

## **The Convo about Psychedelics and Spiritual Awakening with Danielle Bolton**

### **The Limitless Life Experience Podcast**

#### **Transcript**

#### **Intro**

You know, information delivered to us, ecstatic, orgasmic moments of bliss and understanding and peace. And yet the next day, we'll fight ourselves to sit back down in that same place. It's like, who's got my phone? Who's got my phone? Oh, the beautifulness of being human. Welcome to the Limitless Life Experience podcast with me, your host, Suzy Ashworth. I'm a mum of three, seven-figure, serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach, and believer in miracles. My superpower is helping female entrepreneurs like you create six-figure breakthroughs in your business fast, so that you can expand into limitless living and create an incredibly positive difference in the world. In this space you will hear me talk all about wealth, yourself, spirit, and impact. This is the Limitless Life Experience podcast.

**Suzy:** Hello, hello hello. You gorgeous human being, it is Suzy Ashworth here, and I am super excited to welcome you to this episode of the Limitless Life Experience podcast. And we are going to play today. Now, you know that when I have a convo, I like to invite the best people that I know and love to come and play. And today is no exception. I want to introduce you to an incredible human being that I met, maybe like, um, a year and a half ago, 18 months, maybe two years, but at least 18 months ago, her name is Danielle Bolton. And I actually think the best way to describe her is a guide. She is.. yeah, she's a guide. I mean, how would you describe yourself, Danielle?

**Danielle:** I would describe myself as a real life spirit guide. I show up in the perfect moment sometimes. And I, I would say that when I show up I'm entering your path because it's time for us to go somewhere. So yes, guide, I would love to be a spirit guide if that's what I could choose to be when I grew up. So let's rock and roll.

**Suzy:** Yeah. So for those people who are like, okay, we just dove right on in here. What do you mean by spirit guide?

**Danielle:** What do I mean by spirit guide? I am going to help you touch that place within yourself, your spirit, your soul, that being that is deep inside of you, that place, that is you, no matter what else is going on outside of you, your inner most place, your spirit.

**Suzy:** That, that brings tears to my eyes. I love your voice. You have a voice for radio and it's really soothing to the soul. So when we met, we were on a bus in Costa Rica and going to learn all about quantum healing. And I'm curious as to what it was that led you to that certification.

**Danielle:** Ohh, that amazing bus drive, it's my favourite story of how I first took you in. So I feel like I've been spirit guiding probably since I was like four years old. Um, it was just kind of who I am. And when I started my company a few years ago and decided that I would take this spirit guiding thing and turn it into a business, um, it was just kind of just me out there in the world doing my thing, um, helping people and just showing up. And I didn't really have

any specific trainings, I had a lot of time under my belt of self-development and ceremony and plant medicines and journeying and all of these experiences that were elevating my own life experience, but I hadn't really taken any actual trainings. And so I thought, you know, I'm going to, I'm going to go do this thing. I was really inspired by our teachers and it was the first time that I saw a "certification" where I felt like, okay, I'm going to go get some actual skills that I can write down on paper. Um, and it was the first time that I was really drawn to learning somebody else's modalities. And that was like a big, a big step for me. Because up to that point, I had really just been relying on my own divine connection with spirit. That's where all my guidance came from. That's where everything I know comes from. That's the place that I trust the most, the spirit realm, my inner divine guidance. And I decided that I did want to check out some other things. So quantum healing was the catalyst for that.

**Suzy:** I love that. Can you take me back to when you were four years old? You said that that is when you started spirit guiding, what was the experience that unlocked that for you?

**Danielle:** Yes I can. Um, so in looking back along my timeline, um, I always kind of just knew things. I was the person that other people would ask questions to. I was the person that was leading the group. Um, the person that people were looking towards for the answers, or to actually literally follow around the playground. Um, but mostly, um, I was also considered kind of a know-it-all, like I was that little kid who knew everything and that's actually sort of what, what accentuated was, I just moved things. I would see people and I could just tell them what was the next best thing for them to do. And as a child growing up that translated very easily into, oh, Danielle's just really bossy, and she thinks she knows everything and she thinks she knows what's best for you. And so it wasn't actually something that I really embraced until I reached my mid, like early twenties when I started to really go into an awakening process. Um, and I actually had a psychic advisor friend just casually mentioned to me one time, you know, you're a psychic, you're connected, right? Danielle, like, you know, this is a gift that you're carrying. And I was very, very startled because you know, my whole life, I just kind of thought I was this bratty, know-it-all, that really had good information for people and really wanted to help people by telling them what they should do, but I didn't really know how to translate it at that time. And I'm kind of ever since that moment, I've been turning more inward and trying to understand that about myself and, um, follow different paths of practice and ceremonial rights to further understand that aspect of myself.

**Suzy:** And so you talked us through the awakening process as it started in your early twenties.

**Danielle:** Yeah, so I think with any good awakening process, we don't really know that it's going on while it's going on, and I think, you know, up until you kind of hit your point of awakening where you don't really know that you're not awake. Right? Like I don't really remember what it was like before I felt this feeling of awakening within myself. Um, I was fine. I was human. I was living life loving life, having experiences, but I don't really remember how I felt inside before. And I think that's because my connection with myself, wasn't actually fully there. I was in my body. I was in my mind, I was experiencing life, but I didn't have that connection with myself. And that's kind of where the process started for me. I began to realise that there was more for me. I began to realise that I could be powerful, that I could design my life, um, that I could dream things and make them happen that I could start to

change myself. Um, and really direct the experience that I was having. I think up until that point, I was just kind of on the ride. And for me, my spiritual awakening taught me that everything was inside of me. I was being divinely guided. There was a bigger picture and a bigger plan to everything. And ultimately alongside with the universe or God or my spirit guides that I was actually in charge of the ride as well as the one riding it. Um, and so I just started to dive in to that and really started to explore. I started reading self-help books. That was kind of one of the ways that I started and reading self-help books and trying to learn about myself more. And I started making friends with energy workers. And at that time I remember embracing a community into my life, which I would have referred to at that time as these crazy hippies, and um, in my early twenties is when I really started to also begin to explore, um, altered realms of understanding, altered realms of the universe, altered realms in my mind, specifically with the use of entheogens and plant medicines to start revealing these layers to the world that I was feeling into and starting to understand, but hadn't really known how to, or began the discovery of.

**Suzy:** So, can you just go back to, what was the difference you noticed in yourself? You said you can't really remember how it felt before you woke up before you began, um, began to awaken. And when you think about that process that you were going through during your early twenties, how did, am I am just imagining, so not to put words in your mouth, but what I'm feeling into is aliveness. Like that connection for me represents life and feeling alive. If you had to describe that connection, how would you, what words would you use?

**Danielle:** Yeah, um, I, I started to become more in my body. Um, I started to become feeling more connected to myself. There was a place that I could begin to feel inside of myself. Um, there was a safety that I started to feel inside of myself. Um, you know, up until that point, I was uncomfortable a lot. I had a lot of drama in my head a lot. I had a lot of, uh, overactive thoughts about feelings that I had around people and my interactions and my relationships, and a lot of monkey mind going on in my head, always worrying about, you know, myself and things like that. And I think when I started to go through my process, it was confusing, but I, I started to feel this kind of sense of support within myself. And I found myself wanting to be more in my own body wanting to connect more with myself, so I would say, you know, I tend to hate the word grounded for myself, I'm not typically a grounded person. Um, but I think there was definitely a beginning of a grounding in my body, kind of a coming back to home. And as I described that, I'm realising that sounds kind of like cozy and good, and it was in ways, but it was actually also really terrifying because I began to sense myself and the responsibility of myself as a human, my responsibility for my, my own impact for myself, my own potential, but then also how it was impacting everything around me, my relationships, the people, um, and it became very overwhelming. And so while I was feeling at home and kind of all of a sudden in my body in a different way, I was also terrified. And, um, I think you can, it's common to say sometimes that, you know, once you really start to go through awakening process, you know, sometimes we see these funny memes out there and whatnot, and it'll show a picture of what we thought the spiritual awakening process would look like. And it'd be someone like calmly floating down a river, and then like what the experience was actually like, and they're like drowning trying to save their life in the river. Um, and it definitely can lead you to some moments of, oh my God, I wish I could. I wish I could go back to sleep, I wish I could get rid of possibility. I wish I could just go back to when I didn't remember any of this. Um, but anybody who is in their awakening time of their life knows that ultimately this is what we came here to do. That's what I feel, at least, that's what

we came here for. We came here to remember who we are, and although you might want to go back in moments, there's no going back. This is, this is where we're at. This is presence. This is remembering. This is waking up to your spirit, into your soul for the purpose of who you are.

**Suzy:** What I'm hearing is when a person is in inverted commas "asleep" and stuck sometimes often addicted to the drama of the illusion of what is important versus what is actually important. It's almost when we're in that headspace where out of our bodies, and then when you come into the awakening space and you are grounded, that opening of the eyes and seeing what is, that's a new level, a deeper level, a more grounded level of awareness. Um, that's what I heard you saying. Is that fair?

**Danielle:** Yes. I think that's definitely a way to, um, yeah. You know, it's like people talk about oneness and how we are all in this connection. Um, you know, I feel like in life where we're constantly searching for something, um, and trying to connect with things, whether it's the chase for money or it's for relationships or for the perfect body or, you know, whatever it is, it's like, we're always sensing that there's this feeling that we want, something that will be better if we have this, that it'll be okay if we've reached this level, if we have the perfect partner, then you know, we'll be safe and we'll be happy. And it's just kind of like, it's like the study of addiction, you know, it's like addiction, I don't believe that the opposite or the answer to addiction is sobriety. I believe that the answer is connection when we're addicted to something we're really ultimately truly trying to connect with ourselves. And when we connect with ourselves, we connect with God or however you want to reference that. I, I used to reference it as a universe, but as of late, I've been feeling more connected with the word God, but for, just for the listeners' purpose, it's really with your source, with your spirit, um, with what you think is guiding you. Um, and then when you come into that place, you really do begin to realise how connected everything is and how we are all one, and we're all living individual lives, but there's a space inside of us where everything is perfect and divine. And I think, I think it's that place.

**Suzy:** Yeah. I so feel that the first of the freedom codes is the connection code and it is really about releasing the experiences, the traumas, the stories that we have accrued over a lifetime that have supported us in the belief, the illusion that we are disconnected from source. And when you talk about addiction, I remember being first educated about this when I was doing my hypnotherapy diploma. And I really relate to what you said, like often I think that people who are living in a world of addiction and arguably, you know, we, if you've got a phone, 80% of us are addicted to the phone and we are, you know, we feel very distressed if we can't access it, as soon as we want it, we need to get that dopamine hit. And it's that disconnect, it's that feeling of satisfaction that we're looking for, that if we just put the phone down and got really quiet, we would be able to find within ourselves. And we've just forgotten because of all of the distractions and sometimes the fear of what is going to come up if we get really quiet and feel into that connection.

**Danielle:** 100%. I mean, if you can kind of look at yourself, um, I use a process that I call, uh, working with the psychedelic mind and that's kind of a mindset that I've developed through lots of, lots of discovery and play with different plant medicines and altered mind states. And I'm able to kind of step back and look at something or a situation from a lot of different perspectives. And if you're able to, you know, when you're just scrolling, for

example, to follow your lead there with the phone, when you're just scrolling and scrolling and you know, you're very in it and you're very kind of dead. Um, you're not actually present. Um, there's kind of a distraction going on and you may be entertained. You may be inspired. You may actually be learning things in moments. Um, but it is very, very mindless. And if you kind of soften and just take a step back outside of yourself and look at yourself and ask yourself, what exactly are you doing? Like, what is the point? Why are you laying there doing that? Why is that valuable to your life? And if you were to ask yourself to put the phone down, it would be really hard for you to keep it down for very much amount of time, because there's an empty space there. And you could choose to fill it with your silence or fill it with prayer or fill it with yourself and just simply being with yourself. But I think for most people that would really quickly get uncomfortable and you would feel that pull of course, to get back on the medias and look and scroll one more time. Or you might decide you can't sit with yourself and you might want to go eat some food or look for something in another room, or you might think about how you could connect with someone. Could you call someone, could you text someone, um, could you reach out to someone? And I think what you said about kind of wanting to not see what is going to come up is really hitting it spot on. Um, I think there's a lot of things that we have buried and hidden, um, that are traveling with us and our minds and our psyches in our bodies. Um, and in addition to that, I think sometimes our people are afraid nothing will come up that they have nothing or that they mean nothing or that they're not special or they're not important or that there's a void there as well.

**Suzy:** It makes me feel sad because I know that that is true for many people, I was going to ask, what are we so uncomfortable with when it comes to sitting with ourselves? And I certainly know that part of that desire to feel really comes from a place of the fear of emptiness, the fear of nothingness. And I think it was in Costa Rica that I heard for the first time Regan talking about the fact that we are afraid of the emptiness, but it's within that empty space, that's the birth of all creation, the void.

**Danielle:** Yeah, absolutely. I mean, let's just think about meditation, for example, everyone at this point pretty much, well, maybe a few people don't, but pretty much everybody knows that it's valuable to meditate, right? That's just like we're living in that time, you know, or monks and people who take on very deep spiritual practices and spend so much time. Um, many of us have a developed practice. Um, many of us desire to have a practice and attempt to have a practice. Many of us absolutely hate meditating. Um, many of us feel like they, that we can't, that there's no way. I mean, I, I run across people all the time who tell me, oh, no, I can't, I, I can't sit there for five minutes or others tell me, oh, I have a different kind of meditation practice, I meditate when I walk. Um, and I always kind of giggle at that one, um, because yes, meditation comes in many forms, like getting into that stillness comes in many different ways, you can actually, of course, be walking a beautiful path in your neighborhood, taking in the trees and the birds and, and be in a meditative state, but to actually sit in the quiet and allow your mind to process what it needs to process and allow it to unravel and to crumble and to fight it and to stay there and to stay present and to keep coming back to that point. That is how you get to the blank point, the standard point, the creation point. And there's other pathways, there's other tools, but the power in just being silent and realising that you are this brilliance of happening in the midst of all the chaos around you, that you are the still space, that you are the safe space that actually inside your body in stillness, it is the safest space. That's just, it's too powerful for so many people.

**Suzy:** And you know, what's coming up for me is that, and there've been very few times, I would say less than a handful of times, but there have been several times where I have found such divine, serenity and bliss in that stillness and that silence, like it has been so blissful that tears have run down my face. It has been so incredible that I've just felt like close to orgasming from the silence from the stillness, from my mind is blank. You know, so it's not even a, I can't, I find it difficult to describe it. It's not even a, not going into a fantasy place, but you're just literally feeling yourself and it being so incredible. And it's so curious to me that I don't bring even more intention. Like I meditate most days, but often it's guided, you know, I don't, it's interesting to me that I don't take the time. And sometimes what's funny is that when the world is getting a little bit too much, I go to put guided meditation on. I will know, I will absolutely know that I'm supposed to be in my own silence. And I will honour that. But just speaking about it now, it's like hmm Suz, missing trick here.

**Danielle:** I would sit down and meditate, but maybe I'll just have, um, this person who is gonna lead this guided meditation also be with me in this space. So I don't actually have to sit here actually by myself.

**Suzy:** Yeah, exactly, exactly.

**Danielle:** Yeah. Too painfully true. Um, oh, what interesting creatures. We are as humans, right? Knowing that we have the power to go into this space in this place and it literally takes nothing, but for us to just sit down yet, we've experienced that place and we've loved it. And we've had downloads and, um, you know, information delivered to us, ecstatic, orgasmic moments of bliss and understanding and peace. And yet the next day, we'll fight ourselves to sit back down in that same place.

**Suzy:** It's like, who's got my phone? Who's got my phone?

**Danielle:** Oh, the beautifulness of being human.

**Suzy:** Talk to me about how your journeys with plant medicine have enhanced your connection with self and source.

**Danielle:** Yeah. I'm definitely an advocate for using resources to change the chemistry of the body to assist the experience of you being human. And I like to refer to that as having the elevated experience. That's actually the name of my company Elevated Experience, and that's exactly where it comes from. Um, I, I have this very strong passion for helping people get the most out of their experiences. Um, whether it be creating spaces or working with people in guidance, spirit guiding, um, or partaking, uh, with them in ceremonial environments. And the reason why I find myself in this place doing this work is because honestly, and it took me a long time to get comfortable with saying this because of stigmas and tattoo or, uh, taboos and legalities, um, that I really owe a lot of my awakening process and my understanding of myself and, and the development that I've been able to create for myself to plant medicines, um, entheogens, um, specifically, um, entheogens, entheogens is a word used to describe plant medicines, um, that are used in a ceremonial state to essentially awaken the divine within you. Um, it's a wonderful word to use when referring to plant medicine or what many people will refer to as drugs. Um, and I can remember, you know, when I was more, when I was in my late teens and early twenties, I loved to party. I

was a party girl. Of course, I love to dance and have fun with my friends. Um, that was late 1990s, early 2000. I love me a good rave. Um, and I kind of found myself in this place of partying a lot with my friends and having so much fun. Um, but beginning to kind of look at the behaviours, look at what I was experiencing, looking at how I was feeling the next day and whatnot. I started to use my psychedelic mind, which I didn't know I had at that time, to look further what I was trying to do and what I was trying to understand, and for me personally, I kind of had a hard time connecting with people in my earlier years of my life. Um, I would feel a little uncomfortable in my body or even a big hugger. I wasn't like hugging with my girlfriends all the time and whatnot. Um, I had some separation from myself and when I would play and I would go into these, you know, quote "party environments" and alter my mind and, you know, for the lack or a better way to say it, get high. Um, my walls would melt and I would feel more comfortable and my heart would open. And of course I was utilising, you know, plant medicines and chemicals and whatnot to take me into this state. And I didn't understand that I was trying to have a transformation within myself, I wasn't looking at it, but that's really what was happening for me. And I started to understand that the reason why I wanted to go into these states because I wanted to feel comfortable and I want it to be able to connect. And that's what I started observing. And I would watch my group of friends and I would see what was happening for people. And I could very clearly articulate that ultimately what everyone was actually looking for was just a safe place to connect and be themselves and be with our friends and feel good. Um, and that seemed relatively harmless in ways, but yet it was also creating a lot of harm for a lot of people. Um, and I think when I came into that realisation, that's when things started to shift for me and I, I decided to be more intentional and to be more ceremonial and this was, you know, talking like decade and a half ago. And I kind of started a revolution for myself and my community actually as well. And that's when I really went deep into the real experiences that you could have altering your mind, the places that you could go. And for me, the way that I did this externally was I started creating events for people and creating environments for people to take mushrooms or take LSD, um, and come into this space and be creative and see entertainment and be inspired and make art and connect kind of on this like higher vibrational plane versus being kind of in a dark corner of a club, which I say with that no judgment, by the way, I would really love to be in a dark corner of a club right now. Um, and so that's kind of when my awakening process started as well, I started feeling like I wanted to serve the world in some way that I wanted to provide a better experience for people to get the most out of their experiences. And that really was the domino for exactly where my life is today. But to wrap more around specifically to my personal process is I really started diving in, I really started intentionally taking ceremonial stuff substances, um, and not just having it be this casual thing, like there was going to be intention behind it. There was going to be a plan behind it. I was going to make sure that I was in a good environment that was going to be stimulating to me. And when I started to approach moments of mind expansion in this way, everything started to change for me. I started to understand so much and, and be able to access so much and connect with so many things and feelings with myself and my life. It changed. And the lives of some of my friends around me started to change as well. And that's kind of what everything just birthed in me. I realised my creative potential. I realised like what is available to us? And I think this is why I'm such an advocate of responsible, intentional quality over quantity, experiences and ceremony, because it, it takes you to a place where you get kind of a timeout and you can realise yourself. And for me, that's my passion. And that's what I do. That's my gift. I create magical experiences for people to realise themselves. And if we have tools that we can use, medicines that were grown in the

earth, or, you know, even further than that medicines that were carefully, carefully calculated to help us open our hearts and dissolve the walls around our interior space so that we can be with people better, then by all means. You know like, these tools, this is like magic for us. Um, now in my, you know, later years, uh, life that I've been utilising, things like this, you know, it's not as frequent for me. It's more of a rare occasion, but I know the power of it. And with intention, um, um, with integration and with guidance and, um, with the best case scenario situations, there's just no limit to the ways you can open up your life and your mind and your heart utilising these tools.

**Suzy:** Did you have a guide to teach you ceremony?

**Danielle:** Um, no, not in the beginning. Um, I guess I had guides in moments. I mean, my ex-husband was my guide, the first time I tried LSD, he was definitely a guide for me. Um, I definitely wasn't on an intentional path in the beginning, but when I decided to dive further into some of the, you know, Amazonian plant medicine techniques, such as ayahuasca and such, that is when I started utilising shamans and guides. Um, because I knew that you know proper, proper guiding and, um, proper ceremony is on, it's a whole new level. Um, I think that you can guide yourself a lot and you can guide yourself into a lot of great places. And in addition to that, definitely having a guide around you is beautiful as well. I think it's both, I think there's a private practice, a path you walk yourself and also a path that you walk further with other people who know other areas of the path to take you to.

**Suzy:** And I am curious about where you were guided to like, what are those other late other levels and other dimensions, both within yourself and universally speaking that you have seen?

**Danielle:** Yes. You know, uh, for me the way that I approach transformation, I don't chase it. I allow it to call to me. Um, and I really stand by that. And ayahuasca, for example, is a very on trend these days. It's very on trend to go to Peru and have an ayahuasca journey and adventure, and, you know, open up your mind and your heart, and really ignite a spiritual awakening for some people, literally, sometimes people decide to make a decision to do something like ayahuasca, and, and sometimes it's their first, very first time experiencing something like that. And they can open up everything and then throw you into a spiritual awakening. Um, and for me, I don't, I don't think I've ever really like chased the trend or, or chased the need to experience this thing that other people are experiencing. I've always waited for it to reveal it to me and myself and the moment that I needed it. And I think that's really, really important to pay attention to if you're considering utilising lessons, um, and kind of bringing these practices into your life. It's actually, for the first times, if it's not something you're familiar with, these medicines are plants and they call to you. Um, I live here on the Big Island, here in Hawaii, and actually ayahuasca, you know, is technically illegal in the United States, but the Big Island is somewhat of a Mecca for ayahuasca Terence McKenna lived here. And, um, you have, the whole thing's growing here for years and years, even though I was immersed in plant medicine and never felt the calling to work with ayahuasca. I even lived at times on pieces of land, where I was literally sleeping under trees that had the vine in it, and I just never felt called. And it felt strange to me at times, but I have a commitment to trusting myself, um, when it comes to these medicines, because I know they work with you before they even enter your body. And in the right moment I finally felt called, And I'm so glad I waited. When you trust your intuition, and you're intentional, intentional



about when you choose to experience these things and the way that you change, it really unfolds us. And, um, when I participate, I actually work with my people down in Costa Rica. I live on this beautiful island where it's growing in my backyard, and I go all the way to Costa Rica. And I work there because those are my people. And this is my opportunity, especially as an American, um, who doesn't have a strong connection to tribe and ancestry here. This is, this is where I go to work with my tribe. In fact I call them the Hummingbird tribe and it's everything to me to find the right people and the right guides to lose you. And, so I find this externally, um, and I also create it internally for myself when I decided to do ceremony here. Um, I have a little process that I created for people who want to explore, uh, psychedelics and whatnot, I created this little process. Um, it's like basically the ten best tips for getting the most out of your experiences. And I created it just to give people a little guide. Um, and so sometimes I'll set up scenarios where I'll follow my own guide and I'll, I'll make sure I'm in an amazing environment. I'll ensure that I have everything I could possibly want or need with me. I include people that feel safe and responsible to me, and sometimes I'll curate the whole entire period. And I think there's, there's great value in being spontaneous and just having experiences and having fun, but there's a whole another level to this when you're intentional behind it. And I think, I think one of the most psychedelic times I've ever had in my life, I think was on that evening of a very highly curated, intentional, elevated experience, and the places that I went to in that night, I just, I've never experienced anything like that in my life. I was my ultimate shaman. I literally traveled to other dimensions, literally came crashing back down into the earth, literally falling from the sky. Um, I learned to shapeshift. I learned how to become every surface of every single thing that was in my environment. And I believe that I was able to go to those depths because I was so intentional, grounded in the experience that I wanted to have. I was so tapped into the possibility of what can happen, when really open yourself up to the other realms that are available to us at all times. But sometimes we can't see or experience because the veil is there. And when we use the medicines or the substances to clear the veil, all of a sudden it's all there. And when you're primed and you're ready, and you're intentional and you're inviting that in, you'll literally have access to everything that there is out there in all the realms of this incredible multi-verse.

**Suzy:** You make me want to go and do some ayahuasca. Um, but I also know that even with intention, depending on the journey that you are supposed to have, and depending on the lessons that you're supposed to learn, and depending on, uh, how much, I don't know whether it's your ego or stories, how much the illusion wants to hold on, or how much you're supposed to purge, even with the most intention, even with great intention, you can have some seriously scary experiences.

**Danielle:** Absolutely. And that's the gamble. Um, and would it be safe to say that ultimately life is giving you at all times the experience that you're designed for, the experience that you've decided ultimately you want to have, have life giving you the experiences that you want to learn, how to work through, how to transcend, how to heal through. If we could trust that our life is actually designed perfectly for us to grow in the way that we decided we wanted to, if we could really trust that, even in the hard times, then absolutely going into these states with the plant medicine, ceremony, and whatnot, we're going to be delivered exactly what we need for our greatest growth and our evolution. And that's not always rainbows and butterflies. Some of us come in the really heavy card I do, I have a very heavy card, but I understand now that part of my, like, dream and, and desire for manifesting as a human here was I wanted to learn how to eradicate suffering within myself. I wanted to learn

how to love myself through, to really love myself, to really understand every aspect of myself, to really unveil possibility within myself. And I live for that. I love it. I love self-discovery. I love to feel like I've worked through something. And sometimes I'm like, geez, why'd you pick such a, an intense experience for yourself, Danielle, but that's who I am. And I'm a guide for that as well. And I understand that my card is so heavy because it also, it helps me, but it also equips me to help the people that I know that I'm meant to help. And sometimes it's rainbows and butterflies. Sometimes I get to go to an incredibly expansive space where it's not prying and purging and, you know, horrible, dark, scary, heavy, rip your heart out in moments, types of experiences, sometimes it's, you know, creating really beautiful things and getting amazing downloads for all of the things I want to bring into the world and getting to experience so much love in those spaces. But it's both. And I welcome both. And I think that this is where having support and having proper guidance is like priceless. So many people go to experience ceremony. They travel across the world to the jungle. They have this amazing experience. They're in the environment, they're in the place with the other people that they're bonded to now. And you've got your medicine men and medicine women guiding you. And it's so many things. And then you get back home and it's like, oh, shit.

**Suzy:** What's the meaning of life again? Oh shit there is none.

**Danielle:** Yeah. It can kind of go one of two ways. A lot of people automatically quickly think, uh-oh, I better go back and do ceremony again. Uh-oh, I have to get back in that space. Uh-oh, I don't know how to deal with this. I need guidance, I need help. And without judgment, you know, everyone has the right to choose what's right for them. For me, my practice, what I'm dedicated to is after I set ceremony, I have a pact with myself that until I have successfully begun the integration process, to actually utilise what I learned in a way that changes my life or changes my behaviour or redirects my impact or understanding, I don't set ceremony again. And this, my friends is integration, integration, integration, and nobody wants to do the integration work because what does integration mean? It means being with yourself, putting it back into you, putting it into your life, being with yourself, being with what came up, feeling all of the crazy that came up and this is what the magic is, you know, you can do it yourself. And this is also where a good spirit guide comes in. That will help you figure out how to integrate all of these beautiful understandings that you received so that you can get the most out of your life and live your best elevated experience. If you will.

**Suzy:** I remember actually after I did my Bufo journey, speaking to you, and remember you saying that, and it's interesting because I don't think it landed for me properly for about six months, because although my journey was really a tale of two halves, although the first half felt it was probably like 80% and really was horrendous. Um, when I chose to surrender and let go, I found bliss and that bliss part was so transformative and heart-opening, mind-expanding, conscious expanding for me that for a long time, I was just like, I need to do it again, I can't wait to do it again, I need to do it again, I can't wait to do it again. And then I don't know where it came from, but I got the realisation that I will never have that experience again. I will never have that experience again, I might have a blissful experience, it might be a hundred times more intensely beautiful, or it might be a hundred times more horrendous, but that experience that I like that could be the drug could be the hit that I'm looking to like tap into again, I will never get that. And that was very, very powerful. And what's interesting

is that I also recognised, and I'm not sure on the timeline, but the lesson that I was gifted in ayahuasca was the same lesson. There were many lessons with Bufo, but the combining, like the thread that runs through for me was the releasing of control and the surrender in the moment. And I think that, I mean, that's a lesson that many people need to integrate, but it's interesting to me that maybe just now that it becomes more present in my psyche, like just in this moment almost when it will be a year in February, so 10 months or nine months after having that Bufo experience feeling like, oh, okay, now I get to really practice letting go and not knowing and surrendering to the moment, okay, yeah, I did that then. I also think for me, actually, that just doing my plant journeys and toad medicine journeys when I did, and then coming into pandemic was also like a real gift because it was like, this is like one big Bufo trip. I do not know what is real. I do not know what is a lie. I do not know what is up, what is down. What is, you know, everything is madness and I'm in the middle of it. And I've been here before and it did stop when I decided to surrender. It was like, that was, that was great prep.

**Danielle:** Yeah. I love that. I, I saw a meme during the earlier parts of 2020 that said 2020 is like one giant ayahuasca ceremony, but nobody's leading, there's nobody being your guide.

**Suzy:** That's like it's true.

**Danielle:** It's so true. And you know, I was just thinking about your timeline that you were sharing about the lessons kind of even just dropping in for you right now. Right? And plant medicines, are teachers they're guides. We do them to learn and the learning curve, when do we ever learn anything immediately, you're going to get understandings, but it's a process. It's a commitment. And I think that's something really important to note on with medicines and ceremony is it's not an instant fix. This is a commitment to yourself to utilise the tools and to really do something with them and allow them to really integrate. It's kind of like, I remember when I had my son, I had made the decision to use holistic medicine for him for the first time. I had always used, you know, mainstream, western medicine, Tylenol, Advil, all of those things, and I, I really wanted to be a natural mummy. And so I, I got this holistic kit, right? And I, I made that commitment to treating my son with plants. And it was terrifying. It was terrifying to have a little baby that, um, would have a fever and I could so easily give him a little bit of Advil and break that fever. Or I could work with the homeopathy, the plant medicines and allow his body to figure it out. But when you have that little baby newborn and you're taking your time to let plants actually integrate and do their medicine on their timeline, it's terrifying, and eventually you get to the place. If you stay committed to that. And I, I feel like that's kind of, you have to take that same approach. It's not the quick fix it's, you don't want to feel depressed, the quick fix is to go take an antidepressant. It's not go take ayahuasca, but ayahuasca is going to take you to the root of the problem. You might have to go out round the clock 87,000 times. But, it's going to take you to a different place, but that's commitment. And that's commitment to yourself and to actual healing. This is for healing, healing and activation. That's why we utilize these things, healing and activation. It's not instant. It's a magical process. It's a life journey.

**Suzy:** Beautiful.

**Danielle:** Very.

**Suzy:** Yeah. Danielle, I can literally speak to you for another hour. But unfortunately I cannot. Um, where can people find you online?

**Danielle:** Yes. So you can find the Illumin8trix, which is who I am, primarily on Instagram. That's my jam. That's my place. I'm on Facebook. Um, if you want to come into my inner world, I'm also on the Patreon, but Instagram is the place to really connect with me. Um, so please come connect. Let's talk story and spend time.

**Suzy:** Beautiful. Thank you so much for your time today. You are a tonic. You are the medicine. So thank you for sharing your wisdom.

**Danielle:** I appreciate you inviting me to share, and I love your people and your community from the little experiences that I've had in your world, and so grateful for you and all that we're doing in the world Suzy. Thanks for letting me be a part of it.

**Suzy:** Thank you, beauty. If you have loved this episode, as much as I have, then do me a favour. Give us a tag on Instagram, share the love, hit us up on iTunes with a five star review if you will. And please remember,

**Faith + Action = Miracles**