

CAUTION

SPIRIT ELIXIR CONTAINS POTENTIALLY DANGEROUS SUBSTANCES. READ THE WARNINGS IN THE MANUAL BEFORE ATTEMPTING TO BREW SPIRIT ELIXIR!



A PURGING, PSYCHEDELIC, VISIONARY AMAZONIAN BREW

So here are people without electron microscopes who choose, among some 80,000 Amazonian plant species, the leaves of a bush containing a hallucinogenic brain hormone, which they combine with a vine containing substances that inactivate an enzyme, which would otherwise block the hallucinogenic effect. And they do this to modify their consciousness.

The Cosmic Serpent (Jeremy Narby)



INTRODUCTION

The brew we're about to make is a traditional medicine from the Amazonian rainforest. Shamans and medicine men from various tribes use it to perform spiritual and physical healing within themselves or others and to communicate with the forest. The drink is also taken by regular tribe members and citizens.

Spirit Elixir is primarily a purgative, causing stomach discomfort and heavy vomiting. When you're in the right mood and surroundings, and you drink a large amount, you will have what is generally called a psychedelic experience. Strong, colorful visions, auditory hallucinations or overwhelming emotions take the user to mental realms that have been explored only scarcely by Western man.

Please take note of the warnings. Trip reports reveal that this brew can pose serious physical and mental threats to those who ignore either indigenous or Western knowledge on shamanistic practices. That said, you're about to embark on a mystical adventure with an extraordinarily rich, healing, empowering and moving quality.



Banisteriopsis caapi bush

WHAT SHOULD BE IN THE PACKAGE

In the package should be this manual and one of the following combinations of herbs:

- 4 gr. *Mimosa hostilis* root bark & 2 gr. *Peganum harmala* seeds
- 4 gr. *M. hostilis* root bark & 50 gr. *Banisteriopsis caapi*
- 5 gr. *Diplopterys cabrerana* foliage & 2 gr. *P. harmala* seeds
- 5 gr. *D. cabrerana* foliage & 50 gr. *B. caapi*
- 25 gr. *Psychotria viridis* foliage & 2 gr. *P. harmala* seeds
- 25 gr. *P. viridis* foliage & 50 gr. *B. caapi*

This manual is suitable for all six of these combinations.

REQUIREMENTS

- familiarity with psychedelic experiences, patience, good intentions, suitable music
- a person who can act as a sitter or guide during the experience
- normal kitchen with pots, pans, stove, water, etc.
- up to 10 hours preparation time, depending on the method of preparation
- 250-750 ml. of lemon juice or vinegar a person (optional, although strongly recommended)

WARNINGS

B. caapi wood and *P. harmala* seeds contain so-called **MAO-inhibitors**. These can be extremely **dangerous** when combined with certain foods and psychoactive substances. Completely abstain from sleeping pills, sedatives, cocaine, anti-migraine and anti-allergy medicines, **anti-depressants**, kanna, mescaline, **speed**, **XTC**, alcohol and ephedra 12 hours before and after drinking Spirit Elixir. These substances are **highly toxic** when under the influence of an MAOI and can lead to coma or worse. Headache and nausea can be caused by fermented dairy products, salami, pepperoni, liver, salt, herring, other fish, sour cabbage, figs, bananas, pineapple, avocado, raisins, nuts, lima beans, lentils, soybeans, chocolate, caffeine and ginseng.



The actual list of substances to avoid is much longer. When in doubt you should refrain from taking the substance before consulting the internet. We emphasize that you should avoid conflicting substances 12 hours before and after taking Spirit Elixir. If you use anti-depressants on a regular basis, it is necessary to postpone drinking Spirit Elixir until you are finished with your medication for a couple of months.

You should never take Spirit Elixir by yourself or without someone sober present. Even some of the most experienced drinkers prefer a sitter or guide watching them and taking care of basic necessities. Sometimes people under the influence of Spirit Elixir start interacting physically with their dreams or visions. This means they can be walking around, knocking things over or bumping into walls or windows without knowing. In general, sitting or lying is preferred and the sitter can help you return to these safe positions if you get caught up in the dreams too much. You also want a sitter for convenience. He or she can take care of music, water, blankets and unexpected visitors. Giving these responsibilities to a dedicated sitter has shown the drink to be generally more pleasurable and healing.

WHAT YOU CAN EXPECT

It's best not to have any expectations at all, since only a handful who make a comparable brew for the first time get the desired effect. This is caused by inaccurate preparation, psychological causes, an insufficient dose, low potency plant material and many other reasons. Therefore make sure you are well informed before you actually make the brew. It also helps to follow the instructions carefully.

The effects of Spirit Elixir typically start within an hour after ingestion and the experience lasts between 2 and 6 hours. The drinker feels like he's starting to dream while fully awake. Various unusual, natural and mystical thoughts and images occupy the mind: telepathy with objects, plants and humans, negative or positive childhood memories, obstacles in life, deep wishes you were unaware of, landscapes, imaginary life forms, cosmic philosophy, etc.

The actual intensity and realism depends on numerous factors, although one pack for one person is in general a good amount for people who have never taken a comparable psychoactive or anyone who is looking for a mild experience. People who are looking for a deep, intense psychedelic experience after experimenting extensively and consciously with lower doses of Spirit Elixir, should use the contents of 2 Spirit Elixir packs for one person. Besides the aforementioned effects, this dose tends to facilitate meetings with entities, out-of-body experiences, ego dissolution, overwhelming geometric patterns, psychological regression and comparable phenomena, all of which can be of such realism that the drinker forgets about ordinary life and reality.


Most drinkers get stomach cramps, nausea or diarrhea. If this happens, it is typically within the first 2 hours after ingestion. The Amazonian natives consider this one of the most important effects of the brew, the purging of both the body and mind. Westerners would probably like to have a puke bowl around and easy access to a toilet. Those who are interested primarily in the purgative qualities of Spirit Elixir are recommended to find some *B. caapi* and experiment with infusions made from only this vine.

FURTHER RECOMMENDATIONS

It is highly recommended to fast 4 hours before drinking the brew. Even better would be to fast a whole day. There is no danger in ignoring this advice, but it is likely that you will end up disappointed by the low intensity of the effects and by how positive the experience was. A large part of Western nutrition consists of meat, fat, dairy products and complex sugars, which are all foods that demand more action and attention from your body than natural plant-based foods. Restricting your diet simply frees up the energy and resources necessary to get the most out of a psychedelic experience.

In many indigenous settings, drinking Spirit Elixir is literally never cut loose from a diet restricted to mainly vegan foods. Shamans say this is necessary to prepare both body and





mind. Current Western practitioners support this statement with reasons scientific and spiritual.

Furthermore it is strongly recommended to respect the following rules of thumb for taking psychedelics: make sure you don't have any obligations 36 hours after ingestion, take the drink in an environment where you feel comfortable, together with someone you trust and know well, and spend some time thinking about your motivations.

MUNCHIE SUGGESTIONS

The list of foods that cause health problems when you're under the influence of an MAO-inhibitor is endless. The main component that causes conflicts when present in relatively high amounts is tyramine. A quick search on the internet will show you it's hard to find food that does not contain tyramine at all. Nevertheless you can use the following foods without worrying: bread, apple, dairyfree cookies and crisps (plain flavor).

RECIPE NOTES

There are literally millions of recipes for brews like Spirit Elixir. We did our very best in finding the easiest ways to prepare the brew, so you can focus on the experience itself. We also tried to maintain a form of balance between science and spirituality. You can follow our instructions or you can improvise and use the instructions as a guideline.

Either way, keep the following in mind:

- The more heat you use, the more active ingredients are lost in the process.
- The shorter you let a herb simmer in the water, the more acid you need to add.
- The less water you use, the more acid you need to add.
- It is possible to add nothing acidic at all, which is actually the primary traditional method. It takes a lot longer to finish the extraction, though, since the acid helps the active ingredients dissolve in the water.
- Boiling the two plants together works fine and is a traditional method in various tribes and traditions. However, when ingesting the two plants together, part of the active ingredients from *M. hostilis*, *D. cabrerana* or *P. viridis* are rendered inactive in the digestive system, because it takes time for the MAO-inhibitors to become active.
- Some people strongly recommend using distilled water. In most countries, however, ordinary tapwater is suitable.
- When you want to make 2 or more Spirit Elixir packs you simply multiply all the amounts of water and lemonjuice by the amount of packs that you are making. When using 2 or 3 packs with *P. harmala* seeds for 1 person, don't use more than 4 grams of the seeds per person.



Psychotria viridis leaves
Spirit Elixir contains a visionary compound that every mammal and many plants produce.



Psychotria viridis seeds

PREPARATION OF *P. HARMALA* SEEDS

If you have a Spirit Elixir combination with *B. caapi*, proceed to the 'Preparation of All Other Plant Material' section further down this page.

THE EASY WAY

Use a mortar or coffee grinder to grind the seeds into a fine powder. Put the powder in a cup and add 50 to 100 ml. of water. You'll see the powder slowly fall to the bottom of the cup in the following minute. Right before you drink it you need to give it another good stir and then you can gulp it down in one go, or spread it out over 15 minutes if you have a sensitive stomach. If some powder is left in the cup, just add a bit more water, stir and drink.

ANOTHER WAY

For some people *P. harmala* seed powder is bit heavier on the stomach than a liquid extract. The following recipe is the easiest way to make yourself a good extract. Keep in mind, however, that part of the active ingredients gets lost in this process. If you have more of the seeds, you might want to compensate by adding about half a gram of seeds. Doing liquid extractions as described below is generally more suitable for 3 or more people.

- 1) Use a mortar or coffee grinder to grind the seeds into a fine powder.
- 2) Put the powder in a pan and add 250 ml. of water and 50 to 100 ml. of lemonjuice or vinegar.
- 3) Put the pan on the kitchen stove and bring the water to boil. Don't use a lid.
- 4) Immediately when it starts bubbling or boiling, place the pan on the lowest fire possible with your stove.
- 5) Let it simmer for 30 minutes.
- 6) Strain with a coffee filter.
- 7) The liquid extract is ready for use. To decrease the volume, simply boil it down. The seed powder can go with the organic garbage.


PREPARATION OF ALL OTHER PLANT MATERIAL

THE FIRST EXTRACTION

- 1) Put the plantmaterial in a pan. When preparing 2 plants, use separate pans for each plant.
- 2) When using *M. hostilis* or *D. cabrerana* add 300 ml. of water. *P. viridis* and *B. caapi* require 500 ml.
- 3) Add 200 ml. of lemonjuice or vinegar to the pan(s) (200 ml. in each)
- 4) Put the pan(s) on the kitchen stove and bring the water to boil. No lids required.
- 5) As soon as the water starts boiling, place the pans on the lowest fire possible.
- 6) Let it simmer for 30 minutes.
- 7) **Caution! Hot!** Strain each pan with a t-shirt, cheesecloth or handkerchief (anything cotton with a fine mesh will work). When extracting 2 plants, keep the the liquids in separate containers.
- 8) **Caution! Hot!** After thoroughly pressing out all the moist (don't get burned!), put the container(s) aside.

THE SECOND EXTRACTION

- 9) Gather the plantmaterial leftovers in a pan. Again, when preparing 2 plants, use separate pans for each plant. Just use the pan you used in step 1, without washing.
- 10) When using *M. hostilis* or *D. cabrerana* add 300 ml. of water. *P. viridis* and *B. caapi* require 500 ml.

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- 11) Add 200 ml. of lemonjuice or vinegar to the pan(s) (200 ml. in each)
 - 12) Put the pan(s) on the kitchen stove and bring the water to boil. No lids required.
 - 13) As soon as the water starts boiling, place the pans on the lowest fire possible.
 - 14) Let it simmer for 30 minutes.
 - 15) **Caution! Hot!** With the same piece of cotton, strain the pan into the container you used in step 7.
Example: If you're doing a *P. viridis* extraction, add the second extract to the container you used for the previous *P. viridis* extract.
When extracting 2 plants, keep the the liquids in separate containers.
Example: If you're doing a *B. caapi* and a *D. cabrerana* extraction, add each to the container you used for the previous extract.
 - 16) **Caution! Hot!** After thoroughly pressing out all the moist (don't get burned!), put the container(s) aside.

THE THIRD EXTRACTION

- 17) Gather the plantmaterial leftovers in a pan. Again, when preparing 2 plants, use separate pans for each plant. Just use the pan you used in step 1, without washing.
- 18) When using *M. hostilis* or *D. cabrerana* add 150 ml. of water. *P. viridis* and *B. caapi* require 250 ml.
- 19) Add 50 ml. of lemonjuice or vinegar to the pan(s).
- 20) Put the pan(s) on the kitchen stove and bring the water to boil. No lids required.
- 21) As soon as the water starts boiling, place the pans on the lowest fire possible.
- 22) Let it simmer for 30 minutes.
- 23) **Caution! Hot!** With the same piece of cotton, strain the pan into the container you used in step 7 and 15.
- 24) **Caution! Hot!** After thoroughly pressing out all the moist (don't get burned!), the plant material can go with the organic garbage.

BOILING DOWN AND DRINKING

You will now have one container with liquid *P. viridis*, *D. cabrerana* or *M. hostilis* extract and another container with either liquid *B. caapi* extract or *P. harmala* powder in water (or extract).

The taste of Spirit Elixir is horrible and makes you vomit. To keep the tea inside, one needs to reduce the volume so you can get the full dose down in one or two quick sips. To do this, simply put the extract in a pan and place it on the lowest fire on your stove, **without a lid**. To reach the size of a small cup, boiling down can take anywhere between 15 minutes and a couple of hours. Keep monitoring your pans when boiling down. Even when the process seems to go very slow, check every 15 minutes how things are going. You don't want the tea to boil down so much that it becomes thick and gooey. You also don't want it to burn because there is no more moist left to evaporate. And you don't want the tea to be on the stove unnecessarily, since temperatures above 60°C slowly degrade the psychoactivity of the brew.

Once the tea has reached a satisfactory volume, it is ready for consumption. When you are known to have an extremely sensitive stomach, it is recommended to first drink the *B. caapi* or *P. harmala* juice, spread out over 15 minutes. Once finished, immediately start drinking the *P. viridis*, *D. cabrerana* or *M. hostilis* juice, finishing it within 15 minutes.

When you don't have a sensitive stomach, first drink the *B. caapi* or *P. harmala* juice and finish it within a minute. For taste reasons you probably want to drink it all at once. Wait 15 to 20 minutes and drink the *P. viridis*, *D. cabrerana* or *M. hostilis* juice in the same manner.

Mixing the two herbs (to drink or cook them simultaneously) or taking more time to finish drinking the tea, results in a weaker effect.



- HAVE A SAFE AND AWESOME JOURNEY -

