



Jonathan de Potter: How to Maximize the Benefits of Working with Plant Medicine like Ayahuasca and Psilocybin



Jonathan de Potter is the Founder of Behold Retreats. He is a mental health advocate who is passionate about using plant-based medicine as a personal transformational tool. Discover the neurological benefits of plant-based medicine and learn how to create a meaningful retreat experience, taking into account preparation, integration, and context.

TOP EMBODIMENT TIP: We are living in a very exciting time of individual and collective evolution and more people are taking their own consciousness development seriously. This work is all about our return to our own nature. We are nature.

Some Brain-Based Benefits of Using Plant Medicine: **How it helps rewire our brain**

- Plant medicines are helpful in reconciling different parts of the brain. They help to create new neurons and neuronal connections. Typically our brains are overwhelmed with decision-making and other demands. We think in overly patterned ways and our brains become dulled over time. Plant medicines re-activate sensors in our brains and rewire the software of our brain. They accelerate the reconnection of brain, mind, body, and soul.

The Importance of Preparation: **Do Your Work**

- It is important to do your own work before considering a retreat, so you can set meaningful intentions before the journey. Engaging in self-inquiry is key - what makes you great? What holds you back? What's your relationship to others, self, and money? What is your relationship with your body, career, friends, etc? Take time for yourself to go deeply into the experience.

The Importance of Integration: **Find a Coach or Therapist to Support You**

- The time following a retreat is important, especially the first month. Many people return to their lives excited and motivated; however, they revert back to pre-retreat ways once life demands begin again. It is important to get support to help you integrate your experience so that you do not allow any limitations of your pre-retreat life to creep into your post-retreat life. Find the right coach or therapist to support you through the integration journey.

The Importance of Context: **Choose Your Retreat Wisely**

- The setting space of the retreat is important, as are the facilitators themselves. You may wish to ask to meet the facilitators beforehand, to make sure that you feel comfortable, supported, and held. Trust your intuition. Do your research into the variety of the plant you choose to use and the different traditions with which they are prepared. "Choose your plant medicine experience like you would choose your neurosurgeon."

Resources:

- ❖ **Please note that psychedelics are currently illegal in many parts of the world so do check the legal situation in your location. While there is significant evidence that psychedelics can have therapeutic benefits, it is recommended that you always work with an experienced therapist. For more information see:**
 - [The Embodiment Conference Library: Leveraging Psychedelic Experiences](#)
 - [The Beckley Foundation](#) | [Centre for Psychedelic Research](#) | [Synthesis](#)
- ❖ **Website:** <https://www.behold-retreats.com/>



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The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.