we approach this with a "Safety First" mindset. If our medical screening reveals a risk, we decline the applicant. A dead or disabled Leader is a catastrophic result for everyone. Let’s break down the primary "red flags" where entry into the ceremony is strictly prohibited.

CARDIOVASCULAR PATHOLOGIES: THE HIGH-PRESSURE ZONE

This is the most dangerous area. During the experience, Ayahuasca temporarily increases blood pressure and heart rate. This is normal for a healthy person, but a death sentence for a faulty heart.

- Hypertension (Severe): If your baseline pressure is above 140/90 and uncontrolled, the risk of stroke or a hypertensive crisis during the ceremony increases exponentially.

- Heart Defects and Aneurysms: Your vascular walls must withstand the "storm." If an aneurysm (a weak spot in a vessel) is present, the risk of rupture under load is critical.
- Ischemic Disease and Arrhythmias: Any serious rhythm disturbances can be amplified. The heart must function like a Swiss watch.

INTERNAL ORGAN DYSFUNCTION: FILTERS AND PROCESSORS

Your liver and kidneys are your filters and processors. If they cannot handle their current load, they will not handle the detoxification required after a deep process.

- Renal Failure: The kidneys flush out metabolic byproducts. If their function is impaired, toxins will linger in the body, causing severe poisoning.
- Liver Failure: The primary work of processing active substances occurs in the liver. If you have cirrhosis or severe forms of hepatitis, the liver may "burn out" as it fails to deactivate alkaloids in time.

NEUROLOGICAL CONSTRAINTS

Your brain must be structurally sound to withstand the reassembly of neural connections.

- Epilepsy: This is an absolute contraindication. Ayahuasca lowers the seizure threshold. Entering a ceremony with epilepsy practically guarantees a seizure, which can be fatal in an altered state of consciousness.
- Predisposition to Seizures: Even without a formal diagnosis, any history of seizures makes the risk unacceptably high.

MEDICAL SCREENING: YOUR CHECKLIST

Before booking a retreat, answer these questions honestly for yourself (and the organizers):

1. Have you ever had a stroke or a myocardial infarction?
2. Have you been diagnosed with a brain or aortic aneurysm?
3. Do you take blood pressure medication on a permanent basis?
4. Do you have a history of epileptic seizures?
5. Do you suffer from severe kidney or liver disease?

MY VERDICT

If any of the above points apply to you, Ayahuasca in its classic form is prohibited. Look for other methods: deep psychotherapy, breathwork, or meditation. A Leader does not play "Russian Roulette" with their health.

In professional centers, a medical questionnaire is not a formality; it is a input filter. If you are allowed to drink the Medicine without being asked about your heart or blood pressure—run. Those are amateurs trading in risk, not transformation. At SACRUNA, we value your life more than the profit from a single program.

Critical Vulnerability

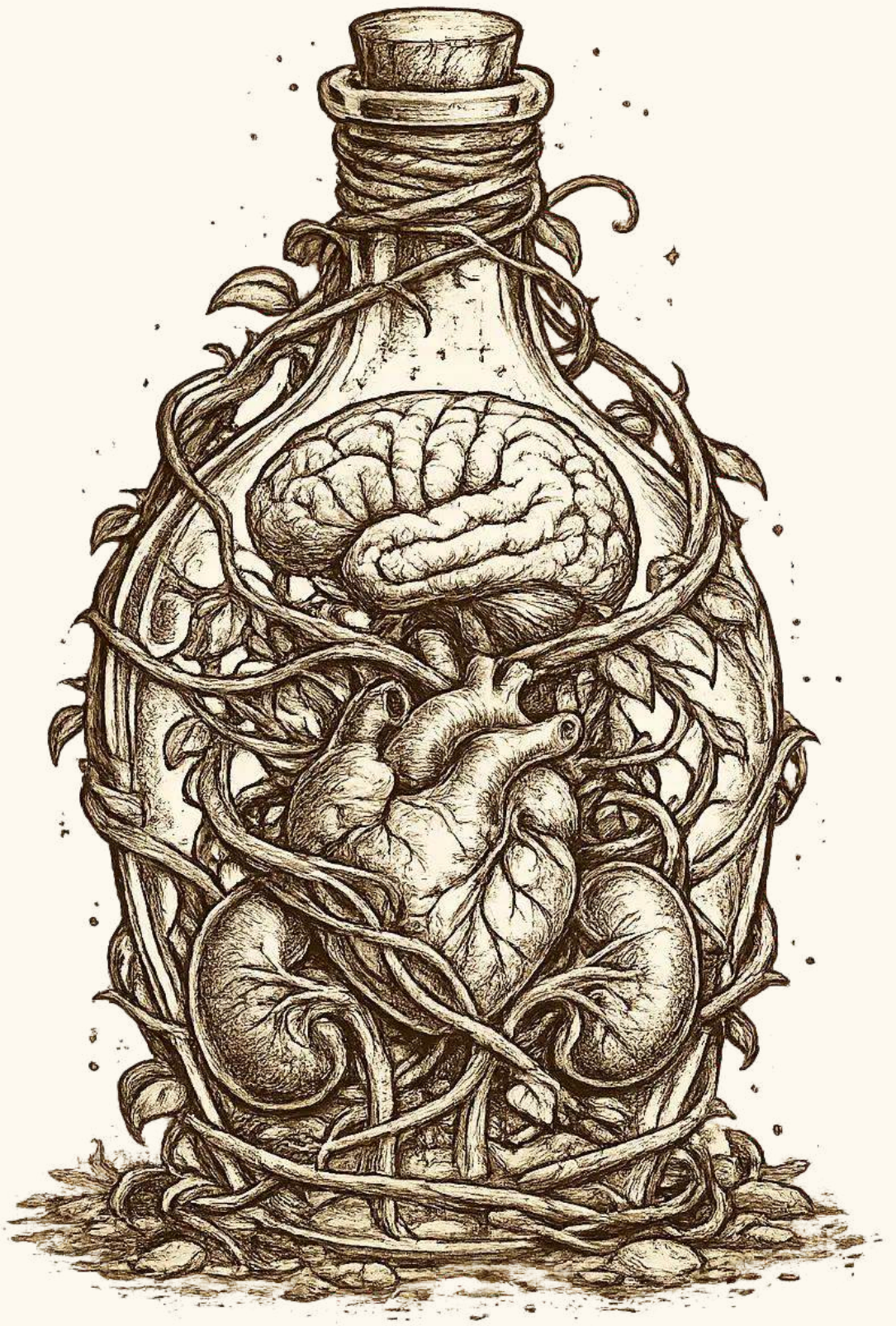
Hiding a Diagnosis. Attempting to "cheat" the questionnaire to get into a ceremony is the ultimate form of irresponsibility toward yourself and your family. Remember: in the deep jungle or a remote villa, an ambulance will not arrive in five minutes.

The Core Principle

Your body is the only asset that cannot be replaced. You wouldn't launch a new product on a server with a sparking power box.

Keep in Focus:

- Heart, Kidneys, and Brain: This is your "hardware." If there are critical defects (hypertension, aneurysms, epilepsy), entry is closed. Non-negotiable.
- The Medical Form: This is a pre-flight inspection, not an interrogation. Lying on the form is an act of self-sabotage.
- Professionalism is defined by the "No": If organizers permit everything without checking your vitals, it’s not freedom—it’s negligence.



3.3. PHARMACOLOGICAL CONFLICTS AND DRUG INTERACTIONS

In the IT world, this is known as an "architecture conflict." If you attempt to run software designed for one system on another incompatible one, you get the "Blue Screen of Death." In the case of Ayahuasca and pharmacology, this scenario can become literal. Your body's chemistry does not forgive amateur experiments.

FOREWORD FROM ALEX

This block is the most critical. While legal risks threaten reputation and medical risks threaten health, pharmacological errors strike to kill. I have seen "experts" who believed that natural Medicine could digest any pill. This is a fatal delusion.

Ayahuasca is a powerful MAO Inhibitor (MAOI). If you add certain medications into this cocktail, you trigger a chemical chain reaction that is impossible to stop in field conditions. At SACRUNA, we have established a double medical filter precisely because the price of an error here is life itself.

THE PRIMARY THREAT: SEROTONIN SYNDROME

This is the "king" of all risks. Ayahuasca temporarily blocks the enzyme that breaks down serotonin. If there are drugs in the bloodstream that increase serotonin levels at that moment, its concentration in the brain skyrockets.

- Antidepressants (SSRIs): Prozac, Zoloft, Paxil, Celexa, Lexapro, and others. Mixing these with the Medicine is a guaranteed path to a serotonin storm.
- Symptoms: A sharp spike in temperature (up to 41°C / 106°F), seizures, delirium, muscle tissue breakdown, and organ failure.

- Result: Fatality or severe permanent disability. No exceptions. No "I only took half a dose."

"SILENT KILLERS" IN YOUR TRAVEL KIT

Many Leaders make the mistake of thinking: "I don't take psychotropic drugs, so I'm safe." But "hidden defects" often lurk in common over-the-counter remedies.

- Dextromethorphan (DXM): Found in 80% of popular cough syrups and cold medicines (Theraflu, Robitussin, Coldrex, etc.). The combination of DXM + Ayahuasca is the shortest path to respiratory arrest and coma.
- Tramadol and Strong Analgesics: Any potent painkillers with serotonergic activity turn a retreat into a resuscitation room.
- Nasal Sprays and Allergy Meds: Products containing pseudoephedrine cause a critical blood pressure spike that the brain simply may not withs.

TYRAMINE CRISIS: CHEMISTRY ON THE PLATE

This is what is often called a "diet," but in reality, it is pure pharmacology. The vine blocks the enzyme that breaks down tyramine. An excess of it causes an "adrenaline explosion."

- Where it lives: Aged cheeses (Parmesan, Cheddar), jamon, salami, soy sauce, overripe bananas, and alcohol (especially red wine and beer).
- Consequence: A sharp, throbbing headache and hypertensive crisis. This is not "spiritual cleansing"; it is a result of carelessness in nutrition.

THE "CLEAN SLATE" PROTOCOL (DETOX PERIOD)

To ensure your upgrade is successful, the system must be completely cleared of pharmacological traces. At SACRUNA, we adhere to strict preparation standards:

- Antidepressants (SSRIs): Total cessation at least 4 weeks before the first ceremony. This time is necessary to restore the natural balance of receptors.

- Stimulants (Adderall, Ritalin) and Nootropics: At least 14 days of a "clean mode."
- Home Pharmacy: 7 days before the start—a total ban on any cough syrups, nasal drops, and strong painkillers. If you are in pain, only consultation with our specialist is permitted.

MY VERDICT

In business, we call this "data integrity." If the input is "dirty," the output is garbage. "Dirty" blood chemistry is a life threat. A Leader does not play games with their biochemistry.

We have created one of the strictest verification protocols in the industry. If we see that a participant has failed the detox period, we do not admit them to the ceremony. Money can be refunded; a life cannot. Ensure your system is clear before pressing the "Update" button.

Critical Warning

Hiding medication use is a form of biological suicide. The Medicine does not tolerate lies. If you are not ready for an honest detox, you are not yet ready for transformation.

The Core Principle

Your preparation is not "religious asceticism"; it is the technical maintenance of the system before extreme loads. Do not let one small pill derail your life's most important project.

3.4. PSYCHOLOGICAL SAFETY

If the body is the "hardware" and pharmacology is the "chemistry of processes," then the psyche is your Operating System. You can have a powerful server and clean energy, but if there is a critical error in the source code, launching a heavy application will lead to a fatal system crash. Ayahuasca is not just software; it is a full upgrade of the system kernel. If there are cracks in the foundation, the building will not withstand the load.

GENETIC PREDISPOSITION: INHERITED BUGS

The psyche has its own inertia and heredity. There are states in which any interference with the deep layers of consciousness is akin to bringing a lit match to a powder keg.

- Schizophrenia and Paranoid States: If you or your immediate relatives (parents, siblings) have this diagnosis—entry to the ceremony is closed forever. Ayahuasca can trigger the manifestation (first onset) of an illness that cannot be "rolled back" later.
- Bipolar Affective Disorder (BAD): In a manic phase or deep depression, a psychedelic experience can throw the psyche into an uncontrollable tailspin. The risk of a psychotic episode here is extremely high.
- Borderline Personality Disorder (BPD): This requires an ultra-cautious approach and mandatory supervision by a specialized professional. Without a stable internal "anchor," the experience can lead to destabilization for months.

PSYCHOSIS PREVENTION: AVOIDING PERMANENT "DESYNC"

Psychosis is a state where the operating system loses connection with the outside world and begins to generate its own terrifying reality.

- Preliminary Diagnostics: A professional center is obligated to conduct an interview with a psychologist. We look for signs of instability, borderline states, or latent aggression.
- Dosage and Supervision: Most "breakdowns" occur due to the incompetence of guides who fail to sense the participant's state and "add more" Medicine where the person actually needs to be grounded.

DEPERSONALIZATION AND DEREALIZATION: TRANSLATION ERRORS

Sometimes, after an experience, a person feels that the world is "not real" and they are merely an "observer in a movie."

- Process Mechanics: This is a protective reaction of the psyche to an experience that was too intense. Usually, this passes within a few days with proper integration.
- The Risk of Getting Stuck: If your "link" to reality was weak to begin with, you may hang in this state for months. This is why grounding practices after the retreat are so critical.

PSYCHOLOGICAL DUE DILIGENCE

Your internal audit before the start:

1. Have there been cases of schizophrenia or severe psychosis in your lineage?
2. Have you experienced panic attacks that you were unable to control?
3. Are you currently in a state of acute grief or prolonged depression (this requires a special protocol)?
4. Are you prepared for the fact that your worldview may be shattered, and do you have the resources to rebuild it?

MY VERDICT

In business, we don't put people with unstable psyches in key positions. In working with Ayahuasca, you are that "key employee." A Leader must be psychologically resilient.

At SACRUNA, we do not treat psychiatric diagnoses. Our task is to provide a powerful development tool for those whose system is ready for transformation. If we see "cracks" in the foundation, we will say so honestly. The safety of your personality is more important to us than the number of seats sold.

Critical Vulnerability: The "Healing Madness" Illusion

The most dangerous mistake is believing that Ayahuasca cures clinical schizophrenia or acute psychosis. In business, we don't fix a broken processor by overclocking its clock speed—it will simply burn out. Attempting to "cure" a serious psychiatric diagnosis with Medicine is a biological lottery where losing means irreversible personality changes. If the system is already unstable, any catalyst turns a crack into a chasm.

The Core Principle

Your psyche is the navigator of your life. Do not try to reflash it if it is already "glitching."

- Genetics is the baseline: if there was schizophrenia in the family, choose meditation or psychotherapy, not a retreat.
- Honesty with the psychologist is your insurance against a "one-way ticket."
- A retreat is not an escape, but a way to learn how to manage reality more effectively. Ensure you have a reality to return to.

3.5. SELECTING A CENTER AND A MASTER: THE DUE DILIGENCE SYSTEM

In investment, we don't hand over capital to a fund just because it has a beautiful website and a charismatic CEO. We verify financial statements, licenses, and exit strategies. Choosing a retreat center is no different: you are entrusting these people with your "operating system" at its point of maximum vulnerability. An error here costs more than a lost deposit.

ANALYZING THE LINEAGE

A Master is not just a person who knows how to pour a drink. They are the carrier of a specific technology for working with consciousness. In professional circles, this is called Lineage.

- Tradition: To which school does the guide belong? Shipibo-Conibo, Ashaninka, or a syncretic movement? Each school has its own safety protocols and process management methods.
- Experience: How many years did the master train in the jungle? A "diploma" after a two-week course in Cusco is not a qualification; it is a cause for serious concern. Real training takes years of rigorous diets and isolation.
- Reputation: In narrow professional circles, everyone knows everyone. If there is no information about a master in the community or if their name surfaces in the context of dubious stories, it is a reason to decline.

RED FLAGS: WHEN TO EXIT IMMEDIATELY

If you notice even one of these signs — take your documents and leave.

1. Lack of Medical Screening: If the organizer has not asked about your heart, kidneys, and antidepressant use, they do not care about your life. This is amateurism bordering on crime.

2. Secret Ingredients: You are told: "There are secret herbs, you don't need to know." This is a lie. The composition should only include the Vine (Banisteriopsis caapi) and Leaves (Psychotria viridis or equivalent). Any additives like Toe (Brugmansia) without your knowledge are a direct threat to your psyche.
3. Absence of Integration: If the format is "drink and leave," it is not a transformation center, but a questionable attraction. Professionals always support the participant after the experience, as the psyche is most vulnerable at that moment.
4. Personality Cult (The "Guru Effect"): If everything rests on the charisma of one person, and critical thinking is suppressed or mocked, you have entered a cult. A Leader maintains sobriety of mind even in an altered state.

THE DUE DILIGENCE GOLD STANDARD: 15 QUESTIONS FOR THE ORGANIZER

Forget about "atmosphere" and "vibe." Ask tough, technical questions. A professional will answer them clearly; an amateur will start to hedge and refer to "the will of the spirit":

1. What is the exact botanical composition of your brew?
2. What is the master's specific Lineage, and who were their teachers?
3. What is the staff-to-participant ratio (the norm is no more than 5 people per one facilitator)?
4. What medical training does the staff present in the room have?
5. Is there a defibrillator on-site and a staff member trained to use it?
6. What is the exact protocol for handling a psychotic episode in a participant?
7. How is emergency evacuation logistics organized, and how many minutes does it take to reach the nearest hospital?
8. How do you verify the compatibility of my current medications with the brew’s components?

9. Is there a formalized code of ethics regarding physical contact between staff and participants?
10. What specific grounding practices and support forms do you provide in the first 48 hours post-ceremony?
11. How is physical security of the territory ensured during the night?
12. Is a mandatory interview with a psychologist required before admission?
13. What measures are taken if a participant loses control of their behavior during the process?
14. Who is responsible for the quality and purity of the brew's preparation?
15. What is the regulation for staff interaction if a participant becomes physically ill?

MY VERDICT

In business, we value professionalism and transparency. At SACRUNA, we have built a process where any audit—legal or medical—confirms our status. We work only with masters whose reputation in Amazonia is impeccable and whose safety protocols are stricter than those in aviation.

A Leader does not look for "where it is more exotic." A Leader looks for "where it is more reliable." Your transformation requires conditions where you can fully trust the process, knowing that a team of professionals, not amateurs, is standing behind you.

Critical Vulnerability: The Charisma Trap

The most dangerous mistake is choosing a center based on the guide's personality rather than the safety infrastructure. A charismatic "shaman" cannot replace a defibrillator or a competent medical protocol. In a state of deep immersion, you need a flawlessly functioning security system, not a "friend" or a "guru."

The Core Principle

Choosing a center is a management decision.

- Verify the Lineage: a master's roots determine the quality of the process.
- Safety is not an "option," it is the foundation. No screening means no retreat.
- Use the list of questions as a checklist. Any evasion is grounds for immediate termination of cooperation.



3.6. ENCYCLOPEDIA OF FEARS AND DECONSTRUCTION OF "BAD TRIPS"

In business, a crisis is either the beginning of bankruptcy or a point of radical growth. It all depends on whether you have an anti-crisis protocol. What popular culture calls a "bad trip," professionals refer to as a "difficult experience." It is not a system error; it is a maximum stress test. If you understand the mechanics of the process, you can transform any "hell" into a valuable asset.

THE ANATOMY OF A "BAD TRIP": WHAT IS ACTUALLY HAPPENING

A "bad trip" occurs when the speed and intensity of incoming information exceed your psyche's bandwidth. It is similar to a DDoS attack on a server: the system cannot process data packets (visual imagery, suppressed emotions, bodily sensations) in time and begins to "lag," generating panic.

It is crucial to understand: Ayahuasca does not create fear out of nowhere. It merely spotlights the bad sectors of your psyche that you have ignored for years. A difficult experience is not an external attack; it is a meeting with yourself without filters, corporate standards, or social masks.

EXPANDED CLASSIFICATION OF FUNDAMENTAL FEARS

To defeat an enemy, you must know their face. Here are the primary scenarios your ego plays out to stop the transformation process:

- Fear of Losing Control (The Pilotless Cockpit): The most common companion of Leaders. The feeling that you are falling out of the command seat of your life.

- Fear of Insanity (The Infinite Loop): The conviction that you will remain in this state forever. Time loops, and it feels as though the "normal" world has ceased to exist.
- Fear of Physical Death (The Biological Finale): A visceral sensation of your heart stopping or breath ceasing. The ego interprets its own dissolution as physical demise.
- Fear of Moral Judgment (The Mirror of Truth): A sudden realization of all your mistakes and weaknesses. You feel like the "worst person on earth," and this knowledge feels unbearable.
- Paranoia (Conspiracy in the Room): The fear that the master or facilitators are enemies, or that other participants are stealing your energy.
- Fear of Eternal Nothingness (The Nihilistic Vacuum): The sensation that at the center of the universe, there is no meaning or God—only a cold, empty void.
- Fear of Bodily Decay (Biological Horror): The feeling that your organs are failing or that you are transforming into something repulsive.

PSYCHOLOGICAL MECHANICS: THE LOGIC OF SUFFERING

In working with altered states of consciousness, there is an ironclad rule: Suffering = Pain × Resistance.

Where "Pain" is the inevitable intensity of the experience or physical discomfort, and "Resistance" is your psychological unwillingness to accept what is happening. If your resistance is zero, even the highest intensity does not turn into suffering; it becomes a pure stream of information. The moment you say "No!" to what is already happening inside you, you open the door to a personal hell.

EXIT METHODOLOGY: CRISIS MANAGEMENT TECHNIQUES

If you feel you are "falling," use these verified protocols. This is your emergency survival kit for the storm.

1. The Technique of Total Surrender

The most effective and the most difficult. If you feel you are dying—die. If you are going mad—go mad. Once you stop defending your boundaries, fear has nothing to catch on to.

💡 *Practice: Lie on your back, palms facing up, relax your jaw completely (this is a physiological key to relaxing the brain), and mentally say: "Do with me what you will. I surrender.".*

2. Physiological Anchor: 4-7-8 Breathing

When the mind is in chaos, the body is your only ally.

💡 *Practice: Inhale through the nose for 4 counts, hold for 7, exhale forcefully through the mouth for 8. This mechanically switches your nervous system from panic to calm.*

3. Distancing (The Scientific Observer)

Try to look at your fear as an interesting laboratory object.

💡 *Practice: Mentally say: "Interesting, my brain is currently generating a sensation of total demise. What a detailed simulation! Let's see what happens next." This moves you from the role of victim to the role of researcher.*

4. Working with Sound (Icaros)

Sound is a rope stretched over the abyss. If the visuals are terrifying, close your eyes and grip the master's voice with your hearing.

💡 *Practice: Begin to hum quietly or chant in time with the song. The vibration of your own voice in your chest is a powerful grounding tool.*

5. Changing Body Geometry

Sometimes a bad trip is just energy stagnating in one position.

💡 *Practice: If you were lying down—sit up. If you were sitting—straighten your back. Take a sip of water. Physical movement often reboots the visual stream.*

HOW TO ESCAPE THE LOOP: EMERGENCY ALGORITHM

If you fall into cyclic panic (a loop), use this algorithm:

1. Acknowledgment: Tell yourself directly: "This is the action of the Medicine. This is temporary. This will end."
2. Grounding: Touch the floor with your hands. Feel the solid surface. Feel the weight of your body.
3. Requesting Help: If you cannot cope, simply raise your hand. A facilitator will approach, place a hand on your shoulder, or provide water. Often, simple physical contact is enough to break the spell.

MY VERDICT

In business, we don't fear volatility; we learn to profit from it. A "bad trip" is your most volatile trade. A Leader is not someone who never felt fear, but someone who knows how to maintain clarity in the epicenter of the storm.

Difficult experiences are the fastest way to burn away what no longer serves you. Your fears are merely guards at the gates of your Purpose. If you can pass through them, you gain access to resources you never dreamed of. At SACRUNA, we create conditions where this controlled explosion of your old personality occurs with maximum efficiency and safety.

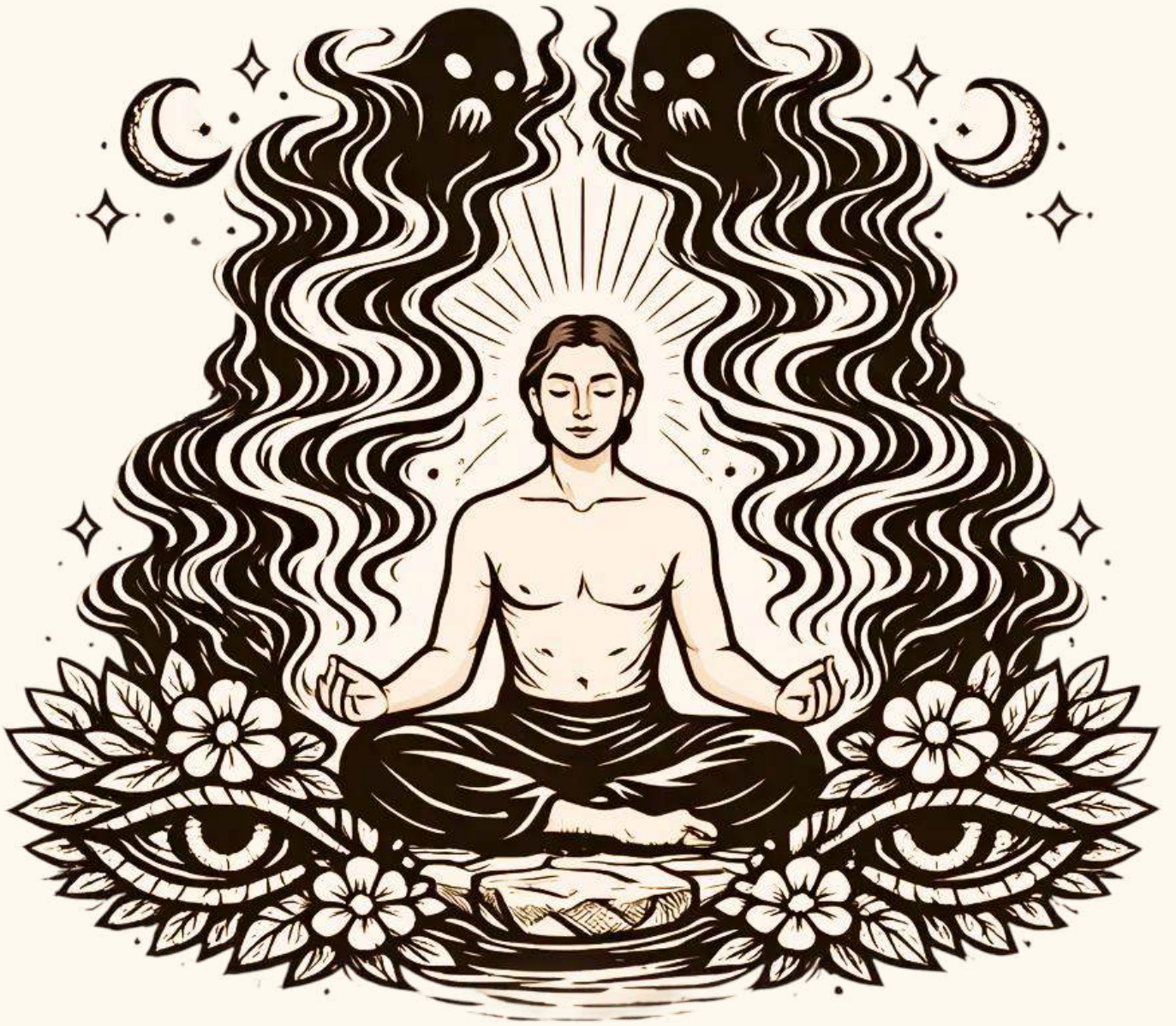
Critical Vulnerability: Attempting to rationalize the horror

Do not try to use logic during the ceremony to understand why you are afraid. Logic is "broken" at that moment. Simply experience it physically. All answers will come tomorrow during the integration session.

The Core Principle

A difficult experience is an investment in depth.

- Fear is an indicator of proximity to a major personal breakthrough.
- Resistance is the only real source of suffering.
- In a professional center, a "bad trip" transforms into a controlled quantum leap.



3.7. ETHICAL SAFETY AND ABUSE OF POWER

In business, reputation and ethics are not abstract concepts; they are the foundation of long-term viability. A compliance error can cost a company its future. In Ayahuasca work, ethics become a matter of your personality's survival. In a state of deep immersion, your defensive barriers are temporarily deactivated, leaving you extremely vulnerable to external influence.

THE PHENOMENON OF ULTIMATE OPENNESS

Under the influence of the Medicine, the psyche enters a state of high plasticity. This allows for the "reflashing" of deep-seated beliefs, but it also makes you a target for potential manipulation. In professional circles, this is known as a state of heightened suggestibility.

If a guide or master harbors hidden agendas—financial, sexual, or power-oriented—they can use this moment to "crack" your will. Therefore, the ethical security of a center is more important than the depth of the visions.

SEXUAL ETHICS AND PHYSICAL BOUNDARIES

This is the "Red Line" that must never be crossed. In an altered state of consciousness, the phenomenon of transference can occur: you may feel deep "love" or attraction to the master, perceiving them as a savior or a deity.

- The Contact Ban: In professional centers, any romantic or sexual interaction between staff and participants is strictly prohibited. This applies not only to the duration of the retreat but also to the integration period.
- Physical Assistance: Any touch from a facilitator (e.g., helping someone to the restroom or providing support during a strong purge) must be functional and devoid of any erotic subtext.

- Abuse of Charisma: A master using their status to seek sexual partners among participants is not a spiritual leader, but a predator. Such contact shatters the participant's psyche, leaving deep trauma.

THE "GURU-MARKETING" TRAP AND POWER MANIPULATION

Abuse of power often disguises itself as "special training" or the "sacred will of the Medicine." For a Leader used to making their own decisions, it is vital to recognize an attempt to hijack their will.

- Selectivity: If you are told you are "special," "chosen," or that only this specific master can save your soul, this is a classic cult recruitment tactic.
- Suppression of Criticism: Any doubts or logical questions you raise are labeled as "ego resistance" or "dark forces." A professional always welcomes critical thinking.
- Isolation: Demands to cease communication with family or partners who "don't understand your path" are attempts to deprive you of external support.

TOOL: PERSONAL BOUNDARY PROTECTION CHECKLIST

Use this checklist to verify the ethical integrity of a space before and during a retreat:

- External Observer: Always have a trusted person outside the retreat to whom you can report any strange demands from the organizers.
- The Right to "No": Remember that at any moment—even in the middle of a ceremony—you have the right to refuse to continue or to ask not to be touched.
- The 48-Hour Rule: Do not make any radical life decisions (resigning, divorce, major investments) during the first 48 hours post-experience. Your will has not yet fully restored its filters.
- Staff Observation: How do employees communicate with each other? Is there a hierarchy of fear, or is it a team of equal professionals? The atmosphere within the team will tell you more than a marketing brochure.

MY VERDICT

In business, we do not sign contracts with those known for unethical behavior, even if the deal promises excessive profits. With Ayahuasca, it is even stricter. At SACRUNA, we have created a code of ethics that excludes any abuse of a participant's state.

For a Leader, maintaining sovereignty is paramount. The goal of a retreat is to make you free and strong, not to tether you to a "guru." If a center tries to make you dependent, it is a bad center. Your will is your primary capital, and no one has the right to manage it but you.

Critical Vulnerability: Spiritual Bypassing

The most dangerous form of ethical violation is when a master justifies their errors or abuse with "higher matters." If you are told that physical pain or humiliation is "part of your cleansing," know that you are facing a manipulator. Real Medicine works through awareness and love, not through the suppression of human dignity.

The Core Principle

Ethical safety is the integrity of your "Self."

- Sexual contact between a master and a participant is always a violation of will, even if it feels "mutual" in the moment.
- A professional strengthens your autonomy; a manipulator strengthens your dependence.
- Maintain your critical thinking: it is your last line of defense.

Indeed, without this block, the entire security system remains nothing more than theory. In business, we call this physical compliance—the point where the defense strategy shifts from documentation into real-world action "on the ground." If a center is not prepared for a physical crisis, all talk of "spirituality" loses its weight.

3.8. PHYSICAL PROTOCOL AND EMERGENCY ASSISTANCE

Organizing an Ayahuasca process is not just about working with consciousness; it is about managing a complex physical environment. When a person is in deep immersion, their body requires maximum external protection. A Leader must be certain: the space around them is as reliable as an operating room in a top-tier clinic.

ORGANIZING A SAFE SPACE: LOCATION AND PERIMETER

Choosing a retreat location is a balance between isolation and accessibility. We don't look for a "beautiful view"; we look for a controlled environment.

- Distance from Risks: The site must be protected from industrial factors (road noise, construction) and natural threats (wild animals, flooding, or landslides). In Spain, we select secluded villas with a closed perimeter where unauthorized entry is impossible.
- Logistical "Reach": Isolation must not become a trap. Safety protocols require that the path to the nearest hospital with an Intensive Care Unit (ICU) takes no more than 30–40 minutes. The team must always have a vehicle ready for departure with a full tank of fuel.
- Architecture of the Hall (Maloca): The interior space must be cleared of sharp corners, fragile objects, and unnecessary obstacles. Each participant has a clearly defined zone to prevent accidental collisions with others.

"RED BUTTON" PROTOCOLS: STAFF ACTIONS

When a situation moves beyond the standard process, facilitators switch to emergency response mode. In a professional center, this happens instantly and without panic.

- Medical Response: Having a staff member with First Aid/CPR certification and resuscitation skills is the mandatory minimum. If the situation requires medical intervention, the protocol dictates an immediate call to emergency services (112) and preparing the patient for transport.
- Psychological Localization: If a participant exhibits aggression or loses touch with reality to the point of being a danger to themselves or others, staff use soft-fixation techniques and move the person to a separate, pre-prepared "quiet space" for individual support.
- Communication: A duty phone or radio for external communication must always be in the hall, even if the retreat takes place in a "digital detox" zone.

CONTINUOUS MONITORING DURING THE PROCESS

The most dangerous thing is silence. Facilitators in the hall act as a "surveillance system" that never sleeps.

- Monitoring Breath and Posture: Even if a participant is just lying down, staff check their breathing rhythm and body position every 15–20 minutes (to eliminate the risk of aspiration during a purge).
- Assisting the "Purge": Clearing (vomiting) is a natural part of the process, but it requires physical support. A facilitator is always nearby to provide water and tissues and to ensure the participant does not lose coordination.
- Night Supervision: The ceremony does not end when the icaros stop. At least two staff members remain on duty in the hall until the last participant has regained full clarity and gone to rest.

PHYSICAL PERIMETER SAFETY CHECKLIST

Before trusting a location, verify the presence of these core elements:

1. Communication Links: Stable signal or a satellite phone.
2. Medical Kit: Automated External Defibrillator (AED), oxygen tank, and an expanded first-aid kit.
3. Prepared Transport: A vehicle capable of navigating the terrain in any weather.
4. Evacuation Protocol: Staff must know the route to the nearest hospital by heart.
5. Fire Safety: Fire extinguishers present; no open flames (candles) in active process zones.

MY VERDICT

In business, we call this "fool-proofing" and systemic control. You are not paying for a "drink"; you are paying to ensure your physical body remains in absolute safety while your mind explores other worlds. A Leader chooses those who know how to hold the perimeter. At SACRUNA, the physical protocol is not a suggestion—it is a law executed without question.

The Core Principle

Physical safety is the discipline of presence.

- The location must be accessible to doctors, even if it feels secluded.
- Staff response protocols must be rehearsed to the point of automaticity.
- Continuous monitoring of every participant is the only way to prevent a critical incident before it starts.

MODULE III SUMMARY: THE ZERO-RISK SYSTEM

We have concluded the most pragmatic stage—a comprehensive inventory of your defense. In business, we call this risk management: before scaling success, you must ensure that the system does not collapse at the very first overload. If you have worked through every chapter of this section, you now hold more than just a list of restrictions—you have an armored security protocol. You are no longer a "seeker relying on luck"; you are a Leader who has cleared the perimeter.

FINAL READINESS CHECK-UP

Before moving forward, ensure your security system is deployed across three critical levels:

- Compliance Level: You have selected a jurisdiction where the law is on your side and established your ethical boundaries. Your will and reputation are protected.
- Technical Level (Biohacking): Your "hardware" (heart, kidneys, brain) has passed an audit. Your biochemistry is clear of drug conflicts. Your body's resources are ready for peak loads.
- Strategic Level (Due Diligence): You have verified the center and the master based on a rigorous checklist rather than a "vibe." You have an anti-crisis plan in place for a loss of control.

A WORD FROM ALEX

Safety in Ayahuasca is like insurance in a major deal: you hope you will never need it, but without it, you simply do not have the right to sign the contract. At SACRUNA, we are meticulous to the point of obsession regarding medical and legal issues precisely because we value your flight trajectory.

Many fear the "bad trip," but the real risk is entrusting your mind to amateurs or ignoring your own body's chemistry. We have removed all external noise and threats so that in the silence of the ceremony, you can focus on what matters most—your Purpose. Now that you are protected, we can move from "defense" to "intellectual assault."

WHAT'S NEXT?

Many make the fatal error of rushing into the process with a head full of New Age fairy tales and internet horror stories. To ensure your upgrade is conscious rather than accidental, we move to our most extensive information block.

Module 4. Foundation: Preparation and diet.

There, we'll break down:

- Why "diet" is not about losing weight, but about the electrical conductivity of your nerve endings.
- The chemistry of restrictions: how the exclusion of tyramine and sugar prepares the receptors for the reception of Medicine.
- Mental detoxification: how to clear the information field before entering the process.

MODULE IV. FOUNDATION: PREPARATION AND DIET

Guidelines for tuning the body: dietary restrictions, intention-setting, and psychological readiness.



A FOREWORD FROM ALEX

In aviation, there's a concept called a "pre-flight inspection." No pilot in their right mind takes a machine into the air without checking every system and fueling it properly. Preparing for a retreat is exactly that kind of inspection.

Many people make the mistake of treating the dieta as some outdated form of asceticism. But for me, as someone who values efficiency, dieta is pure engineering. We remove everything from your system that creates chemical noise or clogs your receptors. We clear your mental cache of informational garbage.

Remember this: the depth of your immersion—and your ROI from the process—depends 70% on how disciplined you are in preparing your "spacesuit." If you arrive at ceremony with a body saturated in sugar, alcohol, and stress, Ayahuasca will spend its power on basic cleanup. There won't be enough bandwidth left for real transformation. Don't waste your time or your investment. Build the foundation in advance.

INTRODUCTION: THE BODY AS A HIGH-PRECISION RECEIVER

Preparing for the Ayahuasca experience is not a test of willpower. It is a process of increasing the efficiency of your entire biological system.

Most people live in a state of "chemical chaos": excess sugar, caffeine, preservatives, and the constant dopamine noise from smartphone notifications create a thick layer of mental and physical residue. In this condition, your brain is like a dusty mirror—it can reflect light, but the image will be blurred and distorted.

Why we need a foundation:

- Conductivity: We transform the body from an "insulator" into a "conductor," allowing the neurochemical signal of the Medicine to pass without resistance.
- Safety: We eliminate antagonistic substances that could cause a physical malfunction in the system.
- Clarity: We clear the "RAM" of the mind so that, at the moment of immersion, you can focus on your core intention rather than background anxiety.

This module is your roadmap. There are no box-ticking recommendations here. Every restriction is grounded either in solid biochemistry or deep psychological logic. We are building the foundation on which the architecture of your new identity will stand.



MODULE 4 TABLE OF CONTENTS

4.1. The Biochemical Logic of the Diet
The role of tyramine and the risk of hypertensive crisis. Receptor cleansing and reduction of metabolic load.

4.2. Nutritional Protocol: Physical Cleansing
The product "filtration" list. Timeline and phases for entering the diet.

Tool: Nutrition Navigator (shopping list and 14-day meal plan).

4.3. Pharmacological Safety and Medical Preparation
Medication discontinuation protocol. Risks of serotonin syndrome.

Tool: Medical Stop-List (Critical Red Flags).

4.4. The Traditional Concept of "La Dieta"
The difference between the Western detox approach and the Amazonian model of "learning from the plants." The concept of energetic purity.

4.5. Psychological Preparation and Intention Work
The technology of formulating a "technical brief for the subconscious." Psychological flexibility and meeting the shadow.

Tool: Intention Matrix (algorithm for turning chaos into a clear objective).

4.6. Perception Calibration: Lifestyle Before the Retreat
Digital hygiene and dopamine detox. The role of grounding practices.

Tool: Digital Detox (7-day informational hygiene protocol).

4.7. Ethical and Social Preparation
Sexual abstinence as resource preservation. Closing open loops and creating a safe container.

4.8. Contraindications and Entry Barriers
Absolute medical and psychiatric limitations.

4.1. THE BIOCHEMICAL LOGIC OF THE DIET

The diet before Ayahuasca is not a religious fast and not a weight-loss strategy. It is a strict technical protocol for recalibrating your biochemistry. For the Medicine's "signal" to pass through your neural circuits without distortion, we need to temporarily adjust the chemical composition of your blood and clear your receptors of background noise.

THE ROLE OF TYRAMINE: WHY THIS IS A MATTER OF PHYSICAL SAFETY

The most critical part of the diet concerns foods high in tyramine (aged cheeses, red wine, smoked meats, fermented products). The mechanics here are simple—and potentially dangerous if ignored.

- The Mechanism of Conflict: Ayahuasca contains MAO inhibitors (monoamine oxidase inhibitors). MAO is a "clean-up enzyme" that normally breaks down excess tyramine in your system.
- The Blocking Effect: When you take Ayahuasca, this "clean-up crew" temporarily goes offline. If there is a high level of tyramine in your bloodstream at that moment, it will not be properly metabolized and can trigger a sudden, uncontrolled surge of adrenaline.
- The Risk: The result can be a hypertensive crisis—a dangerous spike in blood pressure, often accompanied by severe headache and significant strain on the heart.

RECEPTOR RESET: LOWERING THE "NOISE THRESHOLD"

Your brain is bombarded daily with powerful stimulants: caffeine, sugar, nicotine, monosodium glutamate. Over time, this raises your "sensitivity threshold"—your nervous system becomes accustomed to constant spikes of dopamine and adrenaline.

1. Interference Effect: If your receptors are saturated with chemical stimulants, the subtle and complex signal of Ayahuasca may register as vague noise. You may require more of the brew, and the experience can come with unnecessary physical resistance.
2. Sensitivity Reset: By eliminating stimulants 10–14 days in advance, you return your nervous system to its "factory settings." As a result, during the ceremony you can access maximum depth and clarity with a minimal dose.

METABOLIC LOAD: FREEING UP "PROCESSING POWER"

Personal transformation is energy-intensive work for the entire body. The liver and kidneys are the primary organs responsible for processing the alkaloids of the Medicine.

- System Priorities: If your liver is busy detoxifying heavy red meat, alcohol, or preservatives, it simply won't have the capacity to process Ayahuasca efficiently.
- Clean Conductivity: Reducing metabolic load makes the assimilation of the Medicine smoother and more balanced. This minimizes unnecessary physical distress and allows you to focus on working with consciousness —rather than fighting waves of nausea.

MY VERDICT

In business, we call this process optimization. You wouldn't launch new software on an overheated server clogged with temporary files. The diet is your defragmentation. We remove everything that prevents your "hardware" from operating at full capacity. At SACRUNA, we insist on strict adherence to the biochemical protocol not out of rigidity, but because it is the only way to guarantee your ROI from every minute spent in the Maloka.

TECHNICAL NOTE: THREE LEVELS OF CLEANSING

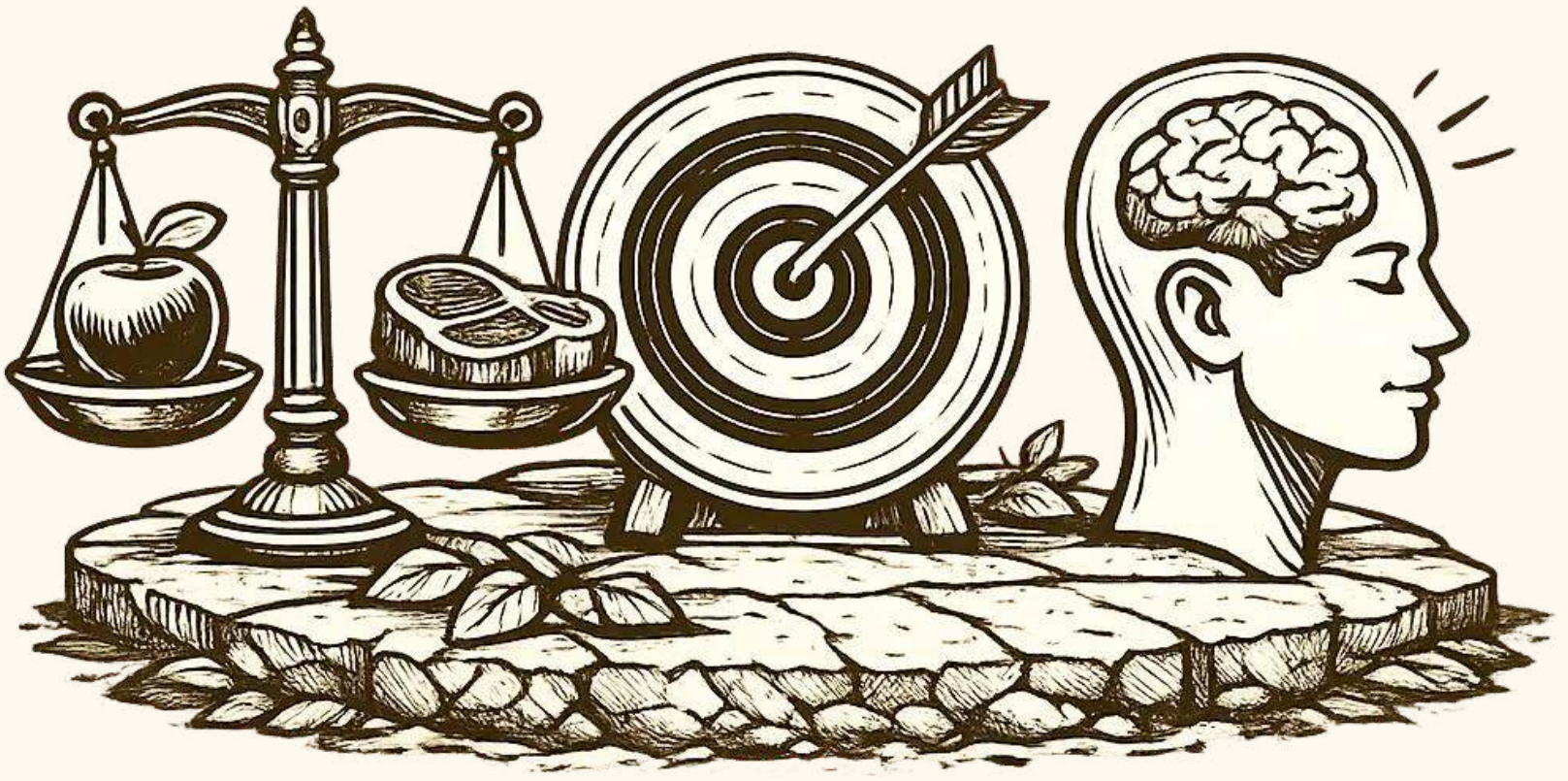
- Level 1 (Safety): Complete elimination of tyramine-rich foods and alcohol for 7–10 days (to prevent blood pressure spikes).
- Level 2 (Conductivity): Removal of sugar, excess salt, and strong spices (to increase receptor sensitivity).
- Level 3 (Energy): Avoidance of heavy proteins and fats (to free up metabolic resources).

Critical Vulnerability

Trying to "outsmart" the chemistry ("one glass of wine won't hurt"). Biochemistry doesn't negotiate. Breaking the diet isn't a sin — it's a technical malfunction that can turn a deep breakthrough into hours of your body fighting blood pressure spikes and toxic overload.

The Core Principle

The biochemical logic of the diet transforms your body from a "cluttered warehouse" into a sterile laboratory. The higher the level of purity, the more precise the result.



4.2. NUTRITIONAL PROTOCOL: PHYSICAL CLEANSING

If Chapter 4.1 explained the why, this section focuses on the practical how. The SACRUNA nutritional protocol is not a list of prohibitions — it is a roadmap for bringing your body into a state of maximum conductivity. We remove ballast and toxic noise to make space for what may become the most important experience of your life.

RED FLAGS: WHAT WE ELIMINATE — AND WHY

For a Leader, discipline in nutrition is the first test of serious intent. Every item on this list is either a chemical antagonist or a grounding factor that dulls your perception.

- Alcohol (14 days prior): Absolute taboo. Alcohol is a depressant that disrupts neural function and overloads the liver. Arriving to meet Ayahuasca with a biochemical hangover guarantees a heavy purge without meaningful insight.
- Red meat and pork (10–14 days prior): Heavy proteins demand enormous metabolic energy to process. In traditional understanding, pork carries "dense" energy; biologically, it means excess fats and hormones.
- Tyramine "bombs" (7–10 days prior): Aged cheeses (Parmesan, Roquefort), smoked meats, cured products, soy sauce, vinegar. This is a matter of safety and blood pressure stability.
- Sugar and sweeteners (7 days prior): Sugar is a legal narcotic that creates dopamine spikes and crashes. Removing it stabilizes your baseline and restores receptor sensitivity to subtler signals.
- Salt and spicy foods (3–5 days prior): Salt retains water and grounds the body; strong spices (chili, hot peppers) irritate the system and shift attention toward physical discomfort.

GREEN ZONE: WHAT TO BUILD YOUR DIET AROUND

Your goal is simplicity — light, clean, "living" food. This sends a biological message: survival mode is off; growth mode is on.

- Vegetables: Fresh, steamed, or lightly sautéed. Broccoli, zucchini, spinach, cucumbers — your core allies.
- Grains: Brown rice, quinoa, buckwheat, oats cooked in water. Complex carbohydrates provide stable energy without sugar spikes.
- Fruits: Fresh and ripe (but not overripe, as tyramine levels increase). Apples, pears, and bananas are ideal.
- Protein: Legumes (lentils, chickpeas), eggs (in moderation), and occasionally white lean fish — discontinued three days before the retreat.

PREPARATION TIMELINE: THE COUNTDOWN

Time Before Retreat	Mode	Primary Focus
14 days	Gentle Entry	Eliminate alcohol, red meat, fast food, and processed chemicals.
7 days	Strict Protocol	Remove sugar, caffeine, all cheeses, and fermented products.
3 days	Maximum Purity	Transition to grains, vegetables, and fruits. Minimize salt and oil.
Day of the Ceremony	Fast	Light breakfast (porridge cooked in water), then water only.

MY VERDICT

People often ask me, "Alex, will one steak really ruin everything?" I answer as a businessman: if you're building a skyscraper, you don't mix sand into the concrete. Could it still stand? Possibly. But why gamble with "possibly" when your breakthrough is at stake? The diet ensures that in the Maloka you are working with consciousness — not with your digestion. At SACRUNA, we create a high-level environment, but no one can do your physical preparation for you. Do it impeccably.

TOOL: SACRUNA NUTRITION NAVIGATOR

Use this checklist when shopping two weeks before your retreat:

1. Pantry: Basmati or brown rice, quinoa, green buckwheat, rolled oats (not instant), lentils.
2. Produce: Seasonal greens, zucchini, pumpkin, sweet potato, cucumbers, avocado (in moderation).
3. Fruit: Bananas, apples, blueberries, melon.
4. Healthy Fats: Cold-pressed olive oil, raw sunflower or pumpkin seeds (not roasted).
5. Drinks: Herbal teas (caffeine-free), still mineral water.

Critical Miscalculation

“Feasting one last time” the day before starting the diet. Abrupt restriction shocks the system. Transition gradually, giving your body time to recalibrate. Your preparation begins with the first conscious refusal of a habitual stimulant.

The Core Principle

The nutritional protocol is a message to your subconscious: I am ready. I am clearing space for something new. A clean body becomes transparent to the experience, allowing Ayahuasca to go as deep as necessary to deliver your ROI.



4.3. PHARMACOLOGICAL SAFETY AND MEDICAL PREPARATION

In business, safety is not the absence of risk — it is the management of risk. When it comes to Ayahuasca, pharmacological clarity is not a recommendation; it is a critical requirement. We are working with powerful biochemical processes, and the presence of "foreign" chemical agents in your bloodstream can turn a deep transformation into a serious medical incident.

MEDICATION DISCONTINUATION PROTOCOL: THE RISK OF SEROTONIN SYNDROME

The greatest danger in combining Ayahuasca with other substances lies in antidepressants, particularly SSRIs (selective serotonin reuptake inhibitors).

- Mechanism of Conflict: Ayahuasca temporarily inhibits the breakdown of serotonin, while SSRIs prevent its reabsorption in the synaptic cleft. Together, this can elevate serotonin levels to a toxic range.
- Serotonin Syndrome: A critical condition characterized by hyperthermia, muscle rigidity or seizures, and cardiac rhythm disturbances.
- Washout Period: Most antidepressants require full discontinuation 4–6 weeks prior to retreat participation. This period allows 5-HT receptors to return to baseline functioning.

INTERACTION WITH RECREATIONAL SUBSTANCES

If you use other substances for stress relief, they must be eliminated well before working with the Medicine.

- Cannabis (14–21 days prior): Despite its "natural" image, cannabis creates mental fog and grounds the energetic field. It can significantly distort navigation within the Ayahuasca experience, making visions confused and shallow.
- Stimulants (Cocaine, Amphetamines — 30 days prior): These substances strain the cardiovascular system and deplete dopamine reserves. Combining them with Ayahuasca creates unacceptable cardiac stress during the ceremony.

MEDICAL DUE DILIGENCE: REQUIRED EXAMINATIONS

At SACRUNA, we don't rely on assumptions — we rely on data. For Leaders over 40, a medical check-up prior to retreat is mandatory.

1. ECG (Electrocardiogram): We must ensure your heart is ready for intense emotional and physiological activation. Special attention is paid to the QT interval; prolongation is an absolute contraindication.
2. Blood Biochemistry: Liver (ALT, AST) and kidney markers must be assessed. These organs are the primary filters processing the Medicine.
3. Blood Pressure: Chronic hypertension must be stabilized before preparation begins.

MY VERDICT

When acquiring a high-value asset, you hire lawyers to audit the paperwork. Your body is your primary asset. Pharmacological preparation is the legal clarity of your contract with yourself. Concealing medication use from a facilitator is equivalent to signing a contract you know is invalid — reckless and pointless. At SACRUNA, we uphold the highest safety standards. Your responsibility is honest medical disclosure and disciplined medication management.

TOOL: MEDICAL STOP-LIST (CRITICAL RED FLAGS)

If any of the following apply, participation is closed until full stabilization or treatment adjustment:

- Psychiatric: Schizophrenia, bipolar disorder, history of psychosis.
- Cardiac: Severe structural heart disease, recent heart attack, pacemaker implantation.
- Medications: SSRIs, MAOI antidepressants, antipsychotics, strong sedatives (benzodiazepines).
- Physiological: Severe kidney or liver failure, epilepsy.

Critical Vulnerability

Abruptly discontinuing antidepressants one week before a retreat without medical supervision. This can trigger withdrawal syndrome, compounding the intensity of the experience and creating unnecessary psychological distress. Tapering must be gradual and initiated at least one month in advance under professional care.

The Core Principle

Safety is the foundation upon which your breakthrough is built. A system free from conflicting chemistry becomes a clear channel for insight and transformation.

4.4. THE TRADITIONAL CONCEPT OF "LA DIETA" (THE DIET)

In the Western world, the word diet usually means calorie counting, weight loss, or treating a digestive issue. In the context of Ayahuasca, however, La Dieta is not about depriving yourself of food. It is about entering into a contract with the plant. This is an ancient learning technology. Food restrictions are only the surface layer — the real work happens at the level of your energy and attention.

TWO APPROACHES: CLEANSING VS. APPRENTICESHIP

For a Leader, it's essential to understand the fundamental difference between Western and Amazonian preparation:

- Western Diet (Detox): We remove toxins so the body functions more efficiently. It's a mechanical process — cleaning the pipes.
- Amazonian Diet (Apprenticeship): We remove anything with strong taste, smell, or emotional charge in order to become an "empty vessel." In that silence, the consciousness of the plant can begin a dialogue with you. This is not just preparation — it is the beginning of training.

THE CONCEPT OF ENERGETIC CLEANLINESS

In the traditional worldview, every product and every action carries a certain "vibration." Strong stimulants (salt, chili, sexual activity, intense emotions) create interference that grounds the Leader and prevents elevation to a higher level of perception.

1. Perceptual Transparency: Imagine trying to hear a whisper in a nightclub. To hear Ayahuasca, you must turn off the music and ask everyone to leave. Dietary restrictions are the way you "turn off the music" of the body.

2. Accumulation of Personal Power: When you consciously abstain from habitual pleasures, your energy stops leaking outward. It accumulates internally, creating a concentrated charge for transformation. In business terms, this is resource consolidation before a decisive move.

THE ROLE OF ISOLATION: MINIMIZING EXTERNAL STIMULI

In the jungle, true La Dieta involves retreating to a Maloka or a separate dwelling (Tambo), alone with the forest. At SACRUNA, we adapt this principle through digital hygiene and intentional solitude.

- Information Vacuum: Without your phone, internet, and constant social interaction, the mind stops generating endless narratives about business, family, and obligations.
- Meeting Yourself: In isolation, you begin to notice your real fears and desires — not those imposed by the market or society. This creates an ideal launchpad for the Medicine. It won't need to break through your social armor — you will have removed it yourself before the ceremony even begins.

MY VERDICT

When I first heard about the "traditional diet," I thought: Why complicate things if the chemistry already works? Experience proved the opposite. Without La Dieta, Ayahuasca remains a powerful special effect. With it, she becomes a Teacher.

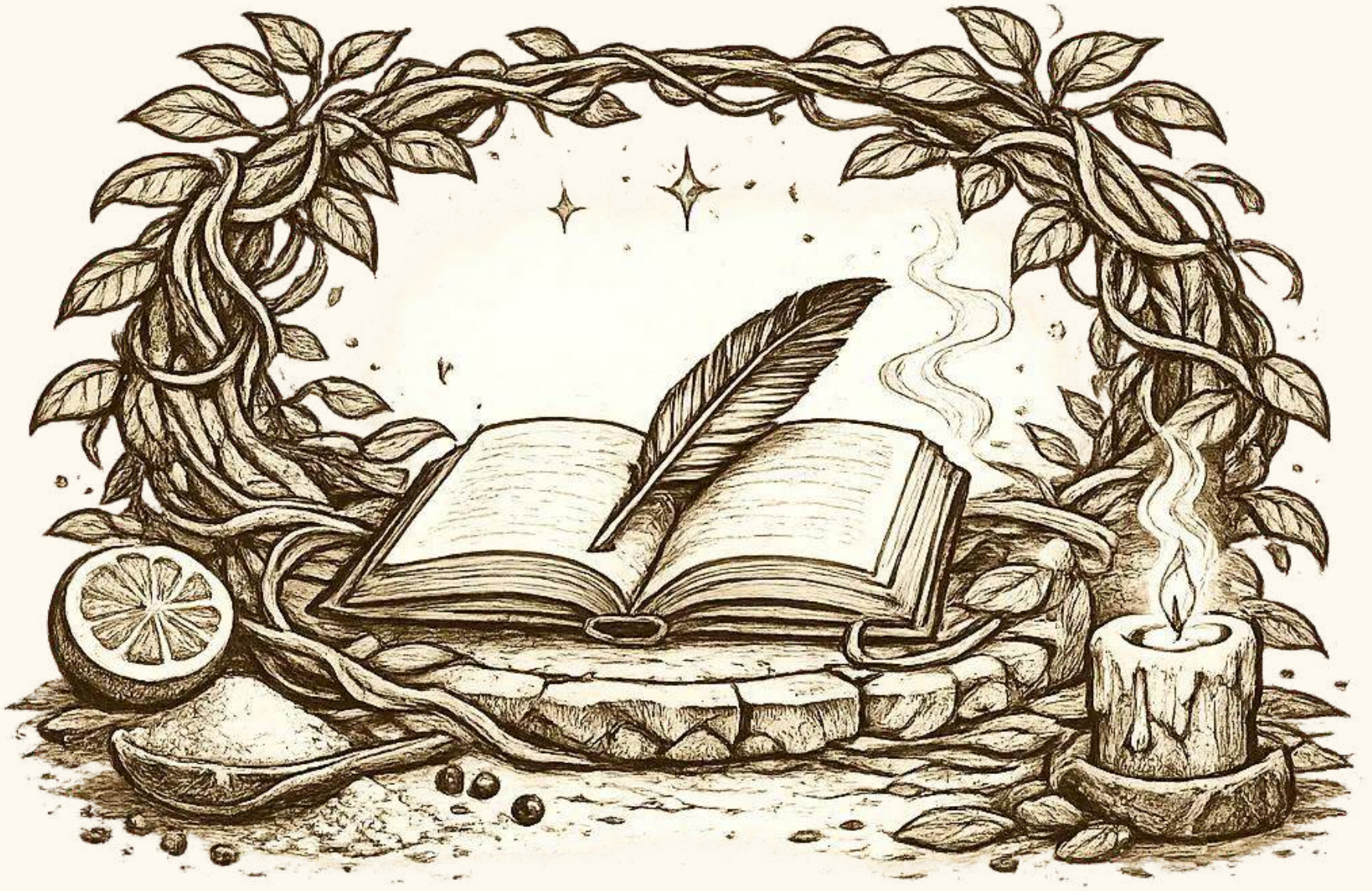
At SACRUNA, we adapt ancient principles for modern life, but we preserve the essence: discipline is the currency you pay for depth. If you want a surface-level trip — eat whatever you like. If you want a fundamental upgrade — follow the protocol. This is your contract with the Medicine. And it is in your best interest to fulfill it precisely.

Critical Miscalculation

Treating the diet as punishment. If you suffer because you can't have salt or sex, you create inner tension that will block the experience. See the restrictions as an investment. You are not "losing" pleasure — you are purchasing awareness.

The Core Principle

"La Dieta" creates a field of silence. The quieter you are inside at the beginning of the ceremony, the louder and clearer the voice of your subconscious will become.



4.5. PSYCHOLOGICAL PREPARATION & INTENTION WORK

In business, we don't launch a project without a clear technical brief. Entering an Ayahuasca experience "just to see what happens" is the fastest way to end up with a chaotic and unproductive trip. Psychological preparation is the creation of your internal navigation system. The clearer your "brief," the more effectively the Medicine can work with your request.

INTENTION VS. EXPECTATION: THE CRITICAL DIFFERENCE

This is the main trap for a rational Leader.

- Expectation: "I want to see beautiful fractals, meet a snake, and walk out with a million-euro insight."Expectation is an attempt to control the form of the experience. It almost always leads to disappointment, because Ayahuasca rarely gives you what you want — but consistently gives you what you need.
- Intention: "I am ready to see the real causes of my burnout" or "I want to understand what is blocking my growth." Intention is a direction, not a script. You define the vector — but you trust the Medicine with the method of delivery.

FORMING AN INTENTENTION: FROM COMPLAINTS TO TASKS

Most people arrive with complaints: "I have no energy"; "My team is lazy"; "The business isn't growing." That's a passive stance. For deep work, we must convert complaints into tasks.

1. Identify the Pain: Be honest about where it hurts most.
2. Find the Root: Ask yourself: How am I contributing to this situation? Ayahuasca works with you — not your partners, not the market.
3. Formulate the Task: The request must focus on your transformation.

Example: Instead of:"Why does my partner lie to me?", try: "Show me which internal programs make me choose partners like this and ignore the warning signs.

PSYCHOLOGICAL FLEXIBILITY: MEETING THE SHADOW

A Leader is used to being strong, successful, and right. In the Maloka, that facade may fall. Preparation includes readiness to face your Shadow — the parts of you that are suppressed, denied, or conveniently ignored.

- Accept Discomfort: If the Medicine shows you ego, fear, manipulation, or self-deception — don't fight it. This is not an attack. It's an audit.
- Trust the Process: Your task is to observe. The less resistance you bring to uncomfortable material, the faster you move through it toward resolution.

MY VERDICT

In business, precision matters. A poorly formulated request in a ceremony is like a vague assignment to a development team — you'll get bugs and wasted time.

Don't be afraid to go deep. Ayahuasca is not about becoming "even more successful" using the same old strategies. It's about removing what prevents you from being the kind of Leader people follow not because of salary — but because of scale of character. At SACRUNA, we help you refine your Intention until it's razor-sharp, so that during the ceremony you don't wander — you go straight to the core.

TOOL: THE INTENTION MATRIX (TECHNICAL BRIEF FOR THE SUBCONSCIOUS)

Use this framework 3–5 days before the retreat. Write your answers in a journal.

1. Sphere: Choose one primary area (Business, Family, Body, Meaning). Do not try to fix everything at once.
2. Current Bug: Describe the situation that troubles you — with radical honesty.
3. My Role: How am I maintaining this pattern? (Even if others seem responsible.)
4. Request to the Medicine: “Show me...”; “Allow me to fully experience...”; “Free me from...”
5. Readiness: Write this sentence: “I am ready to receive any answer, in any form.”

Critical Miscalculation

Arriving with a request like: “Fix my business. Fix my spouse. Fix the world.” That’s an infantile position. The Medicine works only with your internal code. If you are not willing to change yourself, the investment is wasted.

The Core Principle

Intention is your contract with the Medicine. The more honesty it contains — and the less ego — the higher your ROI. A prepared mind sees opportunity where an unprepared one sees only chaos.

4.6. PERCEPTION RESET: LIFESTYLE BEFORE THE RETREAT

One week before the retreat, your scarcest resource is not money or ideas — it's attention. In the modern world, a Leader's attention is fragmented across hundreds of notifications, tasks, and operational cycles. Preparing your perception means collapsing external vectors and bringing energy back inward. We must lower the background noise so you can hear the subtle signal of the Medicine.

DIGITAL HYGIENE: CLEARING YOUR RAM

Your brain is a biocomputer. A week before the process begins, it should enter "power-saving mode." Social media, news, endless chats — these are background processes draining your cognitive bandwidth.

- Information Fast: Seven days before the retreat, begin reducing content intake. Disable non-essential notifications.
- Avoid Toxic Input:Stay away from drama, political debates, and high-intensity media. Your psyche should be as neutral and calm as possible.
- Monday Morning Rule: If business responsibilities prevent full disconnection, allocate one hour in the morning and one in the evening for essential tasks. The rest of the day — airplane mode.

MINDFULNESS PRACTICES: STABILIZING THE EMOTIONAL BASELINE

This is not about mysticism — it's about training executive control. The goal is to teach your mind not to latch onto every passing thought.

1. Breathing: Ten minutes of focused breathing morning and evening. This is the fastest way to calm the vagus nerve we discussed earlier.
2. Observation:Throughout the day, simply note your emotions: "I feel anger toward my partner." "I notice anxiety right now." No judgment. This develops the Observer — a skill that becomes crucial during ceremony.
3. Silence: Spend at least 30 minutes daily in complete silence. No devices, no books, no music. Just presence.

BODY-BASED PRACTICES: RECONNECTING WITH THE PHYSICAL

Intellectual work often disconnects a Leader from the body. You live in your head. Ayahuasca works through the body. To avoid getting trapped in chaotic mental loops during the experience, we must restore physical awareness.

- Yoga or Stretching: Not for performance — for awareness. Where there is muscle tension, there is psychological tension.
- Nature Walks: Forest, park, sea. Nature synchronizes your biological rhythms with the planet's frequency. It is the best preparation for meeting Plant Intelligence.
- Sauna or Contrast Shower: Improves circulation and lymphatic flow, supporting detoxification during the dietary phase.

MY VERDICT

Imagine preparing for critical negotiations. You wouldn't show up after a sleepless night at a club, scrolling news feeds. You would clear your head, focus, and arrive centered.

Perception preparation is that focus calibration. If the day before ceremony you are resolving chat conflicts and tracking currency rates, your mind will carry that noise into the Maloka. Instead of receiving deep answers about meaning and direction, you'll spend four hours replaying a dispute with a dissatisfied client. At SACRUNA, we create the ideal container — but entering that container begins with your decision to put the phone down a week in advance.

TOOL: DIGITAL DETOX — 7-DAY PROTOCOL

Your operational plan for information hygiene:

- Days 7–5: Delete or hide social media apps. Disable 80% of notifications.
- Days 4–2: No YouTube, Netflix, or news. Switch to physical books or calm instrumental music.
- Day 1 (Travel Day): Phone set to "family contact only." No work chats.
- Morning of Ceremony: Full offline mode.

Critical Miscalculation

Believing you can "quickly handle one last thing" before entering the Maloka. That stress impulse will dominate the first hours of your experience, blocking access to deeper layers. Work can wait. Your upgrade cannot.

The Core Principle

Your pre-retreat lifestyle creates an internal vacuum. The fewer borrowed thoughts and social distractions you carry, the more space remains for your own insights to emerge.

4.7. ETHICAL & SOCIAL PREPARATION

In business, you can't launch a major project if dozens of minor tasks are still hanging open and resources are leaking into non-priority channels. Preparing for a retreat requires the same rigorous audit of your social and energetic connections. Your task is to accumulate maximum vital fuel so that in the Maloka you have the capacity for breakthrough — not just survival.

SEXUAL ABSTINENCE: ACCUMULATING "NUCLEAR FUEL"

If during the ceremony you find yourself obsessing over whether you sent a report or paid the rent, you've already lost half your attention.

- Biological Resource: Sexual energy is one of the most powerful evolutionary drivers. When you abstain (recommended: 7–10 days before and after the retreat), the body begins to accumulate this resource. Dopamine and testosterone levels shift, perception sharpens.
- Focus of Attention: Sex is an outward discharge of energy. Before Ayahuasca, we redirect that flow inward. Abstinence creates internal tension — and the Medicine uses that tension as fuel for insight.
- Energetic Clarity: Traditionally, sex is seen as a deep blending of fields between partners. To work with your own "clean code" during the ceremony — rather than a mixture of emotional imprints — it is advisable to temporarily pause this exchange.

CLOSING LOOPS: SHUTTING DOWN BACKGROUND PROCESSES

If during the ceremony you find yourself obsessing over whether you sent a report or paid the rent, you've already lost half your attention.

1. Delegation: A week before departure, transfer operational tasks to your team. Inform partners that you will be offline. The world will not collapse during your absence — and if it does, that itself is valuable information.
2. Financial Hygiene: Pay outstanding bills. Close minor debts. Fulfill promises. Anything left undone becomes psychological weight during the ceremony.
3. Reconciliation: If active conflicts exist, neutralize them as much as possible. You don't need sainthood — simply withdraw from active battle zones so they stop draining your attention.

CREATING A "SAFE COCOON": BOUNDARIES WITH LOVED ONES

Your preparation is a personal process. Not everyone around you will understand it — and that's fine.

- Inform Selectively: Tell loved ones only what they need to know for reassurance. A simple statement like, "I'm going on a deep personal development intensive and will be offline," is enough.
- Protect the Perimeter: Avoid contact with toxic individuals or those who trigger guilt or emotional chaos. You are building a fortress of calm. No one has the right to enter it carelessly during the week before the ceremony.

MY VERDICT

Imagine preparing for a marathon. You wouldn't engage in intense intimacy an hour before the start or resolve work conflicts mid-run. With Ayahuasca, the stakes are even higher.

A Leader is someone who knows how to manage energy. Sexual restraint and closing open loops are not restrictions — they are strength multipliers. In my experience, when you enter the Maloka "full" — with obligations closed and energy consolidated — the Medicine lifts you and accelerates the process dramatically. But if you arrive fragmented, leaking energy through unfinished business, you'll spend the retreat patching holes instead of transforming. Choose strength.

Critical Miscalculation

Trying to combine retreat preparation with launching a startup or navigating family drama. You'll spend ceremony mentally solving logistics instead of transforming yourself. This time is yours. Protect it.

The Core Principle

Ethical and social preparation is the art of gathering yourself into a single, focused force. When there are no leaks of attention or energy, you become resilient — and ready for the deepest immersion possible.



4.8. CONTRAINDICATIONS & ENTRY BARRIERS

In business, we call them deal breakers. Some opportunities look attractive — but you simply don't enter them under any circumstances. Ayahuasca places a significant load on both the "hardware" and "software" of your system. If there are critical vulnerabilities, entering the process may result not in transformation — but in system failure. We conduct strict screening to ensure your ROI comes from growth, not emergency recovery.

ABSOLUTE MEDICAL CONTRAINDICATIONS

There are conditions in which Ayahuasca is physiologically unsafe. There is no room for compromise or wishful thinking here.

- Cardiological Risks: Severe heart defects, history of heart attack, pacemaker implantation, or serious arrhythmias. The Medicine temporarily elevates heart rate and blood pressure — your cardiac "software" must be able to handle peak load. Special attention is given to prolonged QT interval, which is a strict exclusion criterion.
- Organ Failure (Liver & Kidneys): Severe kidney or liver disease. Plant alkaloids are metabolized and eliminated through these organs. Impaired function increases the risk of systemic toxicity.
- Neurology: Epilepsy is a direct contraindication. The neurochemical intensity of ceremony may trigger seizures that cannot be safely managed in a retreat environment.
- Acute Conditions: Active infections, recent major surgery, internal bleeding (e.g., active ulcers), or unstable medical states.

PSYCHIATRIC BARRIERS: RISK OF LOSING STABILITY

Ayahuasca works with deep layers of the psyche. If the personality structure is unstable, removing protective mechanisms may lead to unpredictable outcomes.

1. Schizophrenia & Psychosis: Personal or family history (parents or siblings) is a strict stop signal. The experience may trigger latent conditions that are extremely difficult to stabilize afterward.
2. Bipolar Disorder: There is a significant risk of triggering acute mania. Work with bipolar disorder requires structured psychiatric oversight beyond the scope of retreat settings.
3. Borderline Personality Disorder: Requires extreme caution. Without a stable sense of self, the experience may become fragmented and destabilizing rather than integrative.

PHYSIOLOGICAL & AGE LIMITATIONS

- Pregnancy: Strictly prohibited. There is no justification for exposing a developing nervous system to risk. During lactation, breastfeeding must be discontinued throughout preparation and retreat.
- Age: Participants must be 18+. There is no strict upper age limit — we evaluate cardiovascular health rather than birthdate. If at 65+ your system is strong and medically cleared, participation may be considered.

MY VERDICT

Ignoring critical red flags in business is reckless. If due diligence reveals insolvency, you don't proceed with the acquisition. Your body is your primary asset. Concealing diagnoses does not deceive the facilitator — it compromises your own safety.

At SACRUNA, we prioritize integrity over numbers. If we tell you "no," it means the risk outweighs the benefit. Respect biological limitations — they are the foundation upon which awareness is built.

Critical Vulnerability

Withholding information about chronic illness or medication use in the hope that "the spirit will heal everything." The Medicine works in synergy with biology — not in opposition to it. Honesty is your primary admission ticket.

The Core Principle

Safety is not cowardice — it is professionalism. Understanding your limits allows a Leader to enter the experience with confidence that the system can withstand the load and deliver meaningful results.

MODULE 4 SUMMARY: FOUNDATION LAID

We have completed the engineering phase of preparation. Your runway is now ready to receive a heavy aircraft. You have moved through every layer of system calibration, turning your body and mind into a high-precision instrument.

Summary of completed protocols:

- Biochemical upgrade: You now understand how to prevent a hypertensive crisis by eliminating tyramine and have reset your receptors to properly receive the signal.
- Nutritional filtration: The body has been cleared of ballast, heavy proteins, and stimulants. Your "spacesuit" is lighter and more conductive.
- Pharmacological audit: We identified critical red flags and ensured your bloodstream is free of antagonistic substances. Safety comes first.
- Energetic contract: You grasped the philosophy of La Dieta and consolidated your resources through discipline and the closure of social obligations.
- Technical brief for the subconscious: Mental chaos has been refined into a clear Intention. The navigator is calibrated; the destination is set.
- Informational silence: Digital noise has been reduced, and your connection to the body has been restored. You are now listening to yourself, not to smartphone notifications.

AFTERWORD FROM ALEX

Preparation is complete. If you have moved through each step of this section with discipline, you can likely already feel the shift: clarity in your thoughts, an unusual lightness in your body, and that focused excitement you experience before a major deal or a large-scale launch.

Many people make the mistake of thinking that diet and detox alone are "enough" to guarantee results. They are not. They are simply the creation of optimal conditions. We have built the ideal runway, inspected the engines, and filled the tank with premium fuel. What lies ahead is the flight itself.

In business, preparation accounts for 70% of success. The remaining 30% is your mastery at the moment of decision. Now we move into the process itself: what unfolds inside the Maloka, and how not to drown in the ocean of visions, but to extract tangible keys for your transformation. The doors are opening.

WHAT'S NEXT?

We are closing Module 4 and moving to the most mystical — and at the same time the most practical — stage: Module 5. Immersion: Process and Navigation.

What awaits us:

- Anatomy of the Ceremony: What happens from the very first sip, and how the phases of perception evolve.
- Navigating the Experience: Attention-management techniques for when the "visual field" becomes too intense.
- Working with the Purge: How to properly move through physical cleansing — and why it is your greatest ally.
- The Role of the Master and the Icaros. How sound and song regulate your neurochemistry in real time.

MODULE V. IMMERSION: PROCESS AND NAVIGATION

A detailed breakdown of the ceremony itself: stages of the experience, attention management, sonic engagement, and the protocols of conduct within the process.



FOREWORD FROM ALEX

Imagine you've spent your entire life running a company while looking through a keyhole. You've seen only fragments of reality and made decisions based on those slivers of information. An Ayahuasca ceremony is the moment that door is thrown wide open.

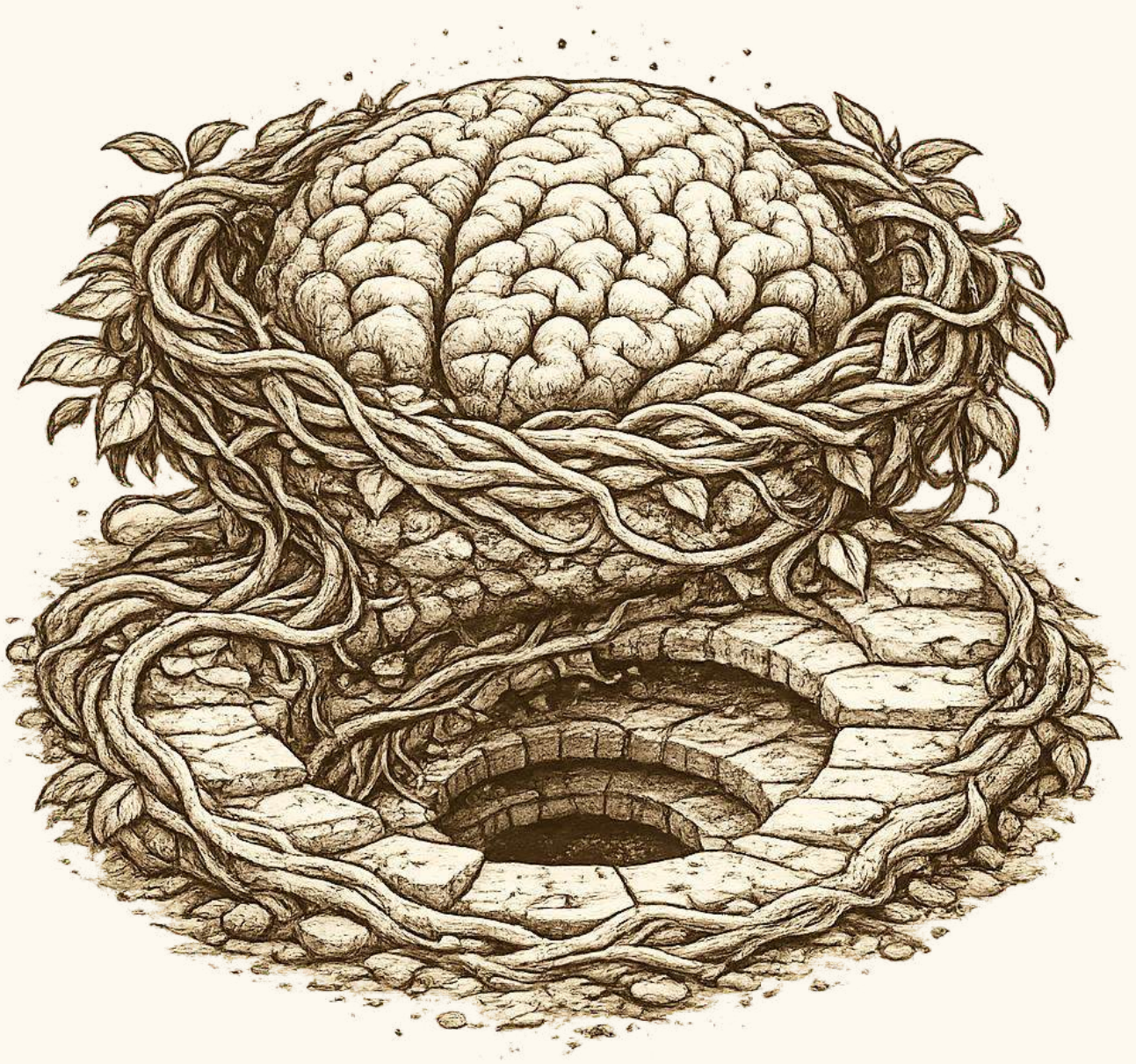
In business, we value "deep dives" and field research. This section is about how to conduct yourself when you find yourself at the very heart of the operation. You won't find any esoteric fog here. We will break down the process as a complex but manageable operation.

Many fear losing control. I'll give it to you straight: in the Maloca, the old kind of control—the one built on fear and ego—is useless. What is required there is mastery of navigation, the ability to maintain focus in a storm, and trust in your own "onboard computer." We will learn not just to "watch the visuals," but to extract the data that will change your life. Fasten your seatbelts; we are entering the active phase.

INTRODUCTION: OPERATION "CLEAR VISION"

Once the preparation is complete, the moment of transition arrives. A ceremony is not passive contemplation; it is an active engagement between your consciousness and the plant alkaloids. For a Leader, this is the most intensive training possible for decision-making under conditions of absolute uncertainty.

In this module, we will map the journey from the first sip to the return. We will break down the mechanics of how the Medicine strips away your social masks, layer by layer, leading you to a level of direct insight. This is a journey to the deepest core of your internal corporation—the place where true decisions are made.



BOOK V TABLE OF CONTENTS

5.1. Space and Environment (Set and Setting)
Sacred geography: the layout of the Maloca, the role of lighting, seating geometry, and acoustics. Field energetic hygiene.

5.2. Hierarchy and Roles in the Process
Functions of the Master (Curandero) and facilitators. The ethics of presence and participant responsibility.

Support Protocol: Interaction mechanisms with sitters to ensure safety.

5.3. Biomechanics of the Ceremony: The Hourly Protocol
Dynamics of states: from anticipation and entry to the peak phase and grounding.

Immersion Roadmap: A detailed timeline of ceremonial phases

5.4. Process Physiology: La Purga
Cleansing mechanisms (vomiting, tremors, tears). The symbolism of "purging" as a release from internal blocks.

5.5. Navigation Toolkit (Traveler's Guide)
Breathwork, attention management, body positioning, and vocal utilization.

Navigator's Checklist: Real-time experience management handbook.

5.6. Sonic Architecture: The Role of Icaros
How sound structures the visions. Understanding ceremonial songs as navigation codes.

5.7. Group Dynamics and the Collective Field
State resonance, boundaries of personal space, and the synergy of collective intention.

5.8. Psychological Work Within the Experience
Interaction with imagery, the "Surrender" method, and Shadow work.

5.9. Challenging States and Crisis Management
Deconstructing the "bad trip" and converting a crisis into a breakthrough point.

Emergency Grounding" Algorithm: Techniques for rapid stabilization during panic

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5.10. Navigation Tools and Assets
The role of Mapacho, Shakapa, floral waters, and incense in state switching.



5.1. SPACE AND ENVIRONMENT (SET AND SETTING)

In business, the environment dictates the result: you wouldn't hold a board meeting in a noisy train station. In the world of Ayahuasca, the external environment (Setting) is the container that holds your psyche (Set) during transformation. If the container is leaky or poorly constructed, energy dissipates. At SACRUNA, we create conditions where architecture and atmosphere function as a single operating system.

SACRED GEOGRAPHY: THE MALOCA ARCHITECTURE

The Maloca is not just a "meditation hall." It is a high-tech ritual space built according to the laws of sacred geometry.

- The Circle: Eliminating Hierarchy. In the Maloca, there are no corners where energy can "stagnate," and there are no "head of the table" seats. The circle symbolizes the unity of the process and the equality of every Leader before the Medicine.
- The Dome and Acoustics. The shape of the Maloca roof often resembles a bowl. This creates a unique acoustic effect: the sound of the Icaros (sacred songs) doesn't just hit your ears—it envelops your body, creating a "sonic cocoon" effect.
- The Center of Power. The center of the Maloca always remains clear. This is the concentration point for the group's intention, a symbolic "axis mundi" around which your journey unfolds.

PERCEPTION PARAMETERS: LIGHT AND SHADOW

In the ceremony, we work with sensory deprivation. We switch off external stimuli to activate the internal ones.

1. Total Darkness. Most of the ceremony takes place in the dark. This is essential for your brain to stop processing the visual noise of reality and switch to generating internal imagery. Darkness is a clean canvas for your subconscious.
2. Seating Geometry. Each participant is allocated personal space—an "island-mat." This is your safety zone, your perimeter, which no one has the right to breach. Fixed distancing between participants eliminates accidental physical interference in someone else's process.
3. Minimalism. There is nothing redundant in the space. Every object—from the purge bucket to the water glass—has its strictly designated place. External order helps maintain internal order as your consciousness begins to expand.

ENERGETIC HYGIENE: THE FIELD "FIREWALL"

Before Leaders enter the Maloca, the Master conducts an "energetic audit" and clearing. This serves as protection against "external noise" and destructive programs.

- Smoke Cleansing. The use of sacred tobacco (Mapacho) and Palo Santo. This isn't mysticism; it's working with scents and frequencies that instantly switch the brain from "hustle mode" to "presence mode."
- The Protective Dome. Using specific Icaros, the Master builds the boundaries of the field. This ensures that no stray energies enter the space and that every participant remains within a secure, airtight volume.
- Silence as the Foundation. Any conversation is strictly prohibited within the Maloca. Silence is the database upon which your experience is recorded. Any word from the outside is a "virus" capable of distorting the purity of your insight.

MY VERDICT

When you step into the SACRUNA Maloca, you should feel the same way you do when stepping into the cabin of a private jet: flawless order, total safety, and readiness for takeoff.

Space is 50% of the success. If a Maloca is built correctly, it begins to "heal" and calm you even before the first sip. We attend to every detail—from the slope of the roof to the scent of the incense—because a Leader's deep transformation requires a sterile, powerful, and protected environment. This is your "data temple," where you can finally be profoundly honest with yourself.

The Core Principle

The Maloca is your secure dock. The space is engineered so that you can completely relinquish control over the outside world, knowing that the "perimeter is secure," allowing you to focus exclusively on your internal Due Diligence.



5.2. HIERARCHY AND ROLES IN THE PROCESS

In any complex operation—whether it's a rocket launch or crisis management—success depends on team coordination. In the Maloca, you are not just a "client," but part of a highly organized structure. To fully relinquish control and dive deep, you need to understand who is responsible for navigation and who is responsible for your safety. Here, we break down the "organizational chart" of your transformation.

THE MASTER (CURANDERO): CEO AND PROCESS CONDUCTOR

The Master is more than just someone who knows the brew's recipe. He is the system administrator of the collective field and the chief navigator.

- Frequency Management. Using Icaros (sacred songs), the Master manages the intensity of the experience. He can "overclock" the process if the group is stuck or "ground" it if the tension becomes too high.
- Individual Monitoring. The Master tracks the dynamics of each participant. Even if you remain silent, he reads your state through your breath and energetics, directing support exactly where the most difficult work is occurring.
- Security Architect. His task is to maintain the field's "firewall," blocking external distortions and keeping the group's focus on healing.

FACILITATORS AND ASSISTANTS: YOUR 24/7 SUPPORT SERVICE

If the Master represents strategy, the facilitators represent operational excellence and "boots on the ground" safety.

1. Physical Back-Office. Helping you reach the restroom, providing water, changing buckets, or offering a blanket. In a state of expanded consciousness, simple actions become complex—assistants ensure your physical logistics.
2. Psychological Anchor. If you are overwhelmed by emotion or fear, a facilitator is the one who returns you to reality with a simple touch to the hand or a calm word. Their presence is a guarantee that you won't "drift" too far.
3. Invisible Presence. A professional assistant at SACRUNA operates like a premium service: they are there exactly when needed and completely invisible when you are immersed in your work.

PARTICIPANT RESPONSIBILITY: THE ETHICS OF PRESENCE

You are the lead investor in this process, and your "capital contribution" is discipline and adherence to the rules of silence.

- The Principle of Non-Interference. Your ceremony happens only within your mat. It is strictly forbidden to touch other participants, speak to them, or attempt to "save" a neighbor if you think they are struggling. That is the team's job.
- Adherence to Silence. Every word you speak is a sound wave that can disrupt another person's deep process. Your work in the Maloca is silent.
- Surrender to the Process. Your only duty is to not fight the Medicine. Accept everything that comes and trust the team.

MY VERDICT

In business, I would never entrust a project to a team that lacks a clear hierarchy and defined areas of responsibility. In the Maloca, it’s exactly the same.

The Master is a Senior Project Manager of the highest caliber. He sees the entire picture. Facilitators are your round-the-clock support desk, ensuring you don't veer off course. Your task is to be a Leader who knows how to delegate safety to professionals and focus entirely on your internal audit. If you don't trust the team, you won't be able to open up. At SACRUNA, we select the "crew" so that you feel more secure than in your own office.

TOOL: SUPPORT PROTOCOL

How to properly interact with the team during the process:

- Signal for Help: If you need a facilitator's attention, simply raise your hand or quietly call their name. There is no need to get up and run across the Maloca.
- Trust the Touch: If an assistant places a hand on your shoulder during a difficult moment, this is a grounding technique. Simply breathe and feel that support.
- The Boundary of "Advice": Remember, the team is not there to "interpret" your visions, but to hold the space. You seek the answers; they simply provide the "lighting" for the path.

Critical Miscalculation

Attempting to control the work of the Master or facilitators ("why is he singing this instead of that?"). Your control at this moment is merely your Ego's fear. Let it go. You have hired the best specialists; now let them do their job.

The Core Principle

Hierarchy in the ceremony is designed so that you can temporarily stop being "the boss" and become "the researcher." When safety is delegated to the pros, your immersion becomes maximumly efficient.

5.3. BIOMECHANICS OF THE CEREMONY: THE HOURLY PROTOCOL

In business, timing is everything. Any launch is divided into stages, each requiring its own behavioral strategy. An Ayahuasca ceremony is not a chaotic flight; it is a structured process with clearly defined phases. Understanding the "schedule" allows a Leader to remain calm: when you know what is happening to your system during each specific hour, the fear of the unknown is replaced by the professional curiosity of a researcher.

PHASE 1. HOUR ONE: LOADING AND SCANNING

You have ingested the Medicine. The lights in the Maloca go out, and silence falls. This is the waiting period, as the "software" begins to unpack within your system.

- Biology: Alkaloids pass through the stomach lining and enter the bloodstream. MAO inhibitors begin to "switch off" the cleanup enzymes.
- Sensations: The first 40–60 minutes usually pass in silence. You may feel a slight warmth in your stomach, "electric" tingling in your hands, or yawning. The body begins to scan itself.
- Leader's Strategy: Maximum relaxation. Do not try to "summon" visions. Simply breathe and observe the physics of your body. This is the engine warm-up stage.

PHASE 2. HOUR TWO: CROSSING THE BORDER AND RESISTANCE

The Medicine begins to act at the neural level. You feel reality start to "vibrate."

- Biology: DMT reaches the brain's receptors. Deactivation of the Default Mode Network (DMN) begins. The Ego realizes it is losing control and may trigger a panic mode.
- Sensations: The appearance of the first geometric patterns behind closed eyes. Amplification of sounds. Nausea may arise—this is a signal that energy has hit a blockage.
- Leader's Strategy: Surrender. If nausea begins—do not fight it, move into the purge (la purga). If the ego whispers "why am I here," simply recognize it as noise. You are shifting from "Director" mode to "Observer" mode.

PHASE 3. HOURS 3–4: PEAK AND DATA PROCESSING

This is the "deep space" of the ceremony. The time of maximum intensity and neural synchronization.

- Biology: The brain operates in a state of hyper-connectivity. Logic, memory, and intuition merge into a single stream.
- Sensations: Large-scale visualizations, re-experiencing past events, and receiving answers to strategic questions. Time and space lose their meaning. You may see your business as a living organism or undergo an "ego death" experience.
- Leader's Strategy: Maintaining Intention. If the flow becomes too strong—focus on your breath. Ask the Medicine questions. This is the period of the highest ROI in the entire ceremony—work with the information.

PHASE 4. HOURS 5–6: GROUNDING AND PRIMARY SYNTHESIS

The intensity subsides; you begin to "reassemble" yourself, but in an updated configuration.

- Biology: Alkaloid concentration decreases. The prefrontal cortex switches back on, beginning to analyze the experience.
- Sensations: A sense of deep peace, gratitude, and clarity. Visions become more transparent. You begin to understand the meaning of what you saw at the peak.
- Leader's Strategy: Observation and Recording. Do not attempt to logically explain everything immediately. Simply dwell in this state of "afterglow." Your "hardware" is cooling down after an extreme workload.

MY VERDICT

When you understand the timing, you stop fighting the process. If things get difficult during the second hour, you know it's just "atmospheric reentry" and weightlessness is coming soon.

At SACRUNA, we monitor this cycle. The Master's Icaros change depending on the phase: from calling and cleansing at the start to structuring and grounding at the end. It's like managing a project: every stage has its own tool. Your task is not to jump off the train halfway through, but to reach the final station where the most valuable insights await.

TOOL: IMMERSION ROADMAP

Your brief memo on states (store this in your mental memory):

1. 0–60 min: "The calm before the storm." System scanning.
2. 60–120 min: "Takeoff." Nausea, vibration, entering the flow. Key: Breathe.
3. 120–240 min: "Open space." Direct work with information. Key: Do not lose Intention.
4. 240–360 min: "Landing." Synthesis, peace, return. Key: Silence.

Critical Miscalculation

Attempting to analyze the experience during the second hour before it has fully unfolded. This is like trying to evaluate a startup's profitability on the day of incorporation. Wait for the peak. The full meaning will manifest in the finale.

The Core Principle

The biomechanics of the process are inevitable. Trust the Medicine's timing. Your body knows how to process this experience, and the Master at SACRUNA knows how to guide you through every phase toward the result.



5.4. PROCESS PHYSIOLOGY: LA PURGA

In business, we call this "writing off toxic assets" or "restructuring." It is impossible to build an effective organization on a rotten foundation. La Purga (The Purge) is a critical stage of Ayahuasca's work—it's when the Medicine identifies "corrupted files" in your body and psyche and forcibly deletes them. This is not a side effect; it is deep system detoxification at the cellular level.

CLEANSING MECHANISMS: BIOLOGY VS. WASTE

For a Leader, it is vital to understand that when the body begins to release something in the Maloca, it occurs simultaneously on both the physical and energetic planes.

- Vomiting (Cranial Discharge). The most well-known form of "purging." Physiologically, it is a powerful stimulation of the vagus nerve. From a process standpoint, it is the release of suppressed emotions, unspoken words, and the stress you have "swallowed" for years to remain effective.
- Diarrhea (Lower Discharge). Cleansing the gut—our "second brain." This is the removal of old survival programs, fears, and animal instincts. This "dump" is often followed by a phase of absolute clarity.
- Tears and Laughter. Emotional purging. You may cry not from grief, but from the sheer relief of long-held emotional blocks finally dissolving.
- Tremors and Sweating. Discharging cortisol and adrenaline overload. Your body literally shakes out the remnants of prolonged high-stress periods.

WHY IT IS NECESSARY: CLEARING THE "CACHE"

Imagine your brain is a powerful server that hasn't been rebooted in years. It is cluttered with cache, temporary files, and registry errors.

- Biological Logic: Ayahuasca stimulates serotonin receptors in the gut (where there are more than in the head). This forces the system to "compress" everything redundant and expel it.
- Psychosomatic Blocks: Every unexpressed aggression or fear of failure lives in the body as muscular tension. The Purge is the only way to "unlock" these zones without years of therapy.

SAFETY PROTOCOL: CORRECT ATTITUDE TOWARD DISCOMFORT

The main mistake for a newcomer is to fight the purge or feel ashamed of it. At SACRUNA, the purge is a process of honor—a sign that the work is going deep.

1. Do Not Resist: If you feel nausea rising—lean into it. Resistance only prolongs the discomfort and blocks insights from arriving.
2. Trust the Body: Your body is wiser than your ego. It knows exactly what is currently acting as poison to your system.
3. View It as a Service: Treat this as a "deep cleaning" of your onboard computer. The process may not be aesthetic, but the result—a crystal-clear operating system—is worth it.

MY VERDICT

At the start of my journey, I hated this stage. My "businessman ego" rebelled: "Why should I, a successful person, sit here with a bucket?" But then I realized: every act of purging is clearing space for a new idea or strategy.

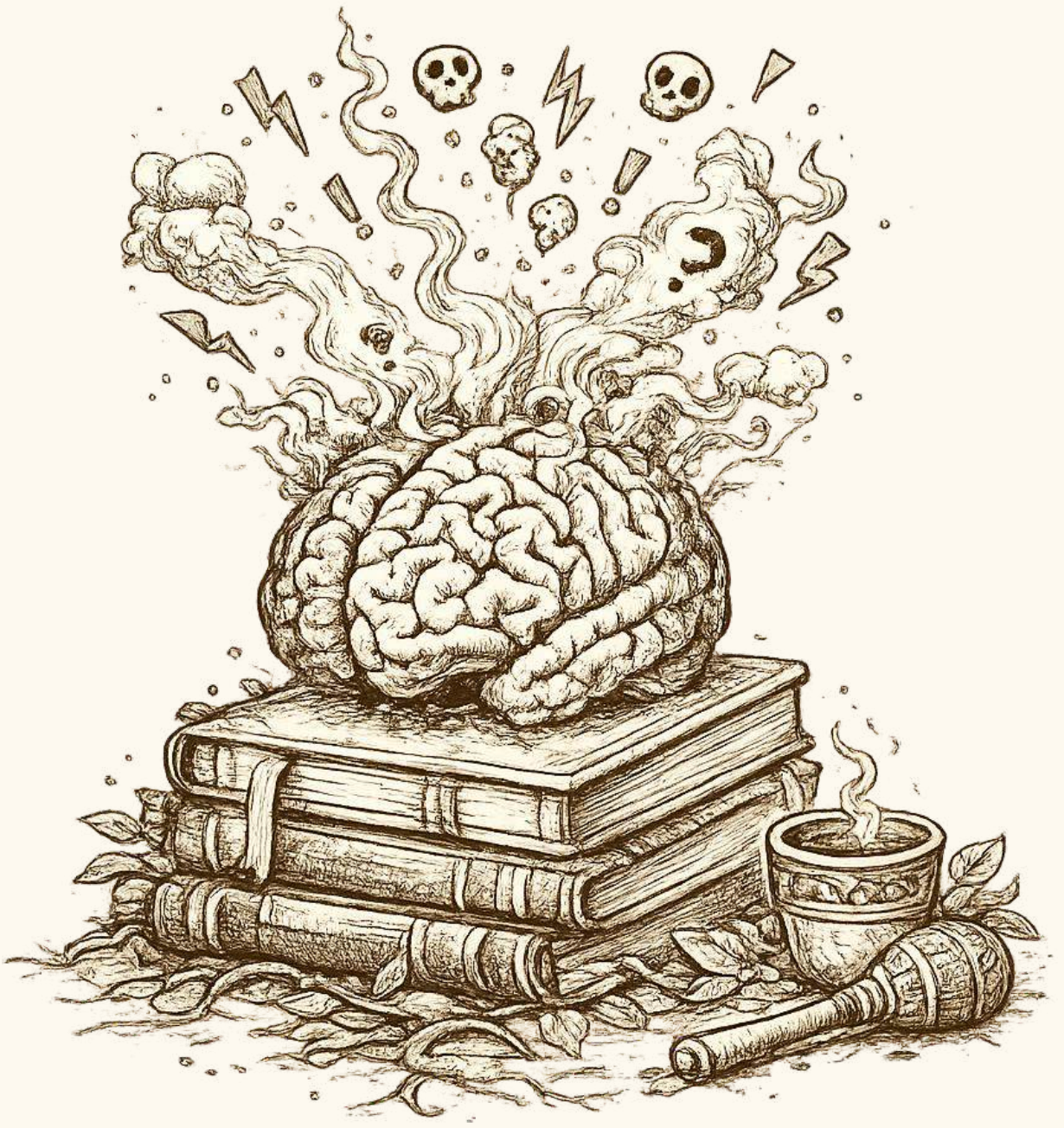
Leaders are often "overfed" with information and responsibility. We carry tons of mental junk. Ayahuasca does what no coach can: it physically scrubs that junk away. After a good "cleaning" at SACRUNA, you feel as if a 20kg backpack you've worn for 10 years has been lifted off your shoulders. This is the true freedom required for decision-making.

Critical Vulnerability

Suppreessing the purge out of fear of "losing face" in front of the group. Remember: in the Maloca, there are no spectators, only participants. By blocking the cleansing, you block your progress. Allow yourself to be "imperfect" to become truly clear.

The Core Principle

La Purga is not a punishment, but the Medicine's highest mercy. It is the fastest path to a system upgrade. Treat it as a necessary hardware renewal.



5.5. NAVIGATION TOOLKIT (TRAVELER'S GUIDE)

On the open sea or while managing a complex hedge fund, you don't rely on luck—you rely on instruments and protocols. In the Ayahuasca experience, your "instruments" are built into your biology. These are the tools that allow you to move beyond passive observation and actively manage the depth and direction of your immersion. A Leader in the Maloca is a pilot, not a passenger.

BREATH: YOUR PRIMARY REGULATOR

Breath is the only bridge between the conscious mind and the autonomic nervous system. In the ceremony, it is your "gas pedal" and your "brake."

- Slowing the Process. If the intensity of visions or emotions becomes overwhelming and you feel panic, switch to deep, slow abdominal breathing. Lengthen your exhale. This activates the parasympathetic nervous system and signals to the brain: "We are safe."
- Deepening the Immersion. If the process feels stagnant or you feel you aren't "reaching the core," use faster, more intense nasal breathing. This saturates the system with oxygen and helps "break through" the mental barrier.

ATTENTION MANAGEMENT: FOCUS TECHNIQUES

When the multidimensional IMAX of your subconscious unfolds around you, it is easy to get lost in the details.

- The Central Request. In moments of chaos, return to your Intention (Section 3.5). Remember why you are here. This is your beacon.
- Object Fixation. If the visual sequence becomes too confusing, focus your attention on a single sound (the Master's voice, the rhythm of the Shakapa) or the sensation of your feet touching the floor. This "grounds" your consciousness and structures the chaos.

- Surrender. If you encounter something frightening, the primary technique is not to turn away, but to "go through." Closely examine the terrifying image and ask: "What have you brought for me?" In 90% of cases, close observation causes the fear to dissolve, transforming into pure energy or insight.

BODY POSITIONING: THE GEOMETRY OF STABILITY

Your posture directly affects how the Medicine is distributed across your neural network.

- The Vertical (Spine). The ideal position is sitting with a straight back. This allows energy to move freely and keeps you in the "Observer" position. A straight back is the physical marker of a Leader maintaining awareness.
- Grounding. If you feel you are losing touch with reality, sit with your feet pressed firmly against the mat and your palms on your knees. This position creates a closed loop, maintaining your stability.
- The Horizontal (Rest). Lying down is recommended only during the grounding phase or if physical weakness becomes unbearable. Remember: lying down makes it easier to "fall" into sleep or chaotic reverie; sitting makes it easier to engage in "analytics."

VOCAL WORK: BREAKING THE "LOOP"

Sometimes the mind gets caught in a logical loop or an endless replay of the same scenario. Sound is a vibration capable of breaking this cycle.

- Audible Exhale. A deep, loud exhale helps discharge excess tension.
- Humming. The vibration of your own voice inside the skull acts as a tuning fork, aligning your internal rhythm and returning you to the center of your "Self."

MY VERDICT

In business, we call this "crisis management." When the market is heading into the abyss, the winner is the one who knows how to breathe and focus on what matters most without giving in to panic.

Navigation in the Maloca is the highest form of management. You are managing your own consciousness under conditions of extreme turbulence. At SACRUNA, we teach these techniques before the process begins because your result depends on how professionally you handle your "instruments." Remember: you are stronger than any vision. You are the one observing it.

TOOL: NAVIGATOR'S CHECKLIST

A memo for difficult moments during the ceremony:

- Stuck? Change your breathing.
- Scared? Straighten your back and look directly into the center of the fear.
- Lost? Recall your Intention.
- Nauseous? Don't fight it; trust the Purge.
- Thoughts in a loop? Take a loud, audible breath out.

Critical Miscalculation

Attempting to "out-think" a difficult experience. If you start a logical argument with a hallucination, you will lose. Work through the body and your attention. The body never lies, and attention is the only asset you retain in any reality.

The Core Principle

Your navigation toolkit transforms you from a piece of driftwood in the ocean into the captain of the ship. The better you master your breath and focus, the more actionable data you will extract from your journey.

5.6. SONIC ARCHITECTURE: THE ROLE OF ICAROS

In the ordinary world, music is background or entertainment. In the Ayahuasca space, sound is program code. The Icaros (the Master's sacred songs) are not just folklore; they are high-frequency instruments for managing your state. If Ayahuasca is the fuel, then the Icaros are the steering system that determines whether your "ship" soars into the depths of self-discovery or gets stuck in turbulence.

TECHNICAL SIGNIFICANCE OF THE SONGS: FREQUENCY MODULATION

From a neurophysiological perspective, Icaros function as external drivers for your brain when it is in a state of hypersensitivity.

- Structuring Chaos. When visual sequences become too intense or chaotic, the rhythm and melody of the Icaros create a "framework" upon which your visions are organized. The sound literally prevents your consciousness from fragmentation.
- Frequency Switching. Different types of songs solve different tasks. Slow, deep Icaros "ground" and calm the system. Fast, whistling, staccato rhythms stimulate cleansing (La Purga) or accelerate the deployment of information.
- Acoustic Hacking. The Master uses sound as resonance to "break up" your energetic blocks, much like an opera singer's voice causes a glass to vibrate and shatter.

SYNESTHESIA: WHEN YOU "SEE" THE SOUND

In the ceremony, the usual boundaries of the senses blur. The phenomenon of synesthesia arises—a merging of sensory channels.

1. The Geometry of Music. You don't just hear the song; you see it. The sound of the Icaros transforms into complex geometric patterns, fractals, and threads of light that weave through the Maloca space.
2. Navigation through Pattern. By observing how the "pattern" of the music changes, you can manage your immersion. If the pattern becomes harmonious and symmetrical, you are in a zone of healing and clarity.
3. Sonic Surgery. It often feels as though the Master's song literally "enters" the body, conducting a revision of organs or neural chains. This is the moment of direct frequency impact on biology.

INTERACTION: THE ROLE OF THE SHAKAPA

The Shakapa (a bundle of leaves from the Pariana shrub) is the Master's primary percussion instrument. Its rustling is the "white noise" of the ceremony.

- Field Clearing. The sharp sound of the Shakapa acts like an eraser, wiping away intrusive thoughts or heavy imagery.
- Rhythmic Anchor. When the melody of the Icaros carries you into deep space, the rhythm of the Shakapa maintains your connection to the earth and your physical body.

MY VERDICT

In project management, we value rhythm and consistency. In the Maloca, I realized: without Icaros, the experience turns into uncontrollable chaos. It’s like trying to run a powerful server without an operating system.

The Master at SACRUNA is not a singer; he is a sound engineer. He reads the state of the group and "fine-tunes" the settings of reality in real-time. When I stopped listening to the Icaros with just my ears and started allowing them to "patch" my brain, the ROI on my insights increased multifold. Sound is the shortest path to the system's core. Trust what you hear and let the melody lead you.

Critical Vulnerability

Attempting to ignore the music or fighting it (''I don't like this tune''). In the ceremony, there is no aesthetics, only functionality. If a melody feels irritating, it means it has hit a blockage and is attempting to breach it. Do not close yourself off; move toward the sound.

The Core Principle

The sonic architecture of the ceremony is the navigational map of your journey. Icaros structure your experience, making it secure, deep, and meaningful.



5.7. GROUP DYNAMICS AND THE COLLECTIVE FIELD

In business, we call this the "network effect": the value of a system grows exponentially with the number of its participants. Although a retreat is a deeply intimate process, it never occurs in a vacuum. During a ceremony, the Maloca transforms into a single living organism where each participant's process resonates with the others, creating a powerful field for a quantum leap.

STATE RESONANCE: THE COLLECTIVE AMPLIFICATION EFFECT

When a group of Leaders gathers in one space with a shared vector toward transformation, a phenomenon of synergy arises. Your individual intentions weave into a single "carrier frequency."

- The Collective Wave. If one participant undergoes a deep release or gains a major insight, it "patches" the entire field. You may feel relief or receive an answer to your own question simply by being in resonance with someone else's process.
- The Mirror Effect. Sometimes the sounds or emotions of a neighbor can act as a trigger. This is not an interference, but a "hint" from the field: your subconscious uses an external impulse to bring to the surface what you have been suppressing within yourself.
- Power Amplification. It is difficult for one person to "break through" a thick layer of social ego. The group, however, creates such tension in the field that defenses fall faster and more smoothly.

THE ETHICS OF INTERACTION: BOUNDARIES' OF YOUR "ISLAND"

Despite the unity of the field, the law of absolute sovereignty applies in the Maloca. Your mat is your inviolable territory—your "office" where unauthorized entry is strictly prohibited.

1. The Law of Non-Interference. It is categorically forbidden to touch other participants, or to try to "comfort" or "save" them. Your compassion in this moment is merely a projection of your own fear. Allow the individual to experience their process to the end. The facilitation team is there to ensure safety.
2. Energetic Hygiene. Try to keep your attention within your own perimeter. By scattering your focus on "how the neighbor is doing," you drain the resources necessary for your own breakthrough.
3. Silent Presence. Your silence is a mark of respect for another's quest. In the Maloca, we communicate at the level of intention, not words.

COLLECTIVE INTENTION AS AN ROI MULTIPLIER

Before the ceremony begins, we synchronize the group. This creates a "unified front" in the face of the Unknown.

- Synergy of Goals. When 10–15 strong personalities simultaneously direct their will toward healing and growth, the resistance of reality collapses. This is akin to pooling the computing power of several servers to solve a single super-task.
- Safety Through Shared Experience. Knowing that fellow Leaders are navigating their own "storm" alongside you provides colossal psychological support. You are not alone in your vulnerability, and that makes you stronger.

MY VERDICT

In investing, there is the concept of "co-investing." When several major players enter a project, the risk is distributed and the growth potential increases. A group ceremony is co-investing in awareness.

I used to think, "Why do I need other people? I want a private session." But the experience at SACRUNA showed me: alone you can go deep, but with a group, you reach depths you never even suspected existed. The group field is a particle accelerator. The key is to remember: you are part of a whole, but your result is your personal responsibility. Use the energy of the group, but do not lose your own heading.

Critical Miscalculation

Starting to evaluate or judge the processes of others ("Why is he breathing so loudly?" or "Why is she crying?"). Any judgment is an instantaneous ejection from your own process back into the ego. If something in the field irritates you, that is your material for work. Ask yourself: "What is this noise telling me about myself?"

The Core Principle

The group field is a powerful tool for amplification. It takes your personal Intention and raises it to a higher power. At SACRUNA, we curate groups so that the resonance is as constructive and sustainable as possible for every Leader.



5.8. PSYCHOLOGICAL WORK WITHIN THE EXPERIENCE

When the curtain of reality rises, you find yourself in the "sanctum sanctorum" of your subconscious. For a Leader, this is the most important strategic session of your life. The usual tools of manipulation or suppression do not work here. In this space, the only currency of value is your honesty and your willingness to go to the very end.

THE "SURRENDER" METHOD: EFFICIENCY THROUGH NON-RESISTANCE

In business, we are used to breaking through walls and controlling variables. In the Maloca, this strategy is the shortest path to suffering.

- The Mechanics of Resistance. When you encounter something frightening or incomprehensible, your mind instinctively contracts. This creates "friction" between you and the Medicine. It is this friction that is experienced as pain, panic, or a "bad trip."
- The Technology of Surrender. Surrender is not weakness; it is the highest form of trust in the process. It is a conscious decision to say "Yes" to any experience. If you are being "taken apart"—let it happen. If you are being shown your insignificance—experience it fully.
- The Result. As soon as you stop spending energy on resistance, it is instantly transformed into insight. Beyond the threshold of "surrender" always lies liberation.

INTERACTION WITH IMAGERY: SUBCONSCIOUS DUE DILIGENCE

During the Ayahuasca experience, you may encounter visual imagery, entities, or "voices." It is crucial to understand the rules of engagement in this layer.

1. Data Verification. Do not take everything you see as absolute truth. Use the rule of "data filtering." Question any image: "Who are you?", "What have you brought for me?", "Why are you here?"
2. Direct Dialogue. You are not a victim of circumstances; you are a participant. You can negotiate. If an image seems terrifying, propose: "Show me the cause of my fear, not the fear itself."
3. Objectification. Perceive images as the symbolic language of your "onboard computer." A snake is not a snake, but a metaphor for cleansing or DNA. A monster is not a demon, but your suppressed guilt or anger.

SHADOW WORK: INVENTORY OF HIDDEN DEPARTMENTS

A Leader often builds their identity on "light" qualities: decisiveness, strength, intelligence. However, the "Shadow Departments" of your psyche store resources to which you have closed off access.

- Encountering the Unpleasant. The Medicine will inevitably spotlight those sides of your "Self" that you prefer not to notice: weakness, envy, pettiness, or fear.
- The Observer Position. Your task is not to judge yourself, but to conduct an audit. "Interesting, it turns out this fear lives in me. How does it influence my business decisions?"
- Integration. When you acknowledge your Shadow, it stops controlling you from behind the scenes. You reclaim its energy for yourself, becoming a more holistic and multidimensional player.

MY VERDICT

In management, there is the concept of "radical transparency." In the Maloca, this becomes your working tool. You cannot "talk your way out" with Ayahuasca.

The most powerful breakthroughs in my life happened in moments when I fully admitted my defeat before the Medicine and said: "Fine, do whatever you want with me, I surrender." In that moment, the "wall" collapsed, and I gained access to information of a level unavailable to any analyst. Working inside the experience is a maturity test. Stop being the "Controller" and

become the "Researcher." This will give you a hundredfold ROI for every minute of the process.

Critical Miscalculation

Attempting to "negotiate" with the Medicine from a position of ego ("I'll give you whatever you want, just stop showing me this"). It doesn't work. Only total honesty works. If you are being shown filth, it means you are carrying it within you. Acknowledge it, clear it out, and move on.

The Core Principle

Psychological work within is the art of being transparent. The fewer "hooks" your ego has, the more easily you pass through any storms of the subconscious to reach crystal clarity.



5.9. CHALLENGING STATES AND CRISIS MANAGEMENT

In business, a crisis is not the end, but a moment of peak concentration and a catalyst for radical reform. In the Maloca, a "challenging state"—or what novices call a "bad trip"—is actually the zone of the highest ROI. This is the point where your ego's resistance has reached its peak, and it is precisely here that your most valuable treasure is buried.

DECONSTRUCTING THE "BAD TRIP": WHY IT ISN'T WHAT IT SEEMS

The term "bad trip" is a perception error. In the Ayahuasca space, there is no "good" or "bad"—there is only resistance.

- The Nature of Complexity. When the Medicine approaches your most painful blockage—your primary trauma or a carefully hidden lie to yourself—the mind sounds the alarm. Fear, panic, and the feeling that you are "going crazy" are defense mechanisms of the ego trying to abort the process.
- The Breakthrough Point. If you perceive this terror as an "enemy," you lose. If you see it as a "system error signal," you begin to work. The deepest transformations occur precisely after a Leader passes through the "hell" of their suppressed emotions.

SELF-HELP TECHNIQUES FOR DISORIENTATION

When the "storm" becomes too intense, a Leader needs to switch from "analysis mode" to "survival and stabilization mode."

1. The Breath Anchor. As soon as you feel panic, return to your breath. A short inhale through the nose, and a long, forceful exhale through the mouth. This is a mechanical way to align your heart rate.

2. Focus Shift. Open your eyes. Look at the candle flame in the center of the Maloca or at your own hands. The physical world has not disappeared; it is here, and it is your foundation.
3. Vocalization. Do not keep a scream or a groan inside. Make a sound. The vibration of your own voice breaks the loop of panic-driven thoughts.
4. Request to the Medicine. Speak directly within yourself: "Too fast, slow down the flow" or "Show me this more gently." You will be surprised by how responsive the Medicine is to clear requests.

MY VERDICT

In business, I've seen many crises. The most successful strategies were born when it seemed like everything was going to hell.

A difficult experience in a ceremony is your personal "Black Swan." Do not try to avoid it. If you are afraid—go into the fear. If it feels like you are dying—"die" to your old beliefs. At SACRUNA, we don't provide a "comfortable stroll"; we provide the opportunity to be reborn. Remember: no storm in the Maloca lasts forever. On the other side, a level of clarity and power awaits that is impossible to obtain in "greenhouse" conditions.

TOOL: "EMERGENCY GROUNDING" ALGORITHM

If the intensity of the experience becomes overwhelming, execute these four steps:

1. Feet: Plant your feet firmly on the floor. Feel the support. Say to yourself: "I am here; my body is safe."
2. 4-7-8 Breathing: Inhale for 4 counts, hold for 7, exhale for 8. Repeat 3 times.

3. Signal the Team: If steps 1 and 2 do not help, simply raise your hand. A facilitator will approach, offer a hand, or help you ground using Mapacho.
4. Surrender: Once your physics have stabilized, close your eyes and say: "I accept this lesson. Show me."

Critical Miscalculation

Attempting to "run out" of the Maloca or the process. This is the equivalent of jumping out of a plane at full speed. Stay on the mat. Any pain is simply energy that needs an outlet. Trust the team and the Medicine; they know how to guide you to "clear water."

The Core Principle

A challenging experience is not a failure. It is surgery on your soul without anesthesia. The more you relax, the faster and more effectively the "Surgeon-Ayahuasca" will complete the work.



5.10. NAVIGATION TOOLS AND ATTRIBUTES

In the arsenal of an experienced executive, there is always proven software and monitoring tools. In the Ayahuasca ceremony, the "tech stack" consists of natural attributes that have proven their effectiveness over centuries. These are not decorative props for atmosphere; they are functional modules that help switch your consciousness modes, ground you, and maintain the safety perimeter.

MAPACHO (BLACK TOBACCO): YOUR ENERGETIC "FIREWALL"

Mapacho is not the tobacco you are used to seeing in cigarettes. It is a powerful master plant with high nicotine content and zero chemical additives.

- Grounding. If at any point you feel you are "drifting" too far and losing touch with reality, Mapacho smoke returns you to your body. It is an instantaneous anchor that connects you to the physical world. 🚬
- Mental Field Clearing. Tobacco smoke functions like an antivirus. It "washes away" intrusive thoughts and external imagery, helping you focus on your primary Intention.
- Protection. The Master uses Mapacho to "seal" the space or clear a participant of heavy energy. This is your personal shield in a world of subtle vibrations.

SHAKAPA: THE SONIC SCANNER AND ERASER

This tool is made from the leaves of the Pariana shrub. Its rustling is perhaps the most important sound in the Maloca after the Master’s voice.

- Rhythmic Structure. The rhythmic rustling of the Shakapa creates "white noise" that calms the mind and facilitates entry into a trance.

- Block Removal. When the Master moves the Shakapa over or around you, the sound and vibration of the leaves work like a laser. They literally "cut away" energetic growths and blockages, helping energy flow freely.
- Orientation. If you are lost in visions, the sound of the Shakapa indicates the direction—it is your audio beacon.

FLORAL WATERS AND INCENSE: THE SENSORY SWITCH

Agua de Florida (floral water) and incense like Palo Santo or Copal are tools that work through olfaction—the oldest and fastest communication channel to the brain.

- State Reboot. The sharp, fresh aroma of Agua de Florida instantly changes the "visuals" of your experience. If the process becomes too heavy or murky, the scent of citrus and herbs restores clarity and freshness.
- Returning to "Here and Now." As the ceremony nears its end, aromas help you "land" and feel the boundaries of your physical body.
- The Aesthetics of Purity. Scent is a marker of safety. Clean, natural aromas create an atmosphere of trust in which it is easier for a Leader to open up.

MY VERDICT

In business, we use specialized software for data analysis. In the Maloca, Mapacho and Shakapa are your software.

I used to be skeptical of "waving leaves" until I felt firsthand how a single sharp stroke of the Master's Shakapa cuts off a terrifying vision and leads you into a space of light. This is pure vibrational physics. These tools are your allies. At SACRUNA, we use only authentic assets of the highest quality because we understand: in matters of navigation, there are no small details. Every breath of Mapacho and every stroke of the Shakapa is a step toward your victory over internal chaos.

TOOL: NAVIGATOR'S CHECKLIST (ASSETS)

- Lost focus? Ask a facilitator to clear you with Mapacho.
- Confused by visions? Listen to the rhythm of the Shakapa—it is your way home.
- Feeling heavy? Apply some Agua de Florida to your palms and inhale—it will "reboot" the system.

Critical Miscalculation

Treating these attributes as "esoteric decor" or "theatrical props." If you devalue the tool, you close off the channel of assistance it transmits. In a ceremony, there are no redundant movements—if the Master uses tobacco or water, it means your system requires external calibration at that moment.

The Core Principle

Navigation tools are the interface between your biology and the Medicine's energy. They allow for the "fine-tuning" of the experience in real-time, transforming a chaotic immersion into a controlled research mission.

MODULE V SUMMARY: YOU HAVE COMPLETED THE IMMERSION

We have deconstructed the architecture and mechanics of your internal journey in detail. For you, the ceremony is no longer a mystical lottery, but a managed, high-tech transformation process. You have studied the rules of navigation in the ocean of the subconscious and received the tools to maintain your position as a Leader even under conditions of extreme sensory load.

Your Module 5 "Logbook":

- Process Container: You learned how the Maloca design and energetic hygiene create a secure firewall for your psyche.
- The Crew: You now understand the roles of the Master and facilitators, allowing you to fully delegate external safety to them.

- Timing: You have an hourly roadmap of states—from "atmospheric entry" to a soft landing.
- Cleansing Technology: You realized that La Purga is not a side effect, but a radical restructuring of your psychosomatic assets.
- Navigation Mastery: Your arsenal now includes breathwork, focus, and vocal techniques to manage experience intensity.
- Reality Code: You understood how sonic architecture and Icaros structure your visions at the frequency level. ч
- Radical Honesty: You mastered the "surrender" method and learned how to conduct Due Diligence on your Shadow.
- Tool Stack: You know how to use Mapacho, Shakapa, and floral waters for real-time state correction.

AFTERWORD FROM ALEX

The ceremony is over. You open your eyes, and the first light of dawn touches the walls of the Maloca. You feel renewed, perhaps slightly overwhelmed by the volume of information received. But here lies the primary trap: many believe this is where the "magic" ends.

In business, it is not enough to develop a brilliant strategy—it must be implemented into operational processes, otherwise, it remains just a beautiful presentation. The same applies to Ayahuasca. You have gained access to the "source code" of your personality; you have seen the bugs and potential growth points. But now, this code must be written into your daily life.

The real retreat begins the moment you leave our space and return to your affairs. Without proper integration, the deepest experience risks becoming a mere "vivid vacation memory." We are moving to the stage of converting your insights into real-life capital. Prepare for the reassembly.

WHAT'S NEXT?

We are closing Module 5 and moving to the most critical stage that determines your final result — Module 6. Realization: Integration and Transformation.

In the next section, we will break down:

- The First 72 Hours: Rules for "Silent Mode" and protection of the updated system.
- Image Decryption: How to translate Ayahuasca symbols into the language of business tasks and personal decisions.
- Neuroplasticity in Action: How to consolidate new neural connections while the "window of opportunity" remains open.
- Social Resonance: How to return to your family and business without disrupting them with your updated state.

MODULE VI. REALIZATION: INTEGRATION AND OUTCOMES

Implementation Methodology: How to translate insights into actions, discover your purpose, and transform your quality of life after the retreat.



FOREWORD FROM ALEX

The greatest sin in working with the Medicine is leaving the experience behind in the Maloca. I have seen hundreds of people emerge from a ceremony with glowing eyes, only to return to their old bugs, toxic connections, and inefficient strategies within a week.

If you haven't changed your life after Ayahuasca, you've simply visited a very expensive and intensive planetarium.

For me, as a businessman, the result is measured not by the depth of your hallucinations, but by what has changed in your schedule, your P&L statement, and how you feel on a Monday morning. This section is a manual for converting the high-precision Shipibo codes and the uncompromising Ashaninka ethics into concrete actions within the metropolis. We will learn to translate the metaphysics of the jungle into the language of management decisions, personal effectiveness, and quality of life.

INTRODUCTION: THE BRIDGE BETWEEN WORLDS

Integration is not just about discussing what you saw during the ceremony. It is the process of turning abstract experience into concrete neural connections and life facts. It is the moment when your insights stop being "images" and become part of your reality.

We will analyze how to utilize the opened window of neuroplasticity to consolidate changes at the cellular level and prevent the system from rolling back to its legacy settings.



MODULE VI TABLE OF CONTENTS

6.1. Integration: Concepts and Objectives
Defining the process. The Neuroplasticity Window: why the first 72 hours and the first 30 days after Ayahuasca are critical for system updates.

6.2. Initial Steps Protocol: Re-entry into the World
Digital diet and noise minimization. Physical grounding. Communication protocols.

Tool: The "Silence and Observation" Rulebook.

6.3. Experience "Unpacking" Toolkit
Symbolic consolidation techniques. Metaphorical analysis: translating visions into the language of actionable tasks. The role of integration coaching.

6.4. Moratorium on Radical Decisions (The 30-Day Rule)
Why you must not quit your job, get a divorce, or make major investments immediately after the retreat. The psychology of post-ceremonial euphoria.

Tool: The "30-Day Prohibited Actions" Checklist.

6.5. Discovering Purpose and Personal Mission
Identifying core values. Auditing your life path and constructing the Big Picture.

6.6. Konverting Insights into Tangible Success and Leadership
The evolution of management. An intuitive approach to business. Creative breakthroughs and Enhanced EQ (Emotional Intelligence).

Tool: The "ROI Conversion" Matrix.

6.7. Transformation of Relationships and Social Environment
Healing family bonds. Re-evaluating your inner circle and establishing new boundaries.

Tool: The "5 Questions for Your Relationships" Guide.

6.8. Consolidating New Habits and Freedom from Addictions
Biological rewiring of addictive patterns. Managing "rollbacks" and relapses. Designing a high-performance routine.

6.9. Long-term Development Strategy
Practice frequency and periodicity. Your personal transformation roadmap for the next 6–12 months.

Tool: The "30/60/90 Day" Integration Planner.



6.1. INTEGRATION: CONCEPTS AND OBJECTIVES

Integration is not just a discussion of what you saw during the ceremony. It is a high-tech process of translating mystical or psychedelic experiences into everyday reality. It is the moment when your insights stop being "beautiful images" and become part of your biology and operational activities.

Without this stage, even the deepest retreat remains merely a vivid dream that fades over time, leaving no trace in your business, your finances, or your relationships.

THE NEUROPLASTICITY WINDOW: WHY THE FIRST 72 HOURS AND 30 DAYS ARE CRITICAL

After working with Ayahuasca, your brain enters a state of heightened suggestibility and learning. This state is comparable to heating old plastic to a liquid state: you can mold it into any shape now, but once it cools, the changes will be locked in permanently.

- Phase 1: 72 Hours ("Fresh Concrete") During the first three days, your nervous system is in a state of maximum openness and sensitivity. This is the period when the foundation of a new personality architecture is laid. Any stress, information junk, or return to old destructive habits during this time can contaminate your new code.
- Phase 2: 30 Days ("System Firmware Update") Research confirms that the effect of neuroplasticity—the brain's ability to create new connections—remains in an active phase for about a month. This is the "golden window" to consolidate new behavioral algorithms. If you have decided to delegate operations or change your approach to communication with partners, you must start now. After 30 days, the window closes, and implementing changes becomes significantly more difficult.

PHYSIOLOGICAL ASPECT: STABILIZATION AND CONSOLIDATION

Integration begins in the body, not in the head. For insights to become reality, your biological system must be stable.

1. Nervous System: After a deep immersion, your neural networks undergo a reassembly stage. This requires a colossal amount of energy. Your task is to provide the brain with an "energy-saving mode" to complete these internal updates.
2. Chemical Balance: Ayahuasca aligns serotonin and dopamine levels. Integration helps maintain this balance, preventing the sharp "dopamine crashes" that often occur upon an aggressive return to the high-stress environment of a metropolis.
3. Synaptic Consolidation: Every time you act according to a new insight, you physically strengthen the synapses. Integration turns a fragile idea into a resilient skill.

INTEGRATION GOALS FOR A LEADER

- Grounding: Translating abstract Ayahuasca metaphors (snakes, geometric codes, light) into the language of numbers, management decisions, and concrete KPIs.
- Defragmentation: Assembling scattered pieces of experience into a unified life and business strategy. You must see the Big Picture.
- Result Protection: Building immunity against old behavioral patterns that will inevitably try to return the system to its previous, familiar state.

MY VERDICT

In business, we call this implementation. You can buy the most expensive ERP system, but if you don't train the staff and reconfigure business processes, it remains useless software on a server. It’s exactly the same with Ayahuasca. Integration is the implementation process. It is work that requires no less discipline than the ceremony itself. At SACRUNA, we give you the tools, but you are the one who must press the buttons in your own life.

Critical Vulnerability: The Afterglow Trap

The most dangerous mistake is mistaking the temporary euphoria after a retreat for a finished result. In the first few days, it seems the world has changed forever and you are a different person. This is an illusion. The world remains the same; your system has simply received a massive energy advance. If you don't start physically changing your actions during this time, the afterglow will fade in two weeks, and you will find yourself at the same point, with the same problems, but with an even greater sense of disappointment.

The Core Principle

Integration is not an elective; it is the only way to recoup your investment in the retreat. It is the bridge connecting your deep subconscious to your bank account, the quality of your relationships, and your level of personal happiness. Either you build this bridge during the first 30 days, or your experience remains just an expensive collection of hallucinations.



6.2. INITIAL STEPS PROTOCOL: RE-ENTRY INTO THE WORLD

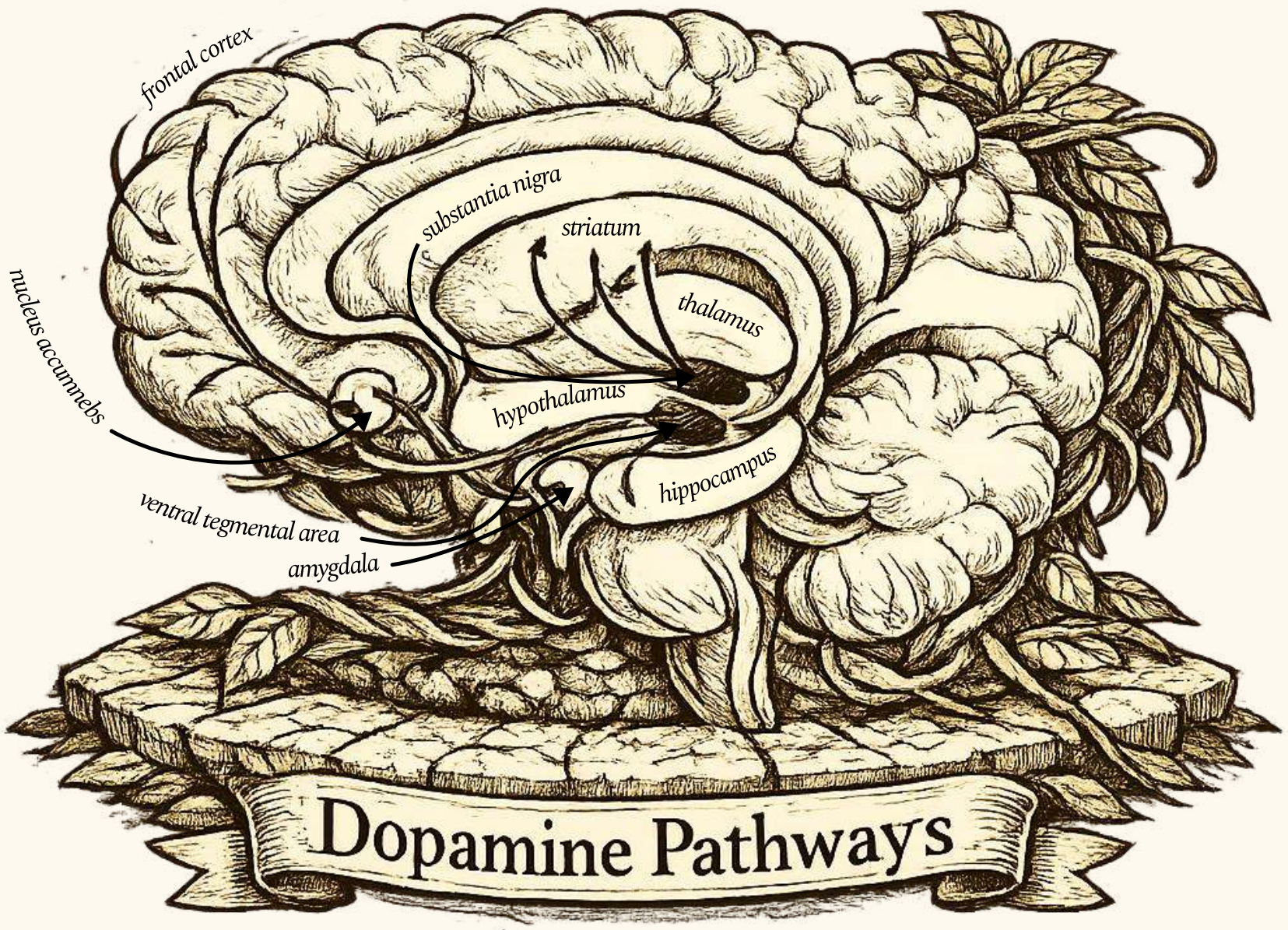
Exiting the retreat space and returning to the familiar environment of a metropolis is the most dangerous moment for your new neural connections. Imagine that you have just reinstalled your operating system, and it is pristine. If, at this moment, you begin to haphazardly download suspicious files and connect to unprotected networks, the system will glitch before you even start working in it.

Re-entry must resemble a diver's decompression: if you surface too quickly, decompression sickness will destroy the organism. We need a smooth transition.

DIGITAL DIET AND NOISE MINIMIZATION

Your attention after Ayahuasca is your most valuable and fragile resource. In the first few days, it functions like a hypersensitive microphone that records everything indiscriminately.

- Airplane Mode is the Baseline. For the first 72 hours, your smartphone should be a tool for music or notes, not a window to the world. No news, no Telegram analytics channels, no social media feeds.
- Information Detox. Remember: any information is someone else's energy. If you consume "info-junk" immediately after a deep process, you will simply replace your fresh insights with other people's opinions and fears.
- Work Vacuum. Do not check your email. The world will not collapse in three days. As a Leader, your team must know: you are out of range. This is a test of your ability to delegate and their autonomy.



Dopamine is a neurotransmitter that plays a role as a "reward center" and in many body functions, including memory, movement, motivation, mood, attention and more

PHYSICAL GROUNDING: STABILIZING THE HARDWARE

To ensure the new software "takes," you must stabilize the hardware—your body.

- Tactile Contact with Nature. If possible, spend time where there is no asphalt. Walking barefoot, being near water, or simply sitting under a tree helps "drain" excess mental tension and return you to the "here and now."
- Nutrition Protocol. Avoid aggressive tastes (too spicy, too sweet) and heavy food for the first few days. Your body is still processing the Medicine; do not overload the "processor" with complex digestion.
- Sleep as Integration. During sleep, the brain consolidates information. Allow yourself 9–10 hours of rest. This is not laziness; it is the final installation of the update.

COMMUNICATION RULES: PROTECTING THE PERIMETER

In the first 72 hours, your state is a "closed system." Any deep interaction can disrupt the fine-tuning.

- Non-Dispersion. You do not have to share your experience with everyone. Speaking about it too soon can dissipate its energy. Keep it within until it crystallizes into a stable inner change.
- Limits of Language. You may not be able to fully describe what you experienced. In trying to put it into words, you inevitably simplify and diminish the depth of your insight.
- Protection from Skeptics. People who have not gone through this process may not understand you. Their skepticism or misplaced humor can be hurtful and trigger unnecessary reactions. Protect your experience until it has fully settled and integrated.

TOOL: THE "SILENCE AND OBSERVATION" RULEBOOK

A strict protocol for the first 72 hours after your return:

- Silence: Speak only when absolutely necessary. Avoid small talk and discussions about future plans.
- The Digital Wall: Turn off notifications. Check your phone no more than twice a day for 5 minutes (strictly for critical family messages).
- Observation Without Evaluation: Simply watch the world. Notice how the light changes, how people move. Do not attempt to analyze everything through the prism of Ayahuasca immediately.
- Grounding Food: Simple products (rice, bananas, vegetables). Minimum spices.
- Zero Meetings: Cancel all business lunches and social gatherings. These 72 hours belong exclusively to you.

MY VERDICT

In the metropolis, we are used to being constantly "online." But after a retreat, being connected to yourself is more important than being connected to the market. If you violate this protocol and dive straight into operations on the first day, you are simply "leaking" your retreat's budget. Silence is not a weakness; it is a high-speed download mode for system updates. Allow the system to complete the installation.

Critical Vulnerability

The urge to become a "Preacher." After the retreat, you will want to "save" everyone: your spouse, partners, and employees. Stop. You haven't fully integrated yet. Your task is to change yourself, not to change others. The best sermon is your results six months from now, not enthusiastic speeches on the first Monday back.

Key Takeaway

Your primary objective after the retreat is not to act, but to preserve the state. The Silence Protocol is your armor while your new neural connections are still consolidating.

6.3. EXPERIENCE "UNPACKING" TOOLKIT

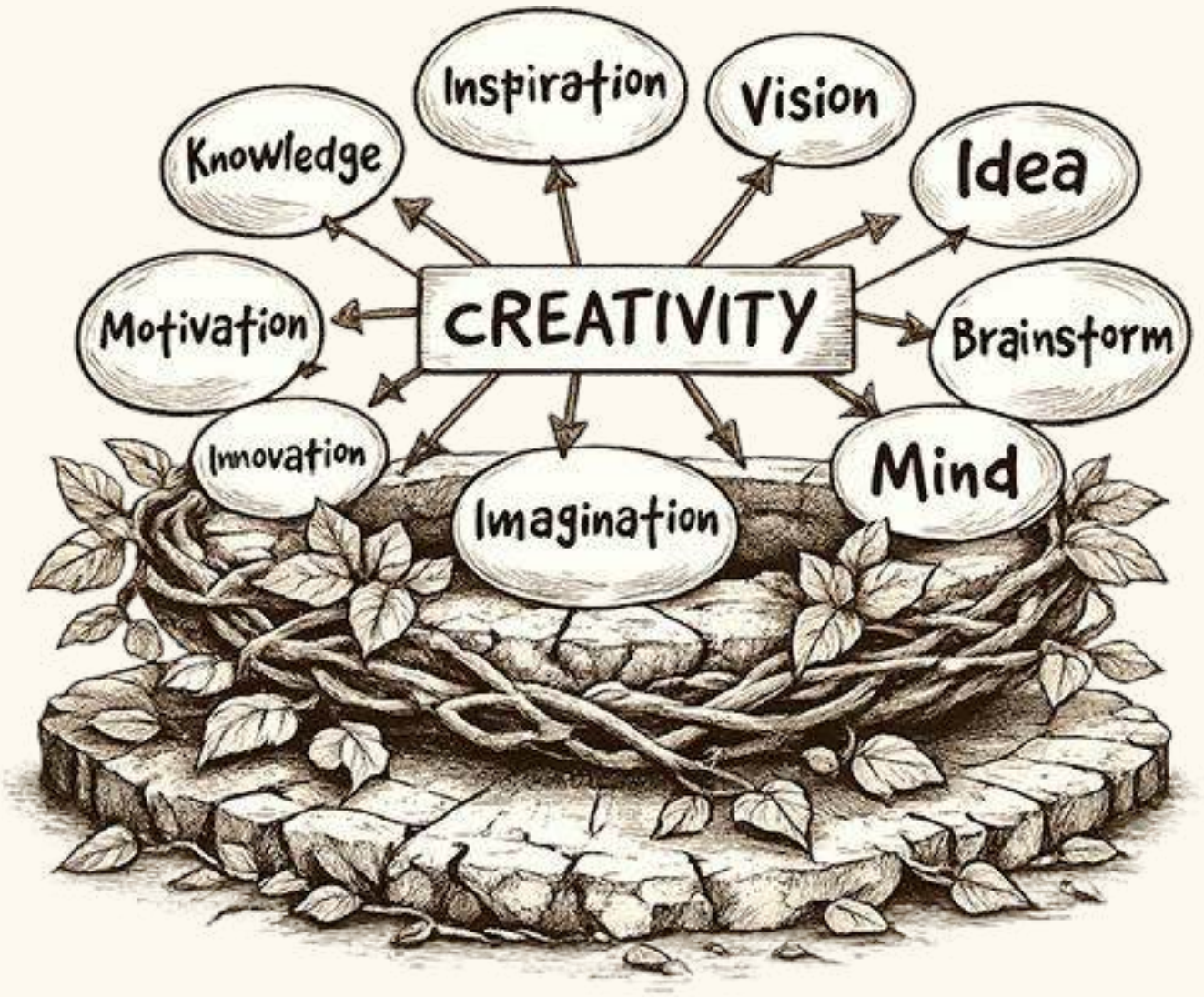
Visions during the ceremony are not just a "movie" for the entertainment of your ego. They are densely packed data packets, archived by your subconscious in the form of symbols and metaphors. If you simply watch them and forget, you are like a businessman who receives an encrypted report on the state of the company but is too lazy to decrypt it.

"Unpacking" is the process of translating the Medicine's abstract language into the practical language of your life and business objectives.

SYMBOLIC CONSOLIDATION TECHNIQUES

Your brain remembers information best through action. To prevent an insight from evaporating, it must be physically "grounded" in our reality.

- Stream-of-Consciousness Journaling. In the early days, write everything down. Do not try to construct beautiful sentences or follow logic. Record the details: smells, colors, phrases you heard. Even if it seems nonsensical now, in a week you will find the keys to critical decisions within these notes.
- Art Fixation. You don't need to be an artist. Draw diagrams, scribbles, or use the colors that dominated your visions. This activates the visual cortex and helps maintain the state of neuroplasticity.
- Working with Artifacts. Sometimes finding a physical object (a stone, a feather, a specific photograph) that reminds you of a key insight is enough. In neurophysiology, this is called "anchoring."



ANALYSIS OF AYAHUASCA METAPHORS: TRANSLATING THE "LANGUAGE OF THE JUNGLE"

The Medicine rarely says, "Fire your commercial director." It shows this through symbols. Your task is to interpret them correctly.

- If you saw snakes or predators: This is often work with your fears, aggression, or defense mechanisms. A jaguar may point to the need to act decisively where you previously hesitated.
- If you saw mechanisms or structures: This represents your business or social connections. Broken gears signal a bottleneck in your processes. Rusted pipes are outdated beliefs that obstruct the flow of energy (money or ideas).
- If you saw a family tree: This is work with epigenetics and ancestral patterns. Your task is to understand what "programming" you are copying from your father or grandfather — and how it limits your current scale.

THE ROLE OF PROFESSIONAL SUPPORT

Trying to unpack an Ayahuasca experience alone is like attempting to treat your own teeth. You need a mirror.

1. Integration coaching. Works with the future. A coach helps translate symbols into KPIs and concrete steps. They do not give advice but help you build the bridge from "vision" to "deal."
2. Psychotherapy. Works with the past. If the Medicine uncovered deep trauma, a professional therapist will help you close it safely — preventing the wound from bleeding into everyday life.

TOOL: THE "VISION DECODER" MATRIX

What did I see? (Image)	What emotions did it evoke?	Real-life analogy	Concrete action (Step 1)
Example: Huge Wall	Powerlessness, fear	Blocked deal with an investor	Schedule a meeting and openly address the fears
...	...	...	...

Use this table to analyze each vivid episode of the ceremony

MY VERDICT

In business, we call this “data analytics.” If you have Big Data but no analyst, you simply have garbage sitting on a server. The unpacking toolkit is your analytical department. Do not neglect journaling, and do not be afraid to seek professional support for integration. Your most expensive resource is time — and proper unpacking can save you years of wandering in the fog of doubt.

Critical Vulnerability

Literal interpretation. Do not take symbols at face value. If you saw your business partner turn into a crocodile, it does not mean he is your enemy. It may be your subconscious signaling that you are behaving too “predator-like” — or, on the contrary, too defenseless — in this relationship.

The Core Principle

A vision is a question. Your life after the retreat is the answer. Unpacking exists so that your answer can be as precise and effective as possible.



6.4. MORATORIUM ON RADICAL DECISIONS (THE 30-DAY RULE)

After a retreat, you may feel like a "superhuman." It seems as if you've finally understood everything, can see through people, and are ready to rebuild your entire life over a single weekend. This state is the most dangerous trap for an entrepreneur. In neurobiology, it's called a period of "high emotional valence." In business, it's decision-making under the influence of affect.

WHY YOU MUST NOT "ACT RASHLY": THE MECHANICS OF EUPHORIA

During the first two weeks after Ayahuasca, your brain is oversaturated with serotonin and dopamine. You are operating in a state of ultra-high-definition rose-colored glasses.

- Distorted perception of reality. On a wave of euphoria, even the most toxic employees may seem like "misguided souls," and risky investments can feel like a "clear sign from the universe." Your ability to assess risk soberly is temporarily reduced.
- Emotional peak. Decisions made at the peak often fail the test of the everyday "valley." Once the neurochemical storm settles, you may find yourself with a damaged business or a broken family — simply because you acted on impulse.
- System stabilization. Your new identity needs time to "settle" into the old body and existing circumstances. Radical moves at this stage are like trying to rebuild a house's foundation while it's on fire.

TESTING INSIGHTS WITH REALITY AND TIME

Any insight from a ceremony is a hypothesis. In business, we don't allocate the entire budget to an untested hypothesis — we run experiments.

1. Write it down and postpone it. If the idea to fire a partner or sell your company stake arises — document it in detail and set a reminder in your calendar for 30 days later.
2. Observation without action. View the situation through the lens of your new awareness, but take no physical steps. If your partner truly is dragging the company down, the facts will confirm it in a month — without the excess emotion.
3. The "30-Day Filter." If, after a month, the idea still feels brilliant and logically grounded — it's likely a genuine insight. If it now causes confusion — you just saved your business from a costly mistake.

TOOL: THE "30-DAY PROHIBITED LIST" CHECKLIST

Actions placed under strict veto immediately after the retreat:

- Layoffs and hiring. Do not make personnel decisions for key positions. Your evaluation of people may be either overly soft or unjustifiably harsh.
- Investments and major purchases. Do not pour money into new ventures or buy the "yacht of your dreams." Wait until your financial intuition stabilizes.
- Divorce or marriage. Relationships are the most fragile domain. Do not dissolve or create unions before completing the initial integration phase.
- Public declarations. Do not rush to explain your new philosophy to followers or employees. Prove it through action first.
- Strategic pivots. Do not turn the ship 180 degrees. Implement change in micro-doses.

MY VERDICT

In capital management, there's a rule: never make decisions at market close when volatility is extreme. After Ayahuasca, your internal market is at maximum volatility. Your task as a Leader is to wait for stabilization. If the insight is real, it will remain. If it was merely euphoric "noise," it will fade. Let the dust settle before making your next move.

Critical Vulnerability

The urge to "accelerate" change. It may feel as though if you don't act now, the moment will pass. Remember: Ayahuasca works long-term. True transformation is a marathon, not a sprint. Radicalism in the first month is often a sign that the ego is trying to regain control by creating drama.

The Core Principle

The 30-Day Rule is your insurance policy. It separates real transformation from temporary psychedelic enthusiasm. Protect your assets and relationships while your brain is building new pathways.



6.5. FINDING PURPOSE AND PERSONAL MISSION

For most leaders, the word "purpose" sounds too esoteric—until they hit a midlife crisis of meaning in their 40s. In business, this is called a loss of the corporate mission: the numbers are growing, but the drive has vanished. Ayahuasca is a tool that allows you to conduct a deep audit of your goals and separate what has been imposed by society from what is your true "fuel."

IDENTIFYING TRUE VALUES: RESETTING "BORROWED" SOFTWARE

Most of our goals are "borrowed software." We strive for status, specific company turnovers, or attributes of success not because we need them, but because the algorithm of competition works that way.

- Imposed Goals: These stem from a fear of being "not enough," or a desire to prove something to parents or the market. They drain energy even when you achieve the result.
- True Values: This is what causes a resonance in the body. When you act in alignment with them, you don't deplete your willpower; you flow with the process. The Medicine reveals this layer, showing where you are truly alive and where you are simply playing a role.

AUDITING THE LIFE PATH: A LOOK AT THE BIG PICTURE

In daily operations, we see only the "pixels" of our lives. Ayahuasca provides the opportunity to radically change the scale and see the entire picture as a whole.

- Assembly Points: You begin to see patterns. Why do you choose exactly these types of partners? Why do you step on the same rakes in different projects? These are not accidents, but patterns of your mission that you previously ignored.
- Unifying Past and Future: The Medicine experience allows you to integrate past failures as a necessary foundation for future scale. You stop fighting your biography and start using it as a resource.

FORMING A LONG-TERM VECTOR

Purpose is not a destination; it is a vector. It is the answer to the question: "What kind of instrument in the hands of the world am I?"

- Business as Manifestation: Your business stops being just a source of income and becomes a means of realizing your mission. This changes the quality of your decision-making: you stop entering projects that contradict your internal code, even if they promise quick profits.
- Authentic Lifestyle: Aligning your daily life, social circle, and work schedule around your values. This is the highest form of efficiency—when not a single joule of your energy is wasted on overcoming internal resistance.

MY VERDICT

In asset management, there is a concept of strategic fit. If an asset does not fit the fund's mission, it is sold. Life is exactly the same. Finding your purpose is not about meditating under a palm tree; it is about optimizing your most expensive asset—your time. When you find your vector, environmental resistance drops nearly to zero. You stop "rowing" and start "soaring." This is the true ROI that Ayahuasca gives a Leader: a transition from survival and struggle to conscious creation at your true scale.

Critical Vulnerability

Expecting that purpose will arrive in the form of a clear job description. No, it will arrive as a sense of resonance. Do not look for a "job title"; look for the state in which you are maximally effective and simultaneously at peace. If you wait for a voice from the cosmos to tell you to "go into logistics," you risk missing the real insight.

The Core Principle

Your personal mission is the intersection of your unique talents and the world's needs. Ayahuasca only spotlights this point, but stepping into it and organizing your life around this axis is your task during the integration period.



6.6. CONVERTING INSIGHTS INTO MATERIAL SUCCESS AND LEADERSHIP

For a businessman, Ayahuasca is not a way to escape from work, but a way to conduct it on an entirely different level. If you have become "too spiritual" to care about profit after a retreat, you have failed the process. A Leader's true transformation is always reflected in the numbers, the quality of management, and the scale of projects. We are moving from "cosmic software" to its practical application in the operational environment.

MANAGEMENT EVOLUTION: INTUITION AS A BI SYSTEM

In the uncertain landscape of 2026, classical forecasting models often fail. A Leader needs "gut feeling," which is actually the brain's ability to process thousands of weak signals simultaneously.

- Systems Vision: After the retreat, the brain becomes accustomed to seeing the entire business architecture rather than isolated problems. You begin to notice how a conflict in the sales department is directly linked to your internal state or an old psychological trauma.
- Intuitive Decision-Making: This is not guesswork. It is the brain operating in a high-connectivity mode, where logic and experience merge with an instantaneous reading of the context. You simply "know" which contract to sign and which project to exit, bypassing hours of agonizing deliberation.

EMOTIONAL INTELLIGENCE (EQ): THE TEAM AS A LIVING ORGANISM

Leadership is not about control; it is about influence. Ayahuasca radically increases your EQ, which becomes your primary management lever.

- Reading the Field: You begin to see the true motives of partners and employees behind their words. This saves months of empty negotiations and prevents betrayals.
- Management via State: Your team always mirrors your state. If you are calm, clear, and "in the spirit," the system operates without glitches. If you are in "turmoil," no KPIs will help. A post-retreat Leader manages not people, but the frequency at which their company operates.

CREATIVE BREAKTHROUGH: FINDING NON-STANDARD SOLUTIONS

In expanded states of consciousness, the boundaries of the "possible" vanish. Ideas that previously seemed insane become logical strategic moves after the retreat.

- Breaking Patterns: You step outside industry stereotypes. This state is exactly where products that create new markets are born (Blue Ocean Strategy).
- Synthesis of Knowledge: The ability to connect ideas from completely different fields—biology, art, high technology—into a single business solution.

TOOL: THE "ROI CONVERSION" MATRIX

Technology for Translating Abstract Visions into Concrete Profit:

1. "Symbol" Layer: What did I see? (e.g., A golden flow squeezed inside a tight pipe).
2. "Business Projection" Layer: Which process does this correspond to? (e.g., Cash flow in the company is being blocked by excessive bureaucracy or outdated regulations).
3. "Solution" Layer: What needs to be done? (e.g., Simplify the approval system, shorten the decision-making chain).
4. "Result" Layer: Which KPI will change? (e.g., 15% increase in capital turnover speed).

MY VERDICT

The business world today is a war of states. The winner is the one with the highest brain bandwidth and the fewest internal filters. Converting insights is not a miracle; it is standard management work. If you saw in a ceremony that your business is a "withering tree," do not go and meditate on it. Go and change the irrigation system (financing) or transplant it into different soil (market pivot). Leadership after Ayahuasca is the leadership of action, backed by superhuman clarity.

Critical Vulnerability

Retreating into "Blissfulness." A dangerous trap is deciding that money no longer matters. Remember: money is energy and an indicator of your system's health. Use your new abilities to create more value, rather than justifying inaction with "enlightenment."

The Core Principle

Your new efficiency is the best indicator of the retreat's quality. If an insight did not lead to a decision that saved time or made money, it was merely a special effect.

6.7. TRANSFORMATION OF RELATIONSHIPS AND SOCIAL ENVIRONMENT

When a Leader changes, their entire "ecosystem" inevitably begins to shift. In systems dynamics, this is called the law of homeostasis: the old environment will try to return you to your previous state because it is comfortable and predictable. Your task after Ayahuasca is not to let the system "pull" you back, but to rebuild it to match your new scale and clarity.

HEALING FAMILY BONDS: FROM TRANSACTIONS TO INTIMACY

For a businessman, family often turns into just another project with a set of obligations. The Medicine reveals this layer, showing that behind a facade of prosperity, there are often suppressed resentments and a deficit of real attention.

- Forgiveness as Writing Off Bad Debt. Grudges against parents or spouses are toxic assets that "eat up" your RAM for years. In the ceremony, you see their true scale. Integration here is the ability to approach and honestly say: "I forgive you, and I ask for your forgiveness." This releases a colossal volume of energy.
- Deep Communication. After the retreat, you begin to hear not just the words of your loved ones, but their feelings. This changes the quality of interaction: you stop "paying them off" with gifts and start being truly present in the family's life.

AUDITING THE SOCIAL CIRCLE: WHY FRIENDS "FALL AWAY"

This is the most painful but necessary stage. Your environment is a mirror of your state. When you upgrade your consciousness, the old circle may start to cause discomfort.

- Frequency Gap. If previously you bonded with friends over complaining about life, discussing competitors, or consuming alcohol, these points of contact vanish. You lose interest in "draining" energy into empty talk.
- The Mirror Effect. Your new clarity and calm may irritate those accustomed to chaos. People will subconsciously provoke you to check if the "new you" is real or just a temporary euphoria.
- The New Circle. Do not fear the void. Toxic connections are always replaced by people of your new level—those with whom you can create, not just waste time.

ESTABLISHING HEALTHY BOUNDARIES AND EXITING SCRIPTS

A Leader often takes on the role of "Savior" or "Controller" not only in business but in society as well. Ayahuasca spotlights these destructive roles.

1. The Right to Say "No." You learn to decline projects and people that do not align with your values, without feeling guilt.
2. Exiting Triangles. You stop participating in intrigues and manipulations. Your communication becomes direct and efficient.

TOOL: THE "5 QUESTIONS FOR YOUR RELATIONSHIPS" GUIDE

Use this tool to audit every significant connection (partners, friends, relatives) during the first month after the retreat:

1. Energy Exchange: Do I feel energized or drained after communicating with this person?
2. Values: Does this person support my new vector of development or pull me back into old patterns?
3. Honesty: Can I be completely open with them, or do I have to wear a mask?
4. Role Model: What am I learning in this relationship—creation or survival?
5. Perspective: Do I see this person in my life 5 years from now?

MY VERDICT

In business, we regularly conduct inventory audits and clean up our counterparty databases. Relationships require the same regular verification. If your circle isn't pulling you up, it is inevitably pulling you down. Transforming the social environment after Ayahuasca is not about becoming a "lone wolf," but about surrounding yourself with those who resonate with your true essence. Your family and friends are either your rear guard or your ballast. Choose consciously.

Critical Vulnerability

Attempting to "Inflict Good." The greatest temptation is to start forcibly "healing" and "enlightening" your loved ones. Remember: you have changed, but they have not. Your task is to lead by the example of your new, happy, and effective life, not by giving lectures. Give them time to adjust to your new "Self."

The Core Principle

Your social environment is the operating system in which you work. If it is infected with viruses, your new software will constantly glitch. Clean up your relationships to consolidate the results of the retreat.

6.8. CONSOLIDATING NEW HABITS AND FREEDOM FROM ADDICTIONS

For a Leader, any addiction is a "hole" in the security system through which energy, focus, and ultimately, control over one's own life leak away. Whether it's alcohol, nicotine, sugar, or endless news scrolling—these are crutches that prevent you from standing on your own two feet. Ayahuasca provides a unique opportunity to perform a biological rewiring of these scenarios, but maintaining this purity is your daily management task.

BIOLOGICAL REWIRING OF ADDICTIONS

Addiction is not a weakness of will; it is a stable neural highway through which your brain is accustomed to receiving cheap dopamine. The Medicine acts here as a powerful solvent: it softens these old paths and spotlights their destructiveness.

- Resetting the Dopamine Counter. After the retreat, the sensitivity of your receptors is restored. What previously required a liter of whiskey or a pack of cigarettes now feels excessive and toxic. You begin to derive pleasure from simple things: the taste of food, clean air, deep sleep.
- Rejecting Stimulants. Leaders often rely on caffeine and sugar to maintain their pace. But this is living on credit from your own organism. Ayahuasca reveals your real energy level. Integration here is the transition to natural resource sources.

DESIGNING A SUPPORTING ROUTINE

New neural connections are like jungle paths: if you don't walk them every day, they become overgrown instantly. You need discipline to serve as the framework for your new personality.

1. Morning Tuning. Meditation, breathwork, or simply 15 minutes of silence before entering the work stream. This is not a "spiritual practice"; it is the calibration of your measuring instrument (the brain) before decision-making.
2. Physical Intelligence. Exercise without self-violence. The body must be toned to withstand the increased flow of energy. When your "hardware" is in order, the "software" runs without lags.
3. Attention Hygiene. Strict control of the incoming flow. Delete redundant apps, unfollow toxic people. Your attention is your capital. Do not invest it in trash.

MANAGING ROLLBACKS: WHAT TO DO WHEN OLD PATTERNS RETURN

A "rollback" is not a failure; it is a system stress test. Old habits will attempt to return, especially during moments of high stress.

- The Observer Principle. If you feel the urge to slip into an old pattern (e.g., yelling at an employee or having a drink), do not blame yourself. Simply log it: "Oh, an old program is trying to launch." That two-second gap is enough to make a conscious choice.
- Trigger Analysis. Every rollback has a cause. Where did you lose your resource? Where did you betray yourself? Use the rollback as a diagnostic tool rather than a reason for self-flagellation.
- Support Group. Do not try to be a lone hero. The SACRUNA community or your integration coach is your "support desk" to help return the system to an operational state.

MY VERDICT

In business, we call this "technical maintenance." You don’t expect a car to run forever without an oil change. Your body and mind are your primary assets. Freedom from addictions is not a restriction; it is the highest form of luxury and efficiency. When you are clear, your "gut feeling" works at 100%, and your will is not wasted on fighting yourself. Purity is your competitive advantage.

Critical Vulnerability

Overconfidence. "I've been through Ayahuasca; now I'm made of iron." No, you are still human. If you decide to "test yourself" with one glass or one cigarette a week after the retreat, you risk an immediate rollback. For the first 90 hours/days, maintain a distance from your former addictions. Protect your new frequency.

The Core Principle

Habit is a brick in the foundation of your success. Choose what you build your new life with. Discipline is not a prison; it is the protection of your freedom.



6.9. LONG-TERM DEVELOPMENT STRATEGY

Transformation after Ayahuasca is not a one-time event, but the launch of a new life cycle. In business, we call this strategic planning: you don’t just record quarterly profits; you align a development vector for years to come. If you fail to turn your insights into a long-term strategy, in six months you risk finding that the retreat's magic has become a mere memory, while your personal and business metrics have reverted to their legacy values.

PRACTICE PERIODICITY: WHEN IS IT TIME TO RETURN?

One of the most frequent questions is: "How often should I undergo this experience?" The answer is simple: the Medicine is not entertainment or "doping"; it is a deep system audit.

- Cycle Completion. Do not return until you have integrated at least 70% of what you received last time. If you haven't implemented changes in your life, a new session will only add mental noise.
- Systemic Request. It is time to return when you have reached a new level of scale and encountered limitations that defy logical analysis. When the "ceiling" has become obvious, and you need new navigation tools.
- Preventative Maintenance. For many leaders, a deep dive once a year becomes a standard for cognitive hygiene. It’s like an annual health check-up, but for your strategy and purpose.

CREATING A PERSONAL TRANSFORMATION PLAN (6–12 MONTHS)

Integration doesn't end after 30 days. The true seeds of the experience germinate after six months.

1. Quarterly Iterations. Break your large insights into small steps. If you saw the need for a niche pivot: the first quarter is for research, the second for testing, and the third for scaling.
2. State Monitoring. Make it a habit to re-read your retreat journal once a month. You will be surprised by how differently your notes resonate after 180 days.
3. Course Correction. Be prepared for your insight to transform after six months. This is normal. A living strategy is always adaptive.

COMMUNITY: THE IMPORTANCE OF YOUR PEER GROUP

"Executive loneliness" is a reality for many top managers. After Ayahuasca, this feeling may intensify as your interests shift.

- Supporting Environment. Participation in SACRUNA's private communities is not about "socializing," but about communicating on the same frequency. Here, you don't need to explain the basics; you are understood perfectly.
- Experience Exchange. By listening to how other leaders implement insights into management or relationships, you gain ready-made case studies for your own growth.
- Resonance Effect. Being among people striving for awareness prevents you from "falling asleep" and returning to the matrix of habitual automatism.

TOOL: THE "30/60/90 DAY" PLANNER

Your operational plan for implementing insights to ensure the retreat becomes the foundation of your success:

- 00–30 Days: Stabilization and Grounding.
  - Execution of the Silence Protocol.
  - Physical detox.
  - Recording all insights.
  - Goal: Avoid leaking energy and making impulsive moves.

- 31–60 Days: Hypothesis Testing.
  - Initiating small changes in business and life.
  - First open conversations with partners/family based on new values.
  - Goal: Verify insights against reality.

- 61–90 Days: Scaling and Consolidation.
  - Finalizing strategic decisions (if they stood the test of time).
  - Establishing a new routine.
  - Goal: Make the changes irreversible.

MY VERDICT

In business, the winner is not the one who starts fastest, but the one who builds a working system. Your transformation is also a project. It must have deadlines, KPIs, and control stages. If after 90 days your life has not improved in quality, it means you slacked off during integration. A long-term strategy is your insurance against becoming a "professional retreat tourist"—someone who knows a lot but changes nothing.

Critical Vulnerability

Loss of Discipline. After three months, the "magic" will fade, and only your will remains. Many people quit their practices at this point and revert to old habits. Remember: this is exactly when the real work begins. Do not let the daily grind consume your results.

The Core Principle

The retreat provides the impulse, but you set the direction. Use the 30/60/90 Planner as your compass. Your task is to look back in a year and not recognize the person you were before entering the Maloca. That is the true ROI.

MODULE VI SUMMARY: TRANSITIONING TO THE STATUS OF ARCHITECT

We have completed the most critical stage—turning insights into a functional reality. If you have worked through all the chapters in this section, you now hold not just a list of impressions, but an operational map of transformation. You are no longer a seeker; you are the Architect of your future, capable of grounding the highest meanings into concrete, earthly results.

FINAL IMPLEMENTATION CHECK-UP

Before turning the page, ensure that you have grounded your experience on three key levels:

- Biological Level: You have recognized the value of the neuroplasticity window and allowed yourself 30 days to hardwire new neural pathways without unnecessary noise or toxins.
- Management Level: Your visions have been translated into the language of numbers, charts, and concrete decisions. The ROI Matrix is complete.
- Social Level: You have conducted an audit of your environment and established boundaries that protect your new frequency from legacy system errors.

A WORD FROM ALEX

Integration is the point where most "spiritual tourists" fail, sinking back into their familiar swamp a month after the retreat. But a Leader is distinguished by the ability to sustain results.

For me, it was critically important that this journey was not a solo endeavor. You cannot win the war alone when you are playing against years of environmental habits rooted in chaos. This is precisely why at SACRUNA, we are building more than just a retreat center—we are creating a closed support ecosystem. We take on the role of your "Technical Department" for matters of consciousness, helping you maintain a state of clarity within the aggressive environment of the metropolis.

Now that you know how to achieve a result and consolidate it, it is time to discuss the foundation without which all of the above loses meaning—

Protection. In business, we call this Due Diligence. No sensible investor enters a deal without a deep audit of the risks. With Ayahuasca, the rules are the same.

WHAT'S NEXT?

Many make a fatal error by rushing into the process without a proper verification of the input data. To ensure your upgrade doesn't turn into a system failure, we move to the most pragmatic section of the book.

Module 7. Workshop: Diagnostics and Coaching

- Why, without accurate diagnostics, a retreat amplifies chaos rather than transformation, and how to digitize your readiness at the physical, psychological, and strategic levels.
- Designing Intentions: how to turn a vague "I want change" into a precise command to the subconscious and a strategic growth vector.
- Alchemy of Reality: how to translate mystical images and insights into KPIs, deadlines, and management decisions.
- The Architecture of Irreversible Transformation: Why Mentoring is Important for Leaders and How to Build a 6-12 Month Personal and Business Growth Strategy

MODULE VII. WORKSHOP: DIAGNOSTICS AND COACHING

This Module is a bridge between theory and your personal transformation. You have completed six modules: you studied the history of the Medicine, understood the mechanics of the process, examined the safety system, mastered preparation, navigation within the ceremony, integration, and the evidence base. Now we move from general knowledge to the individual design of your experience.



WHY PRECISE DIAGNOSTICS ARE NECESSARY

In business, you do not begin expansion into a new market without understanding the real state of affairs within the company. With Ayahuasca, the rules are even stricter. The Medicine operates according to the principle of amplification: it significantly magnifies what you bring into it. If you enter with chaos in your mind and an unclear intention, you will exit with amplified chaos.

To minimize risks and avoid informational noise during the process, it is necessary to undergo professional diagnostics. We eliminate uncertainty and replace it with precise data about your current state. Only by understanding your "Point A" can you build a route toward "Point B."

In this Module, we will conduct a deep audit of your readiness, refine your Intention, and develop a strategy for implementing insights into daily activity.

MODULE CONTENTS

7.1. Test-Drive of Consciousness: “Do I Need a Retreat?”
An advanced readiness assessment system: physical, psychological, and energetic levels.

Tool: “Entry Ticket to Awareness” Audit.

7.2. Your Strategic Coaching Session.
Why a personal review with an expert is half the success of your future process.

Tool: “Intention Design” Protocol.

7.3. Integration Coaching Methodology.
Technology for translating metaphorical revelations into concrete decisions and managerial actions.

Tool: “Alchemy of Reality” Matrix.

7.4. VIP Support and Mentorship.
Protocols of personal guidance for business owners and the formation of a long-term growth strategy.

Tool: “Architect of the Future” Map.



CHAPTER 7.1. TEST-DRIVE OF CONSCIOUSNESS: "DO I NEED A RETREAT?"

At the beginning of the Protocol, you completed an express audit—fifteen questions that fixed your "Point A." That tool was created for initial orientation: to understand where your system is malfunctioning. Now that you have studied all six modules and understand the mechanics of the process, it is time for deeper diagnostics.

The test-drive of consciousness is not a psychological quiz from a glossy magazine. It is an assessment system that allows you to quantify your readiness to meet the Medicine and determine whether this experience will become a lever of growth—or a premature trial for which your system is not yet prepared. We analyze three critical levels.

LEVEL 1. PHYSICAL FOUNDATION

Your body is the hardware platform. Ayahuasca imposes strict demands on your biological system. If the hardware has critical defects, entry into the process may be blocked by the organism's own safety system.

- Medical filters. We check for contraindications described in detail in Module 3. This includes indicators of the cardiovascular system and your current pharmacological background. Ignoring this data is not a risk—it is a managerial error with potentially fatal consequences.
- Level of internal toxicity. Your readiness to follow the dietary protocol. If the system is overloaded with surrogates, the effect of the Medicine will be directed toward basic cleansing rather than obtaining strategic answers.
- Biological resource. Does your organism have sufficient resilience to endure many hours of intensive work within the ceremony?

LEVEL 2. PSYCHOLOGICAL LANDSCAPE

At this level, we identify your blind zones—psychological defense mechanisms built over years to function effectively in a competitive environment.

- Control coefficient. The more accustomed you are to controlling external reality, the stronger your ego's resistance during the process. The test will show whether you are capable of consciously releasing control.
- Psychological flexibility. Assessment of your ability to integrate nonlinear experience. Are you prepared for your usual logic to temporarily stop functioning?
- Perception barriers. We identify hidden fears—fear of losing authority, fear of insanity, fear of irreversible change—that may become a glass ceiling in your experience.

LEVEL 3. EXISTENTIAL AND STRATEGIC READINESS

Ayahuasca requires a high level of internal honesty. If your request is superficial, the Medicine simply will not allow you into the deep layers of the subconscious.

- Motivation analysis. If you are seeking an exotic attraction or a way to escape responsibility, the result will be zero. If you are seeking a tool for evolution—the system will give a green light.
- Resource for integration. Transformation does not end in the Maloca. Do you have the time, energy, and readiness to implement the acquired knowledge into real life after returning?

TOOL: "ENTRY TICKET TO AWARENESS" AUDIT

Rate each statement on a scale from 1 to 5, where 1 means "completely unprepared" and 5 means "fully prepared." Be honest: inflated scores will not help you—they will hinder you.

BLOCK A. PHYSICAL READINESS

1. I am prepared to strictly follow the diet and refrain from habitual stimulants (coffee, alcohol, sugar) for at least 2–4 weeks.
2. I have no medical contraindications (cardiovascular pathologies, psychiatric diagnoses, incompatible medications).
3. I feel that my organism has sufficient resilience for intensive internal work.

BLOCK B. PSYCHOLOGICAL READINESS

4. I understand that during the ceremony I may completely lose control over my perception of reality, and I accept this.
5. I am prepared to face the most unpleasant aspects of my personality without attempting to justify them.
6. I understand that Ayahuasca may dismantle my current beliefs about myself and the world.

BLOCK C. STRATEGIC READINESS

7. My request concerns fundamental changes, not the search for a "magic pill" for temporary fatigue.
8. I am ready to allocate time and resources for high-quality integration after the retreat.
9. I understand that the result depends on my internal work, not solely on the action of the Medicine.

BLOCK D. LIFE READINESS

10. The investment in the retreat is a conscious investment in development, not an attempt to spend my last money on a "miracle."
11. My close ones are informed to the necessary degree, and my absence will not create a critical collapse in affairs.
12. I am ready to temporarily disconnect completely from operational business management.

SUMMING UP

Add up the points across all 12 questions.

- 50–60 points: High readiness. Your system is balanced. You understand the price and value of the process and are ready for deep immersion.
- 35–49 points: Adjustment required. You have potential, but certain blocks —physical or psychological—require preliminary work. It is recommended to return to Modules 3 and 4 and pay special attention to preparation.
- Below 35 points: Entry temporarily closed. At this stage, Ayahuasca may be ineffective or unsafe. A personal coaching session is recommended to eliminate foundational deficits and clarify goals.

Important:

Attempting to inflate your scores is a trap. If you are dishonest at the diagnostic stage, the Medicine will expose the real state of affairs anyway—but it will do so harshly and without preparation. Honesty here is not a virtue —it is a safety technique.

The result of this audit is not a verdict, but a guide to action. If you have identified weak zones, you now know where to direct your attention when designing your Intention.

CHAPTER 7.2. YOUR STRATEGIC COACHING SESSION: REFINING THE INTENTION

If the previous chapter helped you conduct an inventory of your resources, the strategic coaching session is the moment when we transform collected data into an operational plan. In business, you do not send a team into a complex project with the vague goal of "do something useful." You define a clear objective, determine metrics, and analyze risks. Work with Intention requires the same discipline.

WHY THIS SESSION IS COMPLIMENTARY

This is not charity — it is an element of our preparation system. Over the years, we have become convinced: the quality of entry determines the quality of the result. A person with a sharpened Intention resolves in one ceremony issues that take others years. A person with a vague request receives a vague experience.

The session lasts 40 minutes and is conducted one-on-one with a SACRUNA expert. We analyze your profile from Chapter 7.1, answer questions that remain after studying the Protocol, and together determine whether you are ready for the next step — and if so, which path suits you specifically. If we see that your request does not correspond to the depth of the method, we will state this directly — this preserves your resources and our time.

TURNING DESIRE INTO INTENTION

Most people approach Ayahuasca with vague desires: "I want happiness," "I want to understand myself," "I want more money." For the subconscious, this is empty noise. During the session, we refine — transforming this fog into a precise vector.

- Test Result Analysis. We take your profile from Chapter 7.1 and examine deficits. If you have a high control coefficient, your Intention must include work with trust in the process. If you experience a vacuum of meaning, we focus on mission discovery.
- Request Decomposition. We separate what you "want" from what you "need." Often, a leader believes they need business scaling, when in reality their system requires a total cleansing from the fear of losing authority.
- Vector Formation. Intention is not a request to the universe. It is a command to your own subconscious. It must be concise, precise, and free of ambiguity.

WORKING WITH INDIVIDUAL BARRIERS

At this stage, we expose deep blocks that slow your growth. Most often, we work with two key fears.

- Fear of Losing Control. A leader is accustomed to keeping a hand on the pulse. In ceremony, this skill becomes the primary obstacle. We develop an individual strategy of release — how to allow the Medicine to do its work without attempting to manage the process.
- Fear of Dismantling the Familiar Identity. You are accustomed to being a certain person. During the session, we prepare you for the possibility that this image may be dismantled. We design your internal support structure — what you will rely on when old constructs disappear.

TOOL: "INTENTION DESIGN" PROTOCOL

This questionnaire is a mandatory preparation stage before your coaching session. It activates your subconscious work even before the meeting. Write your answers down — this translates thoughts from the category of dreams into technical specifications.

1. Current Pain
Describe one specific situation in your life or business that currently drains the most energy. What is its true cause if external circumstances are removed?

2. Resource Inventory
If tomorrow you received ten times more energy and clarity, what single action would you direct it toward? Why are you not doing this now?

3. Honesty Check
What are you afraid to admit to yourself? For example: “I hate my business,” “I do not love my spouse,” “I fear I am mediocre.” The Medicine will show this anyway — it is better to name things honestly in advance.

4. Intention Outline
Formulate your request in one sentence beginning with: “I intend...” Avoid negations.

5. Expected Result
How specifically will your life change three months after the retreat if your request is fulfilled? Name three measurable indicators: in business, in relationships, and in health.

Important:

Attempting to arrive at the session with a “beautiful,” socially approved request is a trap. If you tell the coach what a conscious leader “should” say, while inside you burn with hatred or primal fear — the work will not proceed. The Medicine works not with what you say, but with what you feel.

Intention is the steering wheel of your ship in the ocean of the subconscious. Without it, you are a drifting vessel. With it — a vector precisely directed toward the target.

CHAPTER 7.3. INTEGRATION COACHING METHODOLOGY: HOW TO SUSTAIN THE "HIGH-FLIGHT" STATE

The greatest strategic mistake made by 90% of transformation seekers is the belief that the work is finished the moment they leave the Maloca. In business, you do not consider a project complete after signing a memorandum of intent; the real work begins at the stage of implementation, debugging, and scaling. With Ayahuasca, it is identical.

Integration is the process of translating the quantum experience received in the ceremony into solid results in your daily life. If you do not conduct this stage professionally, your experience will remain merely a "beautiful memory," and your system will inevitably revert to old settings under the pressure of habitual surroundings. The AYAHUASCA PROTOCOL: The Ultimate Standard for the Preparation and Transformation of Leaders considers integration an engineering process of installing new "software" into an old architecture of reality.

THE ALCHEMY OF CHANGE: TRANSLATING METAPHORS INTO KPIS

In the space of Ayahuasca, the subconscious speaks in symbols, archetypes, and visceral revelations. You may see yourself "dissolving into the ocean" or "shedding snake skin." These are powerful images, but by themselves they will not increase your profit or repair relationships with partners.

The SACRUNA methodology consists of "decoding" these metaphors. We help you answer the question: "What does this image mean for my business next Monday?"

- Metaphor: “I saw my building collapse to its foundation.”
- Decoding: Your current business model has exhausted itself and survives only by inertia.
- KPI: Develop a liquidation plan for unprofitable divisions and launch a new project within 30 days.

WORKING WITH “SYSTEM RESISTANCE”

When you return after the retreat, you are an updated version of yourself. But your environment remains the same. Your employees, partners, and even family will subconsciously attempt to return you to previous patterns, because the “new version” of you is unfamiliar and possibly threatening to them.

In business, this is called resistance to change. Integration coaching provides protocols to protect your new state:

1. Information hygiene: Decide whom to share your experience with and where silence is wiser in order to avoid wasting energy explaining yourself to skeptics.
2. Ecological implementation: How to change management structures without provoking rebellion within the team.
3. Boundaries and priorities: How to prevent old toxic connections from consuming your new resource.

TOOL: “ALCHEMY OF REALITY” MATRIX

This matrix is your primary instrument during the first 30 days after returning. It allows you to convert extraordinary experience into measurable ROI. Use it to record every significant insight.

Insight from Ceremony (Image/Feeling)	Psychological Meaning	Concrete Decision in Business/Life	Dead-line
Example: Saw myself in iron armor that prevented breathing.	Meaning: Excessive control and fear of appearing weak are blocking your growth.	Decision: Delegate operational management of Department “X” to deputy.	Deadline: By the 15th.
Example: Black void in the heart in relationship with father.	Meaning: Resentment toward father blocks access to masculine energy and authority.	Decision: Personal meeting or call with father. Closure of old grievances.	Deadline: Within 7 days.
Example: A voice said, “You are building a castle on sand.”	Meaning: The current project lacks fundamental values.	Decision: Conduct a full annual strategy audit.	Deadline: By the end of the month.

MY VERDICT

I have seen leaders who, after a retreat at SACRUNA, closed deals within a month that had stagnated for years. And I have seen those who returned to cigarettes and endless meetings within two weeks because they ignored the integration stage. Remember: Ayahuasca gives you only the key and the map. Opening the door and walking the path is your responsibility, using the tools from Module 7. Integration is what transforms a “trip” into real evolution.

Critical Vulnerability

The attempt to “destroy everything old” during the first week after returning. On a wave of euphoria, you may want to fire your entire team or file for divorce. The integration protocol forbids making life-altering decisions during the first 14 days. Your task is first to ground the energy and test your insights for stability.

The Core Principle

The effectiveness of a retreat is measured not by the depth of visions, but by the quality of your life six months later. The “Alchemy of Reality” Matrix ensures that no revelation is wasted, but instead transformed into an asset.



CHAPTER 7.4. VIP SUPPORT AND MENTORSHIP: THE IRREVERSIBILITY OF TRANSFORMATION

For a high-level leader, a retreat is merely an R&D phase (research and development). However, any brilliant development risks remaining a prototype if it is not implemented into serial production within the system of your life. In business, you know that launching a product requires post-sales support, monitoring, and timely course correction. Mentorship within SACRUNA is your quality-control department, ensuring that transformation becomes irreversible.

THE AYAHUASCA PROTOCOL

The Ultimate Standard for the Preparation and Transformation of Leaders, in this final block, moves from targeted interventions to systemic management of your future. Mentorship is necessary for those who understand that deep change requires time for "settling" and professional support when facing large-scale challenges.

PROTOCOLS OF PERSONAL GUIDANCE

Working with business owners requires a special level of confidentiality and an understanding of complex systems. We offer not simply "conversations," but structured guidance according to protocols adapted to your objectives.

1. Protocol "Scaling": Support during periods of key investment decisions or paradigm shifts in business. We help maintain the focus obtained in ceremony when responsibility and old thinking habits begin to exert pressure.

2. Protocol “Relationship Reconstruction”: Precision work in restructuring relationships with key partners or family members. We act as moderators of your new state within old social contexts.
3. Protocol “Energy Balance”: Monitoring your vitality. We teach you to recognize early signs of rollback into old burnout patterns and provide tools for immediate self-correction.

FORMATION OF A LONG-TERM STRATEGY (6–12 MONTHS)

Neural rewiring after working with Ayahuasca takes time. The first weeks are characterized by euphoria, but after 3–4 months a critical point occurs when the old system attempts a final comeback.

Year-long mentorship allows you not merely to survive this period, but to use it as a launching platform. We help you construct a long-term growth strategy where each month contains clear objectives for updating your personal and business indicators.

ACCESS TO A CLOSED ALUMNI COMMUNITY

Leadership is often a solitary path, but transformation requires an environment of equals. You gain access to a closed circle of individuals who speak your language — the language of awareness and tangible results. This is a space where your changes do not provoke skepticism but receive reinforcement and amplification. Here, new forms of partnership are formed, based on shared values and experience of passing through the AYAHUASCA PROTOCOL: The Ultimate Standard for the Preparation and Transformation of Leaders.

TOOL: "ARCHITECT OF THE FUTURE" MAP

This map is your strategic plan for the coming year. It is completed jointly with a mentor and serves as a visual compass for your development.

1. Event Horizon (Vision)

Where are you and your business in 12 months? Describe the state of the system, its scale, and your role within it. These are not "dreams," but a precisely designed reality.

2. Milestones

Divide the year into quarters. What must change in each block (Physical, Psychological, Business, Family) by the end of the 3rd, 6th, and 9th months? Which "bugs" of the past must be permanently removed by those dates?

3. Response Protocols

What actions do you take if you sense a rollback? A list of preventive measures and triggers for requesting emergency support from your mentor.

4. Resource Support

A schedule of monthly integration sessions and supporting practices. Your calendar, in which time for yourself and your evolution has the same priority as a board meeting.

MY VERDICT

I created the mentorship system because I once found myself alone with a colossal volume of energy after the jungle and made mistakes that could have been avoided. A leader should not waste time reinventing the wheel in matters of integration. VIP support is an opportunity to use our collective experience as an accelerator. It is your guarantee that investment in the retreat will bring not just insights, but a new life constructed according to your own principles.

Critical Vulnerability

The attempt to "handle it alone" after receiving a powerful experience. This is a trap of the ego, which believes it now "understands everything." Remember: your previous management system was formed over decades. To solidify a new architecture, an external observer is required — someone whose perspective is not distorted by your habits.

The Core Principle

The "Architect of the Future" Map transforms a one-time event into a continuous evolutionary process. It is the choice of those who play long-term and understand that true power begins with absolute mastery of oneself.

CONCLUSION OF MODULE 7

We have completed Module 7. You now have a complete understanding of how to prepare, how to move through the experience, and how to make its results the foundation of your future success. The AYAHUASCA PROTOCOL: The Ultimate Standard for the Preparation and Transformation of Leaders is now fully revealed in its applied dimension.

AFTERWORD

You have read this far, which means your curiosity or your pain proved stronger than your skepticism. This is the first and most important filter. In a world where every other person calls himself an expert and every third a spiritual teacher, you have chosen the path of numbers, facts, and rigorous systematicity.

You have worked through all eight modules of the Ayahuasca Protocol. This means you know more than 99% of the people who have ever sat in a ceremonial circle. You understand the mechanics of the process, see the risks, and know how to prepare for them. But I want to be candid with you to the very end.

KNOWLEDGE IS NOT YET TRANSFORMATION

Everything you have read is a map of a minefield through which I once walked blindly. I made every possible mistake so that today you would have this document. But a map does not replace the journey. The Ayahuasca Protocol is 10% of the path. The remaining 90% begins the moment you take your first sip of the Medicine, and continues for months afterward — in integration, in decisions, in a new quality of life.

If you recognized yourself in even a few points from the "Anatomy of Intent," If your Audit revealed hidden strain — or something deeper — your subconscious has already begun its work. Take note: which modules provoked the greatest resistance in you? Where did you want to close the document and say "this is not about me"? That is precisely where your point of growth lies.

DO NOT WAIT FOR THE PERFECT MOMENT

You are standing on a threshold right now. On one side — familiar life, achievements, and proven management methods. On the other — complete uncertainty and a chance at a fundamental reset, after which the world will never be the same again.

I know what a leader feels at this moment. You are accustomed to controlling everything: from capital flows to the mood of your team. The idea of voluntarily relinquishing control may seem like madness. But recall the

results of your Audit. If your system is operating at its limit, if critical breakdowns have accumulated within it that you can no longer ignore — the time has come for radical measures.

Over years of work I have seen the same scenario dozens of times. A successful person reads, studies, understands — and postpones. "Now is not the time. I will close the quarter. I will wait for the vacation. I will sort things out with my partner." A year passes, then two, then five — and nothing changes. The perfect moment does not exist. There is only the moment when you decide to stop postponing your own life.

YOUR NEXT STEP

Your old ego will resist. It will whisper that this is dangerous, that you have no time, that this is not for you. But if you have read to this point — something greater than merely an entrepreneur has already awakened within you.

I have prepared two tools for you that will help make the transition from knowledge to action. The first is an expanded diagnostic test. This is not the express audit from the beginning of the Protocol, but a deep quantification of your state across all five blocks. It is free and will take no more than fifteen minutes, but will give you an objective picture of what you will bring to the Medicine.

The second is a personal strategic coaching session with a SACRUNA expert. One on one, confidential, with no obligations. We will go through your test results, answer the questions that remained after reading the Protocol, and together determine whether you are ready — and if so, which path is right specifically for you. This session is my gift to everyone who has read the Protocol to the end.

Do not postpone. Remember: knowledge without action is simply informational noise. You are the one who must step out of the aircraft into open space.

We do not guarantee that it will be easy. But we do guarantee that you will never be the same again.

I'll be waiting for you on the other side. There, where words end and real life begins.

Alex Goodman, founder of SACRUNA