



[00:00:00] Intro

Darin: You are listening to the Darin Olien Show. I'm Darin. I spent the last 15 years exploring the planet looking for healthy foods, superfoods, environmental solutions, and I've had my mind blown along the way by the people, the far off places I have been, and the life-altering events that have changed my life forever. My goal is to help you dive deep into some of the issues of our modern-day life, society's fatal conveniences. The things that we do that we're indoctrinated into thinking we have to, even though those things are negatively affecting us, and in some cases, slowly destroying us and even killing us. Every week, I have honest conversations with people that inspire me. My hope is through their knowledge and unique perspectives they'll inspire you too. Together, we'll explore how you can make small tweaks in your life that amount to big changes for you, the people around you and the planet, so let's do this. This is my show, the Darin Olien Show.

[00:01:23] Guest Intro

Darin: Hey, everybody. Hey, welcome to the show. Thanks for tuning in. If you love this episode, please subscribe and give me comments and give me ideas for other topics and guests. I'd appreciate that. I just want to say thank you for all the love of Down To Earth, the Netflix show that came out. We were number one and we're still in the top 10 after weeks and weeks. A lot of love out there. What I've realized the most is that people who may not know of some of these things that are going on in the world are inspired by the message and the message is more than just the information. The message is being received in many different ways the inspiration, the fun, the levity, we're not hammering points down people's throats and judging people into a different way of being. We were on the show investigating things and doing it in a light enough way to bring out some information and having fun along the way. Initially, I was nervous when the show was coming out because I've been in this world, and I'm familiar with it, and I wanted to really get the information out with the experts infinitely more than what it was shot as, and I got to tell you, I really learned a lot because it's a stair step approach. It's a mission. It's a journey. So just receiving the feedback from all of you, having been touched and inspired and moved to change just makes me so happy because it was that combination of Zack and I's idea, the crew members, the producers, and everyone contributing to this thing that bridged not having been exposed to this stuff to people that have been exposed to this stuff and everything in between and done in a very unique way and a very unique delivery system. So I just want to say thank you. And please keep passing this along. We've also had people in the school systems who want to show this docuseries as an informational educational platform and that is just the best news ever. So along that line, my next guest is one that we featured in the show, Carlos Tanner, in the last episode at the Ayahuaska Foundation in the village off the Amazon. So if you haven't seen all the way through, this won't spoil it for you. This will give you just a deeper context of this incredibly human, that his life was changed by him doing an ayahuaska ceremony. But also it's not just ayahuasca, it's ceremony, it's intention, it's other plant medicines, it's preparation for months and months. So I don't want to make this just about the DMT and the



active compounds on ayahuasca and all of this stuff. That's one catalyst within this journey and within Carlos' journey. And this is a very sweet human. I just had the pleasure of meeting him in the field in the canopy of the jungle but then getting to know him further and I can't wait for you to get to know him further and really hear his story, his story of addiction, his story of just going down the path what he thought was supposed to be his path when it wasn't. And he's dedicated his life now starting the Ayahuasca Foundation in 2008, so well over 10 years ago. So now studying directly with the curandero, which is the shaman and understanding plants, not just the psychedelic plants, but some of the plants that we talked about, cat's claw and Una de Gato and chuchuhuasi and a bunch of stuff we highlighted in the show, and there's infinitely more that Carlos is involved with at the Ayahuasca Foundation. So please enjoy and welcome this great guest, Mr. Carlos Tanner.

[00:06:08] First Half of Interview

Darin: How did you end up in the middle of the Amazon surrounded by curanderos and medicinal plants and in this beautiful part of the Amazon?

Carlos: I asked myself the same question you just asked me a lot. The easiest way for me to answer that might just be magic, but there is a timeline and there is quite an interesting story about it, to say the least, and that really goes back to 2000. I got a job working through a temp agency in 1999, just trying to get by essentially after graduating college with philosophy and art degrees. So I was really prepared for making a big career move with those degrees. But getting a job through the temp agency, I managed to land this pretty brilliant job where I had nothing to do all day, but I had to sit in front of a computer with an internet connection because in case someone called, I needed to enter their information into a system online, and that happened like once a day. So I had like seven hours out of my eight hour day that I just had nothing to do, but I sat with an internet connection. And very quickly, I realized that I wasn't going to be able to do the crossword puzzle and surf the web for seven hours every day. So I gave myself a project and I was always pulled towards medicinal plants from my childhood. I don't really know why, but I gave myself a project to research medicinal plants. So I started looking up medicinal plants just like starting, literally searching for medicinal plants and then taking it from there. And I had access to a printer in the office I was working at so I started printing stuff out and bought a file cabinet and started organizing it. I essentially built this kind of library on medicinal plants, but one particular plant definitely set itself apart from the rest and that was ayahuasca or the plant medicine. This is 1999, there was not a lot of information about ayahuasca back then. But what there was was just absolutely mind boggling to me. I was so fascinated by it. So I made of special focus, there was a special folder in that file cabinet just for ayahuasca, and that magically turned into me getting invited to go to Peru in 2000 with the receptionist from that job. So in January of 2000, I ended up going down to Peru for the first time. I didn't actually drink ayahuasca. I had the opportunity to but I wanted it to be just right. I didn't want it to be touristy. I kind of made a vow that I was going to come back. When I got home, I actually got a dream job and got a career. I thought, well, maybe I'm not going to go back to Peru, maybe that won't happen. I just stopped thinking about it, at least for a while, but I had talked about it. My friends



had heard me talk about ayahuasca. They knew of my interest, and that would play out later on because my first career job which was fantastic when I got it started to really I guess opened my eyes to the reality that I had been conditioned to believe something that really wasn't the best thing to think about in terms of what success meant. I had been so conditioned to think that success was so monetary and I now had a job and I made a good salary. I was able to get a beautiful house and drive a nice car and check the boxes, and on paper, I'm great. I'm doing so great with my life, but inside, I wasn't doing great. I started to get depressed. I started to feel like well, this is success. This is what you have to do. You just have to accept the fact that you're going to be dissatisfied with the aspects of your life to make money, you have to do that. And that's how strong the conditioning was but I couldn't really cope with it, and so I began drinking more, using drugs and eventually led to being an opiate addict. I definitely don't think it was by accident that I fell into opiates. I wanted to be numb. I had a feeling and as long as I kept thinking it and feeling it, I wasn't going to be right. So I feel like I was purposely trying to stay in this numb state so I could really tolerate what I'd been conditioned to believe was success. I would disappear for a couple of days on a weekend and my friends would be like, "Where were you over the weekend?" That's when you know that you start having a problem when you're kind of disappearing on binges that culminated in me waking up in my car at 4 o'clock in the morning. Realizing that my car was sinking underwater, I had water up to my chest. My windows were open so the water was pouring in. I had no idea where I was. I wake up and I'm like, "What the hell is going on?" And then quickly realized, well, I don't know what's going on, but I can't stay in the car. I couldn't open the door. Luckily, I was able to jump out the window, swim to the shore of this river, turned around, look back and watch my car just go completely underwater. The last memory that I had had was pulling out of the parking lot of a bar. I'd been at a bar, I was drinking, and I was taking pills. Yeah, you shouldn't do that. The warnings that they give, there's a reason because I must have just blacked out at the moment I pulled out of the parking lot. I drove through this swamp, which had water like two feet, and then through a cornfield, and then into a river, and I had never been there. That troubled me so much. It fascinated me and troubled me because clearly there was consciousness at work, but I was disconnected from it. And yet it was consciousness that seemed to be outside of my realm. I can understand if I drove home. I could understand that because I knew some part of my brain knew, but I didn't. I drove completely the opposite direction, down some crazy path and ended up in a river and it freaked me out. It really freaked me out. I could have died, easily could have died. And that was a really important moment for me because that's when I realized that maybe I will die. It doesn't matter how much money I'm making. It doesn't matter what car I'm driving if I'm dead. At that point, I said, I don't care about my career anymore. I definitely care more about my life. That's the most important thing. And whatever I need to do, and I knew I needed to do something like life changing. I wasn't just going to keep going with my life exactly the way it is, but I'll stop using drugs. I knew that wouldn't be possible. I knew why I was using the drugs, and my life staying the same was not going to fix that. I, at that moment, made a declaration that I was going to make a drastic change in my life. Nothing happened right away, but I made the commitment. I'm sure that you've probably done the same thing. Almost every one of us has made a declaration at some point to the universe, to ourselves, to whoever happens to be there, but the important



part is that we make a commitment to change, and I did that. Then a week later, 10 days later, I got an email from a friend of mine that I hadn't seen in two years. She was in Peru and she was on her way back from Japan where she'd been for two years teaching English. She met these two guys from Russia. They told her that they were working with a curandero who used ayahuasca. She remembered that I had told her about ayahuasca back in 2000 and decided to send me an email because she was going to stay with these two guys and go and drink ayahuasca, and thought maybe I wanted to as well. I knew right when I read the email, this isn't a coincidence. This is what I needed. I could just feel like this is getting me back. Because before I got that career job, I was okay. And then the career job, I really feel, messed me up. And so what was I doing before that? Well, I was working at some temp agency but I was researching medicinal plants and specifically I was researching the ayahuasca now that I made a declaration that I want to get back to who I was before my life kind of unraveled, I get an email inviting me to drink ayahuasca in Peru with an authentic curandero in the Amazon rainforest. I made another important commitment to see that as the opportunity that I believed it to be, and to make it. I turned it into what I was going to use to fulfill that commitment, that declaration I had made to make a change in my life. So it became like a lifesaver before I even booked the flight. I knew that was going to change my life, and it did. I went to Peru in 2003, in June 17, years ago, almost to the day and it changed my life dramatically. I never did heroin again. I never touched opiates, and my life just massively changed forever. During that trip, the curandero saw in me what he said was my path, and explained why as a child I had been interested in medicinal plants because it was my path to be a plant doctor or a curandero. He invited me to live with him as his apprentice.

Darin: But it's just like what your example is, if you're doing something that is completely not aligned with you, there's a little bit of sacrifice that you have to give up. And that added up over time, puts you in the position of where you were, I would assume desperate and kind of a bit lost. And in the face of going, "Yeah, but I've got all these things." It's like, man, that's just not the formula of happiness.

Carlos: Well, I wish that they would teach us a better formula as we grow up. Not to blame our society, to be totally honest, it's such a complex thing. Any attempt to reduce it, I realize now, I'm trying to reduce it as if I could just blame it on my career but of course, there was so many things happening just like there are in every person's life and where we might point to something. Maybe at that point, I was projecting on to my career, some other stuff that was happening and it was just very convenient for me to do that because once I did get down to the Amazon rainforest, and I did ingest and attend ayahuasca ceremonies, I very clearly saw what I would call the root of my afflictions, and that was way before I had gone to school. That was that way before I chose a major. My childhood traumas that I didn't even remember. I would say that it was definitely those traumas that infected my self-perception with an inaccurate interpretation. Essentially, it started language in my head that I wasn't good enough, that I didn't deserve, that I was bad, that people shouldn't love me because I did these things. And only to then realize, thanks to working with ayahuasca in ceremonies that these were completely



inaccurate interpretations and that I was an innocent child but I couldn't make sense of experiences that were painful to me. And through the work with ayahuasca, I was able to release those traumas by reinterpreting the experiences accurately or at least from an adult understanding, and that was massive. And so to say like, oh, I used heroin because my job wasn't fulfilling. Yeah, that's part of it. And maybe because of the timeline, it's easy to say, well, I got the career job and then a year later, I started using heroin, it must have been from the career job. And definitely, there's elements of that without a doubt. But just to be fair, and especially if anyone's in advertising, I'm not trying to throw you guys under the bus as if to say this is all a bullshit job or something. I had stuff going on that was deep-seeded. And then once it played out, that's where the resonance was the worst. I think that if you have a childhood trauma where you're struggling to think that you're good enough, and then you find yourself in advertising, which I could say, preys on that. They're not idiots about that. The idea that you're not good enough, buy something, that has definitely kind of been built into the current advertising system that somehow if you buy this product, you will be good enough. Somehow if you buy this product, you'll find the satisfaction that you're lacking that piece of your soul that you're missing. It's just one click away on Amazon or something like that. So in terms of trying to understand why didn't this align, it makes more sense when you contribute the root cause, which was my traumas as a child. We are all dealing with those childhood traumas or those misinterpretations of experiences when we're unable to accurately understand them.

Darin: For all the listeners, I want to unpack the ayahuasca thing a little bit. When you made it to Peru, you did it right. You went to the land of the plants and the medicinal plants and the curandero. I highly recommend if anyone, just as a caveat, if anyone is thinking about doing this, do your homework. Obviously, Ayahuasca Foundation is an option. There are a lot of charlatans even in the Amazon. So opportunistic people also try to make a living and going through their own journey. They're not infallible. So that being said, okay, so you made it to Peru. What was that like? And maybe I know it's very, very personal, but for all, because there'll be a lot of people on here that maybe have or have not even heard of what this psychoactive beautiful kind of god molecule is. So maybe just unpack that a little bit and your story.

Carlos: First, you hit the nail on the head when you said I had set myself up. Have I decided to work with Ayahuasca before my life had spiralled down? I doubt that the meaning of the experience would have been so profound. I think that's a really important thing to understand is, whatever you put into it is what you get out of it. It's quite simple. So I needed to have my life saved, and that's what I was putting into. When I went to that first ayahuasca ceremony, I had, you could call it a desperation, but I would prefer to just call it a faith. I had a faith that what I was about to embark on was going to rescue me from the spiral downward that almost killed me. And that's why I feel my experience matched it because not everyone has the same experience. In fact, the spectrum of people's experiences is so incredible that it's almost impossible to understand. And it's taken me a long time but in 2003, I made my way to the Amazon rainforest. I thankfully had a connection, so my friend was there. She had already met these two people, Roman and Eugene, who had already met Don Juan, who was the



curandero. Just in case people are listening, Darin and I have been saying curandero. That's like another way of saying, shaman. They do not use the word shaman in Peru. What they call them as a curandero, which literally just means a healer. This particular curandero's name was Don Juan Tangoa Paima. And Roman and Eugene were the two gentlemen that I met. Because they had been working with this healer for the last year, I already had some trust. Darin mentioned that you want to be careful, and so that enabled me to have a little bit of trust like, okay, I'm not just blindly meeting a stranger. I had my friend and I met these two individuals, and we went together to the ceremony. But no one told me there was no retreat. There was no tourism. This was in 2003 so the term ayahuasca tourism didn't exist. So no one prepared me. There was no like, hey, try to do this and I was a pretty full blown drug addict. One thing that I did when I got to Peru, literally, the night I got to Peru I was out on the street buying weed because you can do that easy. And then as soon as you buy weed, well, now you have a person. And so very quickly I realized oh, I can get valium. So within like an hour of being in Peru, I had weed and valium. So I was smoking weed and taken valium right up until the ceremony. Yeah, I do not recommend that. That was a bad idea. But again, I guess it's part of the whole story. So that ceremony was, oh man, that was a rough ceremony and probably pretty dangerous looking back. That was probably dangerous for me to do that. I threw up 15 times, I crapped my pants. At one point. I just went and took my underwear off and threw it into the jungle. It was a horrible experience, but it was the most incredible experience as well. There were so many factors that were just kind of mind boggling like talking about setting things up. The curandero, Don Juan, used to be the curandero for Achuar community. Achuar tribe is the tribe in northern Peru on the Ecuadorian border. He was their curandero. And then he came to Achitos because he had these visions that he was going to meet his wife there. His stories are incredible, but for whatever reason he was there, and the chief of the Achuar tribe that he used to be with was there. Now I have no idea. I'm in the Amazon rainforest for the very first time, and I'm going to an ayahuasca ceremony for the very first time. I don't know Achuar tribes, chiefs aren't always there. So I just kind of assumed that that's just, hey, this is how things are when you go to an ayahuasca ceremony, but they are not. It's very, very rare that the chief of a tribe happens to be in your ayahuasca ceremony and I never saw him again, but he was there for my very first ceremony. And that played a really important role because even though I had no way of communicating with him, he didn't even speak Spanish, he was a presence. He was beyond like human person. And he had clearly drunk ayahuasca many times. At one point, I was outside, curled up in the fetal position, crying, wondering why the hell I wanted to do this. He came out and he just looked at me and waved me back in. That was it. He just looked at me for a second. I stopped crying for a second realizing that he's looking at me, and he just was like, come back in. Without even thinking I just got myself together like, okay, I got to do this. I got myself back up, kind of like dusted myself off and went in and right then things changed. Right at that point, I wasn't frightened to death anymore. It wasn't the worst experience of my life anymore. At that moment, I was like, oh man, this is fascinating. What I was thankful to realize was that my mind, my perspective, my attitude, my interpretations, all of this was the determining factor. So thankfully, to me I was saying like he was telling me to like be a man. I was literally crying like a baby at that time. But then once I said, okay, be a man, the whole



world changed. My whole experience changed. That was really an important lesson for me. Because at that point, I realized my experience prior to that wasn't ayahuasca, it was me with ayahuasca. And the "me," I could change the "me." I could change my attitude. I could change my way of perceiving or interpreting, and that would have drastic results in my experience. And so where I had been previously thinking, as I was in the fetal position, I'm never going to do this again. This is the worst experience of my life. Then after the ceremony, I'm like, I'm going to do that again but I'm going to do it differently. So the second ceremony I went in and I said, tonight, I'm going to be a man. I noticed my posture changed. I was like, I'm not going to be afraid. I'm not going to be afraid tonight. And right off the bat, the very first vision I had was this man with a big sombrero came out and just started turning into a demon, like this hideous creature right in front of me. And I just said in my mind, I'm not going to be afraid. He then switched right back to this nice old man and was like, oh, you're not going to be afraid. Oh, well then check this out and he took his hat off. And all these beautiful creatures came out of his hat and they were floating around and flying and smiling and I was like, this is amazing. And then they all kind of flew around after him and he like waved goodbye and walked off the scene into the darkness, and that set the tone for the whole ceremony and really the rest of my journey where I fully began to realize the importance of how we are, and how that relates to what we think is the world around us. It was such an important lesson.

[00:32:07] 121 Tribe Ad

Darin: So for years, maybe most of my life, people have been asking me, "What kind of foods do you eat? What kind of exercises do you do? What kind of water should I drink?" All of these things and so much more we put into a 21-day program so that can take you through a theme every day of knowledge, action, and then eating these delicious meals, working out, getting support, anchoring in these new habits so you can do what? So that you can kick ass. So you have the energy, the vitality to live the kind of life that you really want. That's what it's all about. So all in this app, we have grocery lists, we have education about real hydration and what greater oxygenation and the balance of alkalization. All of these things we are diving into as you're heading down this hero's journey of implementation into a new life to give you the kind of life that you actually want. So join my Tribe. All you have to do is go 121tribe.com. Sign up, and you get three free days. Join me on this hero's journey. Join the Tribe.

[00:33:33] Barukas Ad (Shortest Version)

Darin: Many of you who follow me know I've spent most of my life searching for the healthiest foods on the planet. If you look hard enough, there are a few unknown extraordinary foods around the world that people still don't know about. And a few years ago, I came across my favorite superfood discovery of all time, Barukas nuts. When I first tasted them, my eyes lit up. The taste alone just absolutely blew me away. But after sending them to the lab, which I do and getting all the tests, I realized they're the healthiest nuts on the planet. No other nut even compares. They have an unusually high amount of fiber and they're off the charts in super high antioxidants and have few calories than any other nut. It's jam-packed with micronutrients. But



they're not just good for you, they're really good for the planet. Most other nuts require millions of gallons of irrigated water, but Baruka trees require no artificial irrigation. Barukas are truly good for you, good for the planet, and good for the world community. It's a win all the way around. I really think you'll love them, so I'm giving all of my listeners 15% off by going to barukas.com/darin. That's B-A-R-U-K-A-S dot com backslash Darin, D-A-R-I-N. I know you will enjoy.

[00:35:36] Second Half of Interview

So what is ayahuasca? Ayahuasca is first of all, a medicine that's made by a vine called *Banisteriopsis caapi*, which is called ayahuasca. It's called a lot of different things but the name that has tended to stick is the Incan name for it which literally means "aya," spirit and "huasca," vine, spirit vine. I think that's probably why the name caught but also catch was the national language of Peru. So ayahuasca is made from the ayahuasca vine and that is mixed with an admixture plant. Typically, that admixture plant is *chakruna*, which is *DescriptionPsychotria viridis*. And chemically speaking, it is believed that the ayahuasca vine is known to have harmala alkaloids, which are known to be monoamine oxidase inhibitors or MAOIs. They prevent the creation of an enzyme in your stomach called monoamine oxidase and that is an enzyme that breaks down certain chemicals. One of the chemicals that breaks down is dimethyltryptamine. And dimethyltryptamine is the ingredient that is found in the admixture plant. And so, essentially what chemists would say is happening in an ayahuasca medicine and the experience is an orally activated dimethyltryptamine experience in the sense that the harmaline and harmine and the MAOIs of the vine prevent the dimethyltryptamine from being broken down in your gut, which allows it to go up to your brain where it stimulates your pineal gland. And your pineal gland is thought to also produce its own dimethyltryptamine. No one really knows what dimethyltryptamine does exactly, but it has been referred to as the spirit molecule. And there are reports that suggest that at the moment like 49 days in the development of an embryo when it becomes a fetus, there is a flood of dimethyltryptamine from the pineal gland and at the moment of death, there is another flood of dimethyltryptamine in the pineal gland, and so that has been associated with the spirit entering and exiting the body. There's a lot of wonderful literature on it. If you're interested in just learning more about dimethyltryptamine, you can read *DMT, the spirit molecule* or even there's a documentary about it. Personally, I don't deny any of that. That is definitely hard science, and I believe in it, but I'm not satisfied with that explaining your experience because people's experiences are so dramatic. To me, a better way that I used to understand it is to talk about it as an amplifier of sensory perceptive ability. And that to me works more in resonating with my personal experiences but it also works more for taking advantage and empowering yourself through the experience. We all know that you have a visible spectrum. I remember it as a kid, ROYGBIV, red, orange, yellow, green, blue, indigo, violet. Those are the colors, vibrational frequency that we can see. Beyond that, invisible, we can't see them, but they exist. Our eyes are limited biologically. We can't see beyond that. Another example, our audible spectrum, also a frequency of sound. Maybe some people have a dog or are aware that there's a thing called the dog



whistle. You blow it, you can't hear it, but your dog can. That's a great example. Your dog's audible spectrum goes into a higher frequency than your limitations of biology. So there's a spectrum of what amount of reality we can actually perceive, and that is determined by the biological limitations of our sensory perceptive organs. Well, what ayahuasca does is it amplifies them. It expands the possibility for sensory perception. In doing so, it allows us to create a hypersensitivity state, is what I call it. We become hypersensitive in the sense that we can see beyond the visible spectrum, hear beyond the audible spectrum, feel, taste, smell all of the senses, not even just senses associated directly with sense organs, but some of the more subtle senses like our intuition, things like that. All of them become amplified. And so in that hypersensitivity state, we just naturally gain greater awareness. And so whatever we focus our attention towards, we can understand more. We can be aware of more and usually, you're focusing your attention on yourself. So you can become more aware of what's going on, what are the issues with you. And specifically with regard to trauma, which is what we were studying with the scientific research that we did last year. Trauma happens in a hypersensitivity state. Trauma is usually an experience produced when there is tremendous fear. Tremendous negativity and fear will produce a hypersensitivity state as well because evolutionarily, if you were very scared, then your survival might depend on having a little bit better eyesight or a little bit better hearing or a little bit better intuition so that you can get yourself out of the experience that's causing you that fear. And so fear naturally causes a hypersensitivity state. And if you have an extreme hypersensitivity state, and you create a belief into a truth in yourself, you will not be able to change it until you also match that hypersensitivity state or override it. And so ayahuasca essentially allows you to achieve a hypersensitivity state without fear. And in doing so, allows you to dictate how you release detrimental truths that were formed at a time when you're in a hypersensitive state through fear, and also to replace or to ground new truths that are beneficial to you. And that is a tremendously powerful potential for that medicine. And there are very few medicines that I know of, and none that I've experienced, that can do what ayahuasca does. So it's really, really fascinating. But in terms of the actual experience, it's very common to have visions. They call them visions where you see what appear to be beings, entities. Sometimes they're interacting with you in a very, very direct way. And sometimes you can communicate with them and they can offer guidance to you. It's just absolutely fascinating, really, really fascinating.

Darin: This was 2003, man, and it's 2020. Nothing is more on my heart than the need for light in the world, the need for expanded consciousness, the need to see beyond and to also just reveal that which is the unconsciousness that is seeming to just show up all over the place right now. It just makes no sense. And so you founded the Ayahuasca Foundation. You're studying, not only ayahuasca but other medicinal plants. You're working with the curanderos. You're doing tree planting programs and reforestation or helping the awareness of and the support of medicinal plants and the Amazon itself. So there's some very real powerful thing. And listen, I was at the foundation in the center, beautiful space. So what are you doing now to kind of ground this into some very necessary medicine moving forward in the world?



Carlos: So much. I guess we're, we're all in that position but I look back and I did so little. It seems like I did so little. This just happened. Ayahuasca just kept telling me what to do. And I know that might sound weird if you're not familiar with ayahuasca, but there's messaging. There's communication that happens in these ceremonies. And it's again, like another nod to what you were saying, I've never taken and would never even think about taking ayahuasca if it wasn't in a ceremony. The terms are inherent. If you say you drank ayahuasca, you mean, you drank ayahuasca in a ceremony. And the fact that there's such a rich tradition surrounding the use of ayahuasca is one of the greatest gifts that we have to be honest. The substance can't be separated from its methodology and ideology. The tradition surrounding its use, and we have so much to learn about that. But creating the Ayahuasca Foundation, all these pieces had to come together, all these people had to come together to make that happen, building that center, all of that, it was like a magical journey. It really was. That center was founded by the Grant Town Foundation, a charity organization based in Ohio, founded by Michael Moran and his son Christian. They wrote me an email in 2013 and said, "Hey, if we pay for it, will you build a research center." To say I did that, there was certainly my involvement, but there were some big, big things that happened that were just really part of a bigger plan, and that's what I see happening. That's what I've been watching happening for over a decade, the Ayahuasca Foundation started in 2009. It just seems like there's this bigger and bigger plan unfolding and that plan is really to, in the most general sense, return the earth to harmony, but more specifically to reconnect the human race to nature, to the earth. And sometimes, like you said, in an ayahuasca ceremony, if you go into it with the wrong attitude, ayahuasca will kick your ass. And in that moment of kicking your ass is real opportunity to change the way you think. Especially like you said, if you have too much ego, it'll squash you like a mosquito in a heartbeat. And that's the reality of where humankind is in relationship to nature and the earth. The earth could wipe us out in a heartbeat and it wouldn't even blink, and that's what we need to be respecting. That's what we need to be reconnecting to, and that's the source of the intuition that we have. What is the intuition actually speaking? Well, it's the earth, it is nature, it is the consciousness of this much greater being that is guiding us and helping us to realize what we should do next and how we should proceed. And that's really what I see happening, and ayahuasca is part of it but not coincidentally, there is a movement happening. Now, this February there was a Thank You Plant Medicine Movement. It was a social media movement where 10,000 of people started telling their stories about how plant medicines help them. Last year, John Hopkins University, a prestigious medical institution, declared that they would be building a Psychedelic Therapy Research Center. Imperial College in the UK also made the same announcement. They would be building a research center devoted to understanding and studying psychedelic therapy. And you can now start to find degree programs where you can become a psychedelic therapist or be certified in psychedelic therapy. And so that to me speaks to something really important. I watched my life spiral but collectively, humankind has watched our lives spiral downward. And what saved me was reconnecting with nature through the use of ancestral medicine and an ancestral tradition. And that's what I see is happening now. Just look at our perceptions of indigenous culture now. You don't have to go far back and unfortunately, just our parents probably who were watching whatever that show was, I'm too young, but where



the Indian character, the Native American character's name was Tonto, which is a Spanish word for stupid.

Darin: Long Ranger.

Carlos: Yeah, the Lone Ranger. That wasn't so far back. Our parents were watching that show. And their perception of indigenous culture was that indigenous people were primitive savages who are uneducated and stupid. And now, just one generation later, we've flipped that so hard where we value indigenous culture. We view them as wiser than us. They have wisdom that we lack, the amount of respect, and then look at where we were just a generation ago with our relationship to the environment. Yeah, whatever. We can do whatever we want. We're humans, it's our planet, chop down the forest, mine and dig holes, blow things up, whatever, pollute it all. And then we're here, one generation, maybe two generations later, preserve the rainforest, save as much as we can, do what we can. A lot has happened. And so even though we've watched things spiral downward, we can also see the seeds that have been planted to grow new growth and to get us back into balance. And plant medicine to me is at the core of that because plant medicine is essentially the greatest tool we have to directly connect to the consciousness of the earth and the consciousness of natural elements of which we are. That's the essential message of it all, is that we are not foreign entities. We were made just like plants and we were made just like the animals. And we have that intuition and that capability of instinctual understanding within us as long as we can put our attention towards it, or as you were talking about developing your intuition. If we're working those as organs out, those sensory perceptive abilities out then we're going to get there further and further, but plant medicine is certainly going to help us along the way.

Darin: So what are some of the services now that you guys have at the foundation? What are some of the things that people, if they were to show up and come, what kind of retreats and ceremonies and education and study, what are the kind of things that are going on there?

Carlos: We work with Shipibo curanderos, from the Shipibo tribe in the Amazon rainforest, and they work in their tradition. So that's another important part of it. And that was kind of cool when you guys visited us that we were able to show you some of the other aspects of it because so much attention is given to ayahuasca, and we've been talking about ayahuasca. But even still, ayahuasca is just one component of this entire massive body and pharmacy of plant medicine, and there's so much that can be done. And so what we provide on all of our programs is what we consider to be a complete treatment process according to the Shipibo ancestral tradition of healing called curanderismo or plant medicine. For instance, if you're going to start a plant medicine treatment, then the first thing you want to do is cleanse your digestive system because you're going to be taking ayahuasca, you're also going to be taking other plant medicines and your digestion is the beginning. It's the core of your immune system. So the first day of an ayahuasca retreat, whether it's our eight-day program, our two-week retreat, our three-week retreat, or even our courses, we have two educational courses called The Four-week Empowerment Course and The Eight-week Initiation Course. All of them start the same way,



which is by taking a purgative. The purgative that we use first is a resin from a tree called Sangre de Grado. It's actually a pretty famous plant in Peru, it's very famous. People use it topically. It's like the hydrogen peroxide of the jungle, you could say. It's called Sangre de Grado because if you cut a Sangre de Grado tree, it looks like it's bleeding. It's a dark red SAP that comes out of it, and we ingest that. Most people are familiar with a topically, the way that you use hydrogen peroxide although even hydrogen peroxide can be used by ingesting it although you'd want to use food-grade hydrogen peroxide. And so we use it as a purgative. We ingest a small amount of it mixed with water, and it induces vomiting. So after you would ingest it, you drink a lot of water, and essentially, flush out your digestive system. That alone, like Sangre de Grado is just an amazing plant. It can help you with acid reflux, leaky gut ulcers, and all of these digestive issues that so many people have now can be treated with Sangre de Grado. But the essential part is that you want to cleanse your digestive system. And so once you cleanse your digestive system, now you're going to get more nutrients out of the food that you eat. So many people have a problem with their nutritional intake because they have a polluted digestive system. Well, even if you fix all of your nutrients and your nutrition, it's still going to be a struggle to get back to that cleanse of your digestive system if you don't specifically target it, so we just get it out of the way right off the bat. And then you take medicines, the entirety of the program. In the case of the healing retreats, medicine that's made from a plant called Pinot Colorado, mixed with suelda consuelda, as what they call it, we know it to be mistletoe. And that combination is a medicine that we call the blood-brain remedy because it increases your circulation of your blood and your oxygenation of your blood. And that inevitably ends up increasing your mental acuity or improving your mental capacities. And so you take that every day. And then a second medicine that we use is made from turmeric, which is now been getting a lot of attention as an anti-inflammatory, which is just a great medicine to take to help your immune system because inflammation we're now starting to see is at the root of so many people's problems. And the third plant is a plant that, in English, I think we call the sensitive plant. It's a mimosa plant. When you touch the leaves they fold up, which is a way of understanding a plant, like language of plants. It's a sensitive plant, and so it helps to expand sensitivities. And I talked about the benefits of being in a hypersensitive state, you talked about the benefits of focusing and developing your intuitions. This helps to develop that. And so you take these three medicines every day, twice a day during the entirety of the program. This is in addition to the ceremony. So you have a ceremony every other day, typically, an ayahuasca ceremony. Then there's a central nervous system cleanse, which is a plant called chirc sanango, that literally helps to cleanse your central nervous system which again helps to boost your immune system. And a respiratory cleanse with a plant that goes up your nose, which is an extract of a plant called mukura, it's like jungle garlic. You could also use garlic as a cleanse for your nasal passages or your respiratory system. And later on, we use a stronger one called sachamango. And later on, we use a stronger digestive cleanse called **[unintelligible 00:57:13]** which you might be familiar with, because it's also very well known in Peru. So essentially, there's a cleanse of all the systems. Every system in the body on a physical level, and then the ayahuasca ceremonies work on a spiritual level. And then some of the treatments including one, the vapor baths, that you got to experience. The vapor baths are really powerful.



They open up all your pores, sweat out your toxins. We use a group of plants in the vapor baths boiling them. And so you're inhaling medicinal plant vapors as well as absorbing as you're releasing toxins. And what I've seen so many times is this tremendous emotional cleanse as well. People will break down crying sometimes. It will unlock something. And it's clear that our physiology and our emotions and our mental state and our spirit, they're not separate entities, they're well connected. And then the smoke baths, which is something that you also did. The smoke bath specifically is removing negative elements, attachments, negative energy from your system. Now we've come to understand smudging. In the Native Americans, in North America use Sage typically. So you'd burn Sage in a space to cleanse that space, smudging. Well, you can do that to yourself too. And that's what you're doing although we were using Peruvian plant called Palo Santo. So there's an entire package, you could say, of all these remedies and they all collectively work together to provide a holistic treatment process. And like I said, we've got an eight-day, a two-week, three-week, for retreats. And then a four-week and an eight-week educational courses. And those involve dietas, plant dietas, where you ingest a plant, usually during a fast or exclusively during a fast. So you're ingesting a plant and nothing else goes into your system, maybe an extract of a root for example, and then it's enabling you to connect specifically with the consciousness or the spirit of that plant or that tree. That is something that you keep with you forever. It's like you make a friend or an ally with that plant. So those are offered on our educational courses. And actually, we just started offering on our three-week retreat as well. But yeah, it was pretty cool. I don't know where Zac was coming from but one of the first questions he asked me was do you guys do plant dietas and I was like wow, Zac, okay. Because plant dietas aren't that well known, but they're really the core of the shamanic practice. Making spirit allies is another way of saying it, you could say. And so for educational courses, it's like an important part. It's a necessary part of that.

[01:00:25] Fatal Convenience Intro

Darin: Now we've reached a part of the show where we address society's fatal conveniences, and how we can avoid falling into them and being a victim of them. I defined fatal conveniences as the things we may be doing because the world we live in makes us believe we have to. Even though they may be saving us time, or tricking us into thinking they're good for us, the truth is, they're not. In fact, they could be slowly harming us and even killing us.

[01:01:04] Fatal Convenience

Darin: Welcome to the fatal convenience today. This one is something that we all know about, and we all probably suffer from it, and that is social media. There's actually a lot of good things about social media but it seems as I'm pouring through some of the research that I'm going to conclude it for you right now. That if you are looking for validation, if you have insecurities of your sadness and you don't want to be sad, you're angry and you don't want to be angry, you're fearful and you don't want to be fearful, you feel like you need to be liked, all of that stuff, you are going to have negative aspects of using social media. That's just straight out going to happen. So one article I read from the University of Pennsylvania basically said, "It's the thief of



joy," and that's from a brain chemistry. So there's this whole phenomenon around FOMO, which is essentially fear of missing out. So as you see other people posting the perfect pictures, the perfect vacations, the perfect model boyfriend or girlfriend, the perfect life, then you feel like you're missing out. So therefore it's setting you up to feel less than, to be anxious, to be upset that you're not experiencing the kind of life that you see other people are having. So that was a great study where they tracked all the participants on social media and the bottom line is that the people that had consistent breaks and didn't use it as much simply the people who limited social media said that they felt less depressed, less lonely than the people who are using it constantly. So if you are using that dopamine hit of you need more likes, that neuro connection of dopamine that's sitting in your pocket that you're reaching for 100 times a day, that means that you are looking for the feel-good chemicals of dopamine. And so that's a really dangerous place to be because what is the big dopamine spiker on the planet? It's cocaine. That's why when people get addicted to cocaine, they just get this massive, huge rush of dopamine. And this is like a mini cocaine device if I could be so bold to make that jump, but bear with me. So that's the danger. We're stimulating our dopamine receptors. We're comparing ourselves to all these other people. So it's creating a scenario where we constantly are comparing and setting ourselves up for absolute depression. If you're susceptible to it, if you're also looking to get improvements from your life, from a lot of different sadness, fear, upsettedness in any other way and even anger, so we all know the trolls, the people sitting behind their computers. That phenomenon, I haven't seen in the literature so I don't know what that's about other than energy begets energy. So if you're angry, sad, fearful, and resentful and judgmental of people, you will sit behind your computer screen and be a troll to generate more of that which you are already swimming in. So that just a 1,000% projection when people are rifling these nasty comments, these mean comments, these racial comments, these political comments that are just there to incite a reaction, that's a projection on their part. They are experiencing all of that and want to bring you down too. So if you're vulnerable to that, then you're definitely going to be susceptible. So there was also a study done in 2018 by the public access and the bottom line is, as young adults increase their social media, do they definitely move down to the depressive state. So there is 50% women essentially, and 50% males and they compare the lowest time per day spent on social media. And they realize certainly a direct correlation and potentially causation for the amount of time spent on equals the amount of susceptibility to depression. And the fatal convenience is, we're looking towards our satisfaction, our likes, our dopamine hit, but we're setting ourselves up because you are complete, you are lovable, you are perfect, and who you are and what you are. But if you're putting that out there on social media, then that is something that you're setting yourselves up to get knocked down. It absolutely will happen. Another thing to consider, if you have an addictive personality, this can absolutely cause addiction. We all know it. Well, I'm addicted to it. There are times I have to say, for god's sake, stop it. And so now I've put limits on myself, once in the morning, once at night, got a lot of messages so I have to get through a lot of stuff. So 20 to 30 minutes twice a day. That's it. I can't do any more. It makes me absolutely crazy. So I mentioned that triggers insecurity and also enhances your fear of missing out, that University of Pennsylvania study alluded to, so increases the depression, which we all know now and falling behind in tasks. So of course, it's the great procrastinator. So if you don't



want to do something that you have to do or should do, then easily jumping on social media takes you out of your world and into many other people's worlds. And then, of course, the overload of information. So your attention, your brain is trained to not receive and slow down and read and take in information but continue to move forward. And certainly, privacy is a big issue. So social media and privacy. You can't really delete, very hard to delete accounts on Facebook, and Instagram. And if you are leaning towards needing to get validated, then you are definitely setting yourself up for psychological damage that goes deeper and farther into those unknown areas of trying to heal yourself or mend yourself from those issues. These are some things to consider and also can expose people to violence and scenes that they're not typically involved with. And so there's a lot of things to consider. The bottom line is, this is how you do it. You have to set up a structure where you limit your time. So if you're at work, don't jump on your social media. If you're susceptible to addiction, and also these other things, depressive disorders and things like that, do a good assessment of yourself and realize that you're going further and deeper down these territories that is not going to help you. Now listen, social media can be great but you have to be filled up, you have to be secure in yourself and you have to not look for social media to give you your own outlook. Now, I use social media where I'm super clear about what I want to contribute to. I want to help the people, I want to help people's lives in a healthy way, and I help the planet. And this is a type of marketing. It's a type of information. It's a type of authentically sharing. If you find yourself tweaking over posts and need perfect hair or makeup or outfits all the time, then you're limiting who you are and sharing just what you want it to be to the world, so I really double down on authenticity, so being myself totally and completely. And I'm sharing that and hopefully, that will lead to inspiration. That's my attention on social media, is I'm going to let it rip just like I did on the show. You guys saw my craziness, my silliness, and all of that stuff. Well, I'm going to share the same things, what I care about, what I'm already behind, what I like to support, and things like that. So just consider that. Get clear about your purpose, get clear about why you're here. More and more and more, I realize it's not a perfect target and you don't always know but get clear about what you want to support and use social media for the common good. So I hope that helps. And give yourself guidelines on social media, once or twice a day. That's it. Okay, I love you all.

[01:10:33] Generic Outro

Darin: That was a fantastic episode. What was the one thing that you got out of today's conversation? If today's episode struck a chord with you, and you want to dive a little deeper on a variety of topics, check out my live deep dives on darinolien.com/deepdive. More episodes are available on darinolien.com as well. Keep diving my friends, keep diving.

[01:11:06] Amplify Plug

Darin: This episode is produced by my team at Must Amplify, an audio marketing company that specializes in giving a voice to a brand and making sure the right people hear it. If you would like or are thinking about doing a podcast or even would like a strategy session to add your



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