

## Abstract

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### ME AND THE PLANTS

Twenty years of being with, observing, and experiencing the ceremonies, medicines, mind, and spirit of various shamans and healers who use psychoactive plants as the central medicine of their lives. Their indigenous traditions go back millenia, and they all recognize the spirit of the plants and the plants as teacher, healer, harmonizer of the energies of all.

My presentation is about how this all came about for me, and my experiences and learnings along the way. Over the last 20 years I have participated in numerous healing ceremonies with a number of indigenous Shamans and healers in Peru, Venezuela, Mexico, and Canada and have had the opportunity to spend time in their company, observe them at work and partake of their medicines.

I have not met an indigenous teacher using Ibogaine, but have met the spirit of that plant medicine.

These ancient teachers and the medicine men and women who use them have much to offer us in our attempts to understand life.