



Sacred Ceremony with Bufo

Infosheets English

What is Bufo?

Bufo comes from a toad that secretes a liquid substance out of a gland on its spine. That liquid substance is 5meoDMT - the most powerful psychedelic known. It's incredibly healing and takes you back "home" to source, the universe, god, whatever you want to call "it." It shows you what you need to see for greater healing and guidance very potently and directly.

The substance, 5meoDMT, is released two times in our life. Once when we are born we are flooded with it & the second time, when we leave our physical body (ie when we die). So this medicine is known as the spirit molecule. It naturally lives within us and is said to be our spiritual connection to the divine.

It helps give resolution of the past, integration of life lessons, clarity, and direction, purpose and greater meaning, deeper connection to oneself, trauma healing, ptsd healing, depression, anxiety, the list goes on and on. It can be a solution to chronic physical ailments as well.



Whether or not If you have a clear intention, this medicine will support your growth and evolution as a human walking with grace while on earth.

There are a few qualifiers to make sure you're an appropriate candidate for this medicine to ensure your well-being and safety.

We can go over those questions when you're ready over a FaceTime call :)



Ceremony Proceedings

We will be in meditation together, intention setting, and prayer practices to start. I suggest you journal your intentions before the session. Intentions are the fuel for this medicine.

Then you have an option to receive hapé, this is a powder form of tobacco that is inhaled into the sinuses. It helps bring grounding and stability to the mind and emotions. It supports the powerful Bufo experience.

We will burn some sage and/or palo santo for energy clearing.

There will be an altar set up with all my healing tools, like crystal bowls, drums, stones, tuning forks, etc. I'll also do bodywork on you (with your consent of course) to help move stagnant energy and release emotional blockages. I may use any of these during the session while you are in your medicine journey.

I'll also practice reiki or pranic healing practices on you during the ceremony, if needed. I'll show you how to take the medicine. It is smoked. You will inhale the smoke and hold it in as long as you can.

Then you'll lay down and the journey begins. It lasts about 20 minutes. Sometimes for very sensitive people up to 30 minutes.

And you can receive the medicine up to 3 times, maximum. On average people do two or three doses. You will know when you feel complete.

Afterwards we talk to help integrate the experience. We have some fruit, and that's about it.

There are some preparations as well. Read more about this below



Group or 1:1 Dynamics

Private 1:1 ceremony: Total time for the ceremony is about 3 hours.

- 30-45 minutes of conversation and intention setting, meditation & prayer
- Up to 90 minutes hours of your medicine journey
- 30-45 minutes of post integration chat and fruit

Please note if you are coming in as a group of 2 then the ceremony will be 4-5 hours.

Max I can do is a group of 4 and this will be about 6-7 hours with a small break at 3.5 hours in so I can recharge and reset my energy.

Important Notes

In group dynamics, I will facilitate the ceremony one by one in privacy with the patient/client and all other participants must be away from the ceremony area for privacy.

Please wear white to your ceremony. This helps expand your aura for purity and protection.

Please bring your intentions written out on a piece of paper with you to the ceremony we will do a fire burning ritual for intention and letting go opening invocation.

Also please bring some flowers as an offering to the altar.



Qualifying Information and Questions

No one who has been on psychiatric medication (SSRI'S/MAO's etc) for depression, anxiety, or seizures can participate.

Once you have been off any and all psychiatric medication for 90 days, then you are eligible to participate in a sacred ceremony. (We will go over these on a call, but please start to read through them before hand)

1. What's your mental health medical history? And what medications are you taking (if any) ie antidepressants / anti anxiety / medication etc / ED sexual enhancement pills / & herbal supplements / heart history/disease?
2. Would you consider yourself emotionally and or mentally stable?
3. What's your intention for the ceremony?
4. What's your sensitivity level in general to substances and to psychedelics?
5. Is there a current crisis you are dealing with/experiencing?

6. What traumas have you experienced in your life that are still lingering?

7. What is your spiritual practice? Do you have one?

8. Do you exercise? Would you say you are fit/strong/have endurance?



Preparation

In preparation for ceremony, start to slowly let go of stimulants. If you drink coffee, please reduce your coffee consumption by 50% 3 days before the ceremony. The day before ceremony avoid cacao and caffeine (teas have caffeine!) no tobacco smoking. The day of the ceremony, no tea, no coffee, no matcha, nothing with caffeine or stimulating effects.

Please note that the below is the ideal, if your travel plans/schedule allows. You can still do a ceremony if the below is not perfect. The main thing is to come to the ceremony with empty stomach - no food, no water 3 hours before.

Diet

- To prepare be vegetarian or vegan for 3 days prior. Eat light. Soups, fruits, reduce your carbohydrates intake. More greens, juices, coconut water, etc. think the lighter the better.

The Day of:

- Juice fast or soup or fruit. Nothing, no food or drink 3-4 hours before ceremony.

- If the ceremony is in the morning fast only liquids from previous evening sunset time.

- If the ceremony is in the evening, breakfast is okay, but nothing afterwards. No solid food 6 hours before ceremony.

- From sunset stay on liquids, come to ceremony empty but not weak!

Lifestyle

- Aim to commit to daily yoga, meditation, and/or prayer practices before your ceremony.

Other Notes

- Make sure your nails are not sharp
- Avoid wearing strong scents & strong fragrances
- Wear comfortable, breathable, relaxed clothing
- No necklaces, bracelets, or jewelry
- Feel free to bring special altar items with you if you'd like to



Integration (post-ceremony)

Please aim to commit to doing nothing stressful for 1-3 days after your ceremony to allow for peaceful integration of the experience. Ideally, No work. No stress. Be in nature. Go to the spa. Take time for you.

Some Recommendations

- Eat your favorite meal (but please stay vegetarian, think light)
- Clear your schedule for 24-72 hours
- If you have headache like symptoms get acupuncture and/or ibuprofen pain killer
- Be in nature, hike/waterfall/beach day
- Water purification ceremony.
Here is a temple I recommend:

https://maps.app.goo.gl/Vu3xCnqP47pLwfm59?g_st=ic

- Paint / art therapy
- Dance / sing
- Journal



- Get a healing massage, I recommend Jun, who's a Tantric Bodyworker & Healer. He'll help you ground back into your body and release last traces of emotional storage and reset your system.

Jun's WhatsApp number:
+62 812 3741 4862

- Get a Vedic astrology reading with Gleb to understand and lingering questions around your intentions, purpose, karma, transits and current periods you are living. Gleb will give you predictions about your future and how to navigate your life.

Gleb's WhatsApp number:
+7 999 226 38 54



Note

I understand travel schedules might not allow for this. Again, this is just the ideal. I've had many clients who receive sit in ceremony and then literally have to leave and catch a flight and it's totally fine.

However, if you have spaciousness in your schedule to relax and move slowly for integration, this is preferred.

Counseling and Numerology Report

As part of your ceremony, you get one free 90 minute counseling session to support your integration. You can use this anytime you need here is the link to schedule:

<https://calendly.com/brandonspratt/sacred-medicineintegration-call>

To further support your integration process, please send me your birth date month, day, and year... so I can do a numerology reading for you and create a custom daily spiritual practice (Sadhana) for you to further support you post ceremony.

You'll receive a kriya (asana/physical yoga practice), Breathwork/pranayama practice, and/or a mantra meditation.



Testimonials

For testimonials, visit my Instagram:
<https://instagram.com/iambrandonspratt>

Or my website: www.brandonspratt.com

Payment

\$350 USD

Secure your ceremony date and time.

There are a few ways to pay. Please choose the one that is best for you:

- Square: <https://square.link/u/6mnIyOpa?src=sheet>
- Wise: <https://wise.com/pay/me/knightb1>
- Revolut: <https://revolut.me/brando21rt>
- Paypal: <https://www.paypal.me/brandonspratt3>
- Local Indonesian Bank Account Info:

Bank: BNI

Name: Brandon Lee Spratt

Act Number: 1798357239

Please note: if you are in any kind of financial difficulty, let me know and we can split up the payment into two payments or find a number that feels safe and in alignment for you. I never want money to be a reason to not participate in this powerfully transformative experience.

A Couple Final Reminders

- This is one of the most powerful, life changing experiences you can partake in. Your respect, reverence, and humility towards the medicine will be fuel for a meaningful experience.
- Start letting go of expectations. While this medicine is classified as a “psychedelic” it might not have the kaleidoscope effect you might want or expect. The medicine gives you what you need & that could look like anything. Meaning, it could be totally emotional and feelings and sensations and no visuals, or it’s all auditory, or it’s all somatic, or a combination of visual, somatic, and/or auditory. Wherever the medicine takes you is unique and perfect for you.
- While it’s normal to be a little nervous doing something new for the first time, there’s nothing to fear, this medicine dissolves old beliefs, fears, and insecurities and unites you with your truth, heart and unconditional love in a magical and indescribable way.



Satisfaction Policy

My schedule is booked about 2-4 weeks in advance. A deposit of 50% is required to secure your date and time. Remaining 50% can be paid on the day of the ceremony.

No refunds, only reschedule please.

Note: Refund only available if travel plans change or serious illness causes a cancellation. Proof of travel plans or doctors note required for refund.

Thanks for your understanding. This policy insures your commitment to the ceremony and is respectful to everyone's time and schedules.

I'm excited to support your healing and soul evolution. Thank you for your trust, vulnerability, and openness – it's an honor to serve you!