



## Otac Ceremony



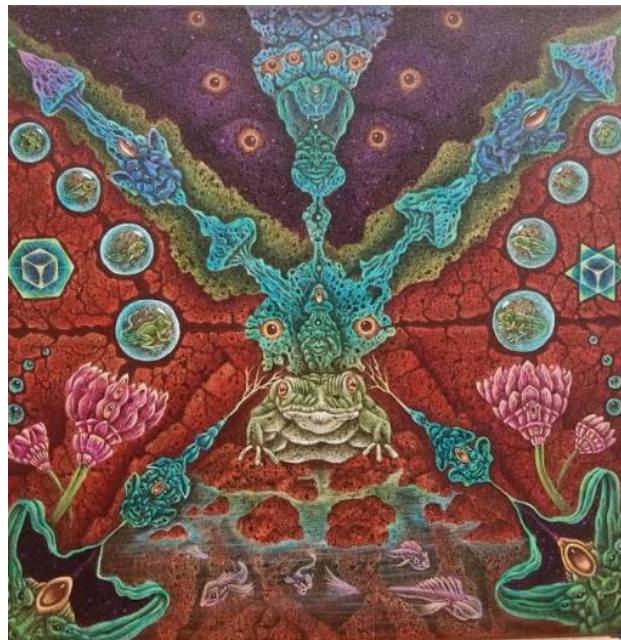
*"We are the means by which the Universe becomes aware of itself"*

My kind regards, I am Rubén Yon'ton Vucubcame Anahuaca Ritual Artist from Central Mexico, an explorer in the development of our own medicine in the opening of unification Consciousness.



The Master Medicines teach us about the wisdom in which the guide is stored. reminding us that this same cosmic wisdom is in us and allows us to live in the miracle of now. live. die and be reborn in the Flow- being the Flow.

For the Comcaac Nation of Sonoran Desert of Mexico, the Toad has great cultural importance, and is interwoven through traditional practices, such as art, stories, rituals and dances.



The traditional name for this medicine is Otac or Koarepa, also called "Medicina del Sapito" in Spanish.

It is generally known as Bufo Alvarius in confusion with the Bufo Marinus toad (also called the cane toad) which looks similar to the Otac toad. The Otac toad's proper scientific name is Incilius Alvarius. This name is less well known which is why people so often call the Otac medicine Bufo.

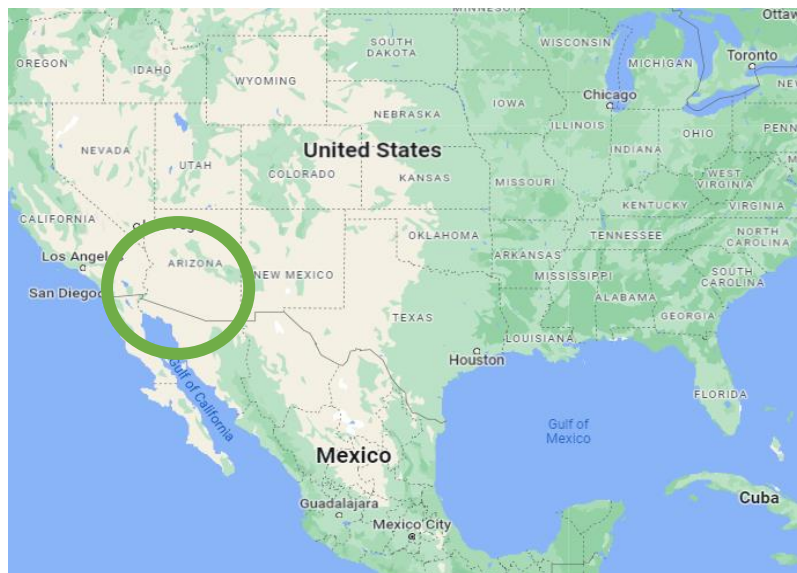


Incilius Alvarius toad



Bufo Marinus toad

The Incilius Alvarius toad can be found in two areas in the North of Mexico, in the desert (Sonora Desert) and at the river (Colorado River). The toads secrete the substance 5-MeO-DMT/Bufotenin from the glands behind its head and on its legs.



Sapito Otac Medicine can be smoked in a glass pipe, deeply inhaling the white smoke that it releases when burned in order to expand our consciousness and know our true divine nature. This can be done 1-2 times. We are the means by which the Universe becomes aware of itself.





## How is the experience?

It depends on personal life style of each person. For some it is to die and be reborn, for others a very deep sleep that connects them with the truth. Each process is different and transformational. After experiencing El Sapito your life Changes.

The Ceremony is personalized and can be done on a 1:1 or in a private group ceremony. The person can invite the friends or relatives that they like to accompany them.

The Climax of the medicine lasts approximately 20 minutes the climax depending on the individuals process and on the on the Spiritual, Mental and Physical state of the person,

The ceremony lasts approximately 2 hours between preparation, climax, meditation, grounding and incorporation.

However the ceremony begins from the moment the thought and intention have been planted to this whole process and experience. The moment you were guided towards this medicine and made contact and things aligned. Begin to detox your mind and body, focus on an healthy diet, rest, exercise and meditate. This will clean your body and energy channel and facilitate a more profound and transformational experience with deeper and more expansive development and exploration. Any guidance on these things can be provided and communication channels with Ruben are open for questions and discussions.

Recommended contribution = €300.

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*If this is not accessible due to limited income please talk to Ruben.*

The Ceremony was started from the moment your thought is present.





## Recommendations

Have at least a week or more if possible of preparing the body, mind and spirit and cleansing out toxins. Meditation, breathing exercises, water and an alkaline diet are recommended.

*\*What kind of people should take a longer process of physical and mental preparation?\**

A person who has received Ayahuasca or Iboga must follow the above recommendations for at least one week before the Otac Ceremony, importance must be given to this.

It is not safe for a person who is taking anti-depressants to engage in the ceremony as the medicine works the same part of the brain which the anti-depressants are interacting with. Even after stopping anti-depressants the person must wait 3 months for the brain to detoxify that area before it is ready to receive the medicine.

In the process, for no reason can the person consume alcoholic beverages and strong drugs such as cocaine, heroin, speed, crack etc for at least 1 week leading up to the ceremony. It is not safe for the person to engage with the medicine if any of the above toxins are still present in the body and processing through the system. This also applies to any pharmaceutical medicines which work with the brain. It is always best to discuss any medications you are on a few weeks before engaging with the medicine with the facilitator.

For people who have heart problems, it is recommended to take a gradual process accompanied by meditation to achieve a deep expansive state. Any health complications should be discussed with the facilitator weeks prior to the medicine.





## Experiences



- "A state of pure expansion, I became massive. I became everything"
- "Liberator of conscious or unconscious charges."
- "Going beyond the mind and into the consciousness".
- "A feeling of pure bliss".
- "The most intense but transformational experience ever!"
- "It took away my fear of death".
- "Reconnects you with your Soul and integrates it into your body."
- "You open your heart deeply."
- "Feeling of being born again."
- "Reset of Mind, Spirit and Body."
- "Increased self-love."
- "I find real and true answers from the bottom of your being."
- "Clarity of mind."
- "You give freedom and peace to your mind."
- "Improve relationships."
- "Helps to understand the meaning of meditation."
- "Physical and mental relaxation."
- "Facing fears."
- "You put aside fears and negative programming."
- "Release your past."
- "Allows a greater rest when sleeping."
- "It put this whole life experience into perspective".



*Now I invite you to live your own experience*

