



# BUFO ALVARIUS

QUICK GUIDE

## BUFO ALVARIUS

The Colorado River toad (***Incilius alvarius***), also known as the Sonoran Desert toad, is found in northern Mexico and the southwestern United States. It exudes toxins from glands within its skin, including the psychoactive substances **5-MeO-DMT** and **bufotenin**.



The toad releases a dense yellow secretion from its glands which is carefully taken, then set free back to nature. Once dry, it becomes crystallized into a substance that can be smoked and used for profound psycho-therapeutical treatment. The use of this substance has been studied worldwide recently with outstanding results.





## BENEFITS

### MENTAL TRAUMA RELEASE

Bufo Alvarius experience may help people to release emotional pain and limitations caused by past events that still impact the present life. This creates a sensation of freedom, liberation and empowerment.

### PERCEPTION OF THE SELF

As an Ego dissolution is experienced by many of the participants, the perception of the personality and the Self becomes clear, welcoming feelings of sufficiency and realization.

### POTENTIAL HEALING

Since this experience ignites in the participant deep levels of awareness, healing any other disease in the body may occur with time as a result of liberating its emotional root.





## SETTING AN INTENTION

Intentions should be carefully considered and crafted before a ceremony or session. Intentions should be **clear within your mind** and some may even wish to write it down in a succinct manner. Hold this intention lightly and be prepared to surrender that intention if and as necessary in order to be present and open to what actually shows up for you.

## "TRUE CALL, DEEP CAUSE"

Attending to a Bufo Alvarius session should be a **true calling**. Recreational practices without proper care may lead to psychological and physical dysfunction.



# PREPARATION

**Any MAO-inhibitor (ANTIDEPRESSANTS)  
should be expressly avoided in direct combination  
with 5-MeODMT, it could be fatal.  
(consult your doctor for more information)**

In general, the **cleaner** your body and energy are, the more aligned and able it will be to fully experience the energy that is opened by the medicine.

It is highly recommended to **fast for 12 hours before** participation to avoid unnecessarily purging.

**Abstain** from meat, alcohol, and drugs for 24 hours or 3 days, or longer beforehand.

As with other plant medicines and diet, it is more about purifying your energetic field than any physical contraindications.



# TAKING BUFO

Being free from expectations serves well to embrace this experience, even if you have seen others' reactions or have done it once. Every experience is **unique**.

Bufo Alvarius is suggested to be **smoked**. A proper dose is defined by many factors that should be spoken and chosen before with the facilitator.

**Music** and **silence** play a very important roll during a Bufo Alvarius experience. Whether being in a ceremony or a therapy session, be sure to be comfortable with the sounds played during the session.

Practitioners can explain that the energy that is opened with the external / exogenous 5-MeO-DMT catalyst is the deeper nature – or “**ultimate reality**” of the participant’s being – and that energy, once awakened, is a relationship to be nurtured throughout the participants life.



# INTEGRATION

- It is highly recommended to take **2 days or more free** from any duty or distraction after the experience in order to integrate it in a healthy and transformational way.
- **Nature's** forms, colors, textures and smells can be powerful and grounding elements to be around during an integration process.
- Some people might look for psycho-therapeutic **guidance** after a Bufo Alvarius experience as an additional tool to support them in their healing and transformational journey.
- **Mild reactivations might occur** during sleepy or meditative states of mind after to the experience. We invite the participant to embrace them as a positive and constructive part of the process. (Contact your therapist if affecting daily life)
- [Click here to read a Guideline for Integrating a Bufo Alvarius Experience.](#)



A person is shown from the waist up, sitting in a meditative pose with hands resting on their knees, palms facing up. A vibrant rainbow-colored aura surrounds their head and shoulders. The background is a dark, textured space filled with glowing molecular structures and light rays. The text is centered over the image in a white, sans-serif font.

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## REQUIREMENTS FOR SESSION: (PLEASE FILL IN)

- INTAKE FORM (**CLICK HERE**).

## PLEASE CHECK: (CLICK TO OPEN)

- Documentary.
- Integration Guidelines (after experience).
- Bufo Alvarius Facts.
- Best Practices Outline.
- Medical Consultation & Integration for Bufo Alvarius Therapy (English / Spanish / Portuguese).
- [www.bufoalvarius.com](http://www.bufoalvarius.com).
- Facebook Group (Spanish).