



## What in the world is going on here?

### Preparing to Meet Iboga / Understanding the Spiritual World 101

According to the Bwiti spiritual tradition there is a mighty truth that has been shielded from many people's lives in exchange for the distractions of the physical world. This truth is that every living being exists in both the physical and spiritual worlds with the latter being what guides the former. Every living being is animated by spirit while each human being has a soul.

IbogaSoul exists as a safe bridge to cross between these worlds. Whether you are a seasoned spiritual being or just encountering this framework for the first time, our mission is to assist in the full integration of your physical and spiritual selves. Soul, mind & body.



What happens when the soul is not nourished?

What happens when the mind makes choices based out of assumptions, attachments and false beliefs?

What happens when you do not know how to understand messages coming from your body?



## Reuniting You with Your Soul: Your Spiritual Self

Imagine that you had a best friend with what seemed like magical powers. Anytime you ask this friend for something they do it, and far exceed your expectations. You can always count on them in times of need, and you have implicit trust in the advice they give you. This ally is the best listener you know and supports you through all the triumphs and tribulations of your life.

This friend is your soul. The spiritual and everlasting part of yourself that is patiently waiting for you to relinquish your life from the control of your mind and allow universal flow to guide you.



You are a soul

with a mind

and a body

to experience and create in the physical world.

The Iboga medicine, in concert with our shamanistic healing structures, acts as a unifier between the physical mind/body and the soul. Our guests have opportunities to study their thoughts, actions and results in order to become one with themselves. Often people are able to go on to paint the masterpiece of their lives in happiness, clarity and peace of mind

however Iboga cannot take away free-will which means they are also free to chose the old patterns.

Iboga can enable awareness and personal choice when you do your work.

The best gift you can give yourself is the connection back to you, after that everything else flows into place.



## Healing Trauma, Transmuting Pain

Sometimes there are blocks in your life due to past trauma, depression, anxiety, addictions, confusion or boredom.



Were you taught how to listen to your soul and body?

Have you ever wondered why sometimes you have self deprecating thoughts and where they come from?

Do you get lost in thought and loose sight of the moment?

Do you experience anxiety and depression?

Have you ever considered that there could be a disconnection from your spiritual self, your soul?



If you are committed to doing something different to enhance your quality of life, or simply curious to learn more, please contact us [here](#).

Sincerely,

Robyn & Mark Howard / IbogaSoul Shamanic Healing Ltd.

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"Owning your healing  
leads to personal  
freedom."

