



ISAMEA

ERIKA OBLAK

ABOUT THE BOOK

The Time Is Now: The Teachings of Ayahuasca

The book takes us on a journey to the Amazon where an environmentalist Isa Mea spent years exploring shamanic knowledge about ayahuasca and teacher plants. She began to understand that as ayahuasca becomes but another global treasure from Indigenous cultures, we are presented with a very special opportunity to mend some major mistakes of the past.

ISBN: 978-1-4808-6258-6

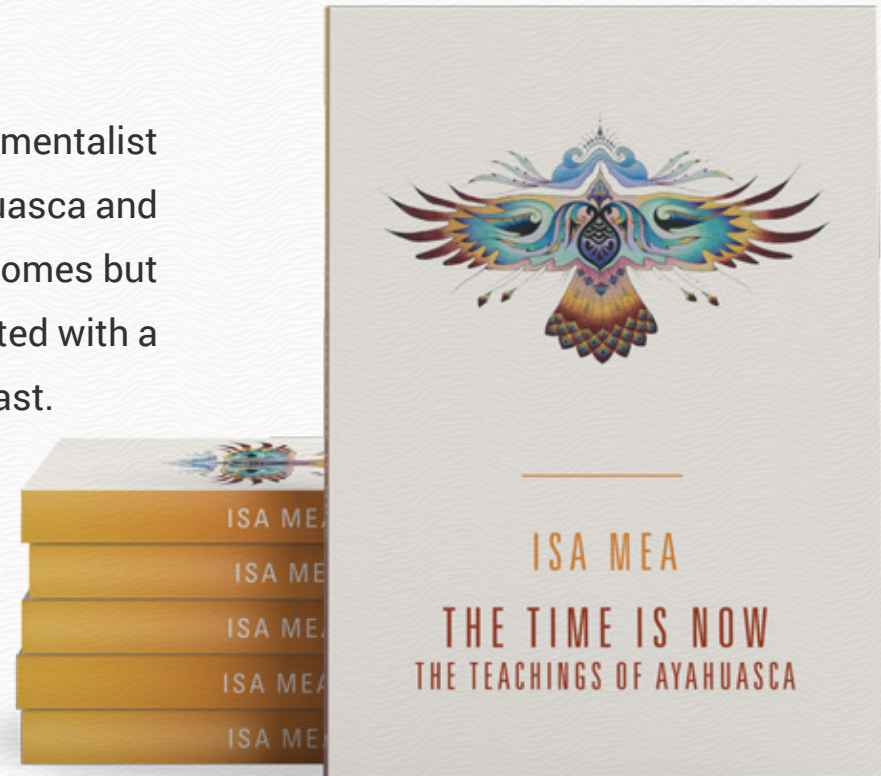
Price: 14.99 usd

Page count: 145

Publication date: 05/04/2018

Genre: non-fiction; biography-autobiography-memoir

Book may be ordered through: [amazon.com](https://www.amazon.com) or [archwaypublishing.com](https://www.archwaypublishing.com)



SHORT BIOGRAPHY

Erika Oblak is an environmentalist who publishes under her pen name Isa Mea. Erika traveled to Peru in 2006, where ayahuasca, an Amazonian plant mixture that is capable of inducing altered states of consciousness, accidentally crossed her path. Since then, she has been studying the teachings of Amazonian plant kingdom. Erika still regularly visits Peru where she spent years in the rainforest, completed a few dozen teacher plants dietas, and participated in several hundred ayahuasca ceremonies. She advocates for the transition to circular economy, global equity in the distribution of natural resources, and the related issues of Indigenous communities. Erika currently lives in Slovenia.



LONG BIOGRAPHY

Isa Mea is a pen name, under which Erika Oblak—an economist by education and an environmentalist by profession—published her first book [The Time is Now: The Teachings of Ayahuasca](#). She has been working for national and international environmental NGOs and advocates the transition to circular economy, global equity in the distribution of natural resources, and the related attitude to indigenous communities. For past twelve years, Erika is traveling regularly to Peru to learn from ayahuasca and other teacher plants. She spent two years continuously in one of the ayahuasca centers near Iquitos. Until today she completed a few dozen teacher plant dietas, participated in several hundred ayahuasca ceremonies, and lead a number of them on her own. To her mind, the magic of visionary plants like ayahuasca resides in their teachings of deep ecological and healing knowledge. Erika currently lives in Slovenia.

PRAISE FOR THE BOOK

Now is the time for modern science to begin cooperating with the indigenous knowledge, and it is time to start understanding that both do not exclude but complement each other. *The Time Is Now* offers a wonderful in-depth insight into this knowledge, enriched with the author's personal story, which shows that really good therapists can only be those who have faced their own darkness and have returned from it.

Mina Paš, MD, integrative psychotherapist, Rabbit Hole Institute

The Time Is Now is a true testimony of the wisdom that lives in the Peruvian rainforest, part of the world where the path toward a better future for the planet and all of us still exists. Isa is taking us to the journey that gives so many gifts, and we can remember what is truly important.

Maja Fabjan, journalist of the Delo newspaper

The Time Is Now reminds us that a different kind of human is possible, not buried in ages passed or part of a yet unattained evolutionary threshold. Isa outlines the path of awakening this knowledge, not from a viewpoint of this or that academic discipline, but through her own steps, traversed, when merging with a culture that succeeded in preserving such a human—an indispensable light-post in this day and age.

Matej Janković, author of Drogerija broadcast on Radio Študent

I was really mesmerized by reading *The Time Is Now*. The author uses a very compelling way to guide us through her experiences with ayahuasca. A must read introduction to the magical world of ayahuasca and other spirit beings. Reading Erika's book stretched and expanded my belief about the subtle other realities that surround us. I recommend this book to everybody who wishes to know more about ayahuasca and the indigenous culture that is so closely related to it. Thank you Isa Mea for sharing your story with us. Great book!

Pieter De Backer

