



A SYNOPSIS OF THE BEST PRACTICES OF 5-MEO-DMT FOR PARTICIPANTS

FROM THE CONCLAVE

*This document is meant to be a companion to the longer, more comprehensive document, “**5-MEO-DMT: A RECOMMENDED MODEL FOR BEST PRACTICES**” and has been specifically created for potential participants who may be approaching this work for the first time. This is an abbreviated synopsis and overview to the longer, more comprehensive document, which we highly recommend fully reviewing.*

WHAT TO ASK A PROSPECTIVE GUIDE/PRACTITIONER ?

- What is their experience in working with 5-MeO-DMT? For how long?
- What is their specific background and training?
- What is their approach? (i.e. - spiritual, therapeutic, shamanic, mystical, etc.)
- Do they have any psychological or healing background or training?
- Are they trustworthy? Do you feel a rapport or affinity with the practitioner?
- Do you feel they are answering your questions clearly, truthfully & forthrightly?
- How clear is both their written and verbal communication?
- How do they plan to handle integration and aftercare?

PREPARATION: WHAT SHOULD I KNOW HEADING IN ?

- Physical and mental health considerations and concerns should be handled with your own medical professional and in conversation with the guide/practitioner.
- Dietary preparation - Different practitioners have different requests/guidelines leading up to an experience. Ask your practitioner what their expectation of you might be.
- Generally there are no restrictions regarding sexuality prior to or after an experience or other matters such as menstruation during the experience.
- Your practitioner should provide you with a clear understanding of what you can expect logistically during your experience and afterward – where, when, for how long and what accessibility can you expect of your practitioner following your experience?
- Your privacy & confidentiality should be protected at all times by your practitioner.
- Some practitioners have group support built into their ceremony/session – this can offer support to you as you enter this experience.

- Nervousness, fear and anxiety are very normal entering in. A skilled practitioner can assist, coach and guide you through this both before and during your experience.
- Group vs. Individual session - a group setting can offer support beyond the practitioner and provide more perspective in understanding your experience. However, some find that having other people present can be a distraction or challenge. This varies from person to person, choose what feels right for you.
- Any financial arrangement or expectation should be clearly communicated prior to your experience. Make certain that this feels aligned and integrous to you.

INITIATION: WHAT TO EXPECT FROM AN EXPERIENCE ?

- Your experience should be offered in *safe, solid, sacred & secure* context. This can be inside or outside, but it should be protected from the public and any physical danger.
- Many practitioners use a ceremonial context to create a sacred setting, others may not – this depends on the style and approach of the specific practitioner.
- If you are participating in a group context, you may be “holding space” or witnessing others’ experiences. Usually this means simply being quietly present and attentive.
- Physical safety - some participants may move a lot during the experience, others do not. The general rule is “*contain, don't restrain,*” which means making sure the person’s physical body is protected at all times.
- Physical touch during the experience varies between practitioners. This should be discussed and clearly communicated by the practitioner with you prior to the session so that you are clear on boundaries and what to expect (or not expect).
- Body posture is generally sitting or lying down during your experience, though this varies for different practitioners. Standing may be difficult. Some practitioners recommend that the body simply be open, relaxed and generally symmetrical.
- Use of music, chant, sound or aroma - recorded or live music is often offered, though some work in silence. Many find music to be supportive in their experience. Some practitioners use rattles or drums. Some offer essential oils or smudge (burning sage).
- While some practitioners may speak during the experience, many do not and generally silence is kept unless the participants speaks or requests interaction.
- If the use of touch, sound, music, words or smell is not something that feels good to you, you should feel free to ask for something to stop or change as desired, either prior to or during your experience. In fact any expression you feel you wish to make during your experience should be received and respected with ease and in confidentiality.
- Breath or breath work is sometimes used in conjunction with an experience of 5-MeO-DMT, but during the experience it is recommended that you simply breathe deeply and fully in an unforced manner.

INTEGRATION: WHAT CAN I EXPECT AFTER THE EXPERIENCE?

- Be sure that your practitioner is offering some form of integration support if and as necessary after your experience.
- Plan to give yourself plenty of time after your experience for integration. It may take hours, days, weeks or even months to fully integrate your experience. Take your time and remember that it is a process of transformation.
- Practitioners should provide support to help you understand and effectively integrate your experience. New revelations or past trauma may be activated by the experience and support should be made available to you in several forms – by the practitioner, through written information and follow-up communications, by other potential support providers (therapists, healers, spiritual guides). Practitioners should remain accessible and available to help you in this process.
- Reactivation of the experience is fairly common and not dangerous, however clear information about what to expect should be offered by your practitioner in addition to some form of support and after care.
- Aftercare can take the form of physical and emotional support as well, the guidelines for this varies from practitioner to practitioner, but generally eating well, plenty of sleep and rest are agreed suggestions following your experience. See the Conclave's *"Integration & Suggested Techniques for Grounding"* document for more details.
- Many practitioners use social media or online systems to stay in touch and offer support remotely. Others may communicate via email or regular email newsletters. And in some areas there are facilitated integration circles where you can share your breakthroughs and challenges.