

SHIT WE DON'T TALK ABOUT PODCAST

EPISODE 64

Topic: Kambo

Guest: Ayla Luna Rae – Ancient Destiny

Podcast Host Note: This transcript is phonetic and a hot mess but its at least something!

Unknown Speaker 0:04

Hey, welcome to episode 64 of shit we don't talk about powered by helix interactive. Today's topic is combo and that spelled Kambo, which is a South American frog secretion healing ritual, or as I like to call it, 60s most difficult thing I've ever done in my life. So far. My guest today is ala rose Rai, and she fills us in on its history and its amazing benefits. Trust me combo is something that this crazy world and everyone can benefit from writing. As always, there's an accessibility transcript that can be found in the show notes at ship no talk about podcast.com Alright, strap in, it gets good. Here we go.

Unknown Speaker 0:51

Here are the speaker identifiers for this episode. Host me Avast is a blonde white woman wearing dark glasses. She's 57 years old, slim and feisty. Our guest ala Luna Ray is a melanated indigenous woman. 30 years old, long brown hair dreadlocks and tribal facial tattoos. Hi, Ala. Hi, Mia. I'm so excited to talk with you today combo. Nobody knows what it is until you know,

Unknown Speaker 1:18

I know I'm so thankful me two combos the ultimate if you know you know

Unknown Speaker 1:25

these until until you hear about it. So for you listeners out here I found a lead accidentally literally there is power in following a hashtag of something that you're interested in, which is how I found you. I literally followed at your posts popped up and I was like, Who is

Unknown Speaker 1:44

and then I I got in your DMS with the Hagar.

Unknown Speaker 1:49

Z. I did and it's been it's been it's been wonderful ever since to to experience your how you serve combo and the work that you do. When I first found out. As I told you, I had been talking with a friend of mine. And we had talked about a lot of different modalities and things like that. And then all of a sudden she just randomly says, you know, my husband serves combo and I'm like, combo combo of what?

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Unknown Speaker 2:19

Because for you, yeah exact combo plate combo that we're speaking of his ka MBO. In my mind, it was co MBO. And then once she explained, she explained to me what combo was, and when you hear as we describe it, it's going to sound like the unsexiest shit you've ever heard in it. It really is, it's the most difficult unsexiest thing I've done so far in my life, and I can't wait to come and experience that with with you. But when it was described to me, there was something about it and maybe it was because I was ready to take that next level of healing and cut back on the layers. So with that being said, Tell me tell me about combo tell our listeners what combo is.

Unknown Speaker 3:05

Okay, so well to be talking about this. On this platform. It's the perfect space for it. combo is the secretion of an Amazonian tree frog called the Philo Medusa by color. So, he's gorgeous, by the way, ooh, he is just gorgeous, that frog, right? If he she, that green frog that we see you know, people get tattoos of its length, the iconic little green frog, but they get really big, you know, palm sized or bigger. So in the Amazon, they're only they're called down sacredly, the shamans in the medicine men and women know how to make the sound of the frog. They only call them when it rains, and they only take from the frog that comes to them willingly. And how it's done is you kind of have to stress the frog out a little bit. So they released the secretion. And it's tied with little strings. And so they're singing and chanting the whole time praising the frog. And once they're done, they released the frog and the strings leave a little white, kind of like a suntan on that frog. So other shamans and practitioners know not to take from that frog, if that frog comes down to them, and it'll stay on them for like three months or something like that. So yeah, they sing the frog away, the secretion is dried and put on us on a stick and dried. And

Unknown Speaker 4:28

so that's ethically sourced combo. And there's a lot of people non ethically sourced in combat now because of the popularity of it, but that's how it's ethically sourced.

Unknown Speaker 4:39

And then for a ceremony, you're opening the gates which means you're going to have someone burn a few dots on the through the first layer of your skin. And that is called opening the gates because it opens the gates the lymphatic system, which is our largest organ in our body where the medicine is received.

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Unknown Speaker 5:01

And also it opens the gates to the ancestral and the spiritual realms to so they'll say that combo is only a physical experience, which very, very much is. But there's no such thing as just physical, just like there's no such thing as just spiritual in this dimension. So it has its spiritual benefits as well, especially if you're tuned into that, or it can awaken you to those if you're not tuned into that. So

Unknown Speaker 5:25

the peptides in the combo, they enter our body, and the receptors in our body are like locks and the peptides are like keys. So the medicine is only going to go where you need it, if you have neurological issues, if you have heart problems, if you have womb issues. So that's why every ceremony is like peeling back a layer. It's not one ceremony fixes all. One ceremony can be powerful, but the continued practice with the medicine is what really starts to peel back the layers emotionally, physically, spiritually, and give you all the benefits. And it's so instant, I know, we're talking more of the semantics of it right now. And we'll get into the history of it. And you know, I consider it, I've been told it's war warrior training, and it certainly is not for the faint of heart. And I know, you know, for myself, or depending on how long you how you keep the combo on, it's about 20 minutes, but it is it is definitely a time space continuum warp. It felt like in that piece to instantaneous physically, absolutely, again, the unsexiest thing, but so beautiful. If you're if you've gotten, if you've gotten outside of your ego to say, Okay, I'm going to throw up for the next 20 minutes or whatever it is, you're going to, you're going to do. So it definitely is a shedding of the ego, as well. So if you're not freaked out so far, and tuning out, please, please continue to listen, because it's, it's just absolutely beautiful. And I want to point out, we don't we may not have video on this, but you actually have the combo application on your forehead, which is gorgeous. Minor down my back in my chakra point. So I chose I had the discussion with my combo server of very specifically, how I wanted to start of course, it started with the three points on the inside of my ankle leg, and then kind of went from there because I did three days of it to a lot of people may only do one and sometimes you serve one. So there's a lot of variations to it. But tell me about the history with the Amazonian tribes in and why they why they started this in the first place. Sure. So these first these, these are tattoos that I got years and years and years before about combo. Oh, now that I've served combo people have said, Oh, is that but then I'm like, No, it was I? Well, I spoke too soon. And thank you. I knew you may have told me that before because it truly

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Unknown Speaker 7:59

okay.

Unknown Speaker 8:02

But as for the tribal stories, which are passed down through word of mouth, in a nutshell, a lot of these medicines came for during a time of colonization, where there was a lot of disease coming in that were foreign to the natives and the native land there. So we don't really know how far combo goes back. But we know from the stories that there was a tribe, and they got really sick. All of the usual medicines and plants that they were using, were not helping this sickness. So one of the elders, one of the medicine men drank the sacred Ayahuasca brew. And the story goes that he was sitting and looking at the leafs and

Unknown Speaker 8:49

that something started speaking to him from above the trees. And so he said, Who are you and the frog showed herself, and it's debatable on whether this is a masculine or feminine energy combo. So I mean, everything is both but this in this story, it's a feminine presence, working with the grandmother Ayahuasca coming down and saying, you know, this is who I am, this is how you apply me and this is how you'll heal your tribe. So according to the story, the voice or grandmother ayahuasca and the frog showed him how to open the gates from the dots get the secretion apply it, and he did it to his tribe, and then they were healed. So that's that's the story.

Unknown Speaker 9:33

Oh, wow, that is that is so beautiful. And then it's continued to be something that is used for different like a city then for four years. Or so they use it. It's actually kind of it's interesting. I was told that men

Unknown Speaker 9:53

a lot. So again, all of these medicines are for Warriors. Like you said, these are hunters. These are

Unknown Speaker 10:00

These are hunters. So a lot of them are used for tracking animals for just being in tune with nature to listen, I mean hoppy is something that they use to get visions on where the animal is going to be at what time of day, then they'll go there and then they'll they'll, the animal will appear. So same thing with combo, they use it just for clean cleaning any, any blockages for tuning into nature, the men. And then for women, there's a lot of use for

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Unknown Speaker 10:30

abortion for. So if a woman finds out she's pregnant, they'll apply combo to see if the spirit of the fetuses is ready to come through.

Unknown Speaker 10:40

And if they're having an unhealthy pregnancy, then they'll use it for emergency abortion as well. And yeah, yeah, but besides all that, for fevers for sickness, I mean, we in the West will call it a miracle healer, right. But in the jungle, they'll just say this is just another one of our tools. This is just another one of our medicines, which speaks to the difference between the East and the West or just in general, the colonizer practices of, of medicine where, you know, for, for what you're speaking, that's an ecosystem of health and different things that you can use nothing is just a one off, right? It's all kind of involved in the system to what are you finding for the folks that you've worked work with? And the training because I mean, I love that you also are doing community practice as well. So you are really out there in the community on the West Coast healing a lot of people what are people coming to you for that? And what are their benefits that they found?

Unknown Speaker 11:40

I've had a wide range of, of people, thankfully,

Unknown Speaker 11:45

I've worked with a lot of men and women who are actually transitioning

Unknown Speaker 11:51

from men to women or vice versa. So I'll just say that it works fine with with hormone treatment, if anyone's wondering that which has been very eye opening for me to learn about masculine and feminine energies and

Unknown Speaker 12:06

reprogramming my own language as well. So there's that I've had women come to me with so much womb trauma,

Unknown Speaker 12:14

not just like sexual trauma, but the manifestations of the grief and the shame that comes with sexual trauma, whether it be sick, I brains, endometriosis, painful periods.

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Unknown Speaker 12:28

All of the sexually transmitted diseases I've had one woman reverse all symptoms from herpes. So that's pretty powerful. It has a lot of amazing benefits. There's specific peptides that work with the womb that are in combo so it's really powerful for that.

Unknown Speaker 12:45

But I will say only about

Unknown Speaker 12:48

25% of people are actually ready for the work that comes with combo so I had a lot of people come sit with me but only 25% are really ready to go deeper and continue the work because just like with any plant or earth medicine ceremonies, the real work comes with the integration it's easy really to show up to a ceremony I mean that's the first step

Unknown Speaker 13:11

but to continue the work after when shit gets really hard all this shit comes back up that needs to be cleared you can't forget who you are and why you showed up to the medicine for the first place you have to endure so that being said Not many are many are called few are chosen to give biblical I think it's so true. That makes so much sense and I feel I'm feeling a little too seen right now with with that because I am sitting in that that space as well. My my experience with combo started on what I thought was an interesting day I just moved out from my, one of my current spaces when we had started a transition transition period of two months. And I chose like that day to to the literally the day after I moved out to start and I did three I sat with camo for three days. And that also included and I'm sorry, I'm throwing a lot of words at you folks. So Nanga, we'll talk about that the hopper hopper which you just mentioned and so it was very intense in it in this was now April first today's the middle it's like sort of the middle of July so I'm still working through a lot of that and then talking with you is reminded me to of the that this is a process it wasn't a one off of that which I kind of initially thought you know, kind of like alright, cool, check that box, right and that's absolutely not, not where that that goes at all and I appreciate you mentioning that too as far as trauma in the womb, the inner which is specifically why I did the sacral chakra as my second point of combo because I know that I carry it with my own sexual abuse, childhood sexual abuse, trauma, and just trauma in general carried a lot of that fortunately for me, it never manifested into the physical but I can absolutely see how

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Unknown Speaker 15:00

For a lot of people that trauma and women especially can internalize, in that sense, so healing that oh my gosh, you are gifting the world and you're helping the combo to gift the world with that. I so appreciate it. Thank you. Yeah, I mean, it's, it's my pleasure to be of service. It's, it's why I'm here, I'm gonna do it to the day leave this earth. And

Unknown Speaker 15:22

yeah, there's a lot of power and knowing your place on the planet and combo has really helped put that into perspective for me, I mean, I still have a long way to go, I'm only 30. And I'm just, I'm, I'm always a student of this medicine of these teachings. But I'll say that a year of consistent work with this medicine a few times a month.

Unknown Speaker 15:43

Now that at this year mark, I can really, really, really see

Unknown Speaker 15:49

all of the transformation that has taken place in my life. And in the moments when I thought nothing was happening, there was so much actually happening. So yeah, beautiful Madison, it is. So let's dive in a little more personal with you. We you shared with me that you know some of the the healings that have occurred because of some of your background, I just shared some of mine. So So tell me how I know you were resistant to combo you've done ayahuasca, all the things right? And you are resistant to combo because it finally did kind of dig into a piece that was really hard to heal for you. Oh, can you tell me a little bit about that? Sure. I'll start by saying that traditionally, you would, and maybe even how we've adapted into in the West, because of just where our consciousness is that in the West, it's really beneficial and advised to start with combo if you're going on a plant medicine journey, because it's going to clear you and prepare you for what Ayahuasca or any of those DMT based plants are going to tell you. I went a little backwards and I did all of the things that helped me leave my body Ayahuasca was great, I was outside of my body, I was astral traveling, you know, that feels comfortable for me.

Unknown Speaker 17:08

To be in my body, on the other hand was like No, why would people want to feel like they're actually going to die in their body like their body's giving up on

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Unknown Speaker 17:17

which sometimes I can it can feel that way and combo, it's, it can be very, it can let me let me add to that as a piece to your story that that physically is what I've never been so aware of certain parts of my body, you just you can't do anything but stay present. When you're when you're in that and the piece that I had that I was able to get through the first day I was just a flat out hot mess of just sort of draped over my bucket and couldn't lift my head but I'm so I feel so fortunate to have been guided as each day went through that I kept by that by the last day I was sitting up and taking deep breaths and taking a deep breath for each of the points that I had received the combo that day, which on the first day I could have never imagined but again, it is super unsexy that you can't do anything, but be present in that so I'm proud to say it did something right for the first time one so thank you for clarifying that too. And if you haven't heard of DMT I hadn't heard Do you like David and like Mary t like Tom folks looked that up and will have shown links in the show notes, too. So So continuing so then you finally got to like Alright, I gotta do this. I gotta I gotta dig into this next layer of work. Right? Right. So a little about me trigger warning.

Unknown Speaker 18:37

You was basically sex trafficked when I was 15 into a relationship with this man who I was with for eight years and had a child with around the five year mark, we had a daughter.

Unknown Speaker 18:50

And as much as he was really trying to be a good person, after we had our child, there was just so much trauma, so much control narcissism, abuse, that was just way too hard for me to shake being a co parenting with him. So I got to this point, I moved out of the area where all of that madness was from, took my kids out of there was in a new relationship and had a son. And so it was really important to me to just figure my life out. And I was at the point where I had nothing to lose like. So combo appeared on a Facebook ad. And that's how I connected with my team. I just signed up right away. Actually, they said that they never posted an ad. So I don't know how that got there.

Unknown Speaker 19:36

And there's that.

Unknown Speaker 19:38

And so they basically designed the whole training because I was so adamant about going to this training that didn't really exist, but I saw

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Unknown Speaker 19:47

and so I signed up and about a month before I was going to this training.

Unknown Speaker 19:54

That man, the father of my first child, he took his life

Unknown Speaker 20:00

So I had to re adjust my intentions. And basically it was that moment of surrender of I don't even know why I am here, what I what I'm doing, but I'm going to this training and I released so much, at least five years, you know, or maybe even the 10 years of us being together of shame and guilt and just knew like, this is this is it, this is my medicine, and this is how I'm helping the world right now. So, yeah, that's that, oh, my gosh, it's a year and a half ago, I did my combo training, and they're from a respected lineage of iOS Carol's Quran DeRose, Quran delas. So I was blessed to actually find a training through a direct lineage of the medicine,

Unknown Speaker 20:47

which that piece is huge. And I want to dive a little bit into that as well, too, if you can give us some, some what to do, and what not to do for people looking and certainly will have all the information for everyone to reach out to you as well. But yeah, talk about a talk about that, too. Because as with anything that becomes popular, and by the way, thank you for sharing with us that really personal piece, we all have these, these personal stories, but for me, that was they really appreciate you adding that element and that vulnerability, because that that's the biggest piece of us releasing a lot of this is the vulnerability to say, Hey, this is what this is what I went through, because shame loves to hide in silence. Yes.

Unknown Speaker 21:30

Fuck you. Shame.

Unknown Speaker 21:35

Yeah, yeah. So how can it that that's the importance I would see of having the proper trait that people that have been properly trained and properly training in order to serve or be served or participate? Yeah, you know, I, I don't have I didn't have any money in my training was \$2,500. So a lot of people get turned off by the financial aspect of the training. But I will say that

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Unknown Speaker 22:03

harm reduction needs to be number one for you, if you're really going to be of service to humanity, you don't want to

Unknown Speaker 22:09

have your client leaving with more issues than they came with. And that'll be on you, you know, on this life in the afterlife, if you want to do it. That way, you can buy combo off of Etsy, and you can YouTube some videos, and you can for sure, figure out how to do it, I do not recommend that combo is 100% legal, and you have the right to do that. But the respect of the lineage needs to be one needs to be number one, that's how you get the ancestors behind you. That's how you get the guides behind you. That's how you get the spiritual support on the other side, to go through these very intense ceremonies where people are releasing lifetimes of darkness, lifetimes of darkness. So if you feel called to that responsibility, I would suggest investing in a training. And I can refer you to my teachers, if you're interested in really learning what what this work really entails. There is other institutions that offer trainings popping up, there's a ton of them, actually, you can find you can find them online. And I would say number one is just really listen to your own heart and your own intuition and feel into each person because I might not be the right person for you and the guy down the block may not be the right person for you. But this guy over here, this lady over here may be and that's totally fine. And you can find beautiful practitioners in any of these other certified institutions as well. But

Unknown Speaker 23:38

the main thing is listening to your heart and getting your intention clear. Are you serving this? Are you interested in serving this medicine because of its popularity? Because you see the potential of the abundance that comes with this medicine? Or are you really here to serve humanity because I serve people for nothing if they come to me and they're ready to be healed? And I've served people for \$300 a session because I'm going to your apartment in Beverly Hills

Unknown Speaker 24:05

I suppose that's number one. Discern and get your intention right and find someone from a direct lineage if you can.

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Unknown Speaker 24:14

Discernment is such an important word. And it is it's just it's something which is and it was interesting when we chose the Combo Points so my began my first day was the on the ankle, which I believe is the traditional starting point right for for a lot of folks on the inside of the leg and then the second day was the sacral and then the last day I did the rest of the points up except for a crown chakra and it was so interesting when he did the burn points for the heart chakra and the throat chakra. It was like Zane. That that was so powerful and I have such a i have i i am working through a lot of resistance about anything heart centered. There's there's for me a vulnerability in

Unknown Speaker 25:00

Anything that's heart centered. So that's a continued process for me. So I thought that was interesting that the heart and then actually the throat and the third eye, which for me is is just represents obviously, discernment

Unknown Speaker 25:15

thing. But it's interesting when you're saying that to about about who you choose. And if this work that you do, it reminds me of anytime I see these stories on the news, and it says, oh, scientists have dug through the ice and uncovered something from 500 years ago, and I'm like, please, please don't do that.

Unknown Speaker 25:32

Leave that shit alone.

Unknown Speaker 25:37

Say is for a reason. Yeah, it's, it's, it's hidden for a reason. Or if you're going to dig into something that you are just and I mean, ego based in the thing. And ego based, it's people don't, I think don't realize like how, how that is just pervasive and everything to you really, truly, truly, like you said, you know, if harm reduction needs to be number one, if either for yourself or anything you do and that that means looking at the ego? Yes. Yes, a lot of people like to say I trust the medicine. And you know, I say that because I truly trust the medicine. But I see how that can also be a cover up for your ego wanting to do whatever the fuck he wants to do.

Unknown Speaker 26:20

Some people who are not who cannot receive combo because of where they're at whether it be addiction, heart problems, brain tumors, neurological issues, you can't just trust the medicine and serve anyone combo, you can kill people, and we are not doctors. So we need to know our place here and the physical of what, what we can and can't handle and what we are truly being

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guided to do from our own inner wisdom. And what's our spiritual ego, our spiritual ego net will come through, especially if you feel called or you're already a healer, and you already have felt this, like, you can do a little dance every time you make money just by sitting on your butt or, you know, selling some something. But we have to keep that. Keep that in check. And remember our intention of choosing this work? Yes, it comes with abundance. But number one, we're here to serve humanity.

Unknown Speaker 27:12

The great responsibility.

Unknown Speaker 27:15

Absolutely. And I mentioned briefly that there are other modalities that go in with it. The Sinagua is very interesting. That's the the lightning in a bottle for your third eye. I have no idea what was coming. And it's funny. I sent the website to a friend of mine before I did that, the ceremonies and again, it's not just combo, but it's all kind of under that umbrella. And he's like, have you read this thing? I said, yes. But but in a way, I really didn't process how intense it was going to be until I got there and thankfully so that way I did not. I really showed up blissfully unprepared for the intensity of it. And then once I was in it was in so the Sinagua or eyedrops it or basically yeah, you you put them in and that is such a great way to start to start the process. And then the Hapa which I believe is disturbingly spelled rip,

Unknown Speaker 28:12

propping up a Yeah, Spanish, I think it's a pronounced topping. And then the Portuguese, they'll say they're up a row are here in the West, we tend to spell it with the H because of the trigger of wow, that's exactly and that was such a cool, intense element to it as well. And that that I also was able to discuss with the person who served me combo about how I wanted to use almost like this menu of things and talk a little bit more about front bay and Hapa. So I was actually introduced to medicine circles through a hopping and a Chunga ceremony which is like a smokeable Ayahuasca it's BMT.

Unknown Speaker 29:00

So I had the most powerful experience with that whole circle, but I with a lot of people being served hoppy or dropping for the first time, they'll cry, you know, it's just such a nice, it's so grounding. It's like this was an old time this was here this whole time. So it's an indigenous snuff, it's made with the sacred mapacho tobacco, which is the most purest form of tobacco high high nicotine, but it's pure from the earth. So it has a lot of antidepressant

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Unknown Speaker 29:35

properties and helps with a lot of respiratory stuff as well.

Unknown Speaker 29:42

So that's blown into your nose. I was gonna say, the ironies.

Unknown Speaker 29:48

Right? But he literally is the most jarring thing because they are they just put the little tube up your nose and then and I love the sacredness of the blowing into the nose too. And then you do have that momentary

Unknown Speaker 30:00

Are you feeling your back of your head exploding and it's it's very eye opening, remembering to breathe can be kind of challenging during the first few moments of, of your first happy experience and, and it's a purgative to so given the right and the high dose, like we can make you throw up, it's used as a tool during ceremony for a lot of reasons. Energy wise it clears entities and and blockages.

Unknown Speaker 30:29

And when someone's in an Ayahuasca ceremony, and they're really in their head, or really going through it, or even in combo, when you're just really like feeling too much, and you're it's like having like anxiety, it can bring you back down, it can really ground you. So it's a beautiful tool for that and it can help you with a purge for combo or Ayahuasca if you're having blockages not being able to purge, give them some rough, a little bit of smoke tobacco, then it's instant.

Unknown Speaker 30:59

I'm really loving this conversation, because now everybody will understand you know, all of this is on this, the higher point of a spiritual awakening, awakening, really bringing yourselves because we were talking before we hit the record button about this balance. Right now I would say the work that you're doing and anyone who wants to participate in it, it's incredibly important more so now because of what's going on sort of the battle for the battle for our souls is going on in the world right now folks, whether you want to see it or not, and I don't mean to say that in a scary way I want to be realistic of that. And so this balance of masculine and feminine and everyone coming to the table, whether it's through doing this type of work, but some type of work is just so incredibly important right now right?

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Unknown Speaker 31:47

Yes, balancing the masculine and the feminine and in this is where another ego check has to come in. So me personally in my my healing work and the medicine path I'm on I am this past year of serving people really feeling called to balance. So actually teaming up with another person that I trained with to start offering more feminine masculine based balanced ceremonies where the safe space creating a safe spaces and harm reduction, they go really hand in hand and energetically some people can't sit with a woman energetically Some people cannot sit with a man. And so I want to be very versatile in my offerings to let people know that everyone is welcome here. Everyone has a space here and even if it's not me, I know someone that can help you. So that's where tribe is really important in building your, your network and your connections of trustworthy people because there's enough abundance for everybody and it's not about that it's about it's about helping people. So yeah, the math the balance of the masculine and feminine I feel is really important in medicine work and I think every healer well I can't speak for everyone but for myself, I see that it's coming to a point where that's very necessary. My teachers are a masculine feminine divine union and the power house that they are in the healing that they generate is is balance it's exactly what what we need. So yeah, it's important it's very important.

Unknown Speaker 33:27

On that note, if you did my first experience was with combo was with a man and I am so excited to partake with you soon and really dive into your energy so tell us where we can find you. We'll have it in the show notes as well but just flash that out there so anybody listening can get in touch with you right away if they're interested. So it's easiest through Instagram it's at ALA Luna re one word AYLALUNARA e ala Luna Re and then through there you can find my website which is ancient Destiny dotnet and you can also find my teachers through there there at Cosmo visions dot inc. At Cosmo visions dot INC and I also have a section on my website with with trusted practitioners that are trained through our lineage all over California really all over Turtle Island. I'm working on getting the rest of the people on the list but I have California have so far.

Unknown Speaker 34:25

I'm so blessed to have you on here today. Thank you so much. Thank you so much me it's an honor. I appreciate

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Topic: Kambo

Guest: Ayla Luna Rae – Ancient Destiny

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Thanks for tuning in and make sure to follow Ayla her handle on Instagram is ala Luna Re and it's a y la L R. You can also find her at ancient Destiny dotnet if you liked this episode, please subscribe. Leave a review especially

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