



WELCOME PACKET



Welcome to Sacred Sanctuary!

Thank you for trusting us in your journey. At Sacred Sanctuary, we offer a sacred space to allow for spiritual wholeness embodiment and transformation to occur with love and compassion. At Sacred Sanctuary, we believe you are already whole. You do not need to be “fixed” and Grandmother Ayahuasca cannot fix you. What the beautiful Spirit of Ayahuasca can do is bring to light that which no longer spiritually or functionally serves you. She will show you the thoughts, beliefs, behaviors, etc. that may have served you in the past, but that is no longer needed. Thereby making apparent your perfect wholeness already present within.

We are honored to be your spiritual guides during this special ceremony weekend.

Please notice that the ceremony has already begun for you once you’ve registered. It is normal to experience resistance or meet challenges as you are about to embark on a special journey. Please take unusual circumstances in stride and know that it is a good sign that the Universe is conspiring in your favor. Feel free to contact one of us for support if necessary.

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CONFIDENTIALITY :

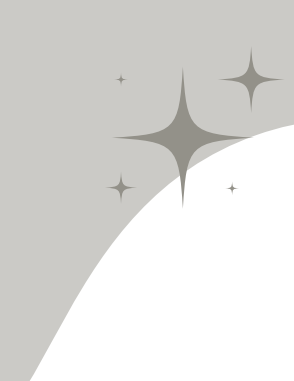
PLEASE KEEP ALL OF THIS INFORMATION STRICTLY CONFIDENTIAL AND DO NOT FORWARD ANY OF THESE EMAILS, CONTACTS, NAMES, TIMES OR LOCATIONS.



RULES and REGULATIONS

I understand that committing to respect common rules and regulations are for the best outcome, to create a safe and sacred space for myself, all the other participants, all the facilitators and volunteers, and the environment.

1. Once you've consumed the medicine, you are not allowed to leave the property.
2. If you came with a spouse or friend, we recommend not journeying next to each other.
3. No electronics in the ceremony space during ceremony, that includes phones, tablets, Apple watches and Android watches.
4. Please no talking to anyone or touching anyone else during ceremony.
5. Boosters (doses of our sacrament) will be available during ceremony, within limits determined by the spiritual guides. You may come to the altar to receive your booster if you would like more medicine at the time we announce they are available.
6. Please respect the ceremony space by observing sacred silence once ceremony has begun.
7. Hapé/Rapé, sacred tobacco snuff, will be offered during ceremony.
8. You are welcome to eat after ceremony once the effects of the medicine have subsided. Please stay away from the ceremony area to eat so as not to disturb the other guests who are still in the medicine. Please only eat the food that we provide. Please keep your voices down, and remember, some people will still be under the medicine.
9. For those who smoke, we do not allow smoking or vaping during ceremony or in the ceremony space. If you need to smoke once the ceremony is over, you may do so in our designated space. We do allow smoking of Mapacho during ceremony.
10. You are not allowed to consume any external substance or food during the ceremony weekend unless you have received prior approval by Sacred Sanctuary.
11. Please no undressing during ceremony. Also no swimming is allowed and no putting yourself or others at risk. No showers until ceremony is over and you are no longer feeling the medicine.
12. If there is anyone sensitive to smoke or has asthma, please let us know. We use Mapacho, Sage and Copal during ceremony.
13. During ceremony, we recommend not to drink excessive amounts of water unless directed to do so to help facilitate a purge by one of Sacred Sanctuary's facilitators.
14. We do not "should" on each other! We honor and respect everyone's process and speak from the "I Feel" instead of the "you should". We are not here to advise others, but to drop into your own experience and share from the heart. We own our projections and do the work to reach beyond. We respect each other's process, and give space for each person to work through that process.
15. We do not share others' experiences outside of the Gathering. Again, what happens in ceremony, stays in ceremony.



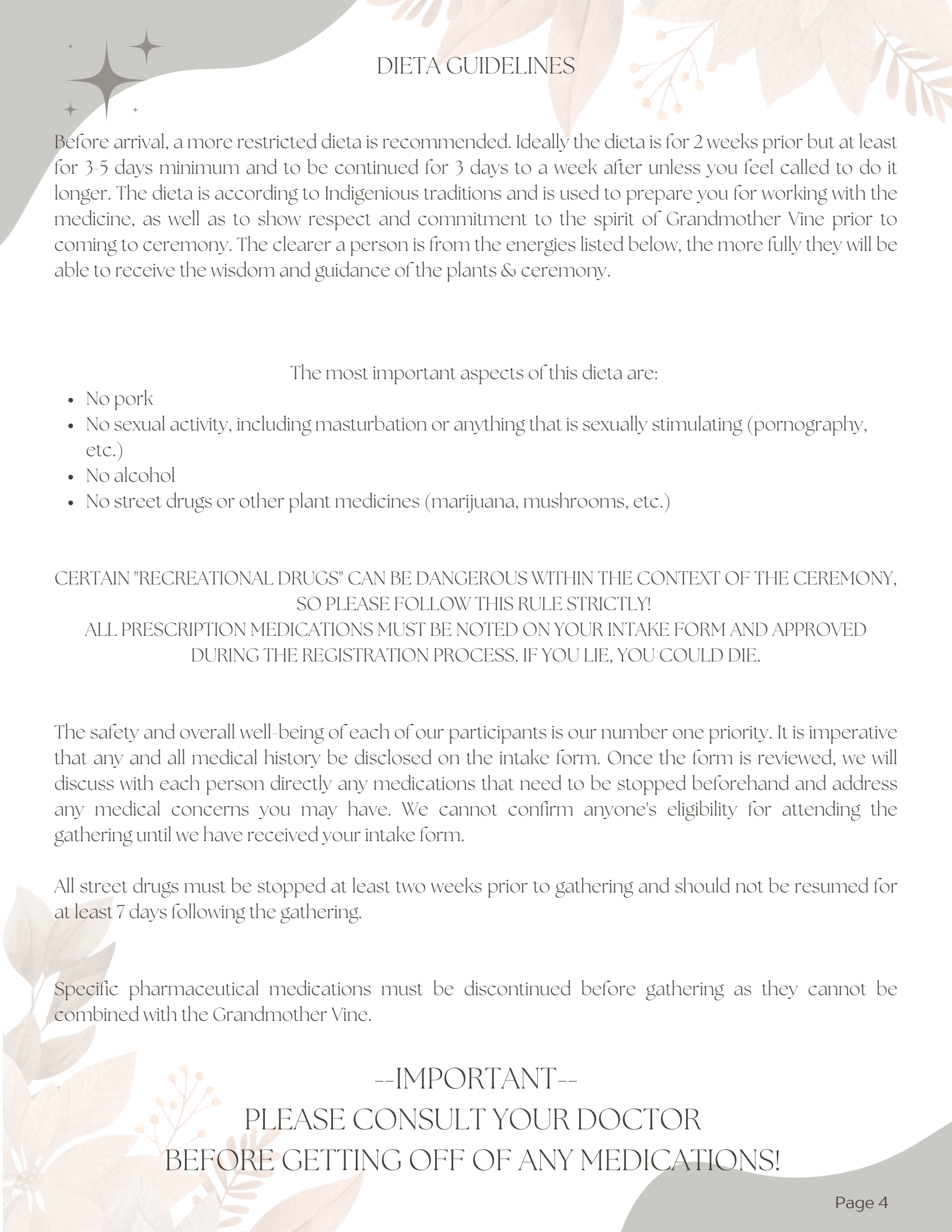
PREPARATION CHECKLIST

- Follow the Dieta for ideally 2 weeks prior (more info on page 5). In short, eat light and healthy in the weeks/days leading up to the gathering (nothing processed, no red meat, minimize salt & oil, no aged cheese and mostly vegetarian meals, if possible).
- Avoid non-essential drugs, supplements and alcohol, including marijuana, for at least 2 weeks prior to the session to support a clean, open inner space for the work. Check with your primary care physician or mental health provider if you need to suspend some medications.
- Fasting on the day of the work— ideally, eat nothing after 2pm.
- Create the right mind set, some examples are meditation, yoga, breath awareness practices More info on page 7-8.
- Minimize your consumption of media in the days leading to the sessions (i.e. TV, social media platforms, newspapers, non-work related internet use, talk radio etc.)
- All of the following preparations are necessary, but the most important is to have a clear intention for your work. At Sacred Sanctuary we believe you are already whole. Reflect on what wholeness means to you? What aspects of your life would need to change to embody that wholeness that is already within you?

WHAT TO BRING

(suggested items)

- Comfortable free flowing clothing
 - Layered clothing (It can get cold during night ceremony and hot during daytime ceremony)
 - Water bottle
 - A journal and a pen
 - Eye-mask and ear plugs
 - Phone charger (even though you will be invited to not use it much but to connect to yourself instead)
 - Toiletries
- 



DIETA GUIDELINES

Before arrival, a more restricted dieta is recommended. Ideally the dieta is for 2 weeks prior but at least for 3-5 days minimum and to be continued for 3 days to a week after unless you feel called to do it longer. The dieta is according to Indigenous traditions and is used to prepare you for working with the medicine, as well as to show respect and commitment to the spirit of Grandmother Vine prior to coming to ceremony. The clearer a person is from the energies listed below, the more fully they will be able to receive the wisdom and guidance of the plants & ceremony.

The most important aspects of this dieta are:

- No pork
- No sexual activity, including masturbation or anything that is sexually stimulating (pornography, etc.)
- No alcohol
- No street drugs or other plant medicines (marijuana, mushrooms, etc.)

CERTAIN "RECREATIONAL DRUGS" CAN BE DANGEROUS WITHIN THE CONTEXT OF THE CEREMONY,
SO PLEASE FOLLOW THIS RULE STRICTLY!

ALL PRESCRIPTION MEDICATIONS MUST BE NOTED ON YOUR INTAKE FORM AND APPROVED
DURING THE REGISTRATION PROCESS. IF YOU LIE, YOU COULD DIE.

The safety and overall well-being of each of our participants is our number one priority. It is imperative that any and all medical history be disclosed on the intake form. Once the form is reviewed, we will discuss with each person directly any medications that need to be stopped beforehand and address any medical concerns you may have. We cannot confirm anyone's eligibility for attending the gathering until we have received your intake form.

All street drugs must be stopped at least two weeks prior to gathering and should not be resumed for at least 7 days following the gathering.

Specific pharmaceutical medications must be discontinued before gathering as they cannot be combined with the Grandmother Vine.

--IMPORTANT--

PLEASE CONSULT YOUR DOCTOR
BEFORE GETTING OFF OF ANY MEDICATIONS!



One of the most important aspects of working with Ayahuasca is adhering to a honored tradition of following a special dieta in order to prepare not just the body, but also the mind and soul to incorporate the healing energy of Ayahuasca. This diet also shows the spirit of Ayahuasca your intention, and is a test of discipline and commitment.

The central aspects of the dieta we follow at Sacred Sanctuary are common to the teachings of all Ayahuasquero/as across the Peruvian Amazon. In the case of some of the food restrictions, there is also definitive scientific evidence that they are essential for safety. We advise you to begin the dieta at least 5 days to 2 weeks prior to ceremony, and to continue the dieta for at least 3 days after ceremony. Please avoid:

- Any plant medicines/psychedelics (including San Pedro, Ayahuasca, Mushrooms, LSD, Cannabis, etc.)
- Foods that are aged, preserved, dried, fermented, pickled, cured (meats), rancid, old, outdated, overripe, or even slightly spoiled
- Excessive sugar, oil and salt
- Processed food, junk food, fried food
- Meat that is not fresh, especially unfresh liver (fresh meat and fresh liver are safe)
- Smoked, fermented, pickled (herring) and otherwise aged or dried fish, lox; any fish that is not fresh
- Sausage, bologna, pepperoni, salami, corned beef, pork, red meat
- Aged cheeses (cottage cheese and cream cheese are safe)
- Protein extracts
- Liquid and powdered protein dietary supplements
- Brewer's yeast, yeast vitamin supplements, or yeast extracts
- Fermented tofu, fermented bean curd, fermented soybean paste, soy sauce
- Canned soups, or soups made with protein extracts or bouillon
- Miso soup (contains fermented bean curd)
- Shrimp paste
- Sauerkraut
- Red wine, especially chianti; sherry, vermouth, champagne, brandy; beers and ales, including nonalcoholic; whiskey and liqueurs such as Drambuie and Chartreuse
- Dairy products that are close to the expiration date or that have been unrefrigerated (fresh yogurt is safe).
- Aspartame (NutraSweet)
- Caffeine
- Sexual activities of any kind, including self-pleasure

How long do they need to be avoided?

Ideally 2 weeks prior but at least 3-5 days before and after drinking Grandmother should be sufficient.



Is it very important to avoid these foods?

The warnings about tyramine interaction are taken seriously, as they are adapted from warnings about interactions with pharmaceutical MAOIs. However, food interaction with the Grandmother Vine is frankly not as serious a matter as it is with pharmaceutical MAOIs. (see <http://forums.ayahuasca.com/phpbb/viewtopic.php?t=12275>)

While there are no reports of fatalities from food interactions with the Grandmother Vine, food interactions could conceivably be life-threatening for a person with severe high blood pressure or serious heart disease. People with these conditions, therefore, should follow the MAOI safety diet very strictly when taking Grandmother.

What can I eat?

In terms of the MAOI safety diet, basically foods that are as fresh as possible and not overripe, preserved, or spoiled in any way.

YOUR BEST CHOICES ARE SIMPLE ORGANIC WHOLE FOODS:

- Fresh Fruits and vegetables
- Whole grains, rice
- Beans
- Fresh low fat fish and chicken (cooked boiled or on the grill)
- Eggs
- Fresh Yogurt
- Drink plenty of fluoride free water and get sufficient sleep

It is important to cleanse your body as much as you can prior to your experience. However, it is also important to have physical energy to do the work, so fasting is not recommended.



PREPARATION DIETA EXAMPLE:

Breakfast: pasture raised eggs and toast with fresh fruits and a fresh orange juice
or smoothie
or a fruit bowl
or oatmeal and fruit

Lunch: Veggie Soup
or spaghetti squash with homemade tomato sauce and assorted added veggies
or chicken and roasted veggies/potatoes

Snack: Homemade hummus (low salt and oil) with fresh veggies
or a bowl of fresh fruit and dairy free yogurt

Dinner: Rice and beans and a fresh salad
or fish with fresh salad

MINDSET PREPARATION

- In the days leading up to your ceremony, try to avoid stressful situations, if you can.
 - Make time for whatever calms your mind, such as walks, hikes, meditation, yoga, writing, etc. Give preference to books over TV.
 - If possible, conclude any unfinished work or ongoing personal conflicts.
 - Plan in advance all that you need to take care of for work/private life matters (e.g. book a babysitter/pet sitter/all needed transportations, let your close family and friends know you will not have much phone connection and so on)
 - Rest is important. Take care of yourself, reflect, and relax.
- 



INTENTION SETTING

Setting your intention includes the mindset. Your intention of the journey's mindset is defined as the emotional and psychological state of your approach and experience. An intention is like a prayer; it is a statement of one's motivation or direction. Your intention directs your journey and communicates to your Higher Self what it is that you are seeking.

When setting an intention for this work, you may like to contemplate the following questions:

- What is it I want to realize for myself? What would be my ideal outcome? How would I like to feel?
- What is my main aim or objective? Think about this in terms of what you want (not what you don't want).
- What is my purpose for wanting to do this work? Be sure that it is an authentic purpose, not simply wanting to check an experience off your bucket list.
- How does this purpose look and feel to me? Try to imagine it in your mind, write it down or draw it out.
- Comfort/safety steps: How would I receive support, if necessary?
- Any potential worries, fears, resistance I am currently experiencing?
- Skills and abilities I have to stay grounded, connected and supported?

Please ask for help or support if you need it. We are here for you.

It is important to distinguish intentions from expectations. Intentions focus our energy towards a specific direction. While expectations create a roadmap of how something should happen, this narrows our view and could make us miss out on what is really happening. Thus, it is a great exercise to reflect on and observe what expectations we may have to be able to bring our awareness to them.

- What are my expectations? Observe and write down all your expectations.

You can support the process of setting an intention by journaling, making art, playing music, singing or writing as a way of expressing what is coming through. Try to write every morning. Explore wounds, painful memories, issues and open up emotionally. Read through past journals from previous ceremonies if you have participated in ceremony before. Reflect on how far you have come.



OTHER SUGGESTED PRACTICES

We firmly believed that the most powerful, useful tools and practices are the ones that resonate the most with you. Having said that, we would like to suggest some commonly used helpful practices (we use them too).

MEDITATION AND MINDFULNESS:

If you are not a meditator, begin a simple daily practice of mindfulness. You can take 5 minutes and focus your attention on your breath.

Mindfulness is a state of pure presence. A simple suggestion is going for a walk and practice mindfulness by simply observing everything around you.

YOGA:

Yoga is a complete science of inner wellbeing, although here we are referring to the most know aspect of it, which is the physical practice.

ANY PHYSICAL ACTIVITY

SPEND TIME IN NATURE

SPEND TIME WITH LOVED ONES

MEDICAL GUIDELINES

By participating in any SacredSanctuary ceremony or private ceremony, you are declaring that you are in a physical and mental condition appropriate to the activities described in the workshop programs. You will separately be provided an Intake Form and a Waiver of Liability form discussing the medical, mental health, and legal risks of participating in our ceremonies. As these forms explain, you are encouraged to seek professional medical advice on preparations for ceremony. We need to offer this advice and insist on these conditions in order to assure your personal safety and the overall welfare of the group.

Certain drugs and medications have been found to not be compatible with ayahuasca. It is essential to stop taking the following substances, and give your system sufficient time to remove them from the body, before you begin a workshop. Please consult your doctor if you are in any doubt: you certainly should not suddenly stop taking prescribed medications (including antidepressants) without consulting your doctor.

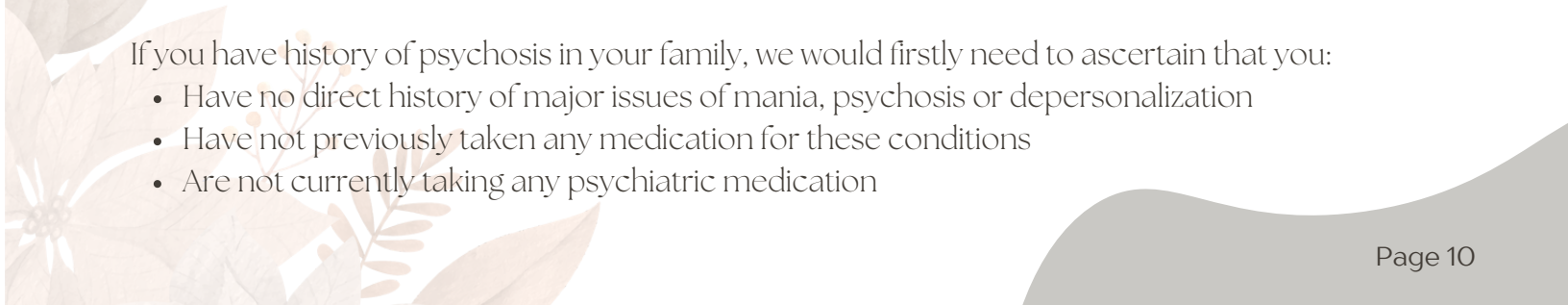


It may not be safe to work with Ayahuasca if you take the following medications or have any of the following health conditions:

- Any medication that contains Monoamine Oxidase Inhibitors (MAOI's)– these are known to cause dangerous side effects when taken in conjunction with Ayahuasca. It is critical that you stop taking these medications under the supervision of your doctor and allow plenty of time for your system to be cleared of these substances before working with Ayahuasca.
- Any medication which has an effect on the serotonin system, including Selective Serotonin Re-uptake Inhibitors (SSRIs) (i.e. antidepressants such as Wellbutrin, Prozac, Zoloft, Effexor, etc.). Combining these medications with ayahuasca can induce serotonin syndrome – far more severely than with foods containing tryptophan, and with potentially fatal results. We require participants discontinue taking SSRI medications under the supervision of their doctor prior to applying for a ceremony to allow the system to clear in time. Some of these drugs may cause side effects when discontinued, and plenty of time should be allowed for these to subside. Do not abruptly stop taking any medication without discussing the matter with your doctor. Please note that the herbal antidepressant St. John's Wort (*hypericum perforatum*) also must not be taken within 2 weeks of working with Ayahuasca.
- Other medications that must be discontinued are decongestants, cold medications, allergy medications, antihistamines, sedatives, tranquilizers, amphetamines (including Adderall), some hypertensive medications, sympathomimetic amines (including pseudoephedrine and ephedrine), carbamazepine, methylphenidate (Ritalin), macromerine, phenelamine, tyrosine, tryptophan, asarone/calamus, some asthma inhalers, and diet pills.
- Although Ayahuasca has not been found to cause psychosis or other psychiatric disturbances, it can be dangerous to those with a history of psychological problems. Please tell us if you have any history of mental health conditions.
- If you are pregnant or have a heart condition or chronic high blood pressure, we will not be able to accommodate you for a ceremony.

The right and appropriate spiritual use of Ayahuasca has been specifically utilized with significant results for the support and improvement of psychological trauma and its resultant symptomatology. At the same time, potential guests with a close/strong family history of bipolar mood disorder, schizophrenia, and depersonalization should realize they are at an increased risk for the expression of these symptoms, and it is conceivable (although highly unlikely) that Ayahuasca can unmask such symptoms in predisposed individuals. Consequently, people who meet this criteria should undertake this type of work with due consideration and at their own risk.

If you have history of psychosis in your family, we would firstly need to ascertain that you:

- Have no direct history of major issues of mania, psychosis or depersonalization
 - Have not previously taken any medication for these conditions
 - Are not currently taking any psychiatric medication
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Medical Contraindications with Ayahuasca

Our priority is your safety and well being, and to guide you to personal healing and growth. During the booking process you will be asked to fill out an intake form. Please be as forthcoming as possible when answering the questions. If any potential medical contraindications are present, we will inquire further to ensure your safety.

By registering for a ceremony, you are declaring that you are in physical and mental condition appropriate to the activities described in the workshop program, that you agree to participate at your own risk, and that we cannot accept liability for any accident or injury. We will provide the most secure environment to work with Ayahuasca as possible and ensure your welfare to the best of our abilities, at all times. In return, we ask that you behave responsibly and do not endanger yourself or others.

The Intake Form you will fill out allows for ministerial assessments about permitting use of our Sacraments based on your health conditions and publicly available medical information about our Sacrament and contraindications. Sacred Sanctuary's ministerial assessment means it is performed without diagnosis or the use of medical or therapeutic services or determinations, even where developed based on available medical information about contraindications and non-medical criteria that create excessive risks. Our assessment does not constitute medical clearance of your fitness to engage in our ceremonies. You are encouraged to consult with a qualified medical and/or mental health professional to determine the full risks of your participation given your medical history.