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INTRODUCTION

As many people are now engaging within entheogenic practice whether it be Ayahuasca, Iboga, Psilocybin etc it is important to have as much information prior to your session so you can become more aware of it's potential thus making the most out of the experience.

I have decided to create a framework of guidelines which best constitute the ethos of this practice. This guidebook is the expression of my experience and observations from over the past 10 years. Below you'll find all you will need to approach this medicine and more. I hope you find what you need and I hope you receive the healing and/or insights you require in this moment in you life to further your progession towards a better state of being.

Essentially this guidebook is free but if you would like to donate anything my PayPal is @Somanomah or ruvedic@gmail.com

REASONS FOR USE

Traditional context for the use of this medicine has various documented applications such as ritualized use around creating cultural ceremony in reciprocation with the jungle environment i.e. building relationships to the surroundings, the establishment of place and assessment of relationship to cosmology and the removal of pathogenic illness often associated in tradition as sorcery. The belief that sorcery or brujeria or evil intent is the root cause of illness is common amongst many indigenous cultures within the Amazon who work with this plant, the shamanic practice of Curenderismo is then used for the removal of this sickness or counter attack towards the perpetrator of the illness. This also can oocur due to a ceremony not being held corrrectly by and inexperienced person and is a higher possibility of occurance when a space has more than 1 shaman per 5 people or where participants are within a close proximity of each other. This document contains some methods I am aware of to nullify the possibly of these

energies infiltrating your experience and I have given plant baths and practices to help anyone who may feel they have been harmed while partaking with other facilitators. I have also included my own empirical understanding of how this can happen in a ceremony when run by inexperienced facilitators.

Over the past number of years Ayahuasca has been recognized as a valid therapeutic tool for overcoming various illness's that western medicine/allopathic medicine cannot acutely label or identify its core origin. For the western mind grappling to understand its relationship within the changing interior and exterior environment this practice has become an essential provision for those looking to understand how to navigate and return to wholeness or embodiment of one's true self.



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Popularisation however has spurned the development towards a changing role within the western context and use; albiet somewhat distilled from its true essence by modern day new age therapists looking to splice the use of Ayahuasca with their tantric, art or meditative practices.

Over the past number of years within the paradigm in which we practice and those of who we have aligned ourselves with, the optimal outcomes of healing and wellbeing are gained through the symbiotic relationship of the trained Curandero/a (healer) with the various teacher, master and healing plants of the Amazon. This type of relationship is quite in depth and only a few actually can achieve the title of Curendero which comes with coronation and initiation from the plants.



This understanding brings the application of a language of training and knowledge to coordinate with the plants bringing effective, clean, meaningful change in state and health. The medicine in this context is regarded as a Nexus that brings the tools of the Amazonian Plants into being for healing, with the Curandero being the vessel for which this occurs.

The role of the Curandero is to build a relationship through the process of Dieta (dieting these plants) to help enable the space/ceremony to become a place void of malevolent forces and call the plants in for healing and guidance. The role of this plant as a tool in the healing of various complex physical and psychological illnesses requires further examination, understanding, patience and a wise informed application ie dosage/ratio of plant admixtures.

A mentality of a fix all kind of approach to any kind of ailment presented is being disseminated within the west. There are specific conditions however that need further consideration before application, as contraindications could arise due to the nature of the illness and pharmaceuticals etc. Further to this the use of this plant medicine should be done in conjunction with clear communication. For those coming to this for the first time whether by being called or merely by its current popularity, purely because its populr is not a good enough justification and if no further conclusion can be bought to mind I would advise on reconsidering other modalities until a more appropriate timing arises for you. For example Ayurvedic Medicine (See article below) which focuses on lifestyle guidance and alleviate illness's on a very deep level. The purpose for going to a healing session with this plant or any other medicine of this nature should be in line with the will of the individual to engage in a search for a deeper meaning of oneself and

the surrounding layers of environments. This alone can lead to a major rewiring of one's life and self-perspective and take many months to integrate properly and gain all the healing acquired through one night with this particular approach – patience and guidance is crucial.

In the context outlined for the *traditional model* of this practice, the world of the vegetal can be a navigational tool for those wanting to immerse themselves and move forward into a wider understanding of self, the surrounding environment; for the removal of a blockage, illness or distress of emotional, mental or physical nature.

The best approach for developing a relationship with this practice is to be present (which at times is the most you can bring to the session) to the awareness that this is by no means a quick fix and is a very in depth schooling that can take time to develop, integrate and unfold in the path of awakening into sovereign spiritual beings here on Earth.

An experience may range from bliss, euphoric, love and light to heavy, messy, scattered with heavily bodily and/or energetic purges.

INTENTION

Setting an intention to support and direct your navigation is essentia to gain the most from your experience. When you begin the process of the diet it is best at this time to also begin to hold an intention for the upcoming retreat, as the medicine will already be beginning to work with you during this time. It is important for all in attendance to be aware that what we are undertaking is a sacred practice that has been occurring for many years within the Amazon. This medicine is truly multi-dimensional and can provide and open many doors and energies for our improvement and healing if we are prepared. Be mindful of dreams you may have leading up to the retreat also as they may give you indications to assist your intention. Approaching the session with an open heart and mind will assist in supporting your intention. The type of intention could be broad such as I am here for healing or a more specific intention such as I wish to know the purpose/reason for this behaviour /trait. The plant will provide what is appropriate to the

cases reach beyond the bounds of what could be possibly thought up. It's better to have one specific question or simply the intention to let 'her' do the work instead of an array of questions or enquiries as this will lead to a state of irrationality and will make the night somewhat chaotic - so to speak.

- Less is best.

CONTRAINDICATIONS

As mentioned earlier there are some specific conditions and situations in which the use of this plant should be reconsidered or delayed until a time as these concerns can be treated or another time scheduled in case of menstruation.

Physical contraindications can include

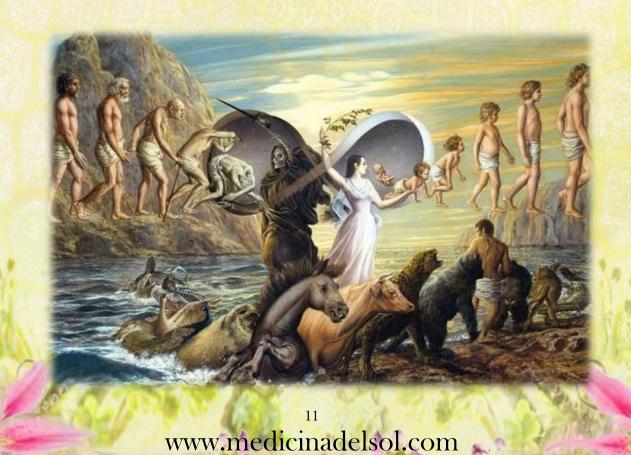
- Heart conditions
- Hypertension-Abnormal high blood pressure
- -Breathing difficulties/ Asthma
- -Brain conditions/-Epilepsy

- Deteriorated conditions: such as Kidney deficiency/failure
- -Illnesses of the with the liver such a Cirrhosis, Hepatitis
- Auto Immune disease- there is a possibility that the plant can potentiate some conditions such as these because of its ability to stimulate changes within the nervous system. Within this circumstance careful consideration would need to be taken and the possibility of working with other plants.

PSYCHIATRIC CONTRAINDICATIONS

In the cases of these types of imbalance it is best to provide a history of family to your facilitator and or possible traumas in which more appropriate therapeutic attention may be found outside the taking of the plant. Serious cases or psychosis and or history of hospitalisation for mental illness should be discussed, if you're unsure please **Do Not** drink until you have found someone who can or has the power to hold such a space or has a

history working with these conditions. These type of conditions can be seen to be related to entities or lower vibratory beings so having a facilitator who has this type of understanding is crucial. Some of these conditions are absolutely too serious to consider adding in the use of this plant and may require a different modality of therapy before being safeif even possible in being part of a healing in the future. Cases of depression which have eventuated in suicide attempts or feelings or suicide also need to be worked through on deeper therapeutic level ie A Dieta context in the Amazon held by a Curandero



PHARMACEUTICAL CONTRAINDICATIONS

The use of any Pharmaceuticals should be ceased at least 4-5 days before the session.

Those on more complex pharmaceutics which stay in the system longer may need a longer time between 3-8 weeks.

The Contraceptive pill

A week before is optimal for not taking and 3-4 days after.

Women using IUDS should not participate.

While it may not be contraindicative it may induce a change of state within the body and mind (hormonally) in the sense that the medicine will function in a differing manor with this in the system ;potentially hindering the ability to provide circumstance of physical healing and or perception because of its role in altering hormones.

MONOAMINE-OXIDASE INHIBITORS (MAOI MEDICATIONS)

These are a grouping of Antidepressants that are used to treat Depression.

They include moclobemide, phenelzine, isocarboxazid and tranylcypromine.

(Anti-Depressants) (Antipsychotics)

- Antihypertensive Medications (high blood pressure medication)
- Appetite suppressants/dietary pills
- Medicine for Asthma, Bronchitis, or other breathing problems;
- Antihistamines
- Medicines for colds, sinus problems, hay fever, or allergies

(Actifed DM, Benadryl, Benylin, Chlor-Trimeton, Compoz, Bromarest-DM or -DX, Selective Serotonin Reuptake Inhibitors (SSRI'S) (Anti-Depressants) (Antipsychotics) Using this plant within five weeks of discontinuing a Serotonin Selective Reuptake Inhibitor (SSRI) or fluoxetine (Prozac) could lead to coma and death. The main symptom of Serotonin Syndrome may be a severe and long-lasting headache (the same symptom as MAOI tyramine interaction) and/or fever (as high as 40 °C / 104 °F or more). Other symptoms of Serotonin Syndrome may include rapid heartbeat, shivering, sweating, dilated pupils, intermittent tremor or twitching, overactive or overresponsive reflexes, hyperactive bowel sounds, high blood pressure. Severe serotonin syndrome may lead to shock, agitated delirium, muscular rigidity and high muscular tension, abnormal blood clotting and bleeding, respiratory failure, renal failure, and seizures, and can be lifethreatening. This interaction can happen even if weeks have passed between stopping the SSRI and taking the MAOI.

Dimetane-DX cough syrup, Dristan Cold & Flu, Phenergan with Dextromethorphan, Robitussin-DM, Vicks Formula 44-D, several Tylenol cold, cough, and flu preparations, and many others -- any drug containing dextromethorphan/ DXM or with DM, DX or Tuss in its name.)

CNS (central nervous system) depressants (Barbiturates)

These act as central nervous system depressants, and can therefore produce a wide spectrum of effects, from mild sedation to total anaesthesia. They are also effective as anxiolytics, hypnotics, and anticonvulsants.

VASODILATORS

These medications widen the blood vessels, causing a decrease in vascular resistance and an increase in blood flow. They may act by activation of the vasomotor center in the brain, which brings about relaxation of the smooth muscle in the blood vessel walls or they can act locally on blood vessel smooth muscle cells.

HEAD ACHE MEDICATIONS

I have placed this on the list as many people would not think twice about some of these medications. Though the stronger such as Codeine are contraindicative.

POSSIBLE HERBAL/SUPPLEMENT CONTRAINDICATIONS

(Please Research if you are taking and also notify me)

Betel Horny Goat Weed Rhodiola Rosea Parsley seed

Boswellia Ephedra Kanna Scotch Broom Carrot seed Fennel seed Kava Sinicuichi

Curcumin/Tumeric Fo-Ti Kratom Yerba Mate, Dill seed Ginseng Nutmeg Siberian Ginseng Protein extracts

Liquid or powdered protein dietary supplements, Amino Acids Yohimbe

FOOD CONTRAINDICATIONS

This is a guideline only, because of chemistry and varying body types some people have found the prescribed diet can still cause symptoms of discomfort during a session. Please Note: The Diet before and after a session is different to the traditional "Dieta" practiced within The Amazon. The vine is a Monoamine Oxidase Inhibitor. The action of MAOIs is to block an enzyme called Monoamine Oxidase, which breaks down excess tyramine in the body. Tyramine is an Amino Acid that helps regulate blood pressure. Tyramine can reach dangerous levels if you eat foods containing Tyramine while on an MAOI. This can lead to a sudden spike in blood pressure, to stroke, brain haemorrhage and possible death. While this plant is a milder MAOI and no recorded problems or fatalities have occurred from this interaction, it is a serious precaution to take note of. The restriction of The Diet will also create a clean vessel for the plant to work within.

Side Effects of an interaction can include, severe headaches, accelerated heartbeat, Diarrhoea.

LIST OF CONTRAINDICATIVE FOODS

Preserved Foods

DRIED

- Dried fruits, such as raisins and prunes
Dried egg whites

PICKLED

- Sauerkraut
 - Overripe
 - -Bananas
 - -Avocados.
 - -Pineapple
- Fruit cake and candied fruits
 - Cranberries, canned
- -Raspberries in large quantities

AGED FOODS

-Aged cheeses

FERMENTED

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- -Smoked, fermented, pickled (herring) and otherwise aged or dried fish, lox; any fish that is not fresh.
 - -Fermented tofu, fermented bean curd, fermented soybean paste, miso soup

-Soy sauce

-Teriyaki sauce

CURED (MEATS)

- -Bologna, pepperoni, salami, corned beef, sausage, hot dogs.
- -Canned soups, or soups made with protein extracts or bouillon
- -Gravies and foods made with meat extracts
 -Defatted peanut flour
- -Brewer's yeast, yeast vitamin supplements, yeast extracts, foods with yeast in ingredients

-Shrimp paste

Pickled foods

NUTS

- Peanuts in large quantities
- Brazil nuts in large quantities
 - -Cashews in large quantities

LEGUMES



- -Broad beans (fava and lima beans)
 - Navy beans in large quantities
- Coconut and coconut oil in large quantities (coconut juice or coconut milk is safe)
- Chocolate, especially dark chocolate in large quantities
 - Minimal Dairy (Adding ghee to milk a few weeks leading up to the week of diet is very beneficial as it nourishes the body tissues and can give extra strength to the body prior to 'Diet'
 - Caffeine in large Also avoid:
 - Aspartame (Nutrasweet)
 - Monosodium Glutamate (MSG)
 - Nutmeg

FURTHER FOOD RESTRICTIONS AND ALLOWANCES

I highly recommend that you abstain from the following foods practices one week prior too, during and 3-4 days after the ceremony. I suggest eating grounding sweet foods for a few days after such as Pumpkin, Rice and Sweet potato.

As the medicine puts you in a heightened state doing this will help you to be grounded (Avoiding light foods is highly recommended)

DO NOT eat after 1pm on the day of Ceremony.

By eliminating the below foods from your diet, you will prepare your body physically for the journey and perhaps also reducing the amount of "purging" needed to clean your physical body.

In addition to the physical aspects, by showing your commitment and determination to the medicine and the master plants, you are creating the foundations of your relationship with them and offering them the respect which is essential for this work.

This is overlooked by many people but plays a very important role in preparation for the session.

THERE IS ALSO AN AYURVEDIC DIET-WHICH I HIGHLY RECOMMEND, CALLED THE 'SATTVIC' DIET.

By adding a few more restrictions too your <u>diet</u> a few weeks prior, this will enable a more stable approach to the medicine, as these eliminate foods that heighten sexual energy and any foods that cause stagnation in the body/emotions.

Please refrain from eating the following as they are 'Tamasic' in nature and have a dulling affect on the mind which is the opposite of what most people are looking for out of an Ayahuasca ceremony.

Garlic and Onions

Frozen Foods

Vinegar
Ice Cream
Yellow Cheese
White Sugar
Mushrooms
Red Lentils

By adhering to this aspect of the diet you will ensure the channels (srotas) are clear and that your subtle energies have limited blockages. Due to the nature of 'Sattvic foods' which are the purest of foods, having these type of foods incorporated into your diet will put a progressive state to your mental emotions.

HERE IS A LIST OF 'SATTVIC' FOODS.

Dates (fresh) Amaranth
Almonds Apples
Pine nuts Plums
Fresh apricots Asparagus
Artichokes, Pumpkins
Fruit juices (fresh) Ghee (exclude a few days prior)

Quinoa Grape fruits

Raspberries (small amounts) Sesame seeds
(hulled or unhulled
Grapes Green Beans
Basmati Rice Beetroot
Honey Dew Melon Blackberries
Strawberries Kale
Broccoli Kohlrabi Spinach

FOODS NOT RECOMMENDED ONE WEEK PRIOR

- No salt or pepper
- No sugar, sweets or chocolate
- No pork (minimum 2 weeks before and after)
 - No red meat
 - Minimum oils

(if you use oil, use olive oil very sparingly)

- No animal fats (lard, etc)
 - No alcohol

(minimum 1 week before and after)

- No fizzy drinks (including "diet" sodas, as these
- contain NutraSweet/Aspartame and other

sweeteners) no energy drinks, no nonalcoholic beer

- No heating spices eg. paprika, chilli, pepper, cayenne, cumin, cloves.
 - No ice, ice cream, or ice cold drinks
 - Minimal Dairy
 - Caffeinated drinks
 Alcohol

FOODS RECOMMENDED

Breads are usually avoided but if you can find a good sourdough this is usually okay (In small amounts as these are really heavy and can stay in your digestive tract for days)

- Cream Cheeses and Ricotta
- Steamed vegies and rice-rice pasta-tomatoes.
- Almonds are okay but avoid cashews because of

oil content

- Rice puffs with fresh fruit
- Coconut yogurt (found in good organic sellers - brand is COYO)

- Fresh fish
- Rice Milk
- Herbal Teas

(small amounts of honey)

A BETTER WAY TO BREAK THE DIET POST CEREMONY

As you have just spent the week prior to the ceremony cleaning and opening your energetic body you should also close your energetic field with certain foods 1 or 2 days after the ceremony *unless* you need to go out in public straight after the retreat - in this case you should do this as soon as you can. To do this I recommend eating the same foods that are used to close someones plant dieta. In Ayurveda these plants are considered dry, stimulating and pungent in nature also known as *Rajasic.* By eating these foods you will close your energetic field and thus seal any healing that has occurred over your retreat. These will also start to stimulate the mind and prepare you for the intregration. The foods to do this are - Red onions, Yellow chillies, Viinegar, Lemon and Garlic. Once you have eaten these foods your level of connection with the medicine will start to dissolve thus allowing

you to go about your day to day life without any problems that can arise from introducing substances etc into body and your disrupt relationship with Ayahuasca. By doing this you won't stop working with her but you are saying *I am ready to start the period of integration*. If you want to remain on the diet for longer I advise to not take any herbs or do have any sexual interaction until you have taken these type of plants.

MENSTRUATION

Within the Amazonian tradition as in other indigenous traditions women are not to receive healings or be placed within group healings while menstruation is in progress. During this time women become heightened in sensitivity and are also naturally expelling unwanted energies and physical material from the body.

There is the possibility of experiencing unpleasant interactions within one self or others in the group during this time.

SEX AND MASTURBATION

In conjunction with the food restrictions within the days leading up to the retreat sexual activity also needs to be ceased at least 4 days prior and best 1 day post. The reasoning behind this restriction is as the body is prepared as a vessel in which to take a sacred union with the plant it is vital to have our energetic system as clean and sealed as possible for this experience. Opening the energetic system through sexual activity beforehand can produce extra and unneeded complexity into the session of healing because of the passing of energy that takes place, this could eventuate in minor disturbances or major imbalance for the whole group and as such is seen to be of detriment to the process. Throughout the Amazon basin this is a serious understanding that is held across all Curandero's and healers of this practice.



ON MARIJUANA

Marijuana has a long history of ritual use and modern abuse, in Brazil it is often used within the Daime Church. Unfortunately I feel much of the sacredness of this plant has been left behind to create a feeling within one self which is often a route of escapism. I have observed on a repeated basis that continued use of this plant in this context results in virulent effects to all aspects of ones being. I find the plant closes off parts of people's energetic systems and can effect what energies are bought into the space for healing, I have also noticed deep fears coming to the surface with this plant and some people who use it do so as an avoidance of these and by opening this space around a

healing a projection of this energetic resonance is passed on to the rest of the participants.

Marijuana use in the ritual context is extremely strict and can take years (20) to master.

There has also been some documented use with this plant for the harming of others energetically also, therefore I would prefer that those wishing to participate refrain from its use before and during the retreat

HARPE

I understand that Harpe is a sacred medicine in its own right and has a very valid and important place in the clearing of blockages and elevation of self during ceremony. As this medicine breaks the blood brain barrier I would ask anyone who does this as a practice to please not do so during the retreat as it could introduce a pathogenic effect onto an individual receiving unbeknownst to the person offering and therefore become a hindrance to the healing taking place.

TOBACCO

Within the tradition of Vegatalism in The Amazon Tobacco is a great teacher and ally. It is told that the Tobacco taught people about the use of other plants. During a healing Tobacco is used for many purposes such as removal of pathogens, clearing of energy, protection and sealing in healing.

ON INCENSE, PALO SANTO AND PERFUMES

There is a whole tradition dedicated to the making and use of scents with sacred plants within the Amazon.

Perfumes and scents are used to remove/clear energies, change states and provide assistance during healing.

The opposite of this is that these scents can also be used to attract in energies and desires, this is not a practice adhered to by those working for betterment and healing for higher good ,more so for those wanting to manifest outcomes of desire or will.

This could become an anchor or catalyst (Psychoneuro - Conditioning) within someone's experience this includes wearing essential oils during a retreat.

Palo Santo is commonly used within ritual practice and ceremony, this plant does indeed has the mechanism to remove energies more so in the sense of neutralising counterproductive to the healing being performed by the plants.



WHAT TO PREPARE FOR

Firstly to step into this process takes much courage and will to have the desire to understand oneself in differing levels of reality and one should feel confident in one's self and mind that you are able to process whatever is presented to you. The guidance of the master plants creates a space in which we can explore ideas, identifications, programming and processes of what it means to be human and an individual.

Having faith in this guidance from the moment you have made the decision to patriciate will allow for the foundation of this work to begin to take shape within one's life in a positive integrated affect.

The forms in which this practice can take while in the healing experience are many and so not formulating expectations about how the experience may proceed or extend into ones session will provide you with the openness to explore without hesitation or assumption of what could develop.

It is true that the medicine can facilitate ecstatic experience, feeling of euphoria or dread in which the physical fabric can be altered to a degree of a dramatization through physical action or emotional expression.

It is also true of some individuals to receive deep healing without the form of dramatic visions or experience.

The purpose of this practice is not solely to create a visionary experience and I feel the categorization of this plant as Psychedelic has been detrimental for those looking for a definition in which to understand the nature of what they will or have experienced. This definition pertains to "the manifestation of mind".

Within the paradigm of the healing and the plants what is experienced is very real and true, in that moment expressions of both our psyche and the great expanse of what is available through touching places of consciousness outside of our immediate sensed domain can take place. For the one coming to this space then it is also pertinent not to pass judgement or make presumptions about the experience someone in your vicinity may be experiencing as an expression a deeper process, crying for instance could be a very positive experience. Persons interfering even with good intent could anchor in as an unnecessary intrusion on the expression and removal taking place.

This is a makeup of two plants one the vine that is the healer and the other the leaf which is the guiding light and vision, often the experience can be guided by vision however it is also common for no experience of a psychic or visionary nature to occur.

Some people may be left wondering why they have not had the experience of others. There can be varying reasons for this to take place such as, one may have a blockage that needs to be worked on before vision can be brought forth, this may be a fear, past drug experience, past memory or physical need for healing above any other state, one may have had a traumatic birth particularly if pulled or if the use of forceps was involved- the scull would have taken on trauma and the development of the pineal gland would be altered as such altering the effect of the plant.

I have found some of the most profound teachings and insights gained from this practice have come through staying present to the process of what is being made available within the body rather than looking or engaging with a process that draws one out through a visionary journey.

LA PURGA

Forms of purging vary and can take the form of obvious expelling such as vomiting, bowel movements, yawning or more subtle sensations such as sweating, crying, tear build up or phlegm build up, and sneezing. To stay sitting upright breathing deeply is the best way to stay present to the process and assist in the unfolding of release that may take place. If you lay down during the experience it can be taken that you are not fully present to the plants and if a strong experience derives out of this it can become more difficult to work through once submitted in this way. In saying this some individuals may be directed to lay down for specific actions and healings to take place or in order to remove some resistance that one may be creating by siting up. If one feels like vomiting, breathing is the most assistive tool communicating with the medicine as to where this expelling is derived to give you a greater understand of that you are expelling. Sometimes the experience may be faster than one can comprehend and in this moment it is wiser to surrender to the process and

release what is coming to the surface out. As the experience begins one may feel an energetic opening of lightness within the body and head as this experience deepens one may feel the pelvic cavity within the body widen and open and sometimes this can emulate the experience of needing to use the toilet. Sometimes this is a distraction that is created in order to take one away from the experience of what is in need of expression or attention and one may get up to go to the bathroom and then the feeling will leave. In this situation I would advise sitting and breathing as much as possible observing the sensation of what needs to be addressed. If one feels the need for extra assistance on top of what is already being done one can just ask or call out.

PATHOGENS AND EXTERNAL ENERGIES

I use the word Pathogen as a defining categorisation of how I view an intrusion within a patient. A Pathogen acts as an agent that carries an illness or intrusion into the field of the body. The ultimate goal of this practice is to achieve balance and wellbeing in one's health and understanding of self. During the process of healing and investigation it can become apparent stories are being carried about ourselves that are no longer relevant, in assistance and sometimes detrimental to our development. Further to these stories sometimes the development of illnesses, emotional and or physical can develop within the fractured places of the energetic body. In order for repair to take place these energies need to be dispelled from the body and with the plant as a tool and guide a more potent potential is made possible for this to take place. With this understanding I want to make it clear without the framework to remove these energies from the space of the ceremony others can become at great risk of taking on or receiving others dispelled energies. Additionally

to this the opening up of the energetic body into a multi-dimensional state is a very serious matter; done in the circumstances of an unhygienic space or "facilitator" can provide for the intrusion of energies known to us as entities - Please see my short article on this below. I have had to assist in some cases of invasive energies such as these, once installed into the system they can become particularly difficult to remove and then clear the damage caused in their wake. I write this as an accession to everything else I have written above so the understanding is created about the importance of transparency, cleanliness and process of how this format of healing is developing and so you can have an understanding of what is being alleviated, removed and brought to attention within these

spaces.

PLANT BATHES AND PRACTICES PRIOR TO CLOSE THE ENERGETIC BODY POST CEREMONY.

Within the practice Curanderismo Plant
Bathes are an integral part of the healing and
cleansing process, different mixtures of plants
can be used for treatments of illnesses and
preparing one's body for the plants to enter
into the body. Although limited in my capacity
to make mixtures similar to those within The
Amazon

These are the recommendations for post ceremony energetic cleansing or closing the energetic body.



- 1. Start with a bath in salt water (a bath with warm water and natural salt if possible like Guérande's).
- 2. Immediately after bathing with flowered water (sage, lavender, thyme, basil, mint or any other with pleasant smells, crinkle and crush the leaves by hand and place in a container with lukewarm water, let it steep for half an hour to an hour before using, you can add a little tobacco and Agua florida)

This can be repeated 3 nights in a row

- 3. Rub the entire body with olive oil every morning.
- 4. Eat well with nutritious and vitaminized foods and natural nutritional supplements such as maca, coca flour, sacha inchi oil, royal bee jelly, etc.
- 5. Take ampoules of sea water (isotonic bioceane in pharmacy) at a rate of 2 to 6 per day.
- 6. Brain tonics generally prescribed for memory and mental disorders ie Brahmi, Vacha, Ashwagandha etc (generally in the form of syrup with 2 tablespoons per day).

- 7. Magnesium chloride powder, 33 gr in a bottle of lightly mineralized water (Volvic water, Mont Roucous) and drink half a glass 2-3 times a day, adding the glass before taking a fresh lime juice.
- 8. If you have trouble sleeping, take 2 capsules of Valerian 500 mg 20 minutes before bedtime or passionflower.
- Chew a decoction of wild cinnamon bark at will.
- 10. Breathwork or Nadi Shordan Pranayama once a day.

Talk to a Psychologist at Takiwasi Centre in Peru if you sincerely are not coping or have integrated some undesirable residues or energetic pathogens.

Signs that someone has come into your energetic body or you have been attacked or have picked up something are –

- Ongoing headaches
- Nightmares
- Suicidal thoughts
- Paranoia

- Pain or pressure at the base of the skull
- Excessive delusional thoughts
- Insomnia

Just too name a few

Before participating in a ceremony I personally recommend these additional practices for keeping the energetic body clear.

A 5 day Ayurvedic detox

Being strict with pre and post diet.

Give yourself a plant bath with the plants above on each day you're drinking.

Find organic Tobacco and try to smoke throughout the night like it's a cigar.

Keep your head covered after a ceremony ie Stay out of the direct sunlight.

Don't touch any other participants until the next day.

Don't do post ceremonial sharing.

Don't clean someone else's purge.

Do a purge if you are/were a heavy weed smoker once a day for 3 days prior to ceremony and just be respectful.

Chewing Cinnamon Bark for a few days afterwards will help to close the energetic body also

Here's a Plant bath to help open up positive pathways.

1L boiled water

1 cup Agua florida

1 cup of Agua Kananga

A 10 handfuls of rose petals

1 twig of Rudo/Ruta graveolens

1 twig of rosemary

10-15 Basil leaves

A handful of Bay leaf

A few sticks of Cinnamon

1 tsp of honey

7 drops of perfume, Amber, Cocoa or Pasunga

2L mineral water

Boil the first 4 raw ingredients then when its warm add your perfume. Then add mineral water, when it's completely cold add the honey.



CLOTHING

Dress in loose casual clothing, I ask people not to wear any synthetic or plastic clothing as this can carry a *negative charge* within your energetic system.

MUSIC FOR CEREMONY

Many people these days often use a playlist instead of the traditional silence (except for the sound of the jungle and Ikaros).

Here are two I have on our Spotify that I have made especially for Ayahuasca ceremony using many songs I have gathered over the past 10 years.

https://open.spotify.com/playlist/4aQzdALVv MjI6P13fLQrqo?si=36fff84925eb4689

https://open.spotify.com/playlist/7KiVJmgN2P GsftNzlNig8q?si=8f86287ef4574f3e





ALMOND MILK, COCONUT AND BERRY SMOOTHIE:

- 1/2c unsweetened almond milk
- 1 1/4c coconut water (unsweetened)
- 1c blueberries- pref frozen
- 2/3c raspberries-pref frozen
- 1 avocado
- 3 tbsp fresh coconut meat if you have some on hand
- 1/2 to 1 tsp super greens powder

Method:

Simple - blend it all up!! Add more coconut water if the consistency is too thick.

PUMPKIN PIE SMOOTHIE:

- 1 cup steamed pumpkin or organic canned pumpkin
- 1 cup thick organic coconut milk
- 1/4 cup almond milk
- 1/2 avocado

Method:

Just blend it all up and pour into a cup.

GREEN SMOOTHIE:

- 1/2 avocado
- 6" pc cucumber
- juice of 1/2 lemon
- 2 sm kale leaves
- 2 lg stems of fresh mint
- 1 sm firm pear
- 1 cup unsweetened coconut water or filtered alkaline water

Method:

Just blend!

ANOTHER GREEN SMOOTHIE:

- 6" piece of cucumber
- 3 medium Kale leaves, torn
- 5 stems fresh mint
- 3 stems fresh parsley
- 1" piece fresh ginger
- 1 avocado
- 1 cup coconut water (unsweetened)
- fresh juice of one lime

Method:

Just blend and drink!

BREAKFAST:

FRUIT AND QUINOA PORRIDGE:

- 1 cup quinoa, rinsed
- 3 cups unsweetened almond milk
- 1 med apple chopped small (save some for garnish)
- 1/2 cup raw walnuts, chopped
- 4 tbsp raw sunflower seeds
- 1 cup fresh organic blueberries

- 1. Add the quinoa and almond milk to a pan or pot and bring to the boil. Reduce to a low heat for 5 minutes.
- 2. Add in the chopped apple, walnuts, seeds and fruit and mix it all up.
- 3. Leave on the low heat until more liquid is boiled off or serve now if you like it more liquidy and runny.

BLUEBERRY AND A VOCADO SMOOTHIE:

Note: This could also be used as a dessert.

- 1/2 cup unsweetened organic almond milk
- 2 tbsp chia seeds
- 1 cup frozen organic blueberries
- 1 organic avocado
- 2 tbsp more almond milk for blending
- 1 cup raw organic buckwheat groats, soaked w/filtered water for 30-60 mins- rinse well and drain
- juice of 1/2 organic lime
- 1/2 tsp grated fresh organic ginger Method:
- Combine 1/2 cup almond milk, chia and let stand for 5-10 mins until the milk thickens

up.

- While your cooking your milk, place avocado & blueberries in blender. Then add chia mixture and blend well. Add almond milk for consistency.
- Combine buckwheat with lime and ginger and spoon on top of pudding. Add some mint as a garnish f you like.

MILLET AND RASPBERRY AND MINT BREAKFAST:

- 1 cup millet
- 2 cups filtered water
- 1 1/2 cup unsweetened almond milk
- sunflower seeds
- chopped walnuts
- raspberries
- fresh mint

- Place the millet and water in sauce pan and bring to boil.
- Reduce the heat to low, place lid on pan and simmer for 10-15 mins until water is

fully boiled off. Turn off heat and let sit for 10 mins.

- Add 1 cup almond milk then turn heat back on for 1 min until almond milk the mixture becomes a little creamier.
- Spoon portions into open bowls and sprinkle with nuts, seeds, raspberries and chopped mint.
- Serve with almond milk.

Salad - lunch or dinner:

RAINBOW SALAD WITH AVOCADO AND LEMON DRESSING:

Makes 2 large bowls of salad and dressing.

- Arugula & Baby spinach greens
- 1 yellow beet, grated or spiral cut
- 2 carrots, ribboned w/ peeler
- 1/4 red onion, thinly sliced
- 6 slices yellow pepper
- pea shoots
- 1 avocado
- micro green or sprouts
- 1 avocado, sliced
- chopped or slivered raw pistachios

Dressing:

- 2 juiced lemon
- 1 avocado
- 1 1/2 tsp chopped red onion
- 6 basil leaves
- 6 stems fresh dill

- In each salad bowl place a generous handful of arugula, then top with beets and add the other veggies.
- Then add with the pea shoots, micro greens and finally top with pistachios.
- For the dressing, place all ingredients in a blender and process until creamy.
- Pour it into a side dish and spoon it on the salad as you like.

SUPER SALAD:

- 1/2 head of your favorite lettuce.
- handful spinach
- handful of baby kale, torn
- 10 stems parsley, chopped
- 10 stems cilantro, chopped
- 1 handful pea shoots
- 1 handful sprouts, broccoli, alfalfa, radish etc.
- 1/2 carrot, julienned or grated
- 6 cherry tomatoes, halved
- 1/2 cup thinly sliced red cabbage
- 6 radishes, quartered
- 1/2 stalk celery, sliced
- 1/2 watermelon radish, slivered
- 1/2 avocado, sliced

Dressing:

Drizzle with lemon.

- Place greens on the plate and arrange all the veggies around the edge adding the pretty radish in the center.
- Serve with dressing and toss salad well.

MEALS WITH GRAINS, BEANS AND LENTILS

QUINOA AND ROASTED TOMATO SALAD:

- 2 dozen cherry tomatoes sliced in half lengthwise
- olive oil drizzle
- 1 cup quinoa soaked in 2 cups of water for 15 mins
- 1 cup chopped flat green beans blanched 2-3 mins
- 1 cup sliced baby carrots blanched for 2-3 mins
- 10 chives chopped
- 10 basil leaves chopped
- 1 1/2 tbsp fresh squeezed lemon juice Method:
- Place tomatoes on parchment, drizzle lightly with olive oil. Roast carefully on BBQ or in oven for approx 20-30 mins.
- Drain quinoa thru fine sieve and rinse. Place 2 cups of fresh water and quinoa in med sized sauce pan on high heat and bring to boil, then reduce to med low and

simmer for 15 mins. Remove from heat to let it absorb water. After resting for about 10 mins, if any water remains, drain well. Place in large bowl and allow to cool.

- After blanching carrots and beans run under cool water to stop cooking and allow to cool, then add to cooled quinoa.
- Add cooled roasted tomatoes and chopped herbs to mixture.
- Combine olive oil, lemon juice.
- Add dressing to quinoa mixture and combine gently.

LENTILS WITH TOMATOES AND GREEN SPROUTS:

- 1/2 cup sprouted lentils
- 1 1/2 cups of water
- 1/3 cup minced shallot or white onion
- 1 tbsp extra virgin coconut oil
- 1 cup diced tomato
- 1 tsp fresh grated ginger
- 2-4 tbsp filtered water
- 2 cups fresh spinach, chopped
- 2 cups baby kale, chopped

- Start with cooking the sprouted lentils in the water. Bring to a boil, then cover and reduce heat to low and simmer for up to 20 mins. When the water is nearly all absorbed turn off heat and leave covered until ready to use.
- In a pan add onions and cook over medium low heat until onions are translucent.
- Add tomatoes, 2 tbsp water heating until bubbling and then reduce to low and simmer fo 10 minutes.
- Add the grated ginger and stir well.
- Toss in the fresh chopped greens, 2 more tbsp of water and melt the greens into the mix stirring heating thru for about 1-2 mins.
- Now add the cooked lentils and stir to combine.
- Serve!

BROCCOLI AND QUINOA SALAD:

- 3 cups cooked quinoa- see method below
- 5 cups raw broccoli, cut into small florets and stems
- 2/3 cup raw nuts cashews, almonds or pine nuts
- 2 tablespoons fresh lemon juice (usually 1 med. lemon)
- 1/4 cup almond milk (unsweetened)
- sliced avocado

- Cook the quinoa by using: 2 cups water and 1 cup rinsed quinoa and bring to boil and then simmer for about 10 mins untill water is mostly absorbed.
- Then set aside with lid on for a wee bit to soften further and absorb remaining liquid.
- Stir and then allow to cool.
- Pour off any excess liquid.
- Bring a pot of water to boil.
- Add the broccoli and allow to turn bright green with just 1-2 mins of cooking time.
- Drain and then run cool water over to stop it from cooking further.

- Then set aside 3 cups of this cooked broccoli for use later.
- Now, combine remaining ingredients except the almond milk in a food processor and blend creating a finely blended mixture.
- Add the milk and mix it until combined but not too pureed. Combine this mixture with the remaining 3 cups of broccoli.
- Grab a plate and add toppings of sliced avocado combined with a generous heap of mixed greens.
- Try for 50% mixed greens and 50% quinoa salad.

VEGETABLE QUINOA PATTIES WITH SIDE SALAD:

- 1 cup of dry quinoa, cooked in 2 cups water.
- 1 very large sweet potato, peeled, diced, steamed, mashed.
- 1 cup finely diced red onion
- 1/2 cup finely diced red pepper
- 1/3 cup chopped fresh cilantro
- juice of one lime

Method:

- In large mixing bowl, place cooked quinoa and mashed sweet potato.
- Saute onions and red pepper. Allow to cool and then add to mixing bowl.
- Add the remaining ingredients to bowl. Stir to combine them all.
- Heat a pan on medium and form mixture into patties. Gently turn into pan. Brown gently on both sides. Remove from heat and put directly onto dining plate.
- Repeat until you have enough for as many as you are serving.
- Handle with care as they break easily these patties.

FISH MEAL:

On an Ayahuasca diet you can once in a while add some fish. Maybe once per week is sufficient.

SALMON AND LEMON PESTO:

- 6 fillets of wild salmon with skin on
- 2- 12" long cedar plank soaked for 30-60 mins in water.

- 1 1/4 cups roughly chopped parsley
- juice of one lemon juice
- zest of 1 lemon
- 1/2 c raw nuts (pine, walnut or cashew or a combination).

Method:

- Combine all the pesto ingredients in a food processor. Mix well. Pesto should not be runny.
- Rinse and then pat the salmon dry. Remove cedar plank from soaking tub and lightly pat surface dry. Place salmon on plank skin side down.
- Spread pesto generously on the surface of the fish.
- Place planked fish on pre-heated bbq grill with lid closed.
- Grill until it flakes and a butter knife inserted in center portion is hot when removed.

This is about 10-20 mins depending on size and thickness of fish.

- Remove from grill and then from plank and allow to stand for a couple minutes.
- Serve with some cooked broccoli or a side salad.

VEGETABLE BASED MEALS:

ROASTED SEASONAL VEGETABLES:

- 2 bunches radishes halved
- 1 dozen brussel sprouts halved
- 8-12 sunchokes, cut in 1"pcs
- golden beets quartered
- carrots, sliced length wise in half or quarters depending on size
- sweet peppers halved and seeded
- 1/2 acorn squash, seeded and diced into 1" pcs Method:
- Preheat the oven to 350 farenheit.
- Begin washing and chopping your vegetables.
- Toss all chopped veggies.
- Place the vegetable mixture on two shallow roasting pans or trays and roast for 40-60 mins until just fork tender.

MARINATED KALE AND ROASTED VEGETABLES:

- 1 med sweet potato, 1/2" diced
- 1 large beet 1/2" diced
- 1 onion 1/2" diced
- 5 cups kale, ribs removed and chopped into bite sized pieces
- juice of 1 lime
- 1 avocado, pitted and diced

- Preheat oven to 350 farenheit.
- Toss sweet potato and lay one end of a baking tray lined with parchment paper.
- Repeat with onions. Pour alongside the potatoes in a bit of pile so they cook slower that the rest. Do the same with the beetroots.
- You can mix them all together if you don't mind the beetroots bleeding into everything else.
- Roast the veggies for 30 mins or until fork tender.
- While they are cooking, place lemon juice into a large deep bowl and add the

remaining ingredients. Massage till the avocado is completely creamed through the greens and they have softened, ie approx 1-2 mins.

Divide onto plates and top with roasted veggies.

DESSERTS

Some of the previously mentioned desserts, noted as Smoothies above, could also be eaten as desserts.

Click here to see the Smoothie style Desserts
But if you like a fruit salad style dessert here is a
good one.

DRAGON FRUIT, POMEGRANATE & MACADAMIA FRUIT SALAD:

- 4 cups fresh greens.
- 1 dragon fruit, skin removed and diced
- seeds of 1 fresh pomegranate
- 1/2 cup raw macadamia nuts
- 1 avocado, sliced.

Method:

Divide greens between 2 large bowls and top with remaining ingredients.

Banana and mango fruit salad:

- 2 bananas
- 1 mango

Method:

Chop up the banana and skin and chop the mango and mix in a bowl. Simple:)

Soups:

GREEN VEGE SOUP WITH AVOCADO AND CILANTRO:

- 1 avocado
- 1 small zucchini
- 2 stalks celery
- 2 cups raw spinach
- 1/4 cup fresh parsley
- 1/2 cup fresh cilantro
- 2 slices green pepper
- 1/8 cup raw onion
- 1/4 cup raw almonds preferably soaked over night and rinsed
- 1 1/2 cups filtered water
- juice of 1/2 to 1 lemon
- 1 small watermelon radish for garnish, diced small

- Place all the ingredients in the blender and process to desired consistency and warmth (if you have a VitaMix).
- If you have a regular blender you can pour into a pan and warm over low heat until warm enough to enjoy but not hot.
- Add a squeeze of lime juice to brighten the flavor if you wish, garnish with radish.

HEARTY VEGETABLE SOUP:

- 1 onion
- 3 large carrots
- 3 potatoes
- 1 cup diced autumn squash of your choice
- 2 large tomatoes
- 4 ribs celery
- 2 small zucchini
- 1 red pepper
- 1/2 cup fresh chopped parsley, additional 2 tbsp for garnish
- For Broth- additional veggies required
- 1/4 onion
- 1/4 small cabbage
- 2 small zucchinis

- 4 carrots
- 4 ribs celery
- 1/2 red pepper
- filtered water

- Run all broth vegetables through a juicer and set aside.
- Get a large pot add diced onion and 2-3 tbsp filtered water, steam fry for a few minutes until onions are translucent.
- Add broth and one cup of filtered water.
- Heat the broth and then add carrots & potatoes & squash. Simmer for 5 mins.
- Now add celery and zucchini and simmer for 5 mins. Then add peppers and tomatoes then simmer for 5 more mins.
- Add a little bit more water, 1/2 cup if broth seems too little.
- Ladle into bowls and garnish with fresh chopped basil and parsley.

HOT DRINKS:

STRAWBERRY ALMOND STEAMER:

- 2 cups organic almond milk, homemade if you have.
- 10 fresh or frozen organic strawberries.

Method:

- In a pan gently warm almond milk untill just hot to the touch.
- Pour almond milk into your blender and add remaining ingredients and blend until creamy and smooth.

COLD DRINKS (NOT SMOOTHIES):

GREEN LEMONADE:

- 1 apple (may leave out if you wish for no sweetness)
- 1 lemon peeled
- 3/4 large English cucumber or one small
- 2 large kale leaves

Method:

Run all ingredients through juicer, stir, test for flavor and enjoy.

CARROT AND LEMON JUICE:

5 peeled carrots, ends trimmed, 1 lemon peeled (peel all citrus fruit prior to juicing).

Method:

Place in juicer and drink ASAP.

Beet, Lemon and Ginger Juice:

- 4 medium beets peeled
- 1 lemon peeled
- 1 1/2 inch piece of ginger

Method:

Place all in juicer and drink ASAP



AYURVEDA AYUDA AYAHUASCA -ARTICLE

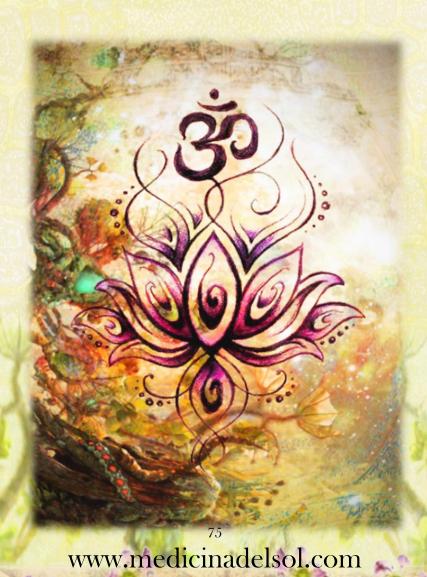
This a pretty formal article written many moons ago but one I truly can confirm is perhaps the best preliminary advice for anyone wishing to do this work. The key to a cleaner more stable foundation for achieving a profoundly deeper experience. It also outlines some of the Ritualistic and Traditional tools of the practice.

Over the last million years or so, we as humans have been provided with ways of furthering our consciousness or changing our perception of our world, ourselves and our relation to the cosmos. With the use of certain practices, disciplines, rituals and entheo-medicines we have enabled ourselves to perceive and understand the sacred thread that weaves us all together and can help us attain the state of pure wisdom.

I understand and respect we all have our chosen path towards a spiritual or karmic way of life (Sadhana/dharma). But with this said, I have practiced this approach and I feel when used together has huge benefits for us as individuals and as humanity as a whole.

Brahmacharya

Brahmacharya which we all can achieve, is associated to being able to achieve a state of pure thought and awareness (that's beyond mind) and provides a base to self-educate and seek all there is to know without outside input. Normally there are 7 ways of learning or enabling absorption of knowledge. Visual (spatial): You prefer using pictures, images, and spatial understanding. Aural (auditory-musical): You prefer using sound and music. Verbal (linguistic): Words, both in speech and writing. Physical (kinesthetic): Hands and sense of touch. Logical (mathematical): Reasoning and systems. Social (interpersonal): Learn in groups or with other people. Solitary (intrapersonal): Work alone and use self-study. All of these in day to day life can be used to grasp a topic; I would personally like to share my empirical perspective of the union of two amazing medicines that enable us to expel any emotional, physical and spiritual issues and enable a state the Yogis call 'Brahmacharya' or 'Samadhi' to develop. An example of perceiving this magic was a comment by a fellow Ayahuasca ceremony attendee – "that I learnt more about myself and my role in this world, in 8 hrs than I have in the past 35 years".



Ayurveda

The history of Ayurveda is said to have orig<mark>inated in India s</mark>ome 5000 years ago when there was an urgency to manage some psychological, physical and spiritual health afflictions. History states that the enlightened beings (Sattvic) went up into the Himalayas, meditated and brang forth from the 'source' this science of life. Ayurveda which means the 'Science of enlightenment' illuminates, incorporates and has a direct relationship with all the healing practices from around the globe. As such, they can all find a home under the Ayurvedic umbrella whether it be Chinese Acupuncture that uses 'meridians' which Ayurveda refers to as 'Nadis' or Massage which Ayurveda calls 'Abhyanga'. The concept of the Ayurvedic system states that through the implementation of dietary and daily practices we can enable the body to remove Toxins (AMA) and darkness (TAMAS) from our mind, body and spirit thus helping us reach a state of harmony and balance called 'Sattvic'.

This is the key, if we understand the basis of what 'SATTVIC' means, which is to become more aligned with mind, body and spirit; this allows us to become more heart orientated so we can tap into the 'collective consciousness' (C G JUNG) or 'Godhead/Atman'. With this said, it does take years to be able to create and cultivate such an inner stillness that facilitates the opening of our 'third eye' thus tapping into your own innate psychic abilities; which is an innate ability for all humans.

Think with the heart this is where it starts.

The guru is you, teachers are merely inner seekers.

Ayahuasca

The indigenous medicine Ayahuasca is found in most of Northern South America. This medicine has been used for '1000's' of years and has been associated with the healing of cancerous growths and severe mental conditions, alongside the implementation and administration of different Amazonian plants.

The brew itself is the marriage of two plants the Ayahuasca vine (Banisteriopsis Caapi) which is an MAO inhibitor used along with the plant 'Chacruna' (Psychotria Viridis) that contains this psychoactive ingredient 'DMT. Although our bodies cannot process this DMT without the MAOI's found in the Ayahuasca vine (This practice has a wide array of beliefs and rituals associated with shamanic healing, trying to explain them all here holds little relevance to what I am trying to describe). Our pineal gland naturally produces the substance (DMT) and this pineal gland is associated with our 'third eye' chakra and is also referred to as 'the seat of the soul'. Ayahuasca known as the 'vine of souls' when used in a sacred ceremonial context, can give us the ability to tap into the realm that I believe the 'Yogis' of ancient India were opening up through extended periods of meditation and dietary restrictions. Many people have more capability of activating their third eye/pineal glands, though some people may need a little more of 'flick' of the 'switch' so to speak.

I would like to emphasize that drinking Ayahuasca without a reputable and experienced shaman present is very dangerous and can in some cases lead to a fracturing of one's aura, leaving you open to possible entity possession/mental and spiritual derangement. This has been the way with these type of medicines throughout the globe and unless one has done the adequate work to protect themselves; one should never use it alone. Please use this medicine only in a ceremonial context and never use it just on a whim. Both these two medicines begin with the sound 'Eye'. The primordial vowel of these two words 'Ay'-ahuasca and 'Ay'-urveda is also the resonance or 'tone' of the third eye or 'Ajna', effecting and opening up the cosmic body with its core functions are Intuition, connection with higher self and the ability to see without filters of the 'Mind'. During my recent visits to Peru, I was undertaking the Ayurvedic diet and lifestyle and was amazed to see the similarities between the diet and

healing practices of these two approaches to healing and energetic re-calibration. With persisted use of this Peruvian medicine alongside the Ayurvedic lifestyle and Sattvic diet, I have started to open up to the realm of 'Brahmacharya' which has enabled me to learn more than I ever thought would be possible without a Teacher/Guru . Below I raise a few concepts which I will demonstrate and articulate an organic practice that will possibly allow each and every one of us to learn that which already resides deep inside (Vritti). In the past the 'Yogis/Rishis' meditated in secluded caves on the divine, reaching heightened states. The sacramental use of the Ayahuasca brew helps us to reach this state via the plant world while also connecting and reflecting us back to the 'Mother Earth'. Within the multidimensional visionary aspect Ayahuasca provides, there can be the desire to have a outer body experience nevertheless but what would truly benefit the participant is to have an inner body experience (One which brings us back into the moment

and union with the source without being distracted, perplexed or ungrounded).In Ayurveda there are three dosha's each made up of a combination of the 5 elements. Ether, Air, Fire, Water and Earth

Our Doshas are made up of a combination of these-

Vata – Air/Ether Pitta – Fire/Water Kapha – Water/Earth

We are all generally a combination of the two elements but it is possible to have a triple dosha

My body type is predominantly VATA (air and space) so even though the first few ceremonies were amazing, though it did take me a long time to come back to grounding and integrating these new found states into traits, stages etc.

This is where the Ayurvedic model/system identifies our inclination towards becoming 'airy' or 'ungrounded'. I feel Ayurveda cleary enables and facilitates us to have these experiences, helping us move into this stage of being much quicker and gentler. As these experiences can aggravate the 'Doshas' if care is not taken in the process so being aware of your 'Dosha' prior to 'sitting' can help you understand what foods to eat or what Aromatherapies to acquire to help bring you back from this heightened state. Now let's take a look at how to get to this place of wisdom, while keeping our feet somewhat on the Mother Earth.



In Ayurveda when the entire energetic body and physical body is in a state of homeostasis we produce a 'substance' called 'Ojas' which is our vital primordial essence that comes from ether or spirit. It is said to have the texture of ghee and the colour of gold and is responsible for higher states of consciousness - immunity, purity of thoughts, perfect health, positivity in feelings, love, joy, better immunity, longevity, intelligence, creativity, memory, bliss, and thought/mental processes. The inability to create these Oja's causes fear, physical and mental weakness; impaired mental functions, and tissue dryness. These precious Oja's can be depleted by pretty much any health defeating factor. In particular, Ayurveda blames trauma, serious malnutrition, grief, anger, mental stress, physical hard work, and hunger. For our bodies to create Ojas we must first rid our 'whole' bodies be it mental, physical, energetic or spiritual of 'Tamas' and 'Rajas'.

This brings me to the three 'Gunas' which I will describe in short so not too lose you in Ayurvedic philosophy. The Gunas are the three states of the mind which arise from the ether called 'Prakruti'. These can be increased or decreased, with our objective in life is to move into a 'Sattvic' state and away from our current state (Vikrutti).

1) TAMAS – This first state which is a state of darkness, inertia, inactivity and materiality. Tamas manifests from ignorance and deludes all beings from their spiritual truths. To reduce Tamas avoid tamasic foods, over sleeping, over eating, inactivity, passivity and fearful situations. Tamasic foods include heavy meats, and foods that are spoiled, chemically treated, processed or refined. The accumulation of this Guna is clear to see in modern society just go to your nearest fast food restaurant and observe the behavioural and traits of all people who partake in a Tamasic way of living; and you will see darkness in the form of attachments, fear and there need to acquire more thus the cycle of Maya (illusion) present.

2) RAJAS is a state of energy, action, change and movement; The nature of Rajas is of attraction, longing and attachment and Rajas strongly bind us to the fruits of our work. To reduce Rajas avoid rajasic foods, over exercising, over work, loud music, excessive thinking and consuming excessive material goods. Rajasic foods include fried foods, spicy foods, and stimulants. People who have these are not necessarily drawn away from the 'source' but more inclined to be more ego driven and to acquire more in the form of knowledge experience and outside luxuries. A rajistic mind is said to be one that always asking questions and is always seeks.3) Lastly the state of 'Sattvic' this is a state of harmony, balance, joy and intelligence. Sattvic is the Guna that 'Yogis' move towards as it reduces Rajas and Tamas and thus makes liberation possible. To increase Sattva reduce both Rajas and Tamas, eat Sattvic foods (which are available in the Ru vedic Alive the five post) enjoy activities and environments that produce joy and positive thoughts. Sattvic foods include whole grains, legumes, fresh fruits and vegetables that grow above the ground. All of the yogic practices were developed to create Sattva in the mind and body. Thus, practicing yoga and leading a yogic lifestyle strongly cultivates Sattva. Now if we look at the 'diet' you need to undergo as to be able to really allow Ayahuasca to do her work, its made up of NO, SALT SUGAR, OIL, DAIRY, ALCOHOL, SEX or SPICES including PEPPER ETC. This diet that is not to be confused with the word DIETA, which is the shamanic process of the ingestion of certain plants; to acquire healing/teachings from the plant world. Personally I have done two with the tree Chuchuwausa, which I found too nourish and replenish the Shukra, Rasa, Rakta dhatus (The Seven body tissue's) This strict diet consists of mostly vegetables and some but very small amounts of fish (white meat) - All of which are 'SATTVIC in nature. With respect to eating vegetables (which both practices endorse) what I have truly found was that when we eat things that are close to the 'source' or

'primordial energy' we become more like 'light' which may lead us into the next stage of evolution which has been termed homoilluminous The plants take their nourishment from the Sun and when we consume them we get this energy firsthand. On the other hand if we eat an animal that eats the plant we are moving further away from the 'source'. Now look at where artificial or processed foods lye and you can clearly see most of us have moved further away from a Sattvic way of life and into a Tamasic de-evolution. When you adhere to this 'Oja' producing diet you are allowing your body to be open for healing thus limiting the need for the physical (vomiting or diarrhea) or emotional purge (which may manifest as yawning, crying or even laughter) all of which is a process of expelling 'TAMAS'. So what we have in common here is the idea of expelling the physical energetic and spiritual body of darkness. But it's not just in ceremony, there is also another Ayurvedic practice to remove dissonance of our state of being. This other aspect of expulsion of 'TAMAS' is done

through the Ayurvedic process of Pancha-Karma which is almost exactly the process used by the Shipibo/Conibo practitioners/Curandero's/Curandera's. The Five (Pancha) Actions (Karma) are much alike the healing style of the Curandero's and Curandera's of Peru, with exception of the last Two which i have yet to participate in. The Five Actions are - Sweat baths (vapor banacan or snahana) Vomiting (vomitivopurge-virechana) Massage (abhyanga) Nasya (elimination of toxins through the nose) Detoxification of the blood (Rakta moksha) It is not only the diet but also these other techniques that play a major role in healing the mind body matrix. Once we have removed toxins (Ama) from our whole bodies we can begin to move into higher vibration as the Rajas or Tamas have been eliminated and the 'Ojas' can now start to flourish. With addition to the Ayurvedic model, I feel the use of Ayahuasca in a ceremonial context will help you remove mental and emotional issues and will facilitate a faster healing experience.

Please beware If you are 'Vata' doing this practice in the long term without adequate 'down time' (eating ground vegetables) in between will lead to 'Vata' aggravation and actually hinder your healing. The night ceremonies could lead to a tendency towards insomnia and aggravate 'Pitta' - so adequate rest is recommended. If you are 'Kapha' and have an excess of 'Kapha' which expresses itself as excess mucous, thick, white tongue coat, sticky, sluggish bowel movements, high body weight, feeling slow, foggy, dull, lethargic or heavy, easily attached or possessive, overly sentimental, complacent or stubborn or a tendency for emotional overeating these methods will have the most effect and benefit. I will not go much further into shamanic aspects of the Ayahuasca practice as my seeds are grown within the Ayurvedic philosophy with my spours of shamanic understanding now starting to sprout. I will leave you with a practice you can take

I will leave you with a practice you can take with you.

When or if you plan to undergo this process which is becoming more of a draw card for spiritual seekers or those that need healing on a more spiritual/emotional plane. I recommend that before you go, you adhere to a 'Dosha' (body type) pacifying diet. This will allow the 'purge' to be less intense as you would have already begun the process of removing toxins (AMA) from your system. Please also be aware that when you are partaking in the use of this medicine, you are not around or touch other people as your 'crown' is open and unsanitary entities drop in. What is used when you need protection as this process will allow you to be extremely open, is the use of 'Pasangas/Shamanic aromas'. I will be adding a few activated Pasangas to my 'products' page. The way to use these is to meditate with them and put intention into them. Just before you go into or during ceremony rub the fragrance over your Crown and body.

Another method in protecting yourself is the use of tobacco/mapacho. While you are in ceremony, speak a prayer of protection into the Mapacho and ask him for protection. Then when you are in a state where you are losing yourself/ becoming too open- light the Mapacho take the smoke into your mouth make a saliva ball and swallow three times all the while asking the Mapacho spirit to protect you or to bring you back.

In closing Leading a Sattvic lifestyle a few months prior to attending a 'Ceremony' will balance your body and mind and allow you to be stronger and more open to healing. Also give some 'heart influenced' thoughts prior to ceremony for a intention or question for the medicine/your higher self. You will be amazed at how profound the answers may be (but keep them relative to what will help you heal yourself first, before moving onto the 'bigger' questions).

DARKSIDE OF AYAHUASCA AND A WORD OF WARNING.

Glimpse of the underworld/Brujeria

Unfortunately I had the 'privilege' to know this side of the practice. This is my experience with regards to intrusions and downright harm that may not be just your 'shadow-work'. The universal Darkness is necessary as it gives Life to Light but unfortunately the New Age perspective doesn't wish or have the capacity to take into account the use of high level witchcraft, entity possession, demonic exchange, rites and ritualistic invocations utilized to fulfill the will of many shamans who align themselves and use (sometimes unbeknown to them) these energies for far more than merely giving shade to the light.

These people who claim to be healers (often narcissistic) create relationships with these beings in the name of power and ego and what's worse is they initiate lost wounded healers who assume they're being lead down the path of Truth only to find (sometimes only by sheer 'luck') that their teachers are only out to energetically drain attendees and weave them into a web of 'evil' during ceremonies. (Viroti's etc)

(This was also quite common with the 60's GURU culture)

It's very common that once they find a pushback from the community they then push the blame back onto the participants **shadow nature** to nullify and remove all responsibility. This is an unfortunate thing in the Ayahuasca circles and this is not our 'shadow' but a well rehearsed use of black magik to feed the one who should not be **named**

The amount of participants I've seen personally who feel they got a coronation, initiation or induction into a lineage of light often are much farther from the truth.

I say this because after my many journeys and ceremonies with healers from around globe from the Kalawaya in Bolivia, the Tibetan Oracles of Ladakh to the Curenderos of the Amazon whom (coincidentally) all have tools, prayers, practices, offerings and plants to keep these dark entities from entering their space **DMT** is a great tool for 'demonic-like' energies especially when you're blasted into space rapidly, you have limited room to really view what may be happening because you're distracted by the visionary experience. In Ayurveda these hyper-realms are related to the primordial energy of Teja's, this when overused either naturally or synthetically can cause disillusionment and a disconnection with your heart-mind Nadi (energy channel) so please beware of the new fads giving credit to the more visuals or Psychedelia you have the more therapeutic it is - this is the contradiction

Finally. In Ayurvedic Philosophy -The shadow (Purusha) that's holding space for the light of creation (Prakruti) is **not** demonic but the one's trying to find a physical vessel (human body) are indeed looking for a host....

This is merely empirical advice and isn't a blanket statement as there is some very beautiful healing of the soul that can be achieved with these methods. By all means go find your own truth but maybe sometimes the path has already been cleared of the weeds.

All the best on your path and if you have any further question or want recommendations please feel to contact us via our Instagram

