

Ayahuasca Ceremony Preparation:

You want to begin purifying your body by eliminating certain foods and drugs from your system prior to ceremony. A good rule of thumb is to eat organic, whole foods and go simply cooked vegan. And it's not the end of the world if you don't follow the cleansing diet exactly, please do whatever you feel your body can hold.

At least 6 weeks out refrain from:

- Any medication that has an effect on the serotonin system, including Selective Serotonin Reuptake Inhibitors (SSRIs), can induce serotonin syndrome.
- SSRI Medications & MAO inhibitors.

At least 4 weeks out, during, and after refrain from:

- Pharmaceutical drugs (prescription & over the counter).

At least 2 weeks prior, during, and after refrain from:

- Alcohol
- Recreational drugs, like LSD, MDMA, cocaine, amphetamines
- Salt, soy sauce, or foods high in salt, such as canned or processed foods
- Spicy food & hot spices (chilies, peppers)
- Pork, red meat, cured meats
- Aged cheeses

At least 1 week prior, during, and after refrain from:

- Overstimulating media (books, movies, TV, social media, news)
- Sugar or artificial sweeteners (stevia, aspartame, agave, honey, etc)
- Fermented foods (soy sauce, fermented tofu, kimchi, and sauerkraut)
- Vinegar or pickled foods
- Processed food (junk food, condiments, carbonated drinks)
- Caffeine (coffee, green tea, energy drinks)
- Dairy products (milk, cheese, yogurt)
- Animal fats (lard, butter)
- Oils (use olive or coconut oil sparingly)
- Sweets & chocolate

Please consult us if you are taking any anti-depressive and anxiety medications. We require full disclosure of medications and health conditions as an absolute must for joining the ancestral healing ceremonies.

In this lineage women on their menstrual cycle cannot participate in the ceremonies as well as those who are pregnant – This is because women are in a natural cleansing period and the ceremony is also a strong cleansing.

Avoid sexual relations for at least three days before and after the ceremonies.

A few words about salt and sodium

Although not contra-indicated on a pharmacological level, salt and sodium are traditionally avoided completely for 10 days prior to the ceremony, and for one week after. (Or longer if your metabolism is slow, and takes a while to clear.) Salt can block the visual component of this medicine work. We've had many questions over the years about this salt issue; all we can say is, through many decades of direct experience with this medicine, we can “feel” viscerally that our absorption of the medicine, physically and psychologically, is not as deep or satisfying when we have consumed salty or sodium-laden foods. After experimenting on ourselves, we decided “why question 16,000 years of experiential wisdom, as well as our own?”

Important Medical Precautions

Please note that in certain cases working with Ayahuasca can carry health risks: if you have any heart, liver or kidney, or other serious medical problems, you should inform us at the first opportunity, and discuss the issues with a doctor who is aware of the issues Ayahuasca may raise. Our priority is your safety and well-being, within ceremonies guiding you to personal healing and growth.

We will provide the most secure environment to work with Ayahuasca we possibly can, and will ensure your welfare as best we can at all times. In return we ask that you behave responsibly and do not endanger yourself or others.

The following medications are unsafe in combination with Ayahuasca:

- Any medication that contains MAO inhibitors. These medications are known to cause dangerous side effects when taken in conjunction with Ayahuasca. It is critical that you stop taking these drugs and allow plenty of time for your system to be cleared of these substances.
- Any medication which has an effect on the serotonin system, including Selective Serotonin Reuptake Inhibitors (SSRIs) (i.e. antidepressants such as Wellbutrin, Prozac, Zoloft, Effexor, etc). Combining these medications with ayahuasca can induce serotonin syndrome – far more severely than with foods containing tryptophan, and with potentially fatal results. We advise you to stop taking SSRI medications six weeks prior to a workshop to allow the system to clear in time; some of these drugs may cause side effects when you stop taking them, and you should allow plenty of time for these to subside. You should not abruptly stop taking them without discussing the matter with your doctor. Please note that the herbal antidepressant St. John's Wort (*Hypericum*

Perforatum) also must not be taken directly prior to working with Ayahuasca, although the system can clear this in 2 weeks before commencing.

- Other medications you must suspend taking are decongestants, cold medications, allergy medications, antihistamines, sedatives, tranquilisers, amphetamines (including Adderall), some hypertensive medications, sympathomimetic amines including pseudoephedrine and ephedrine, carbamazepine, methylphenidate (Ritalin), macromerine, phenylalanine, tyrosine, tryptophan, asarone/calamus, asthma inhalers and diet pills.
- Although Ayahuasca has not been found to cause psychosis or other psychiatric disturbances, it can be dangerous to those with a history of psychological problems. Please tell us, in confidence, about any history of mental health problems. If you have a heart condition or chronic high blood pressure please let us know immediately. It is not safe to drink Ayahuasca when you are pregnant. and in this tradition or lineage women on their Moon Cycle and or pregnancy cannot assist the circles.
- Illegal or recreational drugs that are very dangerous to combine with MAOIs: Cocaine Amphetamines (meth-, dex-, amphetamine), MDMA (Ecstasy), MDA, MDEA, PMA Dextromethorphan (DXM).
- Illegal or recreational drugs that may be dangerous to combine with MAOIs: Opiates Mescaline (any phenethylamine) - Barbiturates.
- Other psychoactives that should not be combined with MAOIs: Kratom - Kava

Note about interaction with marijuana:

Smoking marijuana before the Ayahuasca session may stupefy and darken the overall experience acting as a blockage for the visionary plant to manifest in the fullest way. Given the general amplified sensitivity of all participants of Ayahuasca session, marijuana negatively affects not just the person who used it, but also potentially other participants' experiences as well as the overall energy level of the medicine circle.

Caffeine

In a few rare individuals, there may be a severe interaction with even small amounts of caffeine. Aside from that, the Grandmother medicine we work with has added medicinal plants and prayers in it specifically for calming and repair of the nervous system and to heal trauma; to cut out caffeine completely for at least one week prior, or preferably one month prior to the ceremony, will optimize your benefits. This also helps cut anxiety to an amazing degree during the ceremony, making the jobs of the helpers and facilitators much easier.

What to bring to Ceremony:

- Bring a water bottle.
- We offer pillows and blankets, but bring your own if you desire more comfort.
- A flashlight.
- Socks.

- Bring comfortable clothes, we traditionally use white but any color is fine.
- Its preferable to have layers, Costa Rica is not a cold climate but the body temperature can change greatly in ceremony so better to have layers
- A change of clothes.
- You may want to bring some sacred objects: crystals, essential oils and any other sacred objects. The Shaman can bless these objects for you in the ceremonies.
- You can bring a photo of a family member or friend that is suffering severely from a mental or physical illness and the Shaman will offer healing to them from distance in the ceremony

Intention

It's important to start working with your intention of the retreat in the weeks leading up to the ceremonies and to cultivate a practice of meditation, yoga and prayer. Through these spiritual practices we will be supported to dive deeply into our healing, growth and evolution. The ancestors teach that the more we open our hearts and ready our spirit the more we will receive.

Extras

In the morning of the ceremonies we will have various artisanal goods from the tribes, and other Shamanic sacred objects at an extra cost. Please bring some cash if you would like to make a purchase.

Looking forward to seeing you soon!