

## A Magical Medicine



### Sacred Shamanic Plant Medicine

Ayahuasca is often described as hallucinogenic, but this is not really an accurate description. It is an entheogen, which means it operates on an empathic and deeply insightful nature and often produces visual, colourful displays within the mind.

Ayahuasca is the name for a sacred shamanic plant medicine from the Amazon Rainforest. Because of its strong cleansing, healing, and visionary effect, it has a long history of ritual usage by numerous indigenous tribes. Some tribes use this medicine for a cleansing of gut disease and physical illness, other traditional uses of ayahuasca include rituals for facilitating mental and spiritual healing.

The drink is made using a combination of certain plants, added to the Ayahuasca vine itself. The leaves of the Chaliponga plant (*Diplopterys cabrerana*), the Chacana plant or sometimes the root bark of the Jurema plant (*Mimosa hostilis*). The brew itself can contain many of selective healing plants in accordance with the intention of the medicine and for optimal healing or insight. These plants are cooked together for many hours to create the medicinal tea consumed ceremonially.

Ayahuasca is known to provide deep revelations about who we really are and our impact on the world around us. Perhaps it is best described as a very large, reflective mirror, because it can reveal to us our negative thought and behavioural patterns, unresolved traumas, and deeply rooted anxieties operating within our innermost being. Whilst at the same time show us our full potential, power and spectacular inner light of what we can achieve, when the material and imprinted dogma falls away.



**SUNGATE**