

Clear Light Medicine

Somayana

Ronin Tsoma, 2025

Clear Light Medicine is a non-dual approach to Soma—a living wisdom technology that reveals the inherent openness, lucidity, and compassion of awareness.

This teaching is intended for two audiences:

- ◆ Practitioners grounded in non-dual traditions who are interested in expanding their practice into entheogens to support direct recognition and the embodiment of wisdom.
- ◆ Experienced entheogenic explorers interested in moving into a precise non-dual approach.

The journey unfolds in four parts:

- ◆ Soma ReGenesis: presenting the synergistic combination of *Peganum harmala* and DMT as a contemporary version of the Vedic Soma, an exogenous reflection of Amṛta, a functional Ayahuasca analog, and exploring its correspondence with Dark Retreat—extended solitary multi-day meditation in complete darkness and silence.
 - ◆ The Mirror of Awareness: defining awareness through the non-dual view.
 - ◆ Phenomenal Focus: exploring how a focus on appearances in entheogenic practice can perpetuate the illusion of duality.
 - ◆ Clear Light Medicine: detailing how the union of the plant components within Soma facilitates recognition of the inherent openness, lucidity, and compassion of awareness.
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Part 1: Soma ReGenesis

Soma

In the ancient Vedic and Avestan traditions of India and Persia, Soma is described as a plant-derived entheogen revered for granting vitality, vision, and wisdom. The Rigveda scripture praises Soma as the "King of plants," the "Creator of Gods," and the "Nectar of immortality."

"We have drunk Soma and become immortal; we have attained the light; we have found the gods."
— Rigveda 8.48.3

Soma is a botanical analog of Amṛta—a mystical nectar cultivated within the body to illuminate the unchanging and immortal nature of awareness. The ancient practice of Kaya Kalpa within the Ayurvedic, Siddha, and Tantric traditions of India employed deep seclusion and sensory withdrawal—comparable to extended Dark Retreat—to activate this endogenous nectar, while Soma functioned as an exogenous source.

Lost in the passage of time, the exact plant or plants used to formulate Soma remain a mystery.

Peganum Harmala

Peganum harmala is a medicinal plant whose unique pharmacology and psychoactive effects have established it as a potential component of the Soma entheogen. Native to regions traditionally associated with Soma, harmala grows in arid and semi-arid landscapes across North Africa, the Mediterranean, the Middle East, Eastern Europe, and Asia. Over time, its range has expanded through introduction and naturalization to parts of South Africa, Australia, Mexico, and the United States.

Harmala is an exceptionally drought-tolerant perennial, capable of thriving in environments where few other plants can survive, including highly alkaline or depleted soils. This hardy plant produces elegant white flowers that mature into round seed pods, each containing abundant aromatic seeds. Their hulls are particularly rich in beta-carboline alkaloids—harmaline, harmine, and tetrahydroharmine.

Medicinal and Psychoactive Qualities of Peganum Harmala

The Peganum harmala plant has been revered in numerous ancient cultures for its medicinal, regenerative, protective, purifying, and mystical properties. Historical evidence shows that harmala has been used continuously for thousands of years, both in healing and in ritual contexts. The seeds are often burned as incense to dispel negativity, and in some traditions, the smoke is inhaled or the seeds consumed to support meditative states and purify the mind-body.

The beta-carbolines found in Peganum harmala exhibit remarkable medicinal and regenerative effects. Scientific research indicates that harmine supports the protection and renewal of bone, ligament, cartilage, and organ tissue, while also stimulating neurogenesis and regulating neurohormonal function within the brain. Together, these beta-carbolines demonstrate pronounced antidepressant, anxiolytic, and psychoactive properties.

When taken in the appropriate dosage, these beta-carbolines induce deep relaxation and enhance cognitive clarity. In higher doses, they may produce mild visionary or auditory phenomena.

Synergistic Union

Harmala seed hulls contain the same alkaloids found in Banisteriopsis caapi, the vine traditionally combined with DMT-rich admixture leaves to create the powerful medicinal Amazonian entheogen known as Ayahuasca. Both harmaline and harmine are potent monoamine oxidase inhibitors, temporarily deactivating specific digestive enzymes, allowing DMT to become orally active.

Combining harmala seeds with DMT-containing foliage produces a medicine with the same alkaloids as Ayahuasca, eliciting highly comparable effects, with minor differences attributable to variations in beta-carboline alkaloid ratios. Additionally, the beta-carbolines in harmala potentiate the effects of psilocybin mushrooms, enhancing their potency and prolonging their duration. This synergistic combination also imparts harmala's full spectrum of medicinal, regenerative, and psychoactive benefits to the mushroom experience.

Acacia is the primary DMT-containing admixture plant used in contemporary Soma. One Indian subspecies, known in Sanskrit as Somavalka—meaning "bark containing Soma"—directly links Acacia to the ancient medicine. Green Tara, the Bodhisattva Dakini revered for guiding practitioners through veils of fear and dualistic illusion into direct recognition of ultimate truth,

is considered the guardian of this tree. Her archetype mirrors the function of DMT within Soma: luminous clarity cutting through obscurity, revealing what is always already present.

Soma ReGenesis

While the exact botanical source of Vedic Soma remains unknown, ethnobotanical and experiential evidence suggests it may have been a synergistic combination of *Peganum harmala* seeds and DMT-containing plant material. When skillfully combined and facilitated, these compounds produce a medicine reflecting many of the therapeutic and entheogenic qualities described of Soma in Vedic and Avestan texts.

Soma ReGenesis represents a contemporary re-emergence of a Soma-like medicine, supporting creativity, healing, regeneration, and the direct recognition of awareness.

Wisdom Technology

The beta-carbolines in *Peganum harmala* seeds and the DMT found in Soma admixture plants are exogenous sources of neurochemicals naturally produced within the human body. These compounds are theorized to be the molecular basis of Amṛta and extended Dark Retreat—such as Kaya Kalpa or the Yangti of Tibetan Buddhism—is thought to catalyze the body's endogenous production of these very compounds.

This correspondence reveals Soma as an exogenous wisdom technology—an accelerated and condensed expression of Dark Retreat, engaging the same intrinsic architecture of illumination without replicating the extended sensory-deprivation environment.

Part 2: The Mirror of Awareness

Awareness

Awareness is the all-encompassing space of non-conceptual knowing within which all phenomena interdependently appear and disappear. Perfectly complete and uncreated, it is not fabricated or maintained. Infinitely free and unconditioned, it is not limited by belief systems or any other form of conceptualization. Not found through searching, it is the ever-present, all-pervasive, and unchanging true nature of all.

Soma and the Non-dual View of Awareness

Soma facilitates a process that liberates the mind-body from tensions, revealing the non-dual nature of awareness.

An intellectual understanding of the non-dual view supports this process of revelation by providing a framework that aligns the mind-body into direct recognition of this truth.

"View is the comprehension of the naked awareness, within which everything is contained: sensory perception and phenomenal existence, samsara and nirvana."

— Dudjom Rinpoche

While an understanding of the view serves as a valuable map, it alone does not bring realization—the map is not the terrain. The framework around a doorway outlines the opening, but the doorway itself is the open space within. Direct recognition of the fundamentally non-dual nature of awareness is non-conceptual—transcending all analysis, description, and reference. The unique gift of Soma lies in its capacity to support this direct recognition.

Openness (Essence)

Like an infinite mirror, awareness is boundless openness—a limitless, transparent space from which all phenomena arise. Completely at ease, this vast, receptive expanse allows all appearances without attachment or resistance.

Lucidity (Nature)

Just as reflectivity naturally permeates the receptive surface of a mirror, lucidity suffuses the openness of awareness, illuminating it with effortless, non-conceptual knowing. The spontaneous presence of this all-pervasive luminosity directly knows all phenomena while recognizing its own essence as transparent awareness—the openness within which all manifestations arise and dissolve.

"Clarity (lucidity) is the phase in which perception is vivid and present, but the mind has not yet entered into action."

— Namkhai Norbu Rinpoche

"When the conceptual mind is dropped, there is still a non-conceptual cognizance (lucidity), which is without reliance or dependence upon conceptual signs and symbols and is aware of its own nature as emptiness (openness), or inner space."

— Tsoknyi Rinpoche

Compassion (Energy)

In the same way that the union of receptivity and reflectivity in a mirror is an instantaneous and precise response to whatever appears before it, the union of openness and lucidity is compassion—the non-conceptual, infinitely intelligent responsiveness of awareness that simultaneously embraces, reflects, and liberates all phenomena, without attachment or resistance.

Indivisibility

Like the seamless unity of a mirror's receptivity, reflectivity, and responsiveness, the openness, lucidity, and compassion of awareness are indivisible. Though the mind may conceptualize them as distinct aspects—essence, nature, and energy—they form a single luminous expanse, like the sun, its light, and its warmth.

Space (openness) cannot exist without being known, knowing (lucidity) cannot arise without the space in which to know, and the responsiveness of compassion (energy) is the living dynamism that manifests this union.

"Emptiness (openness) and clarity (lucidity) are like the two wings of a bird, inseparable and essential for flight. The unchanging nature of mind soars effortlessly in the expanse of

awareness."

— Jigme Lingpa

Non-Duality

The conceptual mind interprets reflections as separate objects, yet the mirror reveals them as entirely dependent upon its open reflective space. Likewise, all phenomena arise within the vast openness of awareness. Though the conceptual mind perceives them as divided, non-conceptual lucidity reveals them as an indivisible continuum.

True Nature

As reflections do not alter the intrinsic nature of a mirror—appearing and disappearing without leaving a trace—phenomena cannot affect the inherent openness, lucidity, and compassion of awareness. Like a pristine mirror, this primordial ground allows, recognizes, and responds to all manifestations without ever being influenced or changed.

Absolute truth is ever-present, all-pervasive, and unchanging. Primordial awareness is our true nature and ultimate refuge, as it is the only constant presence of absolute truth—remaining in perfect unconditioned evenness and equality amidst the endless flux of transient phenomena.

"No matter what circumstances or what worlds we find ourselves in, we are without any expectations or changes. We are just what we are, the Natural State which is like a mirror. It is clear and empty (open), and yet it reflects everything, all possible existences and all possible lifetimes. But it never changes and it does not depend on anything else."

— Bon Lopon Tenzin Namdak

"If thoughts (as well as, emotions, sensations and perceptions) arise, or if no thoughts arise, that which remains equally present in either condition, is the pure presence of Rigpa (awareness)."

— Garab Dorje

Omnipresence

Contrary to the belief that the mind-body exists in an external world and that awareness arises within it, the non-conceptual view reveals that both the mind-body and the phenomenal world arise entirely within awareness. Like a vivid dream spontaneously generated by awareness itself,

all phenomena are completely dependent upon its open expanse for their existence, and any presumption of existence outside awareness is merely conceptual overlay.

Though mind-bodies appear distinct, all are inseparably connected expressions of the same omnipresent awareness, like myriad reflections in one vast mirror. Each develops unique conditioning and afflictions through interdependent relations, yet their shared true nature—awareness—is always already perfectly pure, unobstructed, and complete. Separation and suffering afflict only conditioned mind-bodies.

"Dharmakaya (the absolute open lucidity of awareness) is like space. You cannot say there is any limit to space in any direction. No matter how far you go, you never reach a point where space stops and that is the end of space. Space is infinite in all directions; so is Dharmakaya. Dharmakaya is all-pervasive and totally infinite, beyond any confines or limitations. This is so for the Dharmakaya of all buddhas. There is no individual Dharmakaya for each buddha, as there is no individual space for each country."

— Tulku Urgyen Rinpoche

Lucid Living: The Dream-like Nature of Reality

When dreaming, an entire virtual world of endless potential manifests within awareness. Dreams can be so precise and convincing that they are mistaken to be real, until the mind-body suddenly awakens, the entire world instantly vanishes, and it is recognized that it was all a dream.

In a lucid dream, sensual interaction with dream objects feels hyper-real—more realistic and in higher definition than waking life, yet it remains a virtual simulation occurring within awareness.

"Once upon a time, I, Zhuangzi, dreamt I was a butterfly, fluttering hither and thither, to all intents and purposes a butterfly. I was conscious only of my happiness as a butterfly, unaware that I was Zhuangzi. Soon I awakened, and there I was, veritably myself again. Now I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly, dreaming I am a man."

— Chuang Tzu

Lucidity is recognized when the mind-body awakens within the dream and notices the dreaming—revealing all phenomena as temporary illusions spontaneously arising within the field of awareness and thus ultimately empty of inherent existence.

"When you realize that all that appears and exists is your mind, there is no path of enlightenment apart from that."

— Padmasambhava

In waking life, phenomena may initially appear to exist inherently, trapping the mind-body in a dramatic dream of dualistic illusion. Yet when the mind-body recognizes lucidity, all phenomena are revealed as impermanent and self-liberating—naturally arising and dissolving as the play of awareness. Recognizing this dream-like quality of reality dissolves tension and allows the mind-body to relax into openness, freeing it from the grip of dualistic entanglement.

"Within a lucid dream, I encountered a wise old man and asked him what the ultimate truth of life was. He responded, 'Life is a dream. To become lucid in life is exactly the same as becoming lucid in a night's dream.'"

Tensions

Tensions—beliefs, fixations, fears, desires, anger, jealousy, pride, trauma, clinging, and aversion—are contractions of the mind-body, arising from attachment or resistance to concepts and phenomena. Through repetition, these tensions develop into conditioning—habitual patterns of contraction that sustain the imagined division between self and other and obscure recognition of the innate, open lucidity of awareness.

When gazing into a mirror, the mind-body focuses on the reflected images, forgetting the mirror's inherent receptivity, reflectivity, and responsiveness—the undivided whole in which they arise. Similarly, it fixates exclusively on the ever-changing manifestations of life, contracting its attention away from its true nature: the luminous, unchanging openness of awareness in which all experience unfolds as a unified flow.

Through these contractions, the mind-body becomes entangled in appearances—fabricating the illusion of duality and giving rise to suffering, as if mistaking a dream for reality and becoming caught in its story.

"Truly speaking, from the absolute point of view, there really does not exist any separation between the relative condition and its true nature, in the same way that a mirror and the reflections in it are in fact one indivisible whole. However, our situation is such that it is as if we have come out of the mirror and are now looking at the reflections that are appearing in it. Unaware of our own nature of clarity, purity, and limpidity (openness), we consider the reflections to be real, developing aversion and attachment. Thus instead of these reflections being the means for us to discover our own true nature, they become a factor that conditions us. And we live distracted by the relative condition, attaching great importance to everything."

— Namkhai Norbu Rinpoche

Illusion

The illusion of duality arises from the fundamental misperception that phenomena exist independently of awareness, possessing inherent, separate natures. This illusion intensifies as the mind-body contracts around conceptual interpretations of these phenomena—labels, judgments, and assumptions. Attachment to these superimposed overlays gives rise to beliefs, further reinforcing the fabricated division of the world into distinct entities and opposing forces—self and other, subject and object—producing the appearance of separation and multiplicity where none truly exist.

When these tensions relax, the mind-body naturally settles into direct, non-conceptual truth. Duality is imagined; non-duality is living actuality.

"Dualism is the real root of our suffering and of all our conflicts. All our concepts and beliefs, no matter how profound they may seem, are like nets which trap us in dualism."

— Namkhai Norbu Rinpoche

Spontaneous Liberation

The antidote to tension is relaxation; the cure for attachment and resistance is simply to rest openly. Through deep relaxation, the mind-body enters a natural process of release, allowing tensions to dissolve effortlessly. Nothing needs to be done—liberation arises spontaneously.

When the mind-body relaxes in openness, all phenomena—thoughts, emotions, and sensory perceptions—arise and dissolve, without entanglement. They are recognized as impermanent,

self-liberating expressions of awareness, like transient reflections appearing and vanishing in a mirror, leaving no trace behind.

"Since everything is but an apparition, perfect in being what it is, having nothing to do with good or bad, acceptance or rejection, one might as well burst out laughing!"

— Longchenpa

The tensions of the mind-body are like mud stirred into a crystal-clear lake. Though the mud may obscure the water's clarity, its pristine essence remains unchanged. Any attempt to forcibly remove the mud only stirs it further, clouding the water even more. Yet when the lake is left in stillness, without interference, the mud naturally begins to settle, revealing the water's intrinsic openness and clarity—the ever-present purity of its true nature.

As the tensions of the mind-body dissolve, brilliant expressions of compassion arise effortlessly, like rainbows in the vast, sunlit sky.

"When you recognize the true nature of mind, all habitual patterns are naturally liberated in the space of wisdom. That includes the ultimate habit known as samsara."

— Tsoknyi Rinpoche

Part 3: Phenomenal Focus

Comprehension of the non-dual view provides the foundation for understanding how medicine practice can either reveal or obscure recognition of true nature.

From Contraction to Openness

A common pattern in entheogenic practice is a focus on the phenomena that arise within awareness—the shaman, the participant, the visions, and the entities. Through this contraction around phenomena, attention becomes absorbed in appearances, giving rise to divisions between self and other and the tensions of grasping for the wanted and resisting the unwanted. These habitual patterns of contraction obscure recognition of the fundamental open lucidity of awareness and sustain the illusion of separation.

"Don't divide appearances as being there and awareness as being here. Let appearance and awareness be indivisible"

— Tulku Urgyen Rinpoche

Mind-bodies are conditioned to seek understanding through binary concepts and deliberate action, yet the truth is entirely non-conceptual—transparent, ever-present, subtle, and foundational. It does not need to be created, attained, or manipulated; it is already here. Any effort to resolve or control only reinforces the sense of a separate self acting upon experience.

In contrast, the non-dual approach does not depend on a separate agent to heal or transform experience but instead recognizes the inherent unity of all within awareness, allowing the responsive compassion of this true nature to effortlessly restore equilibrium.

Through non-conceptual relaxation, appearances naturally resolve. The mind-body rests without interference, free from attachment, resistance, and division, allowing experience to effortlessly self-liberate. In this openness, apparent duality fades, and the luminous wholeness of awareness is directly recognized.

Part 4: Clear Light Medicine

Peganum Harmala: Revealing Openness (Essence)

The alkaloids—harmaline, harmine, and tetrahydroharmine—found in *Peganum harmala* induce deep relaxation throughout the mind-body. This profound ease expands the senses and releases physical, cognitive, and emotional tensions, allowing the mind-body to rest in natural openness—the stable, fertile ground from which lucidity radiates.

"When awareness is not focused on something, then it is naturally wide open, undirected... The five senses wide open, awareness undirected. Be like that. Rest in the equanimity of that."

— Chogyi Nyima Rinpoche

"Abiding in spacious consciousness, beyond desire and directed intent, one's condition widens to infinity."

— Garab Dorje

DMT: Revealing Lucidity (Nature)

Acting like a superconductor of luminosity, DMT reduces the mind-body's perceptual filters, allowing the innate radiance of lucidity to appear vividly.

Through this reduction, the play of awareness manifests as visions, soundscapes, sensations, emotions, and insights.

The ultimate benefit of these luminous expressions is not found in their content, but in supporting recognition of the open lucidity from which they arise, just as appearances in a mirror reveal its receptive reflectivity.

Soma: The Unity of Openness and Lucidity as Compassion (Energy)

Soma is an alchemical reflection of awareness. The harmala alkaloids induce relaxation—supporting recognition of openness (essence), while DMT unveils luminosity—supporting recognition of lucidity (nature). Their union—interpenetrating as light within space—illuminates the inherent compassion (energy) of awareness.

An infinite mirror, compassion embraces all phenomena without resistance, reflects with perfect clarity, and liberates without attachment. All of these functions occur simultaneously, without ever changing its essential nature.

Compassion is not something Soma creates, but the intrinsic responsiveness of awareness itself—made more apparent through this medicine.

Soma: Spontaneous Liberation

Rest as the transparent space of awareness within which the creative display of Soma emerges. Settle fully into whatever arises—emotions, sensations, perceptions, thoughts—remaining wide open and without reference points. Be completely at ease, effortlessly allowing all to unfold. As relaxation deepens, tensions dissolve and distinctions between subject and object fade, revealing true nature—the indivisible union of openness and lucidity as compassion.

Compassion is liberation. Like a mirror—without resistance or attachment to any reflection—each appearance arises and dissolves without trace.

Liberation is natural and unfabricated, arising through surrender of beliefs, concepts, control, and all forms of tension. Contraction creates suffering; expansion allows liberation.

Perfect Equanimity

Regardless of the extremes that may arise during Soma practice, the perfect equanimity of primordial awareness remains unchanged. In contrast to the endless dynamism of relative phenomena, this changeless, ever-present ground reveals itself as our true nature—the ultimate refuge.

Through this recognition, all phenomena are recognized as self-liberating, dream-like displays—incapable of staining or affecting the fundamental space of awareness in which they arise.

Grounding in Openness

Stability arises through relaxation. As Dru Gyelwa Yungdrung states in the practice manual Chaktri, "If the rigidity (tension) has not been cut, then the crest (dualistic illusion) will not be passed over."

Emphasizing the *Peganum harmala* component in Soma formulation—and maintaining sufficient beta-carboline dosage during sessions—supports deep relaxation within the mind-body, grounding the practitioner in non-conceptual openness.

Being completely at ease opens the unimpeded space in which the luminous expression of DMT radiates as compassion. While DMT unveils brilliant luminosity, it is through its union with *harmala* that the heart of the medicine is activated. When precisely calibrated, the ratio and dosage of *harmala* and DMT support a balanced embodiment of open relaxation and luminous expression.

Regular meditation with *harmala* alone—without any DMT admixture—provides an effective method to develop a stable presence in openness.

"Look at this window: it is nothing but a hole in the wall, but because of it the whole room is full of light. So when the faculties are empty, the heart is full of light."

— Chuang Tzu

The Transition From Karmic to Clear Light Appearances

In the initial phases of Soma practice, manifestations within awareness reflect tensions of mind-body conditioning. This gives rise to karmic appearances—dynamic expressions filtered through the mind-body's conceptual lens of subject-object duality and influenced by physical, mental, and emotional attachment and resistance.

As the natural liberation of tensions unfolds, conceptual fabrication and the illusion of self and other dissolve, revealing the open lucidity of awareness. From this indivisible unity, clear light appearances—brilliant, unimpeded expressions of compassion—manifest spontaneously as wisdom, bliss, creativity, skillful means, and embodied action.

Clear light appearances are phenomena flowing openly in resonance with the ground of compassion, while karmic appearances are phenomena contracting in resistance through tension.

Suffering is the felt discomfort of resisting openness, like holding the breath creates strain and disconnection, while allowing the breath to flow effortlessly is ease and connection. This suffering serves as intelligent feedback, guiding the mind-body back into openness.

Both the direct support of clear light and the feedback of suffering are expressions of compassion, each guiding the mind-body toward recognition.

Whether karmic or clear light, all appearances arise as the spontaneous display of awareness itself.

Mother Clear Light

In its ultimate expression, Soma has the capacity to simulate the total dissolution of the mind-body. Regardless of how many times this process has been undergone, it can be completely convincing that death is occurring. This 'gates of death' practice provides a rare opportunity to transcend the conditions of the relative mind-body, and through profound relaxation, merge into the Mother Clear Light of absolute awareness.

"The key to smoothly negotiating the difficulties of death is familiarity. If you deal with some of the details now you can relax at the time of death, and relaxation is the best instruction for how to die. Relaxation is born from familiarity."

— Andrew Holecek

The Mother Clear Light is boundless openness suffused with lucidity. It is completely free from appearances, conceptuality, duality, conditions, time, dimensions, or any other form of limitation. As it dawns, it can feel like an infinite vacuum—a transparent void of emptiness stripping the mind bare, vividly exposing all remaining tensions in the luminous clarity of awareness.

In this moment, the mind's root attachment to personal awareness must be relaxed and surrendered. Only by releasing this final grasp of self-identity can all aspects of the conditioned mind be liberated, revealing absolute true nature.

Recognition of the Mother Clear Light is commonly missed due to the shock and fear of obscurations uncovered during the simulated process of dying. If the mind-body resists liberation, it remains tethered to awareness until the potency of the Soma wanes.

However, if the mind-body fully relaxes into open lucidity—being completely at ease with non-existence—the ultimate veils of conditioning dissolve. The vessel of the relative mind-body breaks like a clay pot, revealing the space within as one with the boundless expanse beyond.

Here, all distinctions collapse into a single infinite continuum of luminous being—the unborn and undying true nature of awareness: the Mother Clear Light.

"Consider the fact that no matter how many planets and stars are reflected in a lake, these reflections are encompassed within the water itself; that no matter how many universes there are, they are encompassed within a single space; and that no matter how vast and how numerous the sensory appearances of Samsara and Nirvana may be, they are encompassed within the single nature of mind."

— Dudjom Lingpa

Soma Sangha

Soma is an advanced technology that should always be undertaken with the support of a community and an experienced facilitator who is deeply grounded in the non-dual view and well-versed in the cultivation, preparation, dosage, and energetic dynamics of this medicine. Such support provides safety, stability, and clarity, assisting the practitioner in navigating the profound depths of this sacrament. The compassion illuminated through the medicine is the true guide and healer, while the human facilitator serves as a humble steward of this noble wisdom.

It is important that Soma sessions be undertaken privately or in small, carefully aligned groups where all participants feel completely comfortable and supported. The energetic dynamics of this medicine are highly sensitive; interference or distraction can significantly diminish its depth and effectiveness.

To minimize external influence, sessions are conducted primarily in silence and darkness. This absence of stimulation promotes a deeper inward experience, creating optimal conditions for the mind-body to remain open and receptive to this medicine. After the peak of the effects has passed and all participants are comfortably resting, music and dance may then be gently introduced, provided everyone is open to it. If anyone requests continued silence, this should be fully honored.

This medicine involves potent biochemical mechanisms that can interact adversely with certain health conditions, pharmaceutical medications, supplements, and foods. Before any session, a thorough evaluation of potential contraindications is an absolute requirement.

A foundation of wisdom, integrity, and discernment ensures that the practice of Soma remains aligned with truth.

Somayana: Medicine Vehicle

The integration of Soma and the non-dual view is Somayana—a wisdom vehicle of relaxation, illumination, and liberation that reveals what is always already present.

As tension dissolves, sensitivity to the medicine heightens and dosage naturally diminishes. The mind-body grows increasingly conductive, eventually stabilizing as a superconductor of true nature—the exogenous medicine having unveiled what was always endogenous.

Through this process, it becomes evident that the responsive compassion illuminated through Soma pervades all of life—every moment medicinal. Life itself a seamless extension of Soma: awareness open, lucid, and compassionate.

"Take your stand on the ultimate practice of the heart essence — samsara and nirvana are the display of awareness. Without distraction, without meditation, in a state of natural relaxation, constantly remain in the pure, all-penetrating nakedness of ultimate reality."

— Dudjom Rinpoche

End