



## **PAYMENT CONDITION**

**we have two modalities:**

**modality 1.- the rest of the payment can be given in cash upon arrival at the retreat center.**

**modality 2.- the rest of the payment can be done through paypal, the commission charged by paypal is taken care of.**

**important note . By making the reservation you are confirming that you have read this entire document and have accepted our terms and conditions.**

## **PRE – RETREAT**

### **PREPARATION**

In order to get the most out of the retreat, it can be extremely beneficial to have a regular meditation and/or yoga practice, to spend lots of time in nature and to eat as healthy and organic as possible. This can help calm the nervous system and create balance in the mind/body. If these practices are not already a part of your daily life, this preparation can begin days or even weeks ahead of the retreat start date - the sooner the better. (If for whatever reason, you cannot manage to prepare ahead of time, do not worry - it is not absolutely essential. But the physical preparation is crucial)

### **MENTAL PREPARATION**

Our main recommendations are to practice meditation and other techniques to have control of your mind to relax and find peace, this will help you to have a better journey and receive the real information that Sacred Plant plant wants to give you, instead of your own ideas creation.

The best you can do for yourself is to have clear intentions, to release your expectations, concentrate, open your heart to receive what the sacred plant has to offer, be humble with

your actions, forgive yourself and others who interact in your life but forgive with the heart, trust in yourself none will heal you or help you but yourself, so trust.

### **PSYCHOLOGICAL PREPARATION**

Many people think their first meeting with the sacred plant Sacred Plant, it is the worst experience they had, because mostly, our bodies are not prepared in a right way (purified and clean enough) to have the connection with the spiritual world, and also because our minds are not ready to realize that there are other dimensions and worlds from this one, if you heard that other people says Sacred Plant was a bad experience for them is because they did not have the right guidance and the help to understand that the process indeed it is not necessarily pleasant.

Mostly in the second or third ceremony they will appreciate and say thanks to the medicine and feel better with their selves, we can say that it will not be easy but it will be very rewarded. If you are feeling that you truly want to start this path, listen to your inner self with your open heart and do it consciously, the medicine will reward you and you will be blessed. Please take in mind that each body is completely different from others and the journey could vary. But at the end you will have the same healing effects.

Do not do it just because you just want to try, there are other chemicals substances that can alter your conscious too and are going to give you visuals and a supposed psychological work, as, LSD, etc but be careful, because in many cases we noticed people end up in negative consequences due to this chemical consumptions. Remember, nature has thousands of thousands of years of evolution and chemical substances created by humans just have some few years of existence.

The Sacred Plant is a medicine plant used for hundreds of years and many cultures accepted and discovered what she wants to help you, giving you a journey, a dream, a complete different happy and healthy life.

### **PHYSICAL PREPARATION**

Sacred Plant has been reported to interact on some occasions with foods containing tyramine which is found mainly in aged cheeses, soy sauce, peanut butter and other fermented, aged, cured or pickled foods causing hypertension. Sacred Plant should be preceded by a diet of fresh fruits and vegetables or fasting to avoid any ill effects and to limit the discomfort of vomiting as well as no food except a light breakfast on the days of ceremony.

#### **THOSE WHO CANNOT TAKE AYAHUASCA**

If you have heart disease or chronic high blood pressure, you cannot be accepted into ayahuasca sessions

It is not safe to drink Ayahuasca during pregnancy.

We recommend that you abstain from the following prior to, during and after your retreat:

#### **ONE WEEK:**

Refined sugars, red meat, salt or pepper, candy or chocolate, oils, animal fats (lard), sodas, energy drinks, non-alcoholic beer, dairy produce, fermented foods, caffeine.

- If possible, replace synthetic/chemical-filled body products with organic ones.
- Chocolate
- Sugar and sweets
- All meat, fish and eggs which are not fresh
- Red meat
- Pork (please abstain for a minimum of two weeks before and after ceremony)
- Dry and fermented sausage (bologna, salami, pepperoni, corned beef, and liver)
- Pickled herring and salted dried fish
- Meat extracts
- Chilies or other hot peppers
- Alcohol – You should abstain from drinking alcohol for a minimum of one week before and after your ceremony
- Marihuana (Cannabis Sativa)
- Fizzy drinks (including "diet" sodas, as these contain NutraSweet/Aspartame and other sweeteners)
- Beer and non-alcoholic beer
- Caffeine drinks including coffee, cola, and energy drinks
- Ice, ice cream, or ice cold drinks.
- No prescription drugs during retreat if possible.
- Sexual activities of any kind, including masturbation
- Only if it's possible try to use organic toiletries, stop the use of synthetic soaps, perfumes, chemical toiletries, etc. But is not indispensable.

#### **AVOID THESE WESTERN DRUGS:**

The following medications are potentially dangerous with MAOIs/Sacred Plant:

- Antidepressants containing Selective Serotonin Reuptake Inhibitors (SSRI's) such as the herb Kanna (*Sceletium tortuosum*) and pills such as (Seraxat), fluoxetine (Prozac), citalopram (Cipramil), fluvoxamine (Fevarin) and sertraline (Zoloft). CNS (central nervous system) depressants

- Sleeping-pills
- Anaesthetics
- Antipsychotics
- Antihypertensives (high blood pressure medicine)
- Appetite suppressants (diet pills)
- SSRI's (any selective serotonin re-uptake inhibitor)
- Barbiturates
- Dextromethorphan (DXM)
- Opiates
- Kratom
- Kava
- Migraine medicines
- Allergy medicines
- Paracetamol and Panadol
- Over the counter cough medicines
- Cocaine
- Amphetamines (speed, meth-, dex-, amphetamine )
- MDMA (Ecstasy)/MDA/MDEA/PMA
- Alcohol - Ephedra/ ephedrine (EPH)
- Pseudoephedrine (PSE) – commonly found in decongestants
- Macromerine
- Phentermine (This appetite suppressant drug is known by numerous commercial names. For clarification, please check your medication or ask your doctor)
- Nasal sprays (Vicks Sinex, Prevalin or Otrivin)
- Other MAO-inhibitors

**IMPORTANT:** If you are on any such medication you must discuss this before committing to a retreat, so we can plan the best and safest course of action with you. For women, if you are pregnant you will not be able to participate in a retreat. For female participants who are menstruating during the retreat, it is important to let us know so the shaman can take precautions.

\* OPTIONAL In case of you need a special attention we can provide you a professional nurse. Our nurses are registered nurses with many years of experience working Ayahuasca. They have

been trained by the shaman and have done some “diets” (in which they drank some sacred plants in order to have positive energy and to help the shaman when he needed).

The nurses will do a general pre-check and will be assisting during the entire length of each Sacred Plant ceremony, monitoring and tracking each patient’s physical condition.

They will make sure that the patients meet the conditions to start, assist during the ceremony and will take a post-ceremony check-up. Please let us know if you would like to have these assistance let us know.

#### PERUVIAN LAW AND THE PRACTICE OF MEDICINE

Sacred Plant has been declared a cultural heritage of Peru and offers protection to the plant, rituals, Shamans, and the cultural associated with it, as well as practices of the indigenous people of the Amazon Jungle, that is why we guarantee the healing process made by Authentic Shamans coming from the Shipibo communities from the Amazon Jungle.

#### WHAT TO BRING?

- Spiritual/educational books to read and a Journal/Diary to write in.
- Extra money in case you want to visit the local sites or would like to buy souvenirs.
- The sun can be strong during the day and the afternoons may be cold, bring clothes for both temperatures.
- Especial stones or crystals.

#### OUR TREATMENT

We had rediscovered that the best way to work and have better results, is to work through individual and not in a collective way; as in modern medicine the Doctor treat one patient to heal their illness, same way Shipibo Shamans had been working treating their patients one by one.

Researching with different Shipibo shamans during our years of experience, we had noticed that the ceremonies were taken in such small groups and not in big malloca groups of twenty or thirty people. We also know that one of the effects of the Sacred Plant plant is visionary but we have to take in mind that the main benefit of Ayahuasca plant is to be used as physical, psychological, and spiritual healer master.

Nowadays there are a lot of shamanic centers or retreats that are focusing in organizing ceremonies with big groups for a determinate date with the main purpose to collect more profit forgetting the right, ancestral and proper way to use the medicinal plant exposing many people to denied a complete healing because the shaman is not focusing in each person and they cannot work with many people at the same time.

Shipibo Shamans needs to sing at least from four to five Icaros songs to each patient and if is a large group there is a lack of time to cover to all of them.

We wants to recover and promote the ancestral way of use the Sacred Plant plant combined with different techniques to have a better healing process. The way how our treatment start is

to have a individual physiological interview with our Psychologist and expert in Sacred Plant sessions process where we are going to determine within the Shipibo shamans the aspects to work during the treatment; Second the Shipibo Shaman after having knowledge each people background, he will sing the proper Icaros songs required. Finally after the Sacred Plant ceremony we will have a final diagnose where the Shipibo Shaman will determine if the patient needs another ceremony or is already healed and purified.

While the treatment if you require it, we can give you the assistance and security of a professional nurse to ensure your safety and who will take care of you during the whole ceremonies. (Optional NURSE ADDITIONAL 50 USD )

## **CEREMONY**

Each ceremony is initiated by protecting the space, asking for safety and paying our respects to Mother Sacred Plant and the spiritual realm. Each person will then have a glass of Ayahuasca with a dosage according to their physical state and spiritual background. The effects of Sacred Plant typically begin 30 minutes after drinking and usually last between 3 or 4 hours. The shaman and spiritual guide will guide and be there to assist you throughout the entire process.

We offer diverse tips and practical suggestions that will help you in order to have an easy, soft and beneficial ceremony.

## **OUR AYAHUASCA BREW**

The Shipibo tradition is widely regarded as the most intact and profound of the indigenous traditions that use Sacred Plant. Our main shamans - natives from a Shipibo community - learned how to prepare the brew and the importance of the quality of the medicine from their grandparents, and ancestors who were also Shipibo shamans. The medicine we use for our ceremonies is prepared by the family of our shamans under special ceremonies and rituals.

One of our principles is to offer the highest quality of Sacred Plant for our ceremonies. Because Sacred Plant and other plant medicines have become so widespread, we have noticed a lack of guarantee in the way they are used. For example, it is easy to find Sacred Plant brew in the San Pedro market in Cusco but due to it being mixed with other chemicals, the effects can be negatively altered. Sadly, this then turns the medicine into a negative substance instead of one that is meant to heal and protect.

We guarantee the quality of our 100% Sacred Plant Brew. (Only Yellow Sacred Plant that is the most beneficial and Chacrana).

**Thanks for trusting us**

