

# **CEREMONY GUIDELINES**

In the spirit of aloha, we are honored to share the following with you about our indigenous Hawaiian 'Hawaiaka' entheogenic brew.

- **SHAMANIC TRADITION •**

Shamanism is an ancient practice that dates back to sanskrit (सामन्). By definition, shamans typically have the ability to heal themselves as well as to move interactively between various spiritual realms and altered states of consciousness. When one can heal themselves, they can offer a roadmap to others to heal themselves as well, for no one and nothing outside of self can heal anyone from the outside in. All healing is a deep, inner, personal experience. In this regard, it is also traditional among shamans as it is among the indigenous peoples of Hawaii and the Pacific Islands to hold that humans are capable of working in a symbiotic relationship with the natural world in order to manifest wisdom, knowledge and healing energy.

This holistic approach opens the opportunity for the shamans at Muaisa Hale Pule to offer the specific combination of sacred, indigenous Hawaiian Master Plants (e.g., psychoactive plants that teach) to commune with Nature and our own within Knowing – to grow in knowledge and insights about ourselves, our Inner Divine, and our relationship to our True Self, our Within, which is often otherwise perceived as being separate and/or external as "other(s)." Likewise, by accessing a "super conscious" state in the presence of the indigenous plant teachers in our 'Hawaiaka' Sacred Plant Ceremonies, guests, instead of feeling stuck in the same repetitive thought loops, have an opportunity to experience a heightened awareness of their own energetic existence and to realize new possibilities.

- **'HAWAIAKA' SACRED PLANTS •**

As popular as it is these days to travel to the Amazon to drink "Ayahuasca" for spiritual insight, this highly publicized brew made from 2 or more South American rainforest plants is a controlled, Schedule 1 substance (on par with heroin) in the United States and in most countries. Even though the religious use of entheogens is protected by the United States Constitution and the Religious Freedom Restoration Act of 1993, the fine print of the Federal regulation that codifies these documents makes the unauthorized use, importation and distribution of psycho-active plants a felonious criminal act punishable by imprisonment in most states. At the time of this writing, in Hawaii and in the majority of states in the Union, the legal use of Ayahuasca for spiritual purposes is, at best, arguable in court.

Since 1998, however, our shamans have been studying Ayahuasca and researching Hawaii's native, indigenous plants with an eye towards creating a legal, un-regulated, psychoactive-psychotropic brew that would be similar in effect to the entheogenic properties of South American Ayahuasca. Honoring that it is immersive and significant to partake of sacred, psychoactive plant teachers on location, in their native environment, we offer those who join us in the middle of the world's largest ocean (the ocean named after "Peace") a ceremonial opportunity to experience and celebrate "Hawaiaka," the potent sacred plant brew of Hawaii and this part of the world -- in the habitat in which the plants themselves have been breathing, growing, rooting themselves and contributing to indigenous rituals and ceremonies for thousands of years.

- **ABOUT US •**

MUAISA HALE PULE is a church without walls and without religious dictates. We meet "from house to house" and in the pristine majesty of Hawaii's native habitats. An official Chapter of New Haven Native American Church (NHNAC), an IRS-recognized 501(c)(3) which is in direct lineage to The Rosebud Native American Church, we are located on the Kona Coast's "Pathway to the God" in an area that elders call "The Golden Triangle."

Duly authorized to conduct our affairs in the state of Hawaii since 2014, we have hosted hundreds, if not thousands of people from all over the world for our vision-quests, individually delivered shamanic rebirths, NHNAC healer certification programs, 'Hawaiaka' Sacred Plant Ceremonies and private, one-one-one Shamanic "Deep Dives."

#### • OUR SHAMANS •

CHIEF JACK 'GOLDEN FEATHER' ALEXANDER was born shaman. Where most people suffer amnesia in the birth channel and forget that they are Divine Eternal Energy, Jack did not push the "forget" button. Instead, he came into the world seeing auras, appreciating the fact that "reality is merely an illusion," and retaining a vivid recollection of where he had come from, a place he calls "Home World."

In 1976, Jack inadvertently drove his motorcycle off a cliff in Northern California when he and his buddies were on a biking trail that they hadn't been on in a number of years. Just as Jack accelerated to take the lead in a stretch that used to be a straightaway, the trail took a sharp, dog's leg turn to the left as a highway had recently been built below. Unawares, Jack drove his motorcycle off the cliff, landed on his head in the middle of the highway, and was dead upon impact. In the next three and a half hours, Jack's body was pronounced DOA (dead upon arrival) while he himself spent 155 healthy years back in Home World. When his grandmother on the other side told him to "Turn around," they were zipping him up in a body bag in cold storage locker in the hospital morgue.

Currently in the position of 'Talking Stick' at Muaisa Hale Pule, Jack was officially recognized as shaman by Chief White Feather in the high desert of Nevada, USA in 1992 and was trained and initiated into shamanic practice in the Lakota tradition by Chief White Feather and his wife, Crawling Bear Claw. Jack has been officiating shamanic ceremony for over 25 years and, before coming to Hawaii, lived and worked with the *manku* (shamans) of Southeast Asia for nearly a decade.

DR ZZ, aka: "Hovering Humming Bear" was recognized as shaman in 2001. She has a Ph.D. in Counseling with specialties in natural healing and Food as Medicine. Since 1988, ZZ has lived in Hawaii for over 25 years. She began working with Ayahuasca in 1998 and simultaneously studied psychoactive, psychotropic Hawaiian plants with a ninth generation *Kahuna Mahi ai Lu'au la'peu au Keeper* from Oahu. Having spent much of her adult life in various locations of the Pacific Rim, studying, teaching, and practicing traditional healing methods, she holds an Ozasuke Healing Grant from Tenrikyo University in Tenri, Japan and certifications in Reiki, Hypnotherapy, New Decision Therapy, Intuitive Healing, and a number of other disciplines.

#### • THE PLANTS •

In Hawaii, it is said, there are 150 plants and 150 uses for each one. At Muaisa Hale Pule, we use a proprietary blend of wildcrafted, 100% organic entheogens whose leaves and flowers have psychoactive, spiritual teaching properties and are -- at the time of this writing -- 100% legal to consume.

#### • CEREMONIES & CERTIFICATION •

Our purpose in using sacred plant teachers is to open the opportunity for healing, personal growth, and the experience of Master Teacher Plants in an accessible, Hawaii jungle setting. You may sign up for one or more ceremonies although the deepest understanding comes from also working with Shaman in private, one-on-one sessions as you integrate this work. The ultimate potential for personal growth is offered in our 8-day Shamanic 'Life Purpose' Rebirth, after which time you will be given an opportunity to become certified as a Healer / Medicine Woman / Medicine Man under the auspices of the New Haven Native American Church (NHNAC).

- **DATES & TIMES •**

Ceremonies take place every Sunday evening throughout the year. Our minimum participation quota is 2 people; our maximum is 8 (except in extreme circumstances, like birthday parties, where we have been known to host as many as 11). Participants arrive at 5 PM and, weather-permitting, we begin with a labyrinth walk. Ceremony lasts for another approximately 5 hours, there can be no late arrivals, and we ask that you do not arrive too early. If something happens to prevent you from getting to us at the designated arrival time, you will be refused entry and invited to reschedule for a later date. When it comes time to leave the grounds, we ask you to walk a straight line (heel-to-toe-to-heel-to-toe) for approximately 8 feet (2.4 m) or to perform a 1-foot balancing feat before getting behind the wheel of a car to drive.

- **OUR LOCATION •**

Our setting is in the upcountry jungle of Kealakekua, Hawaii. Located on the western slopes of Mauna Loa, which is historically considered the largest active volcano above ground on the planet. We sit directly atop the 19.5 vortex, one of Earth's 10 major vortices. This is the place to which the ancients came from all the surrounding islands to heal and rejuvenate.

Situated on the slopes of an active volcano, you can be sure that "stuff" is going to "come up" for you while you are here. People's personal process in this energy varies, and we cannot predict what yours may be; but we promise to be present for you and to honor without judgment any inner processing that may arise for you during your interactions here. A good motto to keep in mind while experiencing sacred plants at this frequency is: "*You gotta; feel it to heal it.*"

- **CEREMONY SPACE, SETTING & DURATION •**

Each participant will be asked to leave all electronics and personal items (except for eyeglasses, a flashlight and possibly a journal) in their vehicles, outside the ceremonial area. As soon as everyone has been served their drink, each person will begin a silent meditation.

Shaman 'Golden Feather' will be guiding the work with music, meditation and energy. It is important to understand that the work with these plants and with the 432 Hz frequency of our vortex location, the ambient nature sounds, and the accompanying music is meditative. It is a time to go inward for self-exploration and self-discovery. This is not a place for conversation or for other forms of distraction. Participants are asked to refrain from eating, drinking anything, and/or making physical contact with other participants during the ceremony. Throughout the ceremony, you will be free to leave the circle and to walk or lay out on the lawns but not to go onto the roads or to leave the shamanic grounds.

At the end of the ceremony (about 5 hours in total), time will be allotted for participants to share and integrate their experiences before returning to their places of lodging. We also serve fruit or a simple soup. Should anyone feel hangover-like sensations (blurred vision, vertigo and physical inertia), they will be cautioned not to leave the shamanic grounds and ***not to drive a vehicle until any such conditions have passed. You will be required to drive no more than 20 miles (30 minutes) immediately following ceremony.***

- **CLEANSING AND RELEASE •**

Everyone's energy body is different; and there are many ways for people to release and let go of energy. Shaking, yawning, laughing, crying, peeing, pooping and purging are among the most common. In indigenous cultures that uphold sacred plant ceremonies, all these behaviors during ceremony are known as "making well." It doesn't matter whether you do any or all of these things as it is impossible to predict a person's mode of release. If you feel the need, it is best to just let it happen.

- **PREPARATION AND INTEGRATION •**

Each person is expected to prepare for the ceremony in advance. In this respect, it is important that you align with your own sense of purpose when working with these sacred plants. Curiosity is not enough. Rather, it is significant to work with these powerful plant teachers for the purpose of learning and healing. Look deeply inside yourself, and consider what you are hoping to learn from this experience. After a ceremony with these plants, it is also beneficial to have a strong support network around you as the ceremonial experience is likely to bring a variety of emotions to the surface.

- **APPLICATION / INFO / WAIVER FORMS •**

Applications - Info - Waiver forms need to be filled out by all new participants and by anyone who has not sat with us in a year or longer. This is to ensure that each participant is prepared for the work as certain medications and health issues are contraindicated.

- **FLIGHTS AND ACCOMMODATIONS •**

In order to allow time for jet lag, settling in, and becoming familiar with the surrounding area, off-island guests are advised to book their flights to arrive into Kona International Airport (KOA) a day or two ahead of their scheduled ceremony. Arriving a day or two early is also a great way to prepare yourself for the experience ahead. From neighboring islands, you can arrive as late as Sunday morning.

- **GROUND TRANSPORTATION •**

Along with your ceremony booking details, we will send you driving directions from Kona International Airport (KOA). The best means of getting to us from KOA is to arrange for a taxi, Uber, Lyft, a rental car or SpeediShuttle in advance of your arrival, or to hail a cab at the airport curb. Once you are in this neck of the woods, however, taxis, Uber and Lyft are fairly non-existent -- especially at midnight after ceremony. If you rent a car, ***you will be required to drive no more than 20 miles (30 minutes) immediately following ceremony.*** For those who are without a vehicle and stay within 2 miles (3.2 km) of our land -- i.e., within the area of the various locations shown on the Accommodations map we send you -- you may contact us no later than 24 hours in advance of ceremony to arrange for pick up and return transportation to and from ceremony.

- **LODGING & MEALS •**

Upon receipt of your charitable contribution and booking, we will email a list of nearby, affordable lodging options. Rooms (.8 to 2.4 km / .5- to 1.5-miles from us) generally have kitchenettes and/or access to restaurants, grocery stores and a well-equipped shared kitchen for preparing meals and snacks. There is no camping or lodging on the shamanic grounds.

A few nearby room rates are listed below (Prices are subject to change):

- **SINGLE BUNK ACCOMMODATIONS IN FEMALE OR MIXED DORM**  
\$65 - 70 US per night
- **SINGLE PRIVATE GUESTHOUSE ROOM / SHARED BATH**  
\$85 - 135 US per night
- **SINGLE PRIVATE GUESTHOUSE ROOM / PRIVATE EN SUITE BATH**  
\$135 - 170 US per night
- **PRIVATE COZY COTTAGE ON COFFEE FARMS W/OCEAN-SUNSET VIEW**  
\$126 US+ per night, 1 bed/sleeps 2, kitchen and private bath

If you prefer more of a resort experience, OUTRIGGER KONA RESORT is about 7 miles/11 km away from us (15 minutes by car). <https://www.outrigger.com>

**You are also free to find your own accommodations anywhere between Zone Sections 73 and 86 on the map below.** Because of our rural setting and the nature of Hawaii's country roads, it is advisable to check any accommodations you may find against the following Zones and mileages.

## Hawaii County TMK Zones and Sections

The whole of the Big Island is divided into Zones and Sections in such a way that, from the first two numerals in most addresses, you can tell approximately where you are on the face of the island.

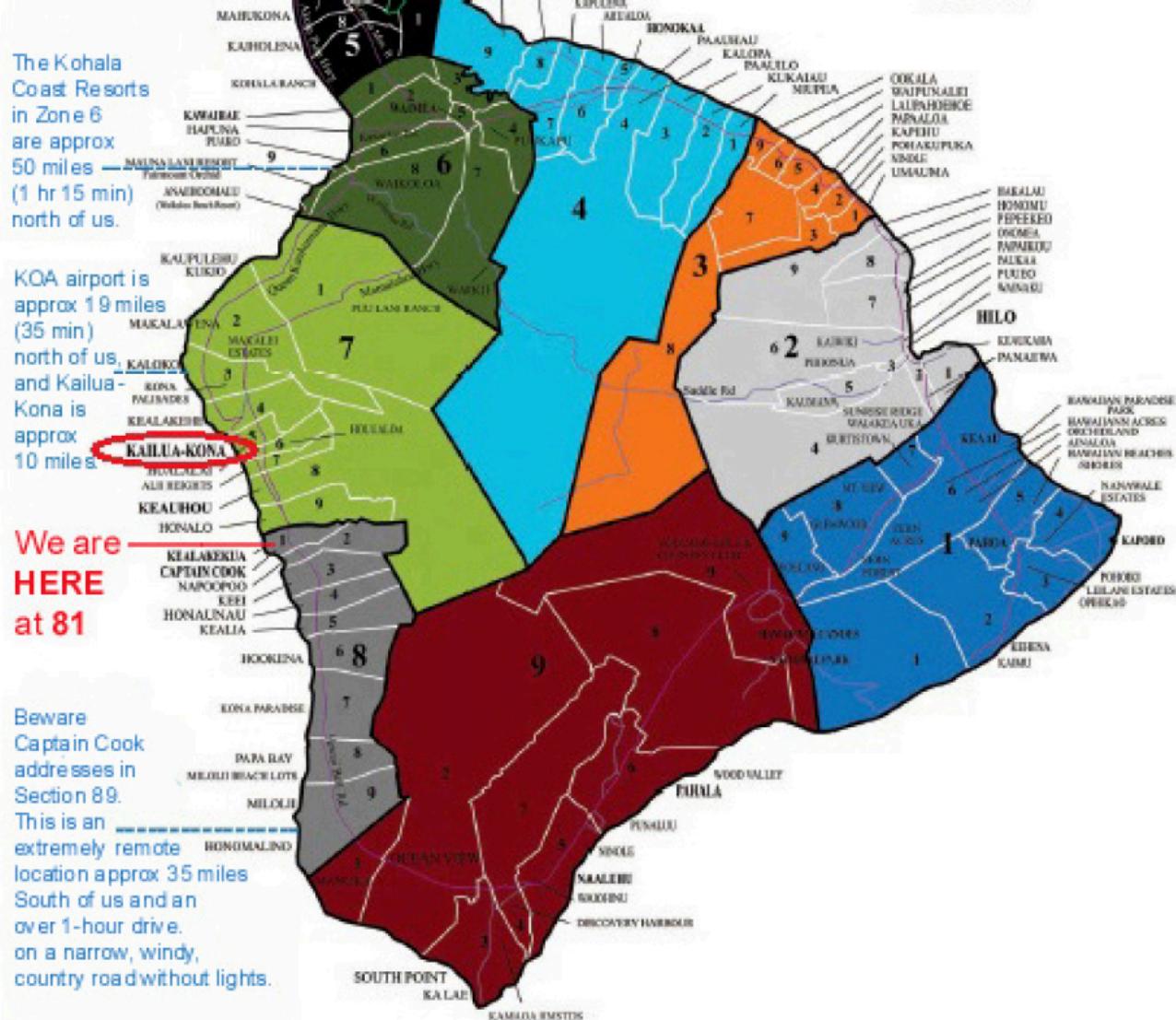
The Kohala Coast Resorts in Zone 6 are approx 50 miles — (1 hr 15 min) north of us.

KOA airport is approx 19 miles (35 min) north of us, and Kailua-Kona is approx 10 miles

We are  
**HERE**  
at 81

Beware  
Captain Cook  
addresses in  
Section 89.  
This is an ~~extremely remote~~ ~~island~~  
location approx 35 miles  
South of us and an  
over 1-hour drive  
on a narrow, windy,  
country road without lights.

- Zone 1 Puna
- Zone 2 South Hilo
- Zone 3 North Hilo
- Zone 4 Hamakua
- Zone 5 North Kohala
- Zone 6 South Kohala
- Zone 7 North Kona
- Zone 8 South Kona
- Zone 9 Kau



## • DIETARY GUIDELINES •

To avoid physical discomfort and to best metabolize the plants, it is strongly recommended that, in the days leading up to and following the ceremony, you adhere to the following dietary guidelines.

1. You will get from the ceremony what you bring to the ceremony. ***The more you "empty your cup" in advance, the more transformative and enjoyable your experience of the plants will be.*** Make an effort to relax and to avoid emotionally-charged involvements on the day of ceremony, and come prepared to work on yourself during the experience.

**2. No alcohol, tobacco, nicotine, or recreational drugs (including kratom, ceremonial tobacco and snuff, liquid nicotine, vaped nicotine, micro-dosed psilocybin and/or raw/smoked/vaped/edible/tinctured marijuana/THC/cannabis) for at least 1 week -- preferably 2 weeks -- before ceremony;**

**3. No meat, salt, greasy foods or salty foods for two (2) days before ceremony;**

4. The liver uses the same enzymes to metabolize our entheogens as it does alcohol, Tylenol®, and other drugs. Taken simultaneously, these open the opportunity for stress, toxicity and possibly even liver damage. **ABSOLUTELY NO ALCOHOL, TYLENOL OR GREASY FOODS FOR 24 HOURS BEFORE AND/OR AFTER CONSUMING THE BREW AND ABSOLUTELY NO AYAHUASCA OR OTHER MASTER PLANTS AT LEAST 2 WEEKS EITHER BEFORE OR AFTERWARDS;**

8. Eat a light lunch/brunch (fruit, veggies, fish, soup, grains, like that) ***no later than noon or 1 PM on the day of ceremony.*** You do not want to be ravenously hungry; you also want to have a fairly empty stomach. If you have transportation, and can get to "Cultivate/Good Food," Jaelyn, the owner, knows exactly what to give you in terms of fresh, cold pressed juices, wraps and salads.

#### **CULTIVATE GOOD FOOD**

79-7411 Mamalahoa Highway (aka: Hawaii Belt Rd)  
Kealakekua, HI 96750  
[www.cultivategoodfood.com](http://www.cultivategoodfood.com)  
tel. 808-461-3183

HICO Hawaiian Coffee (across the street from Pineapple Park) has some coffee/matcha drinks, a couple of wraps and various chia/oat/fruit/granola puddings that would be appropriate for Sunday morning before ceremony as well.

**HICO HAWAIIAN COFFEE** (Mon-Sun 6:30am - 2pm)  
81-6368A Mamalahoa Highway (aka: Hawaii Belt Rd)  
Kealakekua, HI 96750  
[www.hicohawaiiancoffee.com](http://www.hicohawaiiancoffee.com)  
tel. 808-437-0033

We also highly recommend spending part of your Sunday morning at:

**PURE KONA GREEN MARKET** (Sundays 9am - 2pm)  
Amy Greenwell Botanical Gardens, across from Manago Hotel  
82-6160 Mamalahoa Hwy (1.5 miles up the road from us)  
Captain Cook, HI 96704  
<https://www.facebook.com/SouthKonaGreenMarket/>  
tel. 808-214-4004

The Green Market features some of the best live local music along with all-local farmers and artists, and a variety of vendors with local produce, exceptional coffee (allowable before ceremony), food that represents the variety of Hawaiian islands culture, and a wide variety of new and different fruits, vegetables and herbs.

- **WHAT TO WEAR / WHAT TO BRING •**

1. Dress in layers to stay warm (***think long pants, yoga pants, high socks, a long-sleeved sweater, hoodie and/or jacket***); we are only 3 miles (4.8 km) inland, but at 1,600-foot (.49 km) elevation, and it tends to get chilly here in the evenings;
2. Electronics are not allowed in the ceremonial space, but many people enjoy having ***a pen and journal or note pad*** with them;
3. Take care to ***wear no fragranced perfumes, colognes or deodorants to ceremony*** and no commercially-prepared insect repellents (unless organic oils from the health food store) as other people in attendance may be sensitive to ingredients and chemicals in commercially manufactured scented products;

- **WHAT TO EXPECT •**

Everyone's experience is different during ceremony because we are not experiencing the plants so much as we are experiencing ourselves.

Below are a few quotes from people who have sat with us.

*"I didn't feel that different from how I feel in the opening rounds with Ayahuasca. Colors became a little more saturated, and I began to feel less like an intruder, more at one and at peace with all of the nature around me. I felt like I was vibrating and somehow blending in with everything around me."*

-- A regular Ayahuasca aficionado on his 1st time with our Hawaiian brew

*"This brew took a very definite hold of me in a way I hadn't quite experienced before. It didn't have that heavy, physical, Ayahuasca sensation; so it was clearer than Ayahuasca. The jungle around me took on a beautiful, crisp glow. Things seemed to pulse and flow in a rhythm that I was part of. The insects and frogs chirping away seemed to speak a language that I could almost understand.*

-- A seasoned plant medicine explorer after his 1st 'Hawaiaka' ceremony

*"I can be overly sensitive, but this evening made me want to cry at its simplicity, at its stark and silent beauty, where everything seemed to be in perfect alignment and perfect harmony."*

-- A first-time Sacred Plant Ceremony participant

#### • FDA REGULATIONS •

Please be advised that the plants we use in ceremony are psychoactive (i.e. they affect brain receptors), that they may have properties that expose users to the risks of abuse, addiction and dependence. The U.S. Food and Drug Administration (FDA) is warning consumers not to use psychoactive plant substances that affect brain receptors and appear to have properties which expose users to the risks of abuse, addiction and dependence. Moreover, there are no FDA-approved uses for these plants at the moment, and the agency receives concerning reports about similar plants' safety. The FDA is actively evaluating all available scientific information on this issue and continues to warn consumers not to use any products containing untested botanical substances or their psychoactive compounds. ***By partaking of these plants, you do so at your own risk -- not as food, medicine or food supplementation, but as a sacred sacrament for your own spiritual purpose(s).***

#### • RESERVING SPACE •

Please contact us in advance to secure a spot. Your charitable contribution is required in advance and is non-refundable unless the ceremony is canceled. Placements are filled on a first-come first-serve basis, space is limited, and -- based on the number of reservations we receive -- the ceremonial brew is prepared fresh starting 3 days ahead of each event. As such, there can be no last-minute add-ons.

#### • CHARITABLE CONTRIBUTION THRESHOLDS & SUBMISSION OPTIONS •

- Sacred Plant Ceremonies are made available on a no charge basis to all persons who reach a charitable contribution threshold of at least \$375 in advance.
- Each prospective participant must submit a signed Application / Info / Waiver form, a real-time, colored, 'selfie' headshot and a scan of a photo ID.
- All charitable contributions are payable via bank wire transfer, or online via Zelle, Venmo or PayPal Friends & Family. See Plant Ceremonies Application / Info / Waiver form for details.

#### • CANCELLATION POLICY •

Please be clear with your intention to book a shamanic program or sacred plant ceremony with us as all charitable contributions, once accepted, become property of the public interest and are non-refundable unless the ceremony for which you are applying is canceled. .

In exchange for meeting certain charitable contribution thresholds, donors are granted the intangible spiritual benefit of participating in our programs and ceremonies, all of which are offered at no charge, and none of which are sold in commercial transactions outside the donative context. Given expenses and the number of people we serve, our charitable contribution thresholds reflect the free-will minimums we must receive to break even -- whether or not donors participate in our programs. Once you have confirmed your intention to participate, we will email you our list of nearby affordable lodgings and driving directions to our location from Kona International Airport (KOA) or from Hilo side.

#### • CONTACT INFO •



For more info or to book a ceremony  
or 8-day Shamanic 'Life Purpose' Rebirth, contact:

Jack 'Golden Feather' and ZZ  
tel. +1 808 323 3238  
email: [muaisa@yahoo.com](mailto:muaisa@yahoo.com)  
<https://www.muaisa.org>

*We look forward to seeing you soon!*