

## **Preparations international retreats, Zaandam with 2 ceremonies**

### **Location**

Sacred Temple  
Oostzijde 355  
1508 EP Zaandam

Staying overnight is no longer possible at our venue unfortunately. We ask you to find a B&B, hotel or hostel in Zaandam or nearby. As Sacred Voyage we are checking out options for staying overnight with discount.

Maximum participants in this retreat: 26.

### **Program**

Start Thursday at 19:30 with sharing, register between 18:00-19:00.

End of program, Sunday 1 pm.

Program includes Sharing, Heartdancing, Breathwork and 2 Voyahuasca ceremonies.

### **Intake:**

Please fill in the intake form and return it by email a week before the retreat. Please bring a signed copy of your intake form and the Voyahuasca agreement to the retreat.

### **Voyahuasca agreement**

Please print, read and sign in advance the Voyahuasca agreement and hand it over to one of our facilitators on the first day of the healing retreat. If you can't print it, we have Voyahuasca agreements at the venue to sign.

### **Preparation**

We ask you to read Lars his book The Sacred Voyage which you can download from the website [www.thesacredvoyage.com](http://www.thesacredvoyage.com).

Most medication cannot be combined with Voyahuasca? 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 (as in the Voyahuasca). If they cannot be combined, you need to consult with your physician if it is possible to temporarily stop the medication. Your physician determines if and how many days in advance you have to stop with the medication before you drink the Voyahuasca. We need to be informed if this is the case.

Contraindications for drinking Voyahuasca include having high blood pressure, taking high blood pressure medication and use of antidepressants.

We ask you not to take any drugs or psychedelics for at least one month prior to the ceremony with Voyahuasca. This way the intelligence of your body and mind open up to the ceremony and you can connect with the Voyahuasca in the purest way.

Wait with taking any drugs at least one month after the ceremony with Voyahuasca. This way the Voyahuasca can integrate in your body and mind without the drugs overruling the work of the holy plants.

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

As further preparation for the Voyahuasca; 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 of the Voyahuasca 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.

Three days till a week 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  $\text{NaHCO}_3$ ). This will help you to detox your body at an enhanced pace. Do not take any painkillers.

### **Fasting and food**

Three days till a week 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  $\text{NaHCO}_3$ ). This will help you to detox your body at an enhanced pace. Take really good care of yourself and feel what your body needs.

We ask you to eat light and consciously for at least 2 days in advance of the ceremony: fasting with soups and juices or eating light vegetarian meals. Please check the list of products that you'd better not eat in the last days before the retreat: [MAO-inhibitors.pdf](#).

Just eat with awareness and try to stop drinking coffee & alcohol in the week before the retreat starts. So your system can open up and get more sensitive. On the ceremonial day we ask you not to eat at all. You can drink some water or herbal tea. Do not take any painkillers.

### **Clothing**

Please wear white clothes during the Voyahuasca ceremony 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 can rise).

Please bring a blindfold.

Please bring slippers so you can easily take them on and off if you have to go to the toilet.

*Our ceremonial room is heated by central heating.*

### **Food/drinks during ceremony**

We advise you to bring a small bottle of water.

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

We also advise you to take notice of the list of foods you better don't eat until 8 hours after the ceremony (because they can cause headache and nausea).

Voyahuasca is still in your body then and will be dissolved very slowly. The next day you can eat everything you like.

**Personal questions/amulets**

Like mentioned in Lars his book *The Sacred Voyage*, you can ask plant medicine Voyahuasca questions about yourself. It is not necessary but a possibility. We ask you to bring something about your childhood, a photo or (cuddly) toy. Experience tells us that these can bring you to special places during your Sacred Voyage.

A Sacred Voyage takes 4 till 8 hours. This differs per person. You can stay as long as you like in our ceremonial room after the ceremony to come back and feel grounded again. The facilitators will not be around in the ceremonial room after the official closing time of the ceremony. But you can always ask them questions or assistance if necessary.

***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.*