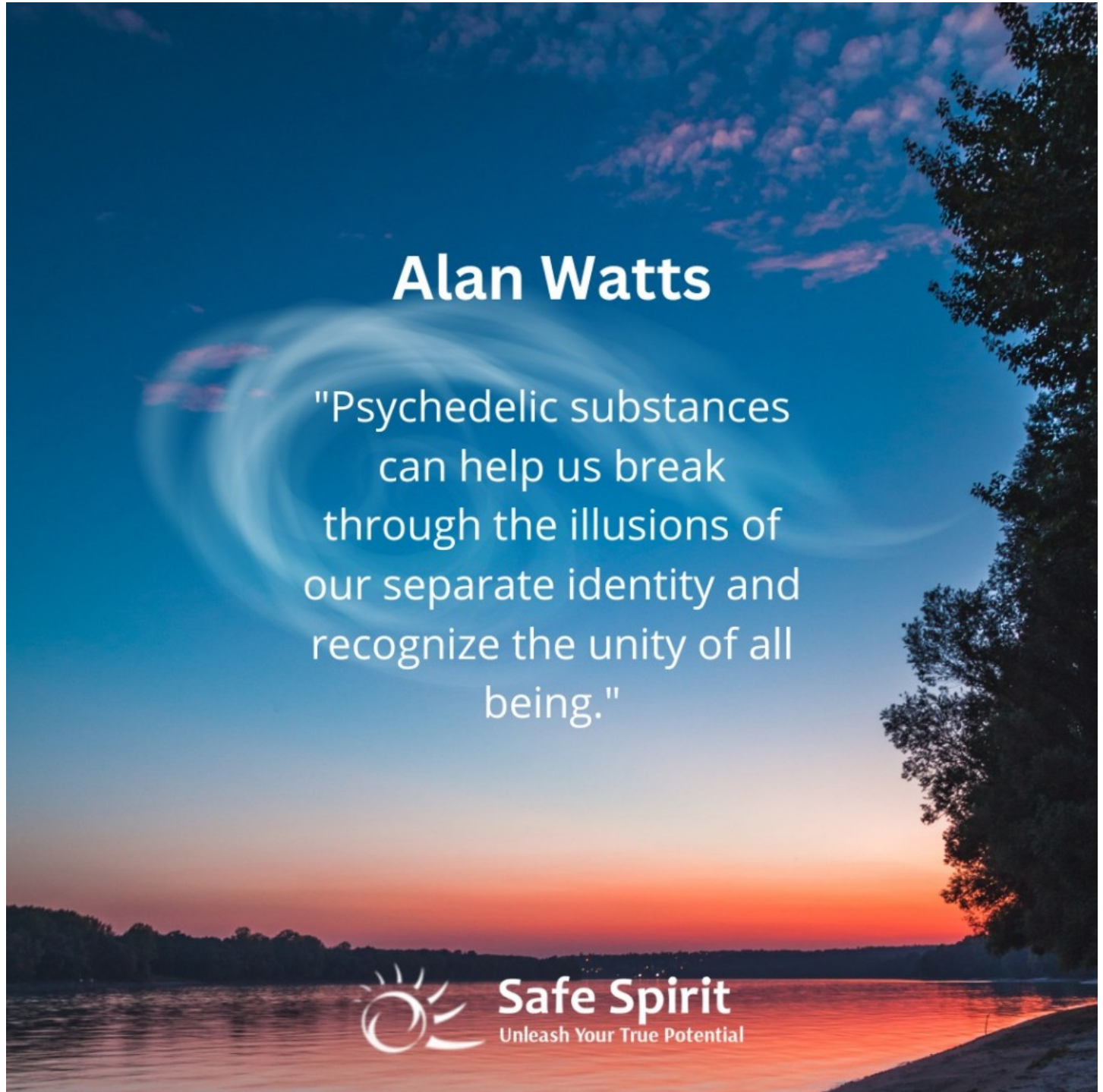


Interview with Safe Spirit Tenerife; The project and experiences with Safe Spirit - Ayahuasca Retreat Tenerife, Spain

The Inner Soul Retreats with Ayahuasca and other entheogens are a journey deep within yourself to let go of everything that no longer serves you in life. Awakening from the dream of your past to arrive fully in the here and now, in real life.



Alan Watts

"Psychedelic substances
can help us break
through the illusions of
our separate identity and
recognize the unity of all
being."



Safe Spirit
Unleash Your True Potential

potential

Main work: To accompany the participant in the spiritual awakening process. So that they are able to connect with their inner healer/inner shaman themselves. This empowers you to heal yourself. Everyone has this potential within themselves.

In this process, the participants find inner peace, harmony, and a balance within themselves in order to cultivate and implement these forces in their lives. **Other topics are** consciousness research, the transpersonal vision of human mankind, research work with entheogenic substances, and connection with the mysteries of life.

What inspired you to start a psychedelic retreat?

We were able to experience a deep inner transformation within ourselves with the help of psychedelics. We are in a kind of birthing process to something new, in a new self. Encounters with our own fears, doubts, and guilt made us realize that these are deeply rooted in human conditioning. When dealing with one's own suffering, one realizes that this biological conditioning affects humanity itself.

Where is the end of suffering?

In overcoming, when the human being connects with his origin, with his very own nature, deep healing and becoming whole takes place.

Man's ground is stillness, peace, vastness, and emptiness. If it is empty of old conditioning, life can present itself anew. In the fullness of creation. Overcoming one's own suffering automatically changes the collective.

Deep compassion arises, a deep connection with being. There is no more separation, we are a part of the whole. Every being is a part of us. In encounters with other people, one recognizes oneself. Another person is part of a great mystery. Recognition in the self is recognition in the other. This naturally gives rise to the deep desire to be able to accompany others on this path.

Inspired by: Following your heart's desires to support other people in their transformational work.

What inspires you about psychedelics? Have they impacted the life of you or someone close to you?

The contact with the expanded consciousness and the opening of an incredible field of information. There, users can recognize their potential and connect with great creativity. But this process comes with personal responsibility. Shaping a life authentically, with respect and harmony towards others. The connection with a planetary consciousness. Here the universe becomes a being that connects organically with its own being.

Not only one's own transformation is noticeable, but also the associated transformation of the environment. Loving contact with all beings begins. The first changes can be seen in the family unit. Old traumas can be resolved in reconciliation.

Most impact: Everyone who works on their inner transformations automatically radiates other energies in their life and thus has a great influence on many of their fellow human beings in

everyday life.

If you could tell a prospective visitor to your retreat one story about an amazing transformation you saw as a result of your retreat, what would it be?

Some success stories

Heart opening and self-love

Almost all of our participants arrive at the retreat on the first day very stressed, sad, anxious or depressed. There is a noticeable visual change in the participants during a 3-night / 4-day retreat.

People start living again, realizing that they have the power to take their lives in new and constructive directions.

The End of the Spiritual Seeker

Once upon a time, a middle-aged man came to see us. He was on a spiritual quest. He read many books, attended courses and engaged in many spiritual practices. He was a restless seeker of himself. After waking up to his true nature on one of our retreats, he was able to stop his quest and see life more calmly.

He said, *"The spiritual quest is the quest for oneself." When one realizes that one is connected to all and has all that exists within. Stop that quest and life begins again, "in a whole different quality".*

Addiction and Depression

After years of alcohol abuse and depression, one participant realized the true causes of his condition. In an Ayahuasca ceremony with us, he could feel and see where this destructive behavior in his life came from. He found out the cause and thereby gained deep self-knowledge.

In a subsequent integration work, we were able to work with him to let go of these old wounds from his ancestral line.

The greatest benefit from his inner work on the retreat was that he can now decide for himself whether he wants to drink alcohol or not. His compulsive behavior thereafter was resolved.

Liberation from suicidal thoughts

We had a participant who wanted to take her own life (suicide and severe depression) to free herself from getting back into those destructive thought loops and negative emotions. It was not an easy task to help her with her inner transformation in order to align positively again in life.

There are more success stories...

What are the important factors visitors should consider when selecting a retreat?

It is always good to get in touch with the providers of a retreat beforehand. The retreat providers differ. Everyone is different and has different needs and the way the retreats are conducted differs from provider to provider. The best thing is to know exactly what you want. Trusting your heart when you feel

the call of Mother Ayahuasca or Peyote. And act accordingly.

We recommend contacting the provider personally. Having good marketing, perfectly staged pictures or lots of reviews. Are not always really meaningful for the quality of the work of the respective provider.

The most important factor for a good retreat provider is an authentic encounter from person to person (Heart to heart).

How do you see the role of psychedelics evolving within the larger healthcare landscape?

Re-encountering at a crossroads in the development of psychedelics can make a truly great contribution to man's application to his true nature, to nature itself, to re-rooting himself into the natural cycle of life and the essence of the universe.

The effects of entheogenic plants go far beyond healing the body and mind. A direct encounter with the soul can take place. The entheogens also serve to restore harmony between body, mind and soul. That man can connect to the organic web of the universe. Coming out of his ego-centred separation consciousness and finding his true origin of connectedness with all that exists.

Man himself meets, sees and recognizes himself in every human being, plant, animal and in all-natural elements and phenomena of the cosmos. Through this self-awareness, the individual can grow. The Entheogenic plants can help people gain self-knowledge in their own lives. The plants are a kind of midwife from a strongly ego-centered consciousness to a connectedness consciousness.

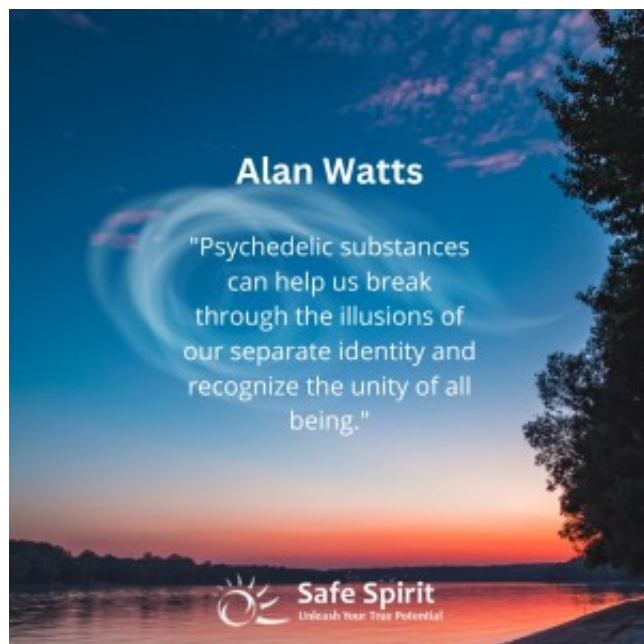
Plants can wonderfully accompany people in this birth canal to something new. The new is the reconnection to yourself, your soul and to the entire universe.

Next dates for Ayahuasca retreats in Tenerife, Spain, Canary Islands in 2024

Our group retreat with Ayahuasca takes place once a month. Here are the dates for 2024 for the "Inner Soul Retreats" with entheogenic substances.

On this website, you can find out more about the Safe Spirit project in Tenerife and get in touch with us:
<https://safe-spirit.com/en/ayahuasca-retreat-tenerife-2024/>

We also offer small group retreats in a private setting.



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