

Preparation retreats Sacred Voyage with one or more plant ceremonies

In this document we give you information how to prepare for retreats with ceremonies. Please read it well and at least a week in advance, preferably longer.

We ask you to read Lars Faber's book *The Sacred Voyage*, which you can download from the website www.thesacredvoyage.com.

Most medicines cannot be combined with Voyahuasca. If you are on medication, you should check with your doctor / pharmacist as soon as possible to see if they can be combined with a MAO inhibitor (as in Voyahuasca). If they cannot be combined, you should consult your doctor or pharmacist if it is possible to temporarily stop the medication. Your doctor will determine if and how many days in advance you should stop taking the medication before drinking the plant medicine (either Voyahuasca or mother plant ayahuasca). We must be informed if this is the case.

Contra indications to drinking plant medicine with mao-inhibitor include high blood pressure, high blood pressure medications, and antidepressants. Also with kidney diseases it is strongly advised not to use these plant medicines.

If you have taken the covid vaccination make sure there are at least 3 weeks in between the jab and the ceremony. We take that amount of space because the effects of the combination of the jab and a mao-inhibitor are not known yet, neither are the effects of the jab itself. And it is still possible that you are contagious for others.

We ask that you not to take drugs or psychedelics for at least a month prior to the plant medicine ceremony. In this way, the intelligence of your body and mind opens up to the ceremony and you can contact the plant medicine in the purest way.

Wait at least one month after the ceremony to take drugs. In this way, the plant medicine can integrate into your body and mind without the drugs dominating the work of the sacred plants.

In fact, some medications and drugs are life-threatening dangerous when combined with plant medicine, such as GHB and cocaine.

As a further preparation for plant medicine; we ask you not to have (or at least very little) peak orgasms three weeks before the ceremony (meaning no ejaculation for men and no clitoral orgasm for women).

This will help you to improve the energy level in your body and therefore the plant medicine healing can take place at a much deeper level.

You can have sex, but without a peak orgasm. You can increase your sexual arousal to 70-80% and then relax your pelvic area; this way the energy can spread and circulate through your body instead of being released outside.

Fasting and eating

Three days to a week in advance; take a glass of purified or bottled water with the juice of a lemon and a teaspoon of baking soda (sodium bicarbonate NaHCO₃) every morning before breakfast. This will help you detox your body at a faster rate. Take care of yourself and feel what your body needs. Do not take pain killers.

We ask you to eat light and consciously at least 3 days before the ceremony: fasting with soups and juices or eating light vegetarian meals if you have to do physical work. Check the list of products that you should not eat in the last days /weeks before the retreat: MAO inhibitor list see on the website <https://thesacredvoyage.com/Form-Documents/>.

Just eat consciously and avoid drinking coffee and alcohol the week before the retreat begins. So that your system can open and become more sensitive. On the day of the ceremony we ask you not to eat at all. You can drink some water, herbal tea or juice. Do not take pain killers at all.

Clothing

During the plant medicine ceremony, wear white clothes and also layers of clothing so that you can adjust your temperature (at the beginning of the ceremony you may be cold and during the ceremony your body temperature may rise).

Bring a blindfold / mindfold.

Bring slippers or comfortable shoes, so you can easily put them on and off when you need to go to the toilet or outside.

Food / drinks during ceremony

We recommend that you bring a bottle of water.

After the ceremony, a light meal (fruit and bread) will be served. This will help you get grounded again.

We also recommend that you read the list of foods that you shouldn't eat until 8 hours after the ceremony (as they can cause headaches and nausea). Plant medicine is still in your body and will dissolve very slowly. The next day you can eat anything you like, but listen to what your body wants and especially doesn't want.

Personal questions / amulets

As mentioned in Lars's book *The Sacred Voyage*, you can ask the plant medicine questions about yourself. It is not necessary, but an option. We ask you to bring something from your childhood, a photo or (cuddly) toy. Experience shows that these can support you during your Sacred Voyage.

A Sacred Voyage takes 4 to 10 hours. This differs per person. You can stay as long as you like in the ceremony room after the ceremony to come back and feel grounded again. After the official closing time of the ceremony, the guides will not constantly be present in the ceremonial room. But you can always ask them if you need to and they will of course be there to check regularly if needed. Nobody is left alone while (still) in process.

Disclaimer

Ceremonies, workshops and retreats of The Sacred Voyage are intended for personal and spiritual development and cannot replace the work of doctors, psychiatrists or therapists in any way. We recommend that you always consult your doctor or psychiatrist before considering a Voyahuasca ceremony.