

PLANT SACRAMENT SHAMANIC INTENSIVE WORKSHOP

TWO WEEK INITIATION



HAMPEQ KARPAY

PLANT SACRAMENT
SHAMANIC INITIATION TRAINING

CONTACT INFO: RETREATS@SACREDPACHAMAMA.ORG / 669.258.7054

THE Q'ERO LINEAGE

WHO ARE THE Q'ERO?

The Q'ero people are the guardians of the Andes mountains in Peru. Their Community lives in region of Q'eros which is composed of bajo, medio and alto Q'ero.

The Q'ero were designated by the Inka (The Enlightened One) as the high priests or priestesses of the whole empire. The Inka himself followed the tradition of choosing the Q'ero High priests as spiritual counselors.

Out of all the different regions from the Inca empire, the Q'ero were considered to be the ones holding the highest spiritual truth, carrying humanity's origin story and wisdom for over 8000 years. This wisdom has been the means for humanity to fulfill the prophecy of the Eagle and the Condor.

We have the joy of carrying this Lineage's Wisdom and the honor of sharing this world of real magic with everyone ready to fulfill this prophecy in their lives.

You will experience authentic reverence for Mother Earth and every one of her elements.

This retreat offers you multiple initiations both into a personal relationship with Mother earth, Nina Taita (grandfather fire), and the Q'ero lineage itself through a Karpay Ceremony.

INITIATIONS:

Mama Qoya (Flowering bath)

Nina Taita (Temazcal)

Karpay (Q'ero lineage initiation)



Pachamama



The Q'ero tradition offers a path of self-realization with rich experiential wisdom that is practical in its Integration. The integration of this wisdom gives way to the fulfillment of many prophecies, including, the Return of Pachakuteq and the prophecy of the Eagle and the Condor.

The Q'ero were the counselors of the Inka advising on the best ways to bring out. They are the healers, the magicians and the stewards of mother earth (Pachamama). Out of the many tribes, and spiritual lineages in the Andes (and the Inka Empire) the Q'ero were the chosen Priests.

Through Muyucanchas (Sacred portals), The Q'ero, were unaffected by the Spanish colonization, Preserving and evolving all the wisdom for over 5000 years.

The Cosmology of the Q'ero offers tangible experiences of divinity to embody ancestral wisdom that brings heightened consciousness states, rich of flow and Joy. The art of detachment gives way to Sumaq Kawsay, which means Right Living.

Along with the Qhapaq Ñan and the 7 Andean Codes, This retreat offers an Initiation into the pragmatic ways of the Andes.

Honoring our Pachamama and every one of her elements. Integrating the fire in our hearts, the flow of water in our minds, the gentle air in our speech and actions, recognizing the earth, grounding us from under our feet as our Mother herself.

The Path of Magic, Love and Joy are experiences of our day-to-day! This path is called the Qhapaq Ñan, which means the Path of the Righteous and Wise.

On this Q'ero Path, we have the opportunity to integrate Andean Wisdom into our lives in practical ways through the 7 Andean Codes:

Merging with	KAWSAY (EXISTENCE)
Discovering your	ANYA (TRUTH)
Awakening your	MUNAY (LOVE, WISH AND POWER)
Responsibility &	LLANK'AY (WORK)
Integration and	YACHAY (WISDOM)
Self Worth, Reciprocity &	AYNI (BALANCE WITH LIFE)
Time-Space &	KAWSAY PACHA (LIFE AFTER LIFE)

Through this shamanic training you will integrate the wisdom of the Andean Codes, experiencing the Qhapaq Ñan giving way to Allin Kawsay, which translates to Aligned Living (Right Living).

Allin Kawsay (Right Living) has many expressions, the Tawatinsuyo, the Tawa Chakana, and the Tawa Allinllakuna.

If this is your calling, we invite you to our [INFO SESSION.](#)

POPOCATEPTL

WHAT YOU WILL RECEIVE

COMMUNION WITH PLANTS ALLIES

- 3 Ayahuasca Ceremonies
- 3 San Pedro Ceremonies
- 3 Padre Sapo Ceremonies
- 2 Niños Santos Ceremonies
- 2 Kambo Ceremonies
- 1 Hapé Ceremony
- 1 Sananga Ceremony
- 2 Temazcales (sweat lodges)
- 1 Cacao Ceremony Training

SUPPORTIVE HEALING PROCESSES

- Pratismarati Sacred Breath
- IPOC (Somatic Trauma Healing)

RETREAT AYNÍ

\$4,444.00 • USD for shared accommodations

\$4,999.00 • USD for private accommodations

TRADITIONAL PERUVIAN Q'ERO RITUALS

- Ceremonial Ofrenda Creation
- Q'ero Karpay Ceremony
- Despacho
- Flowering Bath

INITIATION & RITES

- 9 Munayki Rites
- Initiation with Apu Popocatepetl and Apu Iztaccihuatl
- Hampeq (medicine healer) Initiation
- Lineage Initiation
- Missayoq Initiation (optional) (plis ask for details)

Additional fees:

\$75 Shuttle from and to the retreat

Not Included:

- Extra / Additional days for decompression and tour (ask for details and options)

Included:

- Shuttle and Ticket to Xochicalco
- Shuttle and Ticket to Tepoztlan
- Shuttle to Apu Popocateptl
- All Meals and accommodations



Pachamama
SACRED PATHS

RETREAT FLOW

1ST DAY

ARRIVAL & WELCOME DINNER

RETREAT INTRO

2ND DAY

MORNING

PRATISMARATI BREATHWORK

AFTERNOON

KAMBO CEREMONY

EVENING

DINNER

3RD DAY

MORNING

KAMBO CEREMONY

AFTERNOON

MOTHER AYAHUASCA CEREMONY

EVENING

REST

4TH DAY

MORNING

MOTHER AYAHUASCA CEREMONY

AFTERNOON

REST

EVENING

MOTHER AYAHUASCA CEREMONY

5TH DAY

MORNING

PRATISMARATI BREATHWORK

AFTERNOON

NIÑOS SANTOS CEREMONY

EVENING

MUNAY-KI INTEGRATION RITUAL

6 TH DAY

MORNING

PRATISMARATI BREATHWORK

AFTERNOON

NIÑOS SANTOS CEREMONY

EVENING

MUNAY-KI INTEGRATION RITUAL

7 TH DAY

MORNING

TEPOZTLAN

AFTERNOON

MUNAY-KI INTEGRATION RITUAL

EVENING

REST

8 TH DAY

MORNING

SAN PEDRO CEREMONY

AFTERNOON

DESPACHO CEREMONY

EVENING

MUNAY-KI INTEGRATION RITUAL

9 TH DAY

MORNING

SAN PEDRO CEREMONY

AFTERNOON

TEMAZCAL * FLOWERING BATH

EVENING

MUNAY-KI INTEGRATION RITUAL

10 TH DAY

MORNING

PRATISMARATI BREATHWORK

AFTERNOON

SAN PEDRO CEREMONY

EVENING

MUNAY-KI INTEGRATION RITUAL

11 TH DAY

MORNING

PRATISMARATI BREATHWORK

AFTERNOON

XOCHICALCO

EVENING

MUNAY-KI INTEGRATION RITUAL

12 TH DAY

MORNING

PADRE SAPO CEREMONY (BUFO)

AFTERNOON

TEMAZCAL * CACAO CEREMONY

EVENING

MUNAY-KI INTEGRATION RITUAL

13 TH DAY

MORNING

PADRE SAPO CEREMONY (BUFO)

AFTERNOON

HAPE * SANANGA

EVENING

MUNAY-KI INTEGRATION RITUAL

14 TH DAY

MORNING

Q'ERO LINEAGE INITIATION * PADRE SAPO CEREMONY (BUFO)

AFTERNOON

OFRENDA TO THE APUS * APU KARPAY

EVENING

REST

15 TH DAY

MORNING

END OF RETREAT * DEPARTURE

WHAT TO EXPECT

This Training will provide you the Formation and Education in regard to Plant Sacrament. Most importantly, you will formalize and develop a personal relationship with many of Pachamama's Sacred Plants.

This Intensive Training will help you establish an Ayni between the plants and yourself. Ayni means "Right Relationship" which will be grounded in a foundation of integrity with the spirit of each of the plants. You will be able to demonstrate this "Right-Relationship" wherever you guide a ceremony.

Additionally, you will dive deep into Andean Q'ero Principles of Allin Kawsay (Right living), which includes the ritualization of these principles to integrate the wisdom of the Qhapaq Ñan (path of the Righteous) and other Q'ero teachings:

- You will learn our Icaros and will find your voice to create your own
- Icaros as well-You will learn how to consecrate each sacrament
- You will learn the Art of the Pampamissayoq
- You will integrate the trade of the Hampeq (Sacrament ealer)

The Hampeq is the Plant Sacrament Healer: It is the path of the Shaman who has access to different consciousness states thought the use of Nature's Power Plants, with the purpose of Integrating these states, for serving, healing, and assisting yourself and others in their spiritual path.

1. During this 15-day retreat you will be provided with a safe, comfortable setting. All meals and accommodations are included.

2. Traditionally-Guided ceremonies and rituals, intentionally created to help you gain a deeper understanding of your purpose, and managing the blockages that prevent you from living this purpose. You can relax knowing that you will be looked after and assisted at all times throughout your Training. We also offer you post-ceremony integration support, as well as the chance to join a community of fellow seekers learning and growing together.



WHAT TO EXPECT

3. You will experience profound and transformational Despachos (and other Rituals) to Remove Old energy and integrate new vistas that you have been looking for. You will learn how to guide these as well.

4. You will receive 2 additional initiations: 1 with Yacumama (Spirit of the water) and 1 with NinaTaita (Spirit of the fire).

- **NinaTaita** (Grandfather fire) awakens the fire in your heart and mind to be able to self transmute.

The fire within you means that you will re-acquire the capacity to heal yourself with the purification power of the Fire Element (Abuelo Fuego). Fire, in all cultures, has always been the element of purification, transmutation and fast transformation of Dense and stagnant energies. In the Q'ero tradition, we understand that every single one of us possesses access to all elements. This initiation allows you to experience the awakening of the power of your fire in the Temazcal ceremony where you will give birth to your Hridaya (Spiritual Heart).

- **Yacumama** (Mother water) awakens detachment in the flow of your life.

What these Initiations mean is that you will recover your natural power to flow with any and all situations, free from old attachments which bring pain and suffering.

5. Although Sacred Plants can help you observe the patterns of thought and behavior that are no longer serving you, they WILL NOT do the work for you. You will learn to integrate your lessons more efficiently and teach others the art of integration.

6. We believe you are the Healer, the Guru and the Shaman (Knower) of your life. Mother Nature's plants are here to show us the path; the choice to walk the path is yours.



9 MUNAY-KI RITES

9 Munay-Ki Rites Munay-Ki is a word that comes from the Quechua language of Peru and means Universal Love, Ki means energy.

The ancient prophecies of the Mayans speak of a new human being on the planet, one who lives free from fear and resides in his transcendental nature.

The Munay-Ki contains the codes of this new human being. These codes are delivered through, energy transmissions or initiations in the form of seeds, being the task and responsibility of each one to germinate, make them grow and use them.

Receiving the Munay ki means that you are going to receive 9 rituals to make it easier for you to become a person full of wisdom and power, who lives through constant communication with the love in the heart, always connected to the Great Mystery, the source of all life and love.

The nine rites of the Munay-Ki have been transmitted throughout the world and have passed from generation to generation within the shamanic traditions, with different styles according to different cultures.

The Pampamissayoqs and Altomissayoqs of our tradition have always been ordinary men and women living extraordinary lives. It is not that they are born with special spiritual attributes, but through prayer, study of wisdom traditions, revelations, and discipline, they acquire their grace and power. Some of them become renowned healers or leaders, while others choose peaceful lives raising their children and growing corn. The Q'ero, children of mother earth, have been raised in the high mountains of the Andes. And within the Q'ero, a small number of people who share common interests in the community, have kept and guarded this knowledge for millennia.

The high priests have always known that people would seek Munay-Ki when they were ready and felt called to do so.



9 MUNAY-KI RITES

Many of us have felt this call of Spirit and have longed to make a difference in the world in which we live. When we approach the Earthkeepers path with sincere intent and an open heart, we quickly realize that we are not alone. We find ourselves in the company of like-minded people who aspire to lead lives inspired by resonance and vision.

Munay-Ki is a key that leads to the great advance of human evolution.

The Munay-ki codes are energetic codes that are delivered to your luminous field. Your body of light receives them in the form of seeds, which when they germinate make it easier for you to live with love, without violence, honestly in all aspects. Have integrity from thought.

As we receive the Munay-Ki, our chakras clear up and we are acquiring what Andean Priests know as the rainbow body. This happens when our chakras radiate their original light. Let's remember that each chakra has a color and when they all shine in their original color they emit the colors of the rainbow. When our chakras have been dirty (blocked) by past traumas, from this or other lifetimes, our aura takes on a grey-ish hue and our chakras become pools of Hucha or dense energy. Once we acquire the rainbow body, the Earthkeepers are able to connect with us because they recognize that we have a common calling and vision. When this happens and if we have developed the ability to see the invisible world, we can discern the forms of these luminous beings.



- 1 The rite of the HEALER
- 2 The rite of Chumpis - POWER BANDS/BELTS
- 3 The rite of the SEER
- 4 The rite of HARMONY
- 5 The rite of the DAY WATCH
- 6 The rite of the KEEPERS OF WISDOM
- 7 The rite of the GUARDIANS OF THE EARTH
- 8 The Rite of the GUARDIANS OF THE STARS
- 9 The rite of the CREATOR

Your DNA is a real computer filled with memories from your early years, past lives, and impressions from your parents, friends, and ancestors. These impressions are registered full of color and intensity in your DNA. These have an influence on your body, your emotions, your relationships with other people and also with the planet you live on.

We live in a time of change, we are increasingly aware that we are being led to a more luminous frequency. We are part of this planet and everything we do or think influences our Pachamama and the entire cosmos.

The Munay-Ki codes, once you grow their seeds, transform your colorful and rich energy field into something pleasant and full of love that has a divine scent. This is another type of love than the one you feel for your partner, for your child or for your pet. This is an immense, luminous, powerful love and of much greater level of intensity. Your body is filled with light like a crystal, the 7 chakras are activated and begin to inform again. And it is through this that a great transformation takes place.

You will feel a complete connection with the earth, the universe and everything that has life.

You will be aware of one-ness by mere breathing You will be able to help increase the frequency of the earth and therefore you will also help the well-being of all that has life.

We invite you to experience the Munay-ki Rites with us in our 15-Day Retreats

If this is your calling, we invite you to our
[INFO SESSION.](#)

WHY CHOOSE PACHAMAMA

- We don't promise enlightenment, but we will help you understand yourself by holding space and by standing with you throughout your own initiation into Plant Sacrament.
- We understand that everyone's Anya (truth) is different and everyone has a unique timing for awakening.
- We know one size does not fit all when it comes to realization, yet we meet everyone equally with an approach of non-interference.
- We understand and believe in the value of natural Transformation through plant sacrament.
- We have over 9 years of experience working with groups of people: guiding, assisting and growing with the community, witnessing the changes that participants go through, from deep physical healing to growing more abundance, prosperity and consistent well being.
- We do not offer ideas or concepts designed to confuse you.
- We believe that the way out of the labyrinth is through the same door we walked into it. The only way out is to know ourselves, to connect with ourselves, and to understand ourselves.
- You will be provided with a Safe space for true and rich introspection which allows for a deeper understanding of who you are as you relax in knowing that you will be looked after and assisted at all times.
- Our Shamans and facilitators do not have super powers. They are normal people just like you, however they do have years of experience and devotion to the different plants sacraments and to the path of transformation that is offered.
- We don't worship any person or structure of belief. We believe you are the healer, the guru and the knower (shaman) of your life.
- You will enjoy the beauty of mother earth's natural plants as well as the rich culture that is engrained in San Miguel de Allende's history.

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TESTIMONY

YVONNE TELLS US ABOUT HER EXPERIENCE IN THIS TRAINING IN THIS VIDEO. SHE ALSO JOINED THE PACHAMAMA TEAM.



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free [INFO SESSION](#).**



WHAT IS AYAHUASCA-CORAZON

Ayahuasca-Corazon is an entheogenic brew made from the traditional Ayahuasca Vine and Chacrana. Additionally it contains Diplopterys Cabrerana leaf (Chaliponga). Chaliponga is known to contain higher amounts of DMT than the traditional brew of Ayahuasca which is made with Psychotria Viridis (Chacrana). Chaliponga contains 5-MEO-DMT instead of the regular form of DMT found in Chacrana. Traditional Ayahuasca healing ceremonies have the potential to show people the mesh fabric of reality, prompting a powerful introspection of the inner setting. This Particular Ayahuasca Corazon Brew (Pachamama Sacred Path's Brew) contains Bobinsana which is a shrubby tree normally found growing along river banks and streams in the Amazon Basins. It's quite easy to identify the plant due to its stunning pink to reddish powder-puff-like flowers which open twice a day; once around 4AM and again around 4PM. Bobinsana is well-known and loved among the Amazon due to its medicinal properties. A decoction of its roots may be prepared as a depurative for strength and energy, for it boosts the immune system. Alternatively, a tincture of its bark may be prepared to heal arthritis, rheumatism, musculoskeletal pains, edema/oedema and uterine disorders. Above all, Bobinsana is a sacred plant teacher and is used by shamans for its spiritual qualities. We are particularly interested in working with Bobinsana for its gentle heart-opening qualities and its ability to teach us Self-Love.

WHAT IS NIÑOS SANTOS

Niños Santos (Also called Psilocybin mushrooms) is a sacred teacher that, in some sense, strips the user of their ego and sense of individuality. Once the ego and contrived perceptions of one's place and purpose in the world is set aside, the user soon comes to realize and sense a deep interconnectedness with the other life forms of the cosmos. This process is often described in terms similar to a mystical or deeply spiritual experience. For the user, this experience is far from hallucination, and the insights and sensations imparted can often be seen as a turning point in one's life. If a typical psilocybin session had to be summarized, one could argue that the main lessons gained from this sacrament is that all life has inherent value and to take care of that life.

These lessons extends from caring for one's self, to those around them, to all the earth's inhabitants, to the earth and to the complex and dynamic multiverse beyond. Niños Santos grant a Magic experience of the subtle realm that can be intense in its transformation, providing a sense of self which is long-lasting and which has the potential to sustain desirable change in our daily lives.

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Pachamama
SACRED PATHS



WHAT IS SAN PEDRO

Huachuma (also variously known as andachuma, aguacolla, or wachuma) is a lesser-known shamanic plant, but one that some consider the greatest of all plant teachers on the South American continent. It's derived from the San Pedro cactus and composed principally mescaline — in its pure form, a psychedelic similar in effect to LSD or psilocybin. Though it has parallels to the iboga ceremonies of West Africa and the ayahuasca ceremonies of the Amazon, huachuma and the curanderos who use it originate in the Andes of Peru and surrounding desert regions. Its history stretches back as far as 1200 BCE, when it was used by the Chavín culture on the west coast of South America. The Chavín produced many sacred designs of a deity clutching the distinctive cactus, making it the oldest recorded psychedelic. It may have its roots as a sacrament to ancient rain cults. Its use today extends into northern Chile, Bolivia, and Ecuador, where many curanderos practice in the original Chavín tradition.

In Peru, curanderos have used huachuma to treat depressive symptoms, alcoholism, and mood disorders. Those who have undergone the ceremony report that they are able to connect to their divine, true self. A feeling of universal belonging—the sense that we are all one—is common.

Uniquely, many users report that the huachuma presents them with “tests” that teach valuable lessons. Practitioners often report a deep and heightened perception of the world as it truly is. For those struggling to know themselves or understand others, huachuma presents a unique way to specifically explore your inner psyche and your greater place in the world.



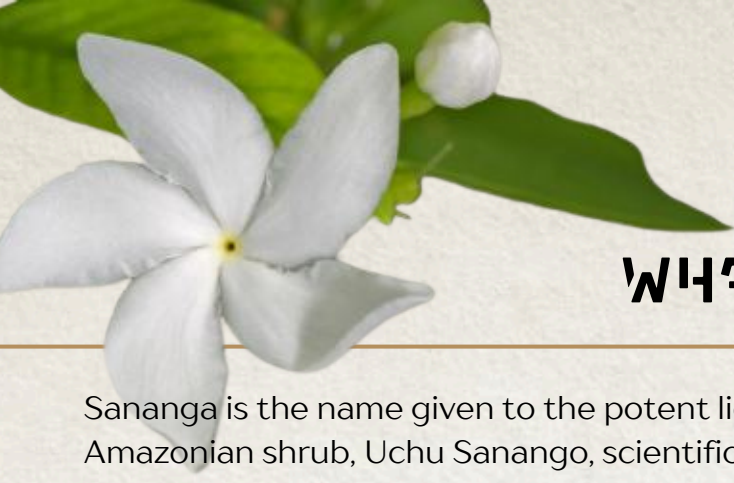
WHAT IS HAPÉ (RAPÉ)

Hapé is a tobacco snuff which has at its core the tobacco species *Nicotina Rustica*. This Amazonian Tobacco, also known as Mapacho, is used extensively in tribal rituals and is much stronger than *N. Tabacum*, which is the type of tobacco found in cigarettes. The indigenous people who have long used Hapé, see the ceremonial use of Hapé as a form of prayer that calls upon the forces of Nature, the Blessings of the animals of the forest and power plants to heal us and give us strength. It is therefore important that you use this substance in a respectful environment focused on healing.

What are the benefits of Rape?

- Helps focus and sharpen the mind.
- Clears a person or space of distracting, bad energies in preparation for intention setting.
- Detoxes both body and mind and clears your energetic field.
- Because of this, rapé is often used in conjunction with ayahuasca ceremonies.
- Clears sinuses of mucus and bacteria, thereby helping to combat colds and respiratory ailments.
- Provides a calming, grounding effect on the emotions that lasts much longer than the initial sensation.





WHAT IS SANANGA

Sananga is the name given to the potent liquid eye drops made from the shredded root of an Amazonian shrub, Uchu Sanango, scientifically known as *Tabernaemontana sananho*. Bechette is the name given to the eye drops with similar properties, made from the root of a related shrub, known as *Tabernaemontana undulata*.

Ucho Sanango is a master plant commonly used in plant dietas alongside Ayahuasca, used for a variety of reasons, such as being used as a purgative, diuretic, fever reducer, calmative, memory enhancer, and even to help in the healing and realigning of both the muscular and skeletal system. What are the benefits of Sananga? As far as using sananga as an eye plant sacrament goes, it's said to improve eye conditions, such as cataracts, glaucoma, conjunctivitis, red eyes, itchy eyes, eye infections, styes, as well as clearing out the sinus and helping with certain types of headaches. Sananga is known to bring greater texture, detail, and depth to one's environment; enhancing colours and sharpening visual perception. It's said that these eye drops help to reset the body's energetic field; opening the third eye, balancing the chakras, and clearing out negative or dark energies, known as 'panema'. The list of potential benefits continues on, with reports that it's helpful in treating depression, anxiety and addictions; helping to bring clarity in general and putting things into perspective.

WHAT IS SAPITO

The word Sapito comes from the word Sapo which means Toad. Sapito is an endearing term that means little toad.

The Sapito sacrament comes from the toad *Bufo Alvarius* which is a Toad that lives in the Sonoran desert in the northern part of Mexico. The toad's gland secretion is extracted and smoked for immediate experience which lasts anywhere between 15 and 25 min. The main compound is 5-MEO-DMT. Sapito medicine deals directly with the 7th (Sahasrara) chakra, unlike Ayahuasca which deals with your 6th (Ajna) Chakra. This is an experience of the subtle reality world which gives a clear understanding of who and what we are. It facilitates a transpersonal state that is very powerful and has the potential to show the participant a real and personal understanding of what resonates and what doesn't resonate with them. Many people who have tried this sacrament, describe the experience as utterly sublime, a true meeting of Self and cosmic unity.

What is sure of everyone who experiences this sacrament, is that what is experienced brings new vistas of clarity, potential, empowerment and strength to bring about the highly inspired visions received with this healing sacrament. Furthermore, there is an energetic alignment that takes place, giving way to possible purge which then brings about lightness in the participants personality.

Pachamama



WHAT TO BRING AND ADDITIONAL INFO

- The retreat will be in Popocatepetl, Mexico.
- The best airports to fly into are Mexico City and Puebla
- Please be aware of travel requirements. US Citizens do not require a Visa to enter Mexico, but please double check in any case.
- You will be asked to turn off your cell phone during the ceremonies, no recording or photos allowed for safety purposes and the privacy of other participants, However we encourage pictures in between ceremonies.
- Bring a water bottle, cup for hot tea, flashlight or headlamp (extra batteries)
- Comfortable clothes for day and that will keep you warm at night. Sometimes ceremonies can get chilly (since the body temperature decreases) so we recommend sweatshirts, hoodies, light jackets and lightweight pants. Suitable clothes for the weather.
- If you play a musical instrument and want to bring it, you are more than welcome to do it. We encourage musicians to participate
- Lighters and your own cigarettes if you smoke.
- Basic first aid kit if you are sensitive when you travel.
- We will provide basic toiletries but please bring your personal items.
- Earplugs for sleeping.
- Please bring a printed copy of the signed consent.
- Bring something for the “Ofrenda” which is a metaphysical construction where you will set your intention. For example fruits, seeds, nuts, candy, chocolates, wine, other types of liquor, flowers, crystals, stones, tobacco, incense, feathers, use your imagination. (with the exception of salty and spicy stuff).

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DIETA AND HEALTH PRECAUTIONS

THE DIETA IS A NECESSARY ELEMENT OF THE AYAHUASCA EXPERIENCE.

We suggest the following:

Avoid for 1 week before the first Ayahuasca-Corazon ceremony:

1. Any food containing spices, spicy peppers, fats, oil, salts and sugar, canned food, alcohol, red meat, pork meat and derivatives, and stimulants such as caffeine.
2. Any fermented food like: soy sauce, soy beans, paste/curd, beer, vermouth wine, aged-mouldy cheese.

Drink plenty of water during the dieta until the first ceremony begins. If you stick with a vegetarian-like diet, you will do great for your first ceremony.

**Remember that whatever food you may take on the day of the ceremony will most certainly come out of your body what is known as La Purga. This doesn't necessarily have to happen as each body is different but it is a common occurrence.*

These are the brief guidelines and health reminders we provide. We suggest following the required dietary recommendations before, during, and after taking the plant sacrament. We always endorse and support safety and responsibility when it comes to journeying with the shamanic vine of the soul.

**We remind you that the responsibility of taking accurate and timely health precautions – along with seeking professional medical advice – is entirely at your discretion.*

- People affected by schizophrenia, bipolar disorder, other psychiatric/dissociative conditions, and people with chronic heart conditions such as severe high blood pressure should not take Plant Sacrament.

- People taking anti-depressant drugs like Prozac, Seroxat, Zoloft, Effexor, Paxil, Welbutrin (bupropion), or similar medications can take Plant Sacrament only once their treatment has been safely suspended or ended under medical supervision.

- Please discontinue the use of the following non-prescription drugs before and after your retreat if applicable: antihistamines, systemic vasoconstrictors or decongestants, both natural ephedrine and synthetic pseudo-ephedrine, drugs with high caffeine content, and phenylalanine. In general, it is best to go into your ceremony with no prescription or non-prescription medications in your system

- Other medications that are not compatible with Plant Sacrament include: diet pills (appetite suppressants), narcotics, sedatives, tranquilizers, anti-hypertensive agents (used to treat high blood pressure), analgesics like Meperidine, anti-Parkinson drugs (medicines used to reduce the symptoms of Parkinson's disease) like Levopoda, drugs used to treat heart conditions, dopamine (brand name: Intropin), neurological prescriptions like Carbamazepine (a drug that eliminates seizures), and sympathomimetic drugs (substances that mimic the effects of the hormones (adrenaline and noradrenaline), amphetamine and tyrosine. Amphetamine salts-based medication (brand name: Adderall, Ritalin, Vyvanse, Dexedrine) commonly used in the US & Canada to treat attention deficit hyperactivity disorder and narcolepsy are equally not compatible with plant medicine.
- Taking products like Clonazepam (brand names: Klonopin, Rivotril, Ravotril, Rivatril, Clonex, Paxam, or Kriadex), may weaken or completely antagonize or neutralize the visionary dimension of the Plant Sacrament healing experience. These are benzodiazepine drugs prescribed to treat seizures and panic disorder, and they have anxiolytic, anticonvulsant, muscle relaxant, and hypnotic properties,
- People affected by Addison's Disease must not take Plant Sacrament (or any other medication/medicine that would alter their hydro-electrolytic balance).
- If you consume any substance like cocaine, heroin, crack, or Phenethylamines (homologs of amphetamines), you must inform us. Most of these substances are, to various degrees, incompatible with Plant Sacrament.
- People affected by Chron's Disease or stomach/intestinal ulcers, may not take Plant Sacrament.
- Plants (taken in any form, including fresh, or as dry/liquid extract) like St. John's Wort (Hypericum Perforatum), Yohimbe (Pausinystalia Yohimbe), Ginseng, Sinicuici (HeimiaSalicifolia), Kava (Piper methysticum), Yerba Mate' (Ilex Paraguariensis) and Ephedra (Ephedrasinica / Ephedra Vulgaris, and generally all varieties of it), are not compatible with a safe Plant Sacrament experience.
- Pregnant women must not take the Plant Sacrament from their seventh month onwards. Doing so could result in miscarriage. Pregnant women at the initial stages of pregnancy and up until their sixth month might still join our retreat.

- Women on their menstrual cycle normally have no problem with taking the Plant Sacrament.

If any of the above conditions apply to you, ask your doctor about the compatibility of your health status with MAO Inhibitors. Inform us upon a favorable response from your doctor, and our shaman will ascertain whether or not it would be advisable or not for you to take Plant Sacrament.

Any disclosure of your health status will be kept in the strictest confidentiality. We are just looking after you and want you to have a safe experience.



THE OFRENDA / DESPACHOS / COMMUNITY

