

## **Preparations 'Essence of Being' 4 day retreat with 2 ceremonies**

### **Location**

The address will be provided after receiving full payment and intake.

Bedding and towels are included.

The total cost of a taxi from Faro Airport to the location is about €45,-.

Payment for food: to be paid in cash at arrival. Please bring in cash €125,-.

### **Program**

Day of arrival: check in from 3-9pm, soup will be served.

1st day: sharing, Heartdancing, Breathwork

2nd, 3rd day ceremony

4th day integration with festive buffets.

5th day departure after breakfast.

**Intake:** did you complete the intake? Please bring a signed copy of your intake form to the retreat.

### **MP- agreement**

Please read and sign in advance the MP-agreement and hand it over to our facilitators at check in.

### **Items to bring**

- Bottle of water;
- Notebook and pen;
- Blindfold;
- Amulet or something that is dear to have with you during the ceremonies;
- Foto of yourself as a child, your parents or other beloved persons (no cellphones);
- Comfortable clothing for the workshops and Heartdancing;
- **White clothing** for the ceremonies with Ayahuasca and also layers of clothes so that you can adjust your temperature (in the beginning of the ceremony you can feel cold and during the ceremony your body temperature will rise);
- Sunscreen cream - mosquito repellent;
- Warm clothing for the evenings and nights;
- Completed MP-agreement;
- Your printed and completed intake;
- Cash for CD's, traditional presents from Peru and food €125,-

### **Food and fasting:**

A week till 3 days in advance; take, every morning before your breakfast, a glass of purified or bottled water with the juice of a lemon and a teaspoon of Baking Soda (Sodium Bicarbonate NaHCO<sub>3</sub>). This will help you to detox your body at an enhanced pace. Take really good care of your body and feel how fast the detoxing is good for you.

We advise you to fast for at least 3 days in advance of the retreat. You don't have to eat nothing but we advise you to eat only vegetarian soups and

fruit/veggie juices (only liquids), so your body is getting ready and cleaned. Take into account that you drink enough water when you are fasting to help clean your body from toxins. Do not take any painkillers for headaches.

During the retreat, organic and vegetarian soups will be served. During the day there will be tea and fruit.

Do not take any painkillers during the days of the retreat. Fasting and the intense processes may cause headaches but don't try treating those with painkillers.

Painkillers cannot be combined with the MAO-inhibitors. The Mother Plant brew contains a MAO-inhibitor.

The foods you shouldn't eat are on the information about MAO-inhibitors.

### **Preparation**

To help you prepare already, you can read the book 'the Sacred Voyage' by Lars Faber. You can download this ebook for free at [www.thesacredvoyage.com](http://www.thesacredvoyage.com).

Most medication cannot be combined with the MAO-inhibitor in the brew. When you are using medication, you have to check with your physician/pharmacist as soon as possible if these can be combined with a MAO-inhibitor. If they cannot be combined, you need to consult with your physician if it is possible to stop temporarily with the medication. Your physician determines if and how many days in advance you have to stop with the medication before you drink the medicine. We would like to be informed if this is the case.

Antidepressants and medication for high blood pressure are a contraindication for drinking the brew.

In case you might use drugs we ask you not to take any drugs for at least one month prior to the ceremony. This way the intelligence of your body and mind open up to the ceremony and you can connect in the purest way.

Wait with taking any drugs for at least one month after the ceremony. This way the Mother Plant can integrate in your body and mind without the drugs overruling her healing work.

Some drugs are even life threatening dangerous to take in combination with the Mother Plant, like GHB.

As further preparation we ask you to have none (or at least very little) peak orgasms three weeks in advance of the ceremony (meaning no ejaculation for men and no clitoral orgasm for women).

This will help you to enhance the energy level in your body and therefore the healing during the retreat can take place on a much deeper level.

You can have sex but without the peaking. You can let your sexual arousal rise up to 70-80 % and then relax your pelvic area; in this way the energy can spread and circulate through your body instead of being released outwards.

### **Disclaimer**

*Ceremonies, workshops and retreats at The Sacred Voyage are meant for personal and spiritual development and can never replace the work of doctors, psychiatrists or therapists in any way. We recommend to always consult your physician or psychiatrist before considering a Voyahuasca ceremony.*

