

Shit We Don't Talk About - Episode 67

Humberto Alcala & Ruger Hebert - Mexisoul Retreats

Ayahuasca & Other Plant Medicines

Mia Voss 0:03

Hey, welcome to episode 67 of shit we don't talk about powered by helix interactive. Today's topic is ayahuasca and other healing plant modalities. And I have two guests on Umberto Alcala, who is a shaman by the way and Ruger Hebert they have an ayahuasca retreat center called Finca doula in Jalisco Mexico. Tune in as we discuss all the amazing benefits, and we do a deep dive into the background of Ayahuasca as well as the experience itself. As always, there's an accessibility transcript that can be found in the show notes at shortly.donttalkaboutpodcast.com. All right, strap in, it gets good. Here we go.

Mia Voss:

Listen, let's talk about some fun plant medicine and all the modalities that you work with that a lot of people misunderstand. So tell us a little bit about you. And then what type of what type of things you work with. I know we were going to talk about ayahuasca but there's some other fun stuff that you do, too.

Unknown Speaker 1:06

Yeah. Well, my name is Humberto Alcala, I am a shaman. I am 47 years old. I've been doing this for the last five years. Plus three years before that, my own process. And I am happy to be here and to share my experience with with the power plants or sacred medicines that they have different names. Besides a worker, we also work with some NaVi is it contains a plant called the Pesco winter, which is a DMT even stronger than I Alaska. We also use boufal Barrios, which is the poison of a tow from from the desert of northern Mexico. And each one of those are different experiences. And they are directed to the specific purpose each one.

Mia Voss 2:10

So and that's interesting, too, I think people get that wrong. And of course, we all hear stories of going wrong because it's being used in the wrong direction or even for the wrong purpose. Right. To me, people are just looking for kind of a crazy experience as opposed to really wanting to get something out of it. Whether that's healing, emotional healing, physical healing, mental wellness, there's so many different it sounds like so many different ways that it can have an outcome and be used, right.

Unknown Speaker 2:39

Yeah, I mean, the right way to use this medicine is under a ceremonial, but uh, you know, setting someone guiding you. And actually, even before the ceremony, there's a diet to be done

Mia Voss 2:55

a diet like, like a preparation, diet,

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Unknown Speaker 2:59

preparation, on the food, and also, if they drink alcohol, if they do even marijuana, they have to suspend it. For days before the ceremony, no alcohol, not even sexual relations, or you know, so is like preparing the body for a really strong and transformative process.

Mia Voss 3:26

That makes so much sense, Umberto because if you just come rolling in there with a hangover, and doing all these things beforehand, I could see that you would be emotionally spiritually and physically distracted. Exactly. Not able to receive it. And let's talk about the spiritual side of it too, because I'm all about it. And I don't know if we've ever told you I've actually done combo here in the States. So that's how I found you all as I was following the hashtag combo. And then I just reached out to Ruger when I saw Nexus that your retreat place and so it's yeah, it was very interesting. I did do that preparation as well. But I think the spiritual piece people misunderstand too, because they just think it's a physical it's just a physical experience.

Unknown Speaker 4:12

No, no, I mean, most of the emotions that we experienced throughout our lives, they they always lead something on the body, some toxins and so in the case of the Kambou, you body will expose all of those toxins along with the energy because that's and that way you feel a lot lighter physically, and a spirituality. I mean, it's it's like a cleansing like emergency mode, so the body to release all of the toxins and the poisons among your body.

Mia Voss 4:56

I felt it emotionally as well too. I definitely had and that the procedure or the process that I did also had, how do you say, rapper? Is it? Okay? Repay? Now he's getting around and that first time I did that I felt like the back of my head was gonna blow off because I, I was somewhat prepared. But I love that even when I was choosing the end discussing with the person that I did the process with which one to choose, like, even then I was talking about what I was feeling, was it going to be a masculine or feminine energy? Like what was I wanting to get out of that? So that was such a great preparation, also this Sunanda drops? Yeah. So I have another episode that I did with another combo practitioner. And we talked a little bit about that. So I'll put a link in the show notes and everything that Umberto is mentioning out there, folks, we're going to have that all in there as well. And it's really covered well on your website, which I love to each each one of the modalities, but I do feel like a lot of people don't get the power of it and can kind of use it in the wrong way. And that like you said, there's different things that you're you're gonna get out of it.

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Unknown Speaker 6:10

Yeah, exactly. And we also use for tubes, which is it drops for the nose for the nostrils. This is to bring back the the senses of the body to get a better connection with life. This Ananda enhances the patient. The produce enhances the smelling capacity, especially after the COVID So many people lost their you know, their ability to smell

Mia Voss 6:41

COVID You're right, that was one of the really just crazy things. And mainly, a lot of people that have long term crops, I think that to be interesting.

Unknown Speaker 6:53

I've been sharing those, and people really get a lot of benefits out of those drops. And they I mean, they are like to regain physical abilities, senses. But there was the Samadhi and the woofer barriers. Those are really really personnel, intense experiences, really, life changing experiences. And we accommodate them on a way that we still racing, the density for people to be able to go through different stages of their own spiritual

Mia Voss 7:37

journey. Journey. Yeah, yeah, Journey uncovering, I feel like too. I know for myself, so I did the combo back in April. And I gotta be joining you in in this October. So this is right now we're talking August 2022. So you have another retreat coming up in October. And I feel like that's the perfect timing to kind of get to that next level of working through things in the uncovering. I mean, healing is messy, isn't it.

Unknown Speaker 8:07

But it's really beautiful. When you when you are in the middle of it is like, like us when you surrender to your own resistance. It's a beautiful feeling. And the medicine will take us to some really beautiful places within you. And after we do this elevation of medicine, and then we do Temazcal and cacao, which is like a bring you back to a softer mode to integrate all of the information and all of the processes that you go through on the first three nights.

Mia Voss 8:43

So and that makes sense too, because it can be so intense that you don't even know where to go with yourself after you after you go with that. So walk me through an Iowa Oscar ceremony nutritionally how long is that or what's what's the most beneficial way to go through that ceremony and how do you actually take it like how would it What is

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the worst cut is the mix of two plants. I was cut itself and it's cook with another plant culture Karuna check. Karuna contains the DMT and I have worker contains they are Mala harmala will interrupt the process of the body so the body will be able to absorb the DMT. That's when they that's when the experience starts. It lasts about five to six hours. But you can do several charts if you like you can do one I mean we do at least one and then from there, each one decides how they want to go. If you do three shots, even more shots, you can go really deep into the experience. And if you do three or shatter four shots, it can extend up to 10 hours. So I mean, people will will decide at that moment how far he wants to go.

Mia Voss 10:07

And do you help them? Do you guide them in that to say, How are you feeling and to help them understand?

Unknown Speaker 10:15

Well, before the experience, we have a talk, in any talk, we talk about most of the scenarios, and I always let him know that I only work I'm only gonna interfere if they really, really, really need it. Otherwise, each one knows how to handle himself. Even if you've never done it. People it's able to handle it, but we are there to guide them to if they need to understand something, of course, we go with them, if they need some help, we can help with with another small, I mean, medicines, complementary medicines, to the experience. Yeah, but this talk before the the ceremony is really important. So people get ready, and the brain get all the information it needs. So you don't fall into fear. You know,

Mia Voss 11:12

that part, I would think that would be the biggest guidance pieces to keep someone out of fear. Certainly give them an expectation, but to not go to not to already set that tone of fear based for it. But to go into it. And again, just even the the one procedure or the thing that I've done, it was so intense. And you really I just remember just like, oh my god, this is so dynamic to scare people, but it's really to be honest for me. And so it was so difficult, but we but rewarding, because then I leaned into it. You know, and I it sounds like that's what you helped guide people to do that as well.

Unknown Speaker 11:53

Exactly. And we try to tie with writing a stick to the to the physical and mental body the talk we do, because we don't want to talk too much about their spirituality. Because that's really personal encounter with themselves. In that part, we don't put expectations, because that's a really, that's a really unique

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experience. That is so that's so smart. And so wise view which I know you know that but I can tell because I even had my own spiritual experience with my own guides, but I didn't even think they were going to show up. They're like, Oh, listen, girl. We've been here all along. I felt literally like physically supported by them like big poofy. Like the the parade floats, you know, kind of like giant parade floats in the room, sorry to interject my own experience on it. But that was my spiritual experience. So everybody is going to be different. I would think too, and I'm, I'm projecting a little bit, but I would people that think that people have who do have spiritual trauma, from you know, growing up in very oppressive religions, that that would be a great healing, a potential healing as well with these with these ceremonies.

Unknown Speaker 13:15

Yeah, at one point, you realize the most of the human ideas, most of them big majority of human ideas, they're not even true. I mean, we assume we assume that they are true, but they're, I mean, it at that moment, you realize so many things, and you get so much downloads and like you open a big download, and a big river of information and, and a little by little everything that you see more clear. And but you know, we have the the soul, we have the spirit and then we have the body, all of that information is on the spirit. That's why we do spiritual work. So all of the information that we received through the religions to the culture, through their family, you know, ideas through any kind of situation or characteristic of the of the person all of them are included on the spirit. So that's all the what we can call a spiritual trauma is all of that fear that have been inflicted into it.

Mia Voss 14:33

I'm going to quote you to you this is on your website. Your philosophy is that there's nothing to fix and that we are already perfect diseases and it's an opportunity for people to come home to themselves and in doing so learn to grow heal and ultimately remember themselves that are that really got me I like that a lot. Yeah, I mean beautiful.

Unknown Speaker 14:52

Because at one point, I feel broken. And I thought and because I've been to so many life experiences before they are Alaska. You know, I went through all kinds of success, success stories and failure stories and divorces and all kinds of things. So at one point, I feel as if I was broken, and I was always fighting with my own memories, and filling my little myself like a big team. And then I was doing so many, you know, nonsense things. But then once I started little by little to understand, and at one point, I realized that there was nothing wrong with my life that was never broken, that I was never sick.

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And everybody was talking about the healing and healing in SA, I was never sick, I would just come. And I was just lost in my own thoughts, lost in my own failings, lost on my own interpretations of life, interpretations of failure, have seen, have broken, you know, everything. And when I realized that, I, when I see my brothers and sisters, I see, I thought, what there's nothing wrong with us. It's just the ideas that we planted on ourselves or people planted into us, what make us feel sick, make us feel as we need to heal. I changed that word for remembering. Just remember your power. Remember your wisdom, remember that you are that you have a beautiful body that knows exactly how to heal itself. And, you know, and like they said, The best way to fix a problem is not seeing it like a problem. And, you know, I kinda relate that to healing, the best way to heal is to remember that we have everything we did and everything that is happening, he has a reason he has a purpose. And everything will will nurture or or spiritual path.

Mia Voss 17:05

I think dropping anything that has to do with condemnation. Like, right that mean and that's that's, that's definitely a religious word. I want to say spiritual, it's a religious word. So and there is so much condemnation of like, why don't I feel right? Why do I feel this way? And what's interesting about all these modalities, so we have BMT Bufo ayahuasca, the combo medicine is all of these are natural. So a lot of this comes from either Peru rights, Tom talks more about the sourcing of these, or the a little bit of the origin and then the sourcing for everything that you use.

Unknown Speaker 17:42

Okay, first of all, kumbolo comes from the rainforest from the Amazons, the

Mia Voss 17:47

bio Medusa. Something he's got a cool name that combo frog.

Unknown Speaker 17:54

Yeah, the Campbell frog is from the from the rainforest from the Amazon. The one that I have is from Colombia. The the Ayahuasca obviously, I agree with from Peru, because that's where I did my diet. And that's where I have my, you know, my, my connection. So

Mia Voss 18:14

these are trusted sources. That's the most important thing that people forget is it's sacred. So you want a sacred I mean, even for the combo frog, they talked about this in my other show. It's an extraction process, right, and they're not killed. So they're treated humanely and yeah, yeah.

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Unknown Speaker 18:35

Well, first of all, I will not buy medicine to someone that I don't know the person. And actually, not only know him for pictures or phone calls, I go to Peru, I see his place. I see how it works. I cook with them couple of times, even just to kinda commune with them on a more personal way. So all the medicine that I bought is from people that have a conscience, a connection with the rainforest, a connection with the animals with the plants. And that's the only people that I buy medicine to. So I was I brought it from Peru. Cambo I brought it from Colombia. Samadhi is from South Mexico from Wahaca. And then boufal Barrios is from Sonora, buy, like I said, I only buy it to people that provides medicine to facilitators or Chairman's like myself, and before I buy it, I go and meet the person and I asked him how you do it. I mean, where you do it and to kind of get a glimpse of what they're doing.

Mia Voss 19:52

Oh, that's so important. And I think that's the piece that that many people miss in just wanting something for convenience or speed. You're gonna dig to quickly experienced that. So I thank you for clarifying that because it's, that's the most important thing I want to say to people too is it is about sourcing, just like anywhere you put your dollars to, you put your energy to to support a community, and that that's what you're doing as well, too. When you're purchasing from these, you know, top notch well source people you're supporting their community to, which is, which is awesome. So let me ask you this, and then we'll we'll talk, I'll go ahead

Unknown Speaker 20:28

and do it, obviously, to support them to support the traditions. And also because the intentions behind me medicine is really important. If the intention is merely business or merely, you know, exchange, I want to make sure that they have like the right intentions put into the medicine.

Mia Voss 20:53

And I love that you cook with them. It's so important that you have a meal with them and sit with them. There's a company that I love called threads worldwide. And they're Fairtrade jewelry, and they work with a lot of women in Guatemala. And one thing even though the women that are creating these, these jewelry of us they'll say, if they're coming to work, and they they're having a bad day, or if they're not grounded, they're not centered, they'll say, you know, don't work on things today. We don't We We want your energy to be clear, what will you're putting into these creations? So it's the same, the same thing that you're saying to? So I want to Yes, I love that. So when as you choose how many, so with Ayahuasca, you said, yeah, it's between, you know, can be five, six hours or 10 hours, which is just such an amazing commitment. And I, I love that do what is it?

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What not the I don't know if you can land on this. But what would be a recommended number of times that you feel like is it is a constant thing? Is it a work in progress with all these different modalities and spiritual or type of healing?

Unknown Speaker 21:57

Well, I mean, for someone, like from any walk of life, I will suggest a couple of times a year. Myself, I used to suffer anxiety when I met I was I was a guy that I was, I never drank alcohol or made any drugs. So I was always in my mind, I have no way to escape. So when I met a Alaska, I start doing it once a month. Does does the does however, this decide how to do it because because I kinda remember that the experience, that piece that gave me lasted about 2025 days before I went, I was going back to the same ideas. I mean, I was going forward little by little, but things that ran social ran that you are surrounded by people ideas, music, always kind of always pushing back to put us back into where we were. So I started doing months, a month, once a month, and I started getting really big processes. But let me tell you right now, I do a Wescam two times a week, because because I do 2am two ceremonies a week. And there's I mean, I feel each time better and better, I feel more is more clear. So at the end is as many times as you like do just one responsibility, and kind of get a purpose out of it. Because for example, there is a religion called the Santa dime, which is the holy verb, and they do Ayahuasca maybe I mean, I would people that they did ayahuasca for 20 years, three times a week, and there is no no harm to the body with Ayahuasca. And also the day it was really, really good for the body.

Mia Voss 24:02

That's amazing. I think people just see it as sort of a one time deal. Maybe go into Burning Man or whatever out here. It was burning man. Is it California? Is it in Nevada? Yeah, I mean, you probably have experienced that too. Hey, River. Tell us real quick about if you don't mind your your Bufo experience. Is that what you were telling me before or your DMT experience? And then we'll talk a little bit about Mexico and then we'll wrap up here.

Unknown Speaker 24:29

Sure. Well, I'm Ruger and I met Humberto in in Las Vegas about one year ago. That's crazy. I

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Unknown Speaker 24:43

did I lose you? Sorry about that. Okay, so I met him about one year ago. And it's interesting because I came from a place of a lot of suffering a lot of depression. And it's interesting because you talk about the spirituality of things and I came into the first ceremony kind of out of desperation. And I came in, I was a very logical person. And I was just atheist as far as beliefs. And so, overall, the time I ticket to now is just been a complete transformation of me, I can send you kind of the pictures of what it looked like before. And after. And beliefs have changed, depressions change, anxiety has changed. And sure, I can briefly I'll give you the Bufo part, the first time I tried Bufo, it was something that was almost like going under anesthesia. And I, I felt like I was in the center of the Earth, before humans were created. I felt all of the feelings at once. And you see you have emotions, like, you know, pain and fear, and things like that. But the overwhelming the overwhelming emotion. And the overwhelming feeling was love. And that love came from a place of like, whatever I was, like, what the church had been telling me of what I was supposed to feel of what God was. And so I felt like I felt what that you know, divine presence of Love, and it was so intense. I don't think anyone's said a swear word yet. So I'll say I was just, it was so intense. In my mind, it felt like, in my brain was having almost an orgasm, it felt like that. And I was just, I was saying like, fuck, fuck, fuck, and, but it was, it was a good, just an incredible feeling to connect with something that I never really connected with before. And I remember being although I was in the center of the Earth, I remember I'm still in this room, hoping that I'm not swearing out loud. And then I felt like something reached down inside of me and took out everything that I had been holding in all the emotions and pain and trauma, and just this giant release. And the reason I kind of do tell the part where I'm swearing is because to the outside observer, that looks like something that could be terrifying. And so there are things that you see on, you know, if you watch YouTube videos of people doing buffo, it can be frightening, but be internally the experience was incredible. Life changing,

Mia Voss 27:47

I think it's important that you were clarifying that when people see things on video on YouTube, that it's not necessarily like it could look totally different than what that person is going through. So to always use caution with that as well. But I said that answers my question. Could you actually, if you're swearing out loud, so you were, which I love that was your square when I

Unknown Speaker 28:09

actually came when I came in the effect wore off if one of the persons I asked this was like swearing, and the people that were taking care of me were like, Yeah, you were like really loud.

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Mia Voss 28:20

You're abusive. But I You have to love the irony that you felt like what the church had sort of been shoving into your face this whole time, and then probably why you're agnostic. And then you went through this experience, you're like, oh, that's what I'm supposed to be feeling. I love that sweet irony of that. Think that's really, that's really interesting. Thank you for sharing that. It sounds amazing. And I know everybody else's experience is different. Tell me real quick about Mex hustle. And I'll have links in here. And then I'm gonna post a link because Raghu and I are going to do a separate livestream about this too. But tell me about that and where we can find you. And then I have one more question and then we'll get out of here.

Unknown Speaker 28:58

Sure. So over the last year, because of the change in my experience, because of my transformation and the amount of change, and knowing Humberto and knowing where the place is located in Mexico, I wanted to I wanted to give the experience that I had and share it with other people. And so the people were working like we're working with myself, Berto, there's another lady Suzy and the owner the Finca, it's just our goal is to like really help and heal people. And so we're having in the last year we've started doing retreats. As Zimbaro is already doing ceremonies here. So we put together retreats for people there seven days long. And there's three sacred medicine ceremonies, there's two Cambo there's the option to do Bufo and then there's several other activities. Like, sometimes there'll be art therapy, or horseback riding. There's also a pool and the place itself when not excuse me, when the place itself when there's not retreats happening is actually used as kind of like a hotel and a resort people don't do.

Mia Voss 30:20

It's gorgeous. And go and check out their website because it's so beautiful. Tell us what your website addresses.

Unknown Speaker 30:27

It is Maxa soul retreats.com

Mia Voss 30:30

Me XISOULRETRE ATS people. So y'all know what that is. So oh, just seems amazing. So you're starting a nother retreat in like two days, and then I'll be there in a couple months. So But dude, you made this happen in a year. That's really impressive. Like from YouTube meeting each other that now you've you both have crafted this and that you're working together. That's incredible.

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Unknown Speaker 30:55
Honestly, it's a testament to the power of the plant.

Mia Voss 30:58
Yeah, it is. And Umberto, the work that you're doing sounds amazing.

Unknown Speaker 31:04
Thank you. It is amazing. It really

Mia Voss 31:06
as I've gotten condensed already now

Unknown Speaker 31:09
because I do it because they I was the Samadhi the Bufo they are so amazing tools for life changing experiences. And now when you put them together with like Blogger and his life story, and he's willing to share that with the world and when you put that together with the thing that I mean we I mean Ruger has been creating and we all like a grow something really special for people and each time we were retreat. It's a beautiful feeling that I all I only need to see Robert eyes to know that there is something really beautiful going on around.

Mia Voss 31:50
That is fantastic YouTube, I love I love the synchronicity of that and how you come together. Alright, one more question for each of you. Ruger knows what's coming. But I'll ask Umberto first but Umberto, do you have a favorite swear word? And if you want to say it in Spanish, I bet it would be even cooler. You know,

Unknown Speaker 32:09
I used to I used to swear a lot.

Mia Voss 32:12
Well, you were in construction, right? Yeah, exactly.

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Unknown Speaker 32:16

To sports, so. But somehow I has been, you know, so connected even with each word that comes out of myself. And the meaning and, and somehow even the swear words I've been just disappearing from my vocabulary is not a it's not like I'm trying to sound good or nothing because you know, I'm just a regular guy after low. But somehow, the more I walk into my spiritual side, they just start falling off and I don't feel the need of course here and there. I still say Qingdao like is like dammit. When and then when when I can go to the war because there was a will show that word to me and the world show the meaning of it. And until I don't hear something, I mean, that kind of words. Along with something that I really love. That's when I see the the negative power even of of innocent swearing. But that's just that the way I see it, but

Mia Voss 33:20

Oh, I like that. Wow. Okay, that might be the best, most juicy answer. I'll keep swearing. But I like that. Thank you, Umberto. How about you rigor? Yeah, can you follow that up with the swear word?

Unknown Speaker 33:34

I don't think I'm an as enlightened yet not be able to swear. So honestly, it's just it's luck because of the diversity of the users. It's multipurpose. And to be fair, I've heard Humberto swear one time was it juicy? The effort but it was almost like, like, during the last treat, it was like, I just wanted to it was in reference to the experience that people are going through is fucking incredible.

Mia Voss 34:08

That sounds that actually sounds pretty positive. We're gonna end on that note.

Unknown Speaker 34:17

But each time I feel Yeah, I feel less the need of swearing in I'm not trying to it's not like, oh, no, I don't want to say it because I am this or that. No, did they just pull it off of my vocabulary? By themselves? You know, the WASC is doing the work. I

Mia Voss 34:38

love that. That's part of your journey, too. So Alright, everyone you can check out and that's hustle retreats there, the links will be in the show notes as shit. We don't talk about podcast.com Yes, there's a swear word in the podcast name. And we'll see you next time, everyone. Thank you for joining us Umberto river. I really appreciate you. Thank you.

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Unknown Speaker 34:57

Thank you. We are Thank you Well,

Mia Voss 35:00

that was informative and eye opening right? I am really excited to explore more on this topic. So stay tuned, I'll be sharing my experiences. So make sure to check out the show notes. I have all the information that we discussed on the show and you can also follow them at mexisoulretreat.com If you liked this episode, please subscribe and leave a review. Especially if you really liked the podcast and you want to show it head on over to shit we don't talk about podcast.com Click on the patrons button and become a full time supporter of the podcast. And if you want your very own podcast, but you don't know where to start, go to helix dash interactive.com and get yourself some and tell them that he has sent you. Thanks for tuning in. I'll talk to you next time. Bye

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