

# Iboga & Spirituality

## SERVICES AVAILABLE

- **IBOGAINE TREATMENT**

Safe, monitored and compassionate ibogaine treatments

- **PRE AND POST CARE**

We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards

- **HOLISTIC THERAPIES**

Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food

- **ON/OFF SITE COUNSELLING**

Our expert counsellors will hold space and guide you through your processes

- **NAIKAN THERAPY**

Naikan introspection therapy is a wonderful way to get back in touch with yourself

- **IRM**

FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community

“Spirituality does not come from Religion.  
It comes from our Soul.”  
~Anthony Douglas Williams

For centuries people in the Congo Basin have used plant teachers for healing.

In Gabon, the iboga shrub is taken as sacrament and part of a rite of passage to adulthood. **Bwiti**, the spiritual practice in Gabon that has iboga at its heart, teaches that the plant can be used as a conduit to ancestors and is a means of gaining precious knowledge about your role in the community.

Iboga is increasingly popular for people who have tried other psychedelics such as ayahuasca, 5-MeO-DMT or psilocybin and are interested in a deeper and more grounding psycho-spiritual experience.

In comparison to a trip to the Amazon, organising a trip to Gabon is a challenge in terms of both logistics and finding a suitable and safe place. In addition, Bwiti initiation involves the consumption of the dried and ground rootbark, which is quite arduous. If you are interested in taking iboga for spiritual reasons, it is easier to make the trip to us in Portugal and take iboga extract (TA or PTA) in a safe medical setting.

If you have specific requirements in terms of your setting (for instance, you would like to listen to traditional Bwiti music while on your trip) we can cater for this too.

