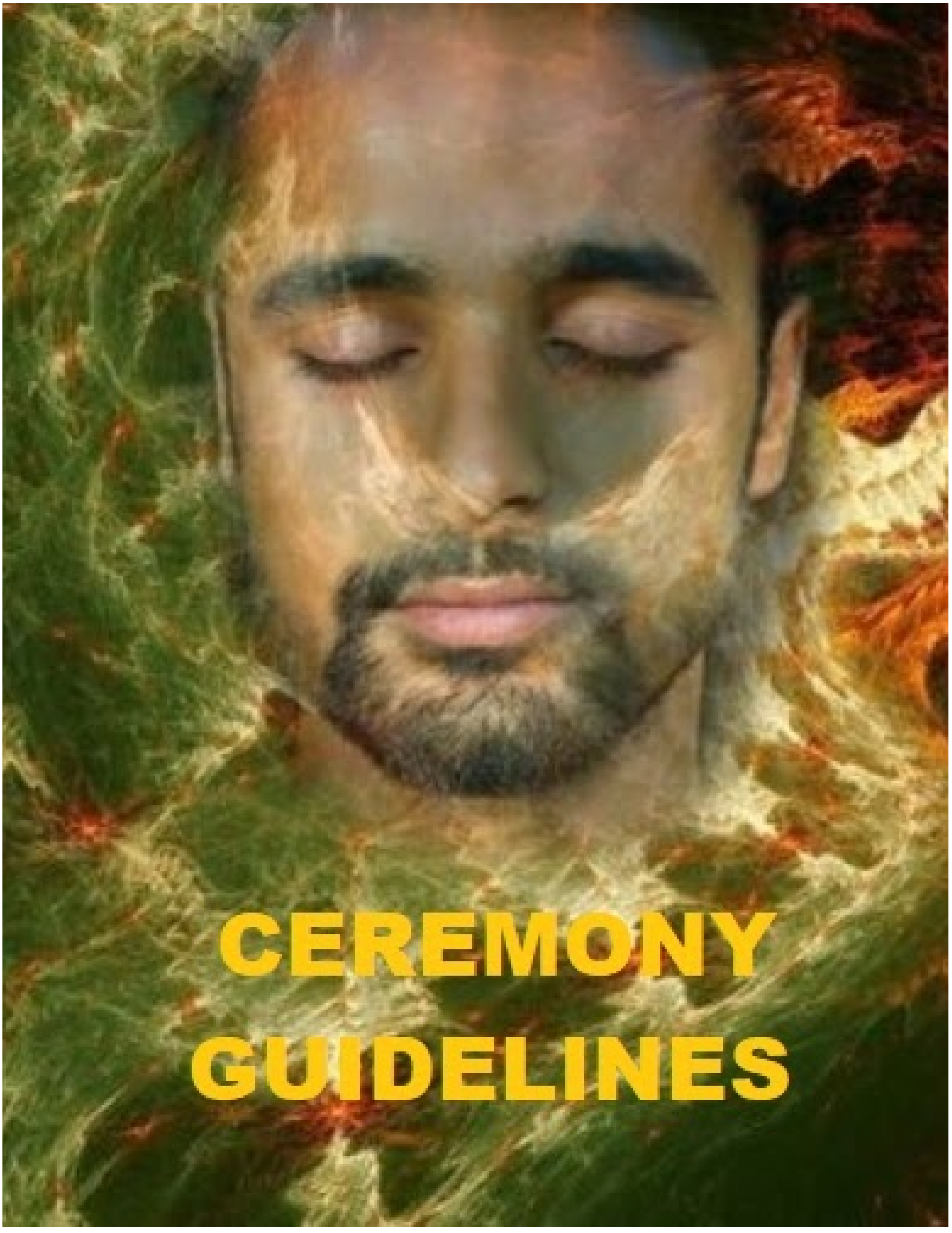

CEREMONY
GUIDELINES

In the spirit of aloha, we are honored to share the following with you about entheogens (plants that teach to literally “become divine within”) and our indigenous, Hawaiian, psychotropic plant ceremonies.

• SHAMANIC TRADITION •

Shamanic practice holds the study of plants and trees to be medicine. Likewise, the indigenous peoples of Hawaii and the Pacific Islands believe that humans can receive knowledge and wisdom by working in a symbiotic relationship with the natural world. With the assistance of Master Plants (e.g., psychoactive plants that teach), we can grow in knowledge, teachings and insights about ourselves, our Divine nature, and our relationship to our True Self, our Within, which is often otherwise perceived as being separate and/or external as "other(s)."

This holistic approach opens the opportunity for the shamans at Muaisa Hale Pule to work with a specific combination of sacred plants to commune with the nature spirits of the within world. By likewise accessing a "super conscious" state with the aid of these plant teachers in our ceremonies and shamanic programs, guests and participants receive a similar experience of their energetic existence.

• SACRED PLANT TEACHERS •

As popular as it is these days to travel to the Amazon to drink “ayahuasca” for this purpose, this highly publicized brew made from 2 or more South American rainforest plants is considered to be a controlled, schedule 1 substance in the United States. Even though the religious use of entheogens is protected by the United States Constitution, the fine print of the Federal regulation that codifies the Constitution makes the unauthorized use, importation and distribution of psycho-active plants a felonious criminal act punishable by imprisonment in most states. At the time of this writing, in Hawaii and in the majority of states in the Union, the legal use of ayahuasca for spiritual purposes is, at best, arguable in court.

Since 1998, however, our shamans have been studying ayahuasca and researching Hawaii’s native, indigenous plants with an eye towards creating a legal, psychoactive, psychotropic brew that would be comparable in effect to the entheogenic properties of South American ayahuasca. Honoring that it is significant to partake of sacred, psychoactive plant teachers on location, in their native environment, we are therefore able to offer those who come here, to the middle of the world’s largest ocean (the ocean named after “Peace”), a ceremonial opportunity to experience and celebrate the sacred plant teachers of Hawaii and this part of the world -- in the habitat in which the plants have been breathing, growing, rooting themselves and contributing to indigenous rituals and ceremonies for thousands of years.

• ABOUT US •

MUAISA HALE PULE is an official Chapter of the New Haven Native American Church (NHNAC), a recognized 501(c)(3) which is in direct lineage to The Rosebud Native American Church, whose authority was legally established with the United States government in 1924. We have been duly authorized to conduct our affairs in the state of Hawaii since 2014 and have hosted hundreds of people from all over the world for our plant ceremonies, vision-quests, shamanic rebirths, and NHNAC healer certification programs.

• OUR SHAMANS •

CHIEF JACK ‘GOLDEN FEATHER’ ALEXANDER, is our ‘Talking Stick.’ Born shaman, he was officially recognized by Chief White Feather in the high desert of Nevada,USA in 1992 and was trained and initiated into shamanic practice in the Lakota tradition by Chief White Feather and his wife, Crawling Bear Claw. Jack has been officiating shamanic ceremony for over 25 years and lived and worked with the *manku* (shamans) of Southeast Asia for nearly a decade before coming to Hawaii.

DR ZZ, aka: “Hovering Humming Bear” was recognized as shaman in 2001. She has a Ph.D. in Counseling with specialties in natural healing and Food as Medicine. Since 1988, ZZ has lived in Hawaii for close to 20 years. She began working with ayahuasca in 1998 and studied Hawaiian plants with Kaipo Kaneakua, a ninth generation *Kahuna Mahi ai Lu’au la’peu au Keeper* at that same time. Having spent much of her adult life in various locations of the Pacific Rim, studying, teaching, and practicing traditional healing methods, she holds grants and certifications in Reiki, Tenrikyo, Hypnotherapy, New Decision Therapy, Intuitive Healing, and a number of other related healing disciplines.

• THE PLANTS •

In Hawaii, it is said, there are 150 plants and 150 uses for each one. At Muaisa Hale Pule, we use a proprietary blend of wildcrafted, 100% organic entheogens whose leaves, stems and/or roots have psychoactive, spiritual teaching properties and are -- at the time of this writing -- 100% legal to consume.

• CEREMONIES & CERTIFICATION •

Our purpose in using sacred plant teachers is to open the opportunity for healing, personal growth, and the experience of Master Teacher Plants in an accessible, Hawaii jungle setting. You may sign up for one or more ceremonies although the deepest involvement comes from building upon multiple experiences as you integrate this work. You may also incorporate these same sacred plants in the course of our shamanic programs and certifications. The ultimate potential for personal growth comes from our 10-day Shamanic ‘Life Purpose’ Rebirth, after which time you will be given an opportunity to become certified as a Healer / Medicine Woman / Medicine Man under the auspices of the New Haven Native American Church (NHNAC).

• DATES & TIMES •

Ceremonies take place on our shamanic grounds every Sunday evening whenever 2 or more people plan in advance to join us (maximum = 8.) Participants arrive at approx 6:00 PM (time varies according to sunset); ceremony begins ½ hour later and lasts for 4-5 hours. There can be no late arrivals, and we ask that you do not arrive too early. If something happens to prevent you from getting here between 6 - 6:30 PM, you will be refused entry and will be invited to reschedule for a later date. We also cannot allow you to leave the shamanic grounds for at least an hour after you think you are able to drive; so it may be 11:30 PM to midnight before you are free to leave to go home or to your place of lodging.

• OUR LOCATION •

Our setting is in the upcountry jungle of Kealakekua, Hawaii, an area known by Hawaiian elders as the "Golden Triangle.” Located on the western slopes of Mauna Loa (historically considered the largest volcano on Earth), we sit directly atop the 19.5 vortex, one of Earth’s 10 major vortices. This is the place the ancients called "The Pathway to the God” as they came here from all the surrounding islands to heal and rejuvenate.

Situated on top of a live volcano (the most recent eruption was over 30 years ago in 1984), you can be sure that “stuff” is going to “come up”: for while you are here. People's personal process in this energy varies, and we cannot predict what yours may be; but we promise to be present for you and to honor without judgment any inner processing that may arise for you during your interactions here. A good motto to keep in mind in experiencing sacred plants at this frequency is: *“You gotta; feel it to heal it.”*

• CEREMONY SPACE, SETTING & DURATION •

Each participant will be asked to leave all electronics and personal items (except for eyeglasses, a flashlight and possibly a journal) in their vehicles, outside the ceremonial area. Once the sacrament has been poured, and everyone has ingested their drink, each person will begin a silent meditation.

It is important to understand that the work with these plant teachers and with the 432 Hz frequency of our vortex location, the ambient nature sounds, and the accompanying music is meditative. It is a time to go inward for self-exploration and self-discovery. This is not a place for conversation or for other forms of distraction. Participants are asked to refrain from eating, drinking anything, and/or making physical contact with other participants during the ceremony. Throughout the ceremony, you will be free to leave the circle and to wander the lawns but not to go on the driveway or leave the shamanic grounds.

Shaman 'Golden Feather' will be guiding the work with music, meditation and energy work. Throughout the evening, he may also interact one-on-one with some or all of the participants, performing hands-on healing. When working one-on-one in this way, he interacts with the energy (physical, mental, spiritual) in a very deep way. This is a key element of the ceremonial experience.

At the end of the ceremony (about 5 hours in total), time will be allotted for everyone to share and integrate their experiences before returning to their places of lodging. We also serve soup. Should anyone feel hangover-like sensations (blurred vision, vertigo and physical inertia), they will be cautioned not to leave the shamanic grounds for a number of hours and ***not to drive a vehicle until any conditions like this have passed. You will be required to drive no more than 20 miles (30 minutes) immediately following ceremony.***

• CLEANSING AND RELEASE •

Everyone's energy body is different; and there are many ways for people to release and let go of energy. Shaking, yawning, laughing, crying, peeing, pooping and regurgitating are among the most common. It doesn't matter whether you do any or all of these things; it is impossible to predict a person's mode of cleansing. If you feel the need, just let it happen.

• PREPARATION AND INTEGRATION •

Each person is expected to prepare for the ceremony in advance. In this respect, it is important that you formulate an intention when working with these sacred plants, Curiosity is not enough. Rather, it is significant to work with these powerful plant teachers with the intention of learning and healing. Look deeply inside yourself, and consider what you are hoping to learn from this experience.

It is important to have proper support when integrating this kind of deep personal work. After a ceremony with these plants, it is also beneficial to have a strong support network around you as the plant teachers are likely to bring to the surface many emotions.

• LODGING & MEALS •

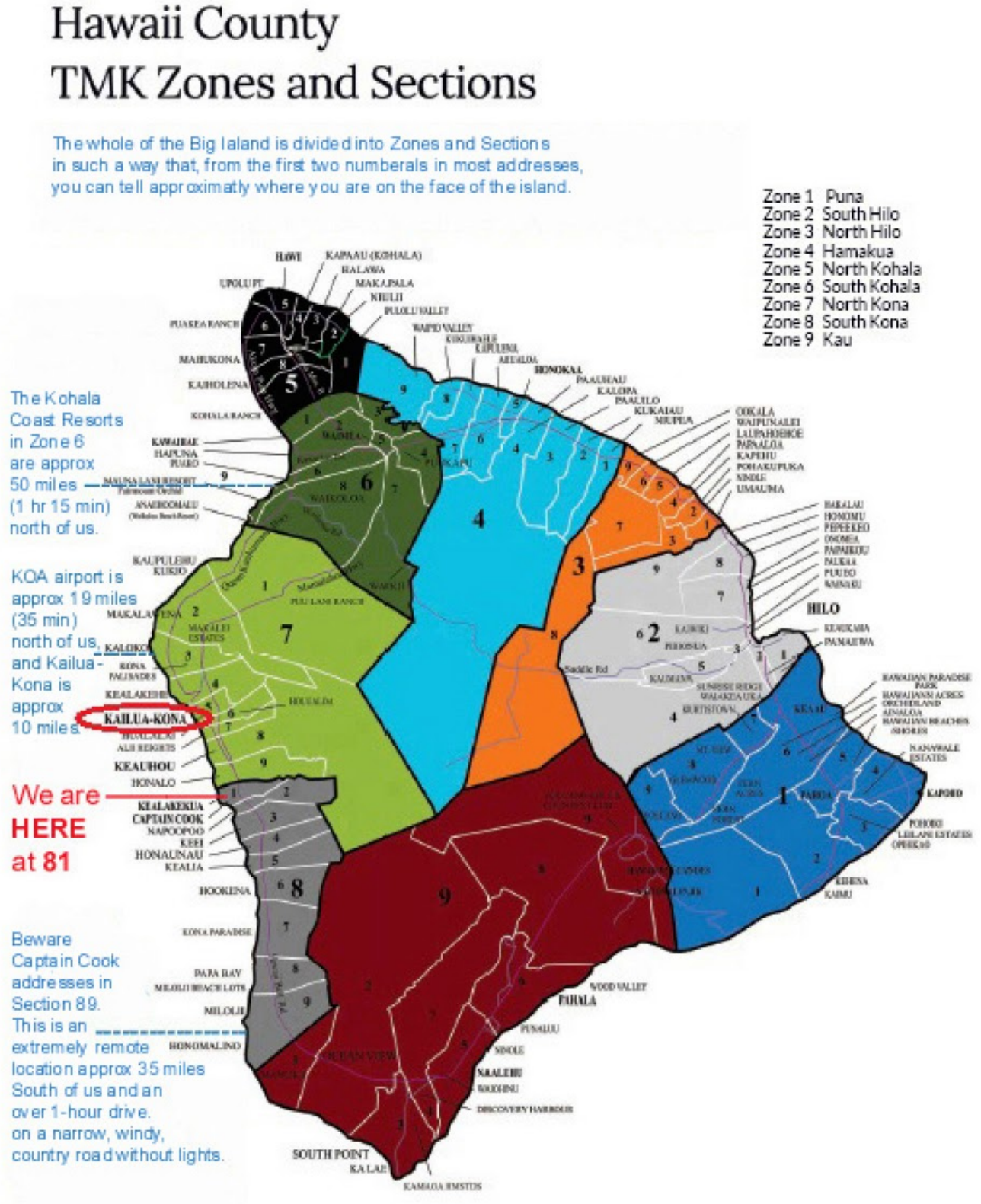
Upon receipt of your charitable contribution and booking, we will email a list of nearby, affordable lodging options. Rooms (.8 to 2.4 km / .5- to 1.5-miles from us) generally have kitchenettes and/or access to restaurants, grocery stores and a well-equipped shared kitchen for preparing meals and snacks.

There is no camping or lodging on the shamanic grounds.
A few nearby room rates are listed below::

- SINGLE ACCOMMODATIONS IN FEMALE OR MIXED DORM
  $40 per night / $198 per week (off season)
- SINGLE PRIVATE ROOM / DETACHED, SHARED BATH *
  $43 per night / $258 per week year round
- SINGLE PRIVATE ROOM / PRIVATE ENSUITE BATH *
  $72 per night / $432 per week year round

(* DOUBLE ROOM OPTIONS, add $3 per night)

You are also free to find your own accommodations anywhere between Zone Sections 73 and 86 on the map below. Because of our rural setting and the nature of Hawaii's country roads, it is advisable to check any accommodations you may find against the following Zones and mileages.



• GROUND TRANSPORTATION •

Along with your ceremony booking details, we will send you driving directions from Kona International Airport (KOA). Rental cars, taxis, Uber and shuttles are all available. If you rent a car, ***you will be required to drive no more than 30 minutes following ceremony.*** For those who walk/Uber from a distance less than 2.5 miles, Shaman is available to drive you back to your accommodations at the end.

• FLIGHTS AND ACCOMMODATIONS •

Off-island guests are advised to book their flights and accommodations to arrive at Kona International Airport (KOA) a day or two before their actual scheduled ceremony in order to allow time for jet lag, settling in, and becoming familiar with the surrounding area. Arriving a day or two early is also a great way to prepare your mind and body for the experience ahead.

• APPLICATIONS AND MEDICAL WAIVERS •

Applications and medical waiver forms need to be filled out by all new participants and by anyone who has not sat with us in a year or longer. This is to ensure that each participant is prepared for this work as certain medications and health issues are contraindicated.

• DIETARY GUIDELINES •

To avoid physical discomfort and/or counteracting the effect of the plants, it is strongly recommended that, in the days leading up to and following the ceremony, you follow the dietary guidelines below.

2 WEEKS PRIOR TO CEREMONY AND 2 WEEKS AFTERWARDS:

It has been theorized that our plants and ayahuasca work on the same serotonin receptors. When similar plants like this are taken simultaneously or too closely to each other, the receptors may overload. ***Absolutely no ayahuasca or other plant entheogens for 2 weeks before or after ceremony.***

7 DAYS PRIOR TO CEREMONY AND 2 DAYS AFTERWARDS:

- No alcohol
- No red meat or pork products
- No tobacco or tobacco products
- No recreational drugs (including marijuana, which tends to dull the effect and prompt purging)
- Pharmaceutical Drugs – Depends what they are (please discuss with us as soon as possible)

2 DAYS PRIOR TO CEREMONY:

The liver uses the same enzymes to metabolize our entheogens as it does alcohol, Tylenol®, and other drugs. Taken simultaneously, these open the opportunity for stress, toxicity and possibly even liver damage. ***Absolutely no Tylenol® or alcohol consumption for 24 hours before or after ceremony.***

- No dairy products
- No sexual activity (recommended)
- No onions, garlic, chilies or strong spices
- No sugar (including sugar in processed foods)
- No salt (including high amounts of salt in processed foods)
- No excessively fatty, oily foods, deep-fat fried foods, or excessive oils
- No cold drinks (meaning chilled beverages; room temp. is recommended)
- Avoid foods high in "tyramine," an amino acid precursor that can affect some of the same brain receptors as the plants do and cause symptoms of overload (e.g., headaches, profuse sweating, neck stiffness, heart palpitations and/or an increase in blood pressure.) Foods high in tyramine include bouillon, meat extracts, overly ripened foods (ex., squishy avocados and spotted bananas), aged foods (ex., cheese and alcohol) smoked foods (ex., smoked fish) and fermented foods (ex., shrimp paste, sauerkraut, fermented bean curd, tempeh, miso, pickles, anything that is not FRESH),

ON THE DAY OF THE CEREMONY

You will want to drink plenty of water and -- no later than noon or 1 PM before arriving at the shamanic grounds -- eat a light, luncheon meal (foods like fruit smoothies, fish, grains and/or vegetables) so that you will be operating on an empty stomach by 6 PM without feeling excessively hungry.

• WHAT TO WEAR •

Think comfortable: long sleeves warmies, t-shirts or loose sweaters, extra socks, yoga or jogging pants, and scrunchies or hair bands if you have long hair. We are upcountry at 1,600 ft (500 m) elevation; so evenings here tend to be chilly, and you will most likely want a shawl or hoodie to wrap around yourself.

• WHAT TO BRING •

You will need to have a FLASHLIGHT with you as we are in a rural setting with few overhead lights and a SHAWL, a HOODIE, a SWEATER or a JACKET as it tends to get chilly here in the evenings. If you are prone to bug bites and choose to bring along an insect repellant, please be sure it is all natural and made from essential oils only. “Off” products and aerosol sprays are NOT compatible with this work.

• WHAT TO EXPECT •

Everyone’s experience during ceremony is different because we are not experiencing the plants so much as we are experiencing ourselves.

Below are a few quotes from people who have drank with us.

"I didn't feel that different from how I feel in the opening rounds with Ayahuasca.
Colors became a little more saturated, and I began to feel less like an intruder,
more at one and at peace with all of the nature around me.
I felt like I was vibrating and somehow blending in with everything around me."

-- A regular ayahuasca participant on his 1st time with our Hawaiian plants

"This brew took a very definite hold of me in a way I hadn't quite experienced before.
It didn't have that heavy, physical, ayahuasca sensation;
so it was clearer than ayahuasca.
The jungle around me took on a beautiful, crisp glow.
Things seemed to pulse and flow in a rhythm that I was part of.
The insects and frogs chirping away seemed to speak
a language that I could almost understand.

-- A seasoned plant medicine explorer after his 1st encounter with our Hawaiian plants

“I can be overly sensitive, but this evening made me want to cry at its simplicity,
at it’s stark and silent beauty, where everything seemed
to be in perfect alignment and perfect harmony.”

-- A first-time Sacred Plant Ceremony participant

• FDA REGULATIONS •

Please be advised that the plants we use in ceremony are psychoactive (i.e. they affect brain receptors), that they appear to have properties which expose users to the risks of abuse, addiction and dependence, and that the U.S. Food and Drug Administration (FDA) is warning consumers not to use psychoactive plant substances that affect brain receptors, and that appear to have properties which expose users to the risks of abuse, addiction and dependence. Moreover, there are no FDA-approved uses for these plants at the moment, and the agency has received concerning reports about their safety. The FDA is actively evaluating all available scientific information on this issue and continues to warn consumers not to use any products containing these botanical substances or their psychoactive compounds. ***By partaking of these plants, you do so at your own risk -- not as food, medicine or food supplementation, but as sacred sacrament for your own spiritual purpose(s).***

• RESERVING YOUR SPACE •

Please contact us in advance to secure a spot. Your charitable contribution is required in advance and is non-refundable unless the ceremony is cancelled. Placements are filled on a first-come first-serve basis, space is limited, and -- based on the number of reservations we receive -- the ceremonial brew is prepared fresh on day and morning ahead of each use. As such, there can be no last-minute add-ons.

• CHARITABLE CONTRIBUTION THRESHOLDS & SUBMISSION OPTIONS •

- Sacred Plant Ceremonies are made available on a no charge basis to all persons who reach a charitable contribution threshold of at least $250 in advance.
- All persons who use the services of a third-party referral website to make contact with us initially (ex., RetreatNetwork.com, Retreat.guru) are also responsible for a 16 - 18% referral fee.
- Each prospective participant must submit a signed application form and waiver, a real-time 'selfie' headshot, and a scanned copy of a State- or Federally-issued photo ID.
- All charitable contributions are payable via bank wire transfer, or online to our PayPal Gifting Fund via PayPal, debit card, or credit card. See Plant Ceremonies Application Form for details. .

• CANCELLATION POLICY •

Please be clear with your intention to book a shamanic program or sacred plant ceremony, as all charitable contributions, when accepted, become property of the public good and are non-refundable. In exchange for meeting certain charitable contribution thresholds, donors are offered the intangible spiritual benefit of participating in our programs and ceremonies, all of which are offered at no charge, and none of which are sold in commercial transactions outside the donative context. Given expenses and the number of people we serve, our minimum charitable contribution thresholds reflect the free-will minimums we must receive to break even -- whether or not donors participate in our programs. Once you have confirmed your intention to participate, we will email you our list of nearby affordable lodgings and driving directions to our location from Kona International Airport (KOA) or from Hilo side.

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PLEASE BE DISCREET WITH THIS INFORMATION, AND DO NOT SHARE IT OUTSIDE YOUR OWN, CONFIDENTIAL CIRCLE OF FAMILY AND FRIENDS.

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• CONTACT INFO •

For more info or to book a ceremony
or 10-day Shamanic 'Life Purpose' Rebirth, contact:

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https://www.muaisa.org

We look forward to seeing you soon!