



Kambo Shift Experience

To rsvp for a small group or private session please send an email to yogagalactica@gmail.com

What is Kambo?

Kambo refers to the neurotoxin excreted and extracted from the back and legs of the Giant Monkey tree frog that lives natively in the amazon jungles of South America. This is a poison that protects it from predators and because of its strength the frog has no natural predators in the wild. The frog is not harmed during the process and a great amount of reverence and care goes into handling and extracting the medicine.

Indigenous legend says that a medicine man was trying to heal his village that had all become sick and none of his traditional methods were working. In a vision he was guided to the frog and it's poison and shown how to use it as a medicine to help his people. His vision proved to be accurate as he found the frog, extracted the venom and then applied it to his villagers eliminating their illness.

Kambo is still used by indigenous tribes of the amazon primarily to prepare the body for hunting as well as eliminate illness and disease. One of the main benefits of this medicine is it's ability to lift what is known as 'panema' which refers to bad luck, depression, anxiety, and heavy or dark energy.

Kambo use has now spread beyond the jungles and around the world from private practitioners to healing ceremonies and even into rehab and addiction recovery clinics.

Why work with Kambo?

In the jungle, tribes use Kambo as a tool to prepare for hunting. It can open up your senses, make you super focused and give you lots of stamina. They also use it to lift what they call “panema” which translates to bad luck, depression, anxiety and heavy or dense energy. It’s also used it to heal themselves from sickness including Malaria, colds and muscle aches and pains. For the last 30-50 years scientists have been looking deeply into the secretion from this predator-free amphibian and have found over a dozen peptides (short chain amino acids) which are bioavailable to humans, meaning we have receptor sites in our body to receive the medicine. There are no published studies done on humans in a scientific setting however lots of research has been done on the peptides that make up Kambo medicine. These peptides have the ability to help with the following:

- Inflammation
- Muscle and joint and pains
- Depression
- Intestinal cleanse
- Digestive aid
- Heightened awareness and endurance
- Increase Stamina
- Stimulating Adrenal cortex and pituitary gland
- Bacterial, microbial and fungal infection

Kambo may also help with the following: Parkinsons, Alzheimer’s, Cancer, HIV, Lymes disease, parasites, low blood circulation, arthritis, constipation, IBS, Organ stimulation, Endocrine stimulation, Addiction breaking.

Kambo is also a great way to jumpstart a cleanse or clear any blockages from allowing to obtain your goals and dreams. It has a way of working on an energetic level to lift heavy energy and fear which can translate into you going after exactly what you want without hesitation. Your intention for each session will help guide the outcome of your treatment and can give direction to this powerful medicine.

As a disclaimer we cannot guarantee that kambo will cure or fix specific ailments that you may be experiencing however it has the ability to help with many. Working with Kambo only once is like scratching the surface of an issue and it's recommended to have three sessions within a lunar cycle (one month) to get the full benefits of this medicine for each session it will travel deeper within the body. It is also good to work with Kambo throughout the year to help keep your immune system active and prevent sickness in the body.

Preparing for Kambo

Kambo is a powerful and intense experience. It is non-psychoactive, meaning there is no psychedelic qualities yet it's a full body, visceral experience often culminating with a relieving purge. Before using this medicine it is important to get clear with your intention as well as prepare yourself physically and mentally. Intentions can range from healing physical ailments, to letting go of past trauma, to clearing spiritual/emotional blocks along your journey. This will be unique to each participant. It is important that at least a few days before the application to start a healthy diet free of processed foods, refined sugars, over stimulation through caffeine, factory farmed meats, and dairy. Try to avoid alcohol and recreational drugs at least 72 hours prior to treatment. Medicinal cannabis is an exemption.

Most ceremonies will take place in the morning and **we ask that you not eat anything at 10-12 hours prior to treatment.** For example, have a light meal the night before no later than 8-9pm (no snacking). In the morning drink only water, no coffee or tea. The morning of please come to the session regularly hydrated and **bring close to a gallon of purified** but not alkaline water with you that you will drink half of just before the ceremony starts. Please also bring a wide mouthed water bottle for to easily consume water. We have some too. We also recommend taking up a light yoga or movement practice the week before as well as breathing exercises. Coming to our Yoga Galactica classes pre and post treatment is highly recommended. The morning of the session before we apply the medicine we may lead 10-15 minutes of light breathwork and movement to get your body, mind and spirit ready.

How is Kambo Applied?

Kambo is applied through small pea-size burn holes on the top layer of skin made by a

red hot tip of a vine called tambshi. This is the most effective way for the medicine to enter the lymphatic system and the bloodstream. There is no blood drawn as the you just need to remove the very top layer of skin where the medicine is going to be applied. It feels equivalent to being pinched. Once the burns are made (1-9 depending on the size of the dots and strength of medicine) we carefully remove the outer layer of skin to expose what's called the subcutaneous layer where the medicine will have access to the bloodstream. The medicine comes from the jungle dried on a small piece of bamboo and for the session we use a small amount of water to reconstitute it into a thick wasabi like texture. It is formed into small dots relative to the size of dots burned into the skin. As we are preparing the medicine you will drink your first liter of water and just before we apply the medicine you will drink your second liter of water or enough until you feel full of water almost to the point of purging just from water. But not quite.

During the Session

Once the medicine is applied it's all about surrendering and staying very present. You will be seated in an upright position with back support and only if necessary will you lay down during the session. We may have very simple rhythmic music playing in the background to help focus or we may sing directly to you to help the medicine work through the body. It is vital and essential to connect with your breath and let the medicine do the work. It has a way of bringing fear right to the forefront and this is ok as it will help shatter this illusion and be free from it. We will be there in full support of you the entire session.

From the time the medicine is applied until you purge can last anywhere from as little as 5-10 minutes and as long as 30-45. Almost instantly as the medicine is applied you will feel heat in that area and shortly after you will feel heat and a warming sensation in your upper body and particularly your head and ears. This is your blood pressure rising. This part of the session can feel slightly euphoric and is not to be feared. The medicine will continue to work it's way through your body targeting areas that need it the most. This part varies for most people with sensations ranging from pounding heartbeat, vibrating in the hands and feet, cramping in the legs and tingling in the extremities. You may also experience swelling in the face, upper palate in the mouth and throat. Even though this may feel uncomfortable you will still be able to

breath and swelling generally subsides within an hour or two post ceremony.

Soon the medicine will work its way into your belly and intestinal tract and you'll begin to feel nauseous especially with the water that you've been drinking. The water will help you when you feel the need to purge. Once you feel it in your belly the purge may come in seconds or a few minutes. Because you haven't eaten in 12 hours and just water in your stomach you're simply purging up water and old bile from your gut and gallbladder. We have buckets ready to go for this type of purge. Do not fear the purge as this is a very relieving moment of the session, what ever tension and nausea you were feeling will be reduced dramatically simply by purging it out. Think of it as getting better not getting sick. The purge also comes in many forms including tears, sweat, energetic release and bowel movements. If you do feel like you need to purge from the bottom end you will have plenty of time to make it to the restroom with assistance and your bucket will be with you the whole time. We are very prepared. If you are having trouble purging and feel like something is stuck we may try a few of the following: flipping the dots to access the unused medicine on top, blowing sage or mapacho smoke in your face and around you, singing loudly or even drumming, possibly adding another dot or two, possibly using the shamanic snuff known as rapé(pronounced hop-ay) as well as energy work to guide the medicine through the body. In some instances for people with low blood pressure or a tendency to faint this is a possibility during a session. This too

is not to be feared as most people that pass out don't remember and within 3-15 seconds you'll be back and feeling even better. This is known as breaking through to the other side. We may pour a little water over your head and neck to help bring you back.

Once you feel like you've gotten most of the purge out, you will most likely feel tired and may even have a slight headache. At this point it's totally ok to lay down and let your body rest as you just went through a major overhaul and probably the first time your body has been through an experience like this. It's normal to have a fluctuation in body temperature often times feeling chills afterwards. It's very important to simply let your body and mind rest and recuperate. Usually within 20 minutes to an hour you'll be feeling much better and ready to transition to the next part of the ceremony. Shortly after we will offer a healing salve of sangre de drago (dragon's blood) to help your dots heal and prevent infection. This is completely optional and not necessary for the burn points to heal. Your dots may leave a small scar depending on your skin type and tone, and where you had them applied. Most people wear them as a badge of honor.

Integration work

This is where a ceremony with Siri and Kamala will differ from others. Our primary focus is to help you integrate this experience into your body, your nervous system as well as back into your life. Once you and all the participants have received the medicine we will have you find a comfortable place to rest as we proceed to tune your body with sound vibrations. The instruments we will use range from chimes to crystal bowls, gongs, didgeridoo and flute. All of these sounds will guide you through a deeply relaxing and restorative sound bath. Kamala will proceed to use reiki energy work to even further integrate your session and help you feel reborn. Once this part of the ceremony is complete we will have a sharing circle of your experience and then close the ceremony. It is important that you have the tools to integrate this back into your life and for this we will offer follow up guidance and counseling, plus diet recommendations and powerful yoga and breathwork.

Contraindications with Kambo

Because Kambo works on the heart and breaks the blood brain barrier effectively it is very important to take caution or avoid Kambo if you have any of the following conditions:

- Very low blood pressure or when on medication for low blood pressure
- General heart problems or a stroke, on heart medication
- Brain hemorrhage history
- Aneurysms or blood clots
- Addison's Disease
- Esophageal varices
- Pancreatitis
- If the person is taking immunosuppressants for organ transplant

- If the person is recovering from a major surgical procedure

- If the person is undergoing chemotherapy or radiotherapy

- Pregnancy If you have a history of drug addiction or heavy pharmaceutical use it is ok to work with Kambo but you must understand that this medicine can move a lot within the body and it's possible to have withdrawal like symptoms as you go through your session. This is the medicine helping to cleanse your body. It is very important to fully disclose any and all potential contraindications with your practitioner as it can create adverse effects during a session.

Rates:

\$150- Small group session

\$250- Private

\$400- Bundle of 3 small group sessions

It is recommended when first working with Kambo to do 3 sessions within or close to a Lunar cycle to allow the medicine to work deeply within your body. Each time you work with this medicine it will continue to go deeper in your body as you release more and more. No two sessions are the same and often the number of points aka gates will increase as you continue to work within the lunar cycle. For example starting with 3 points, then 5, then 7.

It's possible and recommended to work with Kambo up to 12-15 times a year or as your body needs healing. Some people will use it once a month as maintenance or once every three months. In this case the number of gates may stay the same, 3-6. The most important thing is to listen to your body and schedule a session when you're feeling like you need a shift. We do not use the same gates as you have used before unless they are completely healed usually after a year or so however we can find discreet spots on your body if you're worried about visible scarring.