



THE SENTINEL

PRIVATE 5-MEO-DMT JAGUAR CEREMONY WITH RICHARD KAY

As we come together for this sacred experience, it is essential to approach it with reverence and understanding. This ceremony is a spiritual ritual that we embark on collectively. To fully engage in the ceremony, arriving with an open heart and a clear mind is recommended.

The journey commences with a 2-hour pre-medicine conversation laying the groundwork for the inner work ahead. 5-MeO-DMT (Jaguar), the potent medicine we will be working with, is known for its intensity and unique effects on each individual. It is important to remember that each person's experience is their own and cannot be predicted or replicated by observing others or past experiences. The effects of the medicine will onset rapidly, within 5 seconds, and may last between 15 to 30 minutes. If necessary, additional rounds may be conducted.

Richard, along with his spiritual guides, will be present to support you through the journey. These guides work in unison, with one on his left embodying masculine energy, one on his right embodying feminine energy, and a central one that integrates source energy within his body. Their presence and actions may be felt or heard during the ceremony, aiding in the healing and transformative process.

Gillian's presence and gifts will be supporting throughout the process. The medicine has the ability to illuminate and release blockages within the system, facilitating deep connections within the energetic field. Participants may experience connections with loved ones, feelings of oneness, or moments of unease, all of which are part of the release process. It is important to remain in the heart space, focusing on presence rather than thoughts, during and after. Know that you are held in blessed source energy throughout the ceremony.

Afterwards, the effects of the medicine will dissipate within an hour, leaving you feeling grounded and transformed. Following these sessions, an integration period ensues to firmly anchor the transformative energies within you, nurturing your personal evolution. This program is designed to unveil your essence, shed old patterns, and usher in heightened awareness. This one of a kind experience offers approximately 10 hours of spiritual excavation and self-discovery with two practitioners.



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PRICE SHEET

\$4000.00 | INCLUDES

A \$1000 NON-REFUNDABLE DEPOSIT IS REQUIRED TO SECURE YOUR SESSION AND COMMITMENT. THIS DEPOSIT WILL BE APPLIED TO YOUR FINAL INVOICE

SET AND SETTING PREPARATION

ONE 2-3 HOUR MEDICINE SESSION, AS WELL AS PRE & POST INTEGRATION SESSIONS.

GILLIAN'S GUIDANCE THROUGH INTERNAL FAMILY SYSTEMS (IFS) AND PARTS WORK

TOTAL OF 10 HOURS INDIVIDUALIZED WORK

DURATION: 2 NIGHTS NEEDED

ADDITIONAL COSTS

LODGING/PER NIGHT \$250.00

FOOD/PER PERSON/PER NIGHT \$110.00

BODYWORK STARTS AT/PER HOUR \$120.00

INTAKE FEE \$150.00



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OUR FACILITATORS

TRADITIONAL CHINESE MEDICINE PRACTITIONER

- LENI NEUMEIER

REBALANCING MASSAGE

- DAYNA TAYLOR

THAI MASSAGE

- TYSON BARTEL

SHIATSU

- PETER RADOMSKI

SOUND BATH

- ROBERT BLACKMORE
- NOEMI KISS

YOGA

- JOSANA STARBUCK
- TYSON BARTEL

ADDITIONAL SERVICES

- NECTARA – INTEGRATION AND EDUCATION



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GENERAL SCHEDULE

DAY 1 (ARRIVAL DAY)

- DINNER
-

DAY 2 (MEDICINE DAY)

- BREAKFAST
 - BODY WORK
 - LUNCH
 - INTAKE - SET AND SETTING
 - 5-MEO SESSION
 - DINNER
-

DAY 3 (INTEGRATION DAY)

- BREAKFAST
 - INTEGRATION
 - BODYWORK
 - LUNCH
 - NATURE WALK
 - DINNER
-

DAY 4 (DEPARTURE DAY)

- BREAKFAST
- FINAL INTEGRATION
- DEPART



THE SENTINEL

UNDERSTANDING 5-MEO-DMT: A PROFOUND JOURNEY OF CONSCIOUSNESS

Seeker of Knowledge,

In your quest for understanding consciousness and personal growth, you may have heard of 5-MeO-DMT. This powerful compound has a rich history and profound potential for healing and self-discovery. We consider this medicine as the leading edge of self-discovery and insights into the human condition. It is a healer and teacher, holding the highest intelligence.

Historical Context and Traditional Use:

5-MeO-DMT, or O-methyl-bufotenin, is a naturally occurring psychedelic of the tryptamine class. It has been used for centuries in traditional practices, particularly in South America. Indigenous cultures have long revered this substance for its entheogenic properties, using it in sacred ceremonies to connect with the divine and gain spiritual insights. 5-MeO-DMT was first synthesized in 1936, and in 1959 it was isolated as one of the psychoactive ingredients of *Anadenanthera peregrina* seeds used in preparing Yopo. The use of Yopo dates back thousands of years, deeply rooted in the cultural and spiritual practices of indigenous tribes in South America.

The compound is found in various plant species and is famously secreted by the Colorado River toad (*Bufo alvarius*). Traditional usage often involved either smoking the dried venom of the toad or using plant-based preparations.

Modern Rediscovery and Ceremonial Use:

In recent decades, there's been a resurgence of interest in 5-MeO-DMT within both scientific and spiritual communities. Modern ceremonial use often blends traditional wisdom with contemporary understanding of psychology and neuroscience. Those that choose this path may find themselves in the likes of the great explorers like Ferdinand Magellan and Vasco de Gama heading into uncharted waters and in doing so discovering new routes that have changed history.



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In our ceremonies, we honour this sacrament for its sacred nature. The ritual typically involves:

1. Careful preparation and intention setting
2. Creating a safe, supportive environment
3. Guided administration of the substance
4. Experienced facilitation throughout the journey
5. Integration support following the experience

The experience itself is often described as a profound dissolution of ego boundaries, leading to a sense of unity with the cosmos.

Benefits and Therapeutic Potential:

Many participants report a wide range of benefits from their 5-MeO-DMT experiences:

1. Reduction in anxiety and depression
2. Increased sense of connectedness and empathy
3. Enhanced creativity and problem-solving abilities
4. Profound spiritual insights and mystical experiences
5. Release of long-held traumas and emotional blockages
6. Improved relationship with self and others
7. Increased mindfulness and present-moment awareness
8. Shifts in perspective on life and death

In our program, we've observed that 5-MeO-DMT can be particularly effective as a "diagnostic" tool, helping to unveil underlying issues that can be reduced or disappeared.

Considerations and Cautions:

While the potential benefits are significant, it's crucial to approach 5-MeO-DMT with respect and caution. The experience can be intensely overwhelming and is not suitable for everyone. Proper screening, preparation, and integration are essential components of responsible use.

As we continue to explore the potential of 5-MeO-DMT, we remain in awe of its capacity to facilitate profound healing and transformation. Whether you're considering this path or simply curious about consciousness exploration, may this information serve as a stepping stone on your journey of self-discovery.

Remember, the true essence of this work lies not just in the momentary experience, but in how we integrate these insights into our daily lives, fostering greater compassion, authenticity, and connection with ourselves and the world around us.

With blessings,

Richard Kay

THE SENTINEL PROPERTY

- **SPA ZONE:** LAKE FACING CEDAR-LINED HOT TUB, CEDAR SAUNA, OUTDOOR SHOWER, COPPER COLD PLUNGE TUB, PATIO. OPEN 24 HOURS (WITH CONDITIONS)
- **LODGE/GREAT ROOM,** ECLECTIC LIBRARY, PIANO
- **24 HOUR TEA AND COFFEE**
- **PATIO** OVERLOOKING THE SELKIRK MOUNTAINS
- **20' PICNIC TABLE**
- **BEACH ACCESS** (700 FT OF LAKEFRONT)
- **6 ACRES** OF PRISTINE FOREST PROPERTY
- **SPACIOUS SUNROOM**
- **MALOCA:** YOGA MATS, MEDITATION CUSHIONS, TRI-FOLD MATS, DRUMS, GONG, BLANKETS

