

# Hampeq Karpay



## Plant Sacrament Shamanic Training

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# The Q'ero Lineage

## Who are the Q'ero?

The Q'ero people are the guardians of the Andes Mountains in Peru. Their community lives in the region of Q'eros, which is composed of Bajo, Medio, and Alto Q'ero.

The Q'ero were designated by the Inka (The Enlightened One) as the high priests and priestesses of the entire Empire. The Inka himself followed the tradition of choosing the Q'ero high priests as spiritual counselors.

Among all the regions of the Inca Empire, the Q'ero were considered the ones holding the highest spiritual truth, carrying humanity's origin story and wisdom for over 8,000 years. This wisdom has been the means for humanity to fulfill the prophecy of the Eagle and the Condor.

We have the joy of carrying this lineage's wisdom and the honor of sharing this world of real magic with everyone ready to fulfill this prophecy in their lives.

You will experience authentic reverence for Mother Earth and each of her elements.

This retreat offers multiple initiations into a personal relationship with Mother Earth, Nina Taita (Grandfather Fire), and the Q'ero lineage itself through a Karpay ceremony.

### INITIATIONS:

Yucumama (Flowering bath)

Nina Taita (Temazcal)

Hampeq Karpay (Q'ero lineage initiation)



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The Q'ero tradition offers a path of self-realization with rich experiential wisdom that is practical in its integration. The integration of this wisdom paves the way for the fulfillment of many prophecies, including the Return of Pachakuteq and the prophecy of the Eagle and the Condor.

The Q'ero were the counselors of the Inka, advising on the best ways to bring balance and harmony. They are the healers, the magicians, and the stewards of Mother Earth. Among the many tribes and spiritual lineages of the Andes and the Inka Empire, the Q'ero were the chosen priests.

Through Muyucanchas (sacred portals), the Q'ero remained largely unaffected by Spanish colonization, preserving and evolving their wisdom for over 5,000 years.

The cosmology of the Q'ero offers tangible experiences of divinity, allowing one to embody ancestral wisdom that brings heightened states of consciousness, flow, and joy. The art of detachment opens the way to Sumaq Kawsay, which means “Right Living.” Along with the Qhapaq Ñan and the Seven Andean Codes, this retreat offers an initiation into the practical ways of the Andes.

This path honors our Mother Earth and each of her elements. It integrates the fire in our hearts, the flow of water in our minds, the gentle air in our speech and actions, and the grounding of the earth beneath our feet as our Mother herself.

The path of magic, love, and joy becomes an experience in our day-to-day life. This path is called the Qhapaq Ñan, which means the Path of the Righteous and Wise.

On this Q'ero path, we have the opportunity to integrate Andean wisdom into our lives in practical ways through the Seven Andean Codes:

- Merging with... **KAWSAY (Existence)**
- Discovering your... **ANYA (Truth)**
- Awakening your... **MUNAY (Love, Wish and Power)**
- Responsibility &... **LLANK'AY (Work)**
- Integration and... **YACHAY (Wisdom)**
- Self-Worth, Reciprocity &... **AYNI (Balance with life)**
- Time-Space &... **KAWSAY PACHA (Life after Life)**

Through this shamanic training, you will integrate the wisdom of the Andean Codes, experiencing the Qhapaq Ñan and opening the way to Allin Kawsay, which translates to Aligned Living (Right Living).

Allin Kawsay (Right Living) has many expressions, including Tawatinsuyo, Tawa Chakana, and Tawa Allinllakuna.

# Popocatepetl

## What you will receive

### Communion with plant allies

- 3 Ayahuasca Ceremonies
- 3 San Pedro Ceremonies
- 3 Padre Sapo Ceremonies
- 2 Niños Santos Ceremonies
- 2 Kambo Ceremonies
- 2 Hapé Ceremony
- 2 Sananga Ceremony
- 2 Temazcales (sweat lodges)
- 1 Cacao Ceremony Training

### Supportive healing processes

- Pratismarati Sacred Breath
- IPOC (Somatic Trauma Healing)



### Traditional Peruvian Q'ero rituals

- Ceremonial Ofrenda Creation
- Q'ero Karpay Ceremony
- Despacho
- Flowering Bath

### Initiation & rites

- 9 Munayki Rites
- Initiation with Apu Popocatepetl and Apu Iztaccihuatl
- Hampeq (medicine healer) Initiation
- Lineage Initiation

### Additional fees:

\$50 Shuttle from and to the retreat

### Not Included:

- Extra / Additional days for decompression and tour (ask for details and options)

### Included:

- Transportation and Ticket to Xochicalco
- Transportation and Ticket to Tepoztlan
- Shuttle to Apu Popocatepetl
- All Meals and accommodations

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# Refund Policy

Pachamama Sacred Paths is a federally recognized 501(c)(3) religious nonprofit dedicated to sacred ceremonies, spiritual guidance, and a supportive community for those on the path of healing and transformation.

## Terms of Participation

By registering for our services, you acknowledge that you are:

- Supporting the preservation of a sacred spiritual lineage.
- Gaining access to Pachamama’s spiritual benefits, integration resources, and guidance.
- Joining a protected religious community that honors Pachamama’s sacramental practices.

## Religious Donation & Disclosure

Your contribution is a non-refundable religious donation that directly supports Pachamama’s mission. Membership is a spiritual commitment, not a commercial transaction. All donations are final.

By making this donation, you affirm your understanding and acceptance of these terms.

We welcome you with open hearts to this sacred journey of transformation and wisdom.



# Retreat Flow

## 1ST DAY

Arrival & welcome dinner  
Retreat intro

## 2ND DAY

Morning  
Pratishmarati breathwork  
Afternoon  
Kambo ceremony  
Evening  
Dinner

## 3RD DAY

Morning  
Kambo ceremony  
Afternoon  
Mother ayahuasca ceremony  
Evening  
Rest

## 4TH DAY

Morning  
Mother ayahuasca ceremony  
Afternoon  
Rest  
Evening  
Mother Ayahuasca ceremony

## 5TH DAY

Morning  
Pratishmarati breathwork  
Afternoon  
Niños santos ceremony  
Evening  
Munay-ki integration ritual

## 6TH DAY

Morning  
Pratishmarati breathwork  
Afternoon  
Niños Santos Ceremony  
Evening  
Munay-ki integration ritual

## 7TH DAY

Morning  
Tepoztlan  
Afternoon  
Munay-ki integration ritual  
Evening  
Rest

## 8TH DAY

Morning  
San pedro ceremony  
Afternoon  
Despacho ceremony  
Evening  
Munay-ki integration ritual

## 9TH DAY

Morning  
San pedro ceremony  
Afternoon  
Temazcal \* Flowering Bath  
Evening  
Munay-ki integration ritual

## 10TH DAY

Morning  
Pratishmarati breathwork  
Afternoon  
San Pedro ceremony  
Evening  
Munay-ki integration ritual

## 11TH DAY

Morning  
Pratismarati breathwork  
Afternoon  
Xochicalco  
Evening  
Munay-ki integration ritual

## 12TH DAY

Morning  
Padre sapo ceremony (Bufo)  
Afternoon  
Temazcal \* Cacao ceremony  
Evening  
Munay-ki integration ritual

## 13TH DAY

Morning  
Padre sapo ceremony (Bufo)  
Afternoon  
Hape \* Sananga  
Evening  
Munay-ki integration ritual

## 14TH DAY

Morning  
Q'ero lineage initiation \* Padre sapo ceremony (Bufo)  
Afternoon  
Ofrenda to the apus \* Apu karpay  
Evening  
Rest

## 15TH DAY

MORNING  
END OF RETREAT \* DEPARTURE

# What to expect

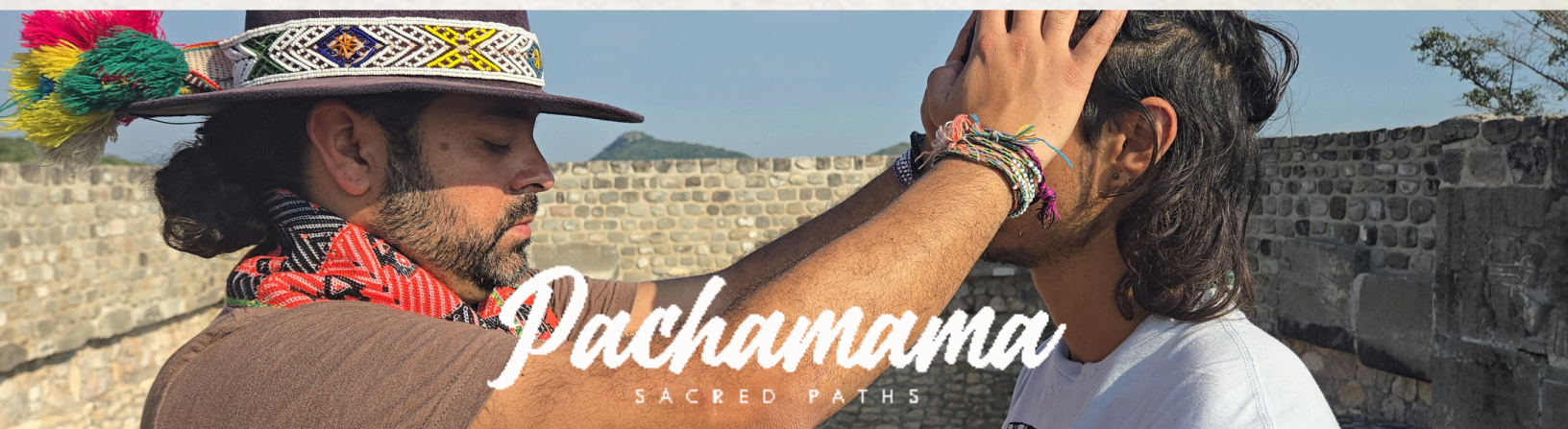
This training will provide you with the formation and education necessary to work with the Plant Sacrament. Most importantly, you will formalize and develop a personal relationship with many of Pachamama's sacred plants. This intensive training will help you establish an Ayni between yourself and the plants. Ayni means "Right Relationship," which is grounded in integrity with the spirit of each plant. You will be able to demonstrate this "Right Relationship" wherever you guide a ceremony.

Additionally, you will dive deep into the Andean Q'ero principles of Allin Kawsay (Right Living), which includes the ritualization of these principles to integrate the wisdom of the Qhapaq Ñan (Path of the Righteous) and other Q'ero teachings:

- You will learn our Icaros and find your own voice to create your own Icaros.
- You will learn how to consecrate each sacrament.
- You will learn the art of the Pampamissayoq.
- You will integrate the trade of the Hampeq (Plant Sacrament Healer).

The Hampeq is the Plant Sacrament Healer: the path of the shaman who has access to different states of consciousness through the use of nature's power plants, with the purpose of integrating these states to serve, heal, and assist yourself and others on their spiritual path.

- During this 15-day retreat, you will be provided with a safe and comfortable setting. All meals and accommodations are included.
- Traditionally guided ceremonies and rituals are intentionally created to help you gain a deeper understanding of your purpose and to manage the blockages that prevent you from living it fully. You can relax knowing that you will be cared for and assisted at all times throughout your training. We also offer post-ceremony integration support, as well as the opportunity to join a community of fellow seekers, learning and growing together.



# What to expect

3. You will experience profound and transformational Despachos (and other Rituals) to Remove Old energy and integrate new vistas that you have been looking For. You will learn how to guide these as Well.

4. You will receive 2 additional initiations: 1 with Yacumama (Spirit of the water) and 1 with NinaTaita (Spirit of the Fire).

- **NinaTaita** (Grandfather fire) awakens the fire in your heart and mind to be able to self Transmute.

The fire within you means that you will re-acquire the capacity to heal yourself with the purification power of the Fire Element (Abuelo Fuego). Fire, in all cultures, has always been the element of purification, transmutation and fast transformation of Dense and stagnant Energies. In the Q'ero tradition, we understand that every single one of us possesses access to all Elements. This initiation allows you to experience the awakening of the power of your fire in the Temazcal ceremony where you will give birth to your Hridaya (Spiritual Heart).

- **Yacumama** (Mother water) awakens detachment in the flow of your Life.

What these Initiations mean is that you will recover your natural power to flow with any and all situations, free from old attachments which bring pain and Suffering.

5. Although Sacred Plants can help you observe the patterns of thought and behavior that are no longer Serving you, they WILL NOT do the work for You. You will learn to integrate your lessons more efficiently and teach others the art of Integration.

6. We believe you are the Healer, the Guru and the Shaman (Knower) of your Life. Mother Nature's plants are here to show us the path; the choice to walk the path is Yours.



# 9 Munay-Ki Rites

## 9 Munay-Ki Rites

Munay-Ki is a word that comes from the Quechua language of Peru and means Universal Love; Ki means energy.

The ancient prophecies of the Mayans speak of a new human being on the planet, one who lives free from fear and resides in his transcendental nature.

The Munay-Ki contains the codes of this new human being. These codes are delivered through energy transmissions or initiations in the form of seeds, being the task and responsibility of each one to germinate, make them grow, and use them.

Receiving the Munay-Ki means that you are going to receive 9 rituals to make it easier for you to become a person full of wisdom and power, who lives through constant communication with the love in the heart, always connected to the Great Mystery, the source of all life and love.

The nine rites of the Munay-Ki have been transmitted throughout the world and have passed from generation to generation within the shamanic traditions, with different styles according to different cultures.

The Pampamissayoqs and Altomissayoqs of our tradition have always been ordinary men and women living extraordinary lives. It is not that they are born with special spiritual attributes, but through prayer, study of wisdom traditions, revelations, and discipline, they acquire their grace and power. Some of them become renowned healers or leaders, while others choose peaceful lives raising their children and growing corn.

The Q'ero, children of Mother Earth, have been raised in the high mountains of the Andes. And within the Q'ero, a small number of people who share common interests in the community have kept and guarded this knowledge for millennia.

The high priests have always known that people would seek Munay-Ki when they were ready and felt called to do so.



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# 9 Munay-Ki Rites

Many of us have felt the call of Spirit and longed to make a difference in the world we live in. When we approach the Earthkeeper's path with sincere intent and an open heart, we quickly realize that we are not alone. We find ourselves in the company of like-minded people who aspire to lead lives guided by resonance and vision.

Munay-Ki is a key that opens the way to a great leap in human evolution.

The Munay-Ki codes are energetic transmissions delivered into your luminous field. Your body of light receives them as seeds, which, when they germinate, make it easier for you to live with love, integrity, non-violence, and authenticity in every aspect of your life—even in thought.

As we receive the Munay-Ki, our chakras clear and we begin to develop what Andean priests call the "Rainbow Body." This occurs when our chakras radiate their original light. Each chakra has its own color, and when they all shine in their pure essence, they emit the colors of the rainbow. When our chakras are blocked or clouded by past traumas—from this or other lifetimes—our aura takes on a greyish hue and our chakras become pools of hucha, or dense energy.

Once we acquire the Rainbow Body, the Earthkeepers can recognize and connect with us, as they see we share a common calling and vision. At this stage, if we have cultivated the ability to perceive the invisible world, we can begin to discern the forms of these luminous beings. bility to see the invisible world, we can discern the forms of these luminous beings.



- 1 The rite of the HEALER**
- 2 The rite of Chumpis - POWER BANDS/BELTS**
- 3 The rite of the SEER**
- 4 The rite of HARMONY**
- 5 The rite of the DAY WATCH**
- 6 The rite of the KEEPERS OF WISDOM**
- 7 The rite of the GUARDIANS OF THE EARTH**
- 8 The Rite of the GUARDIANS OF THE STARS**
- 9 The rite of the CREATOR**

Your DNA is like a living computer filled with memories from your early years, past lives, and impressions from your parents, friends, and ancestors. These impressions are recorded in vivid color and intensity within your DNA, influencing your body, your emotions, your relationships with others, and even your connection with the planet you live on.

We live in a time of great change, becoming increasingly aware that we are being guided toward a more luminous frequency. We are part of this planet, and everything we do or think influences not only the Earth but also the entire Cosmos.

The Munay-Ki codes, once their seeds are nurtured, transform your vibrant and rich energy field into something harmonious and full of love with a divine fragrance. This is a different kind of love than the one you feel for a partner, a child, or a pet. It is an immense, luminous, powerful love of far greater intensity. Your body fills with light like a crystal, your seven chakras are activated, and they begin to inform and align again. Through this process, a profound transformation takes place.

You will feel a deep connection with the Earth, the Universe, and all living beings. You will experience a sense of oneness simply by breathing, and you will be able to help raise the Earth's frequency, contributing to the well-being of all life.

# Why choose Pachamama

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- We don't promise enlightenment, but we will help you understand yourself by holding space and by standing with you throughout your own initiation into Plant Sacrament.
- We understand that everyone's Anya (truth) is different and everyone has a unique timing for Awakening.
- We know one size does not fit all when it comes to realization, yet we meet everyone equally with an approach of Non-interference.
- We understand and believe in the value of natural Transformation through Plant sacrament.
- We have over 9 years of experience working with groups of people: guiding, assisting and growing with the community, witnessing the changes that participants go through, from deep physical healing to growing more abundance, prosperity and consistent well being.
- We do not offer ideas or concepts designed to confuse You.
- We believe that the way out of the labyrinth is through the same door we walked into It. The only way out is to know ourselves, to connect with ourselves, and to understand Ourselves.
- You will be provided with a Safe space for true and rich introspection which allows for a deeper understanding of who you are as you relax in knowing that you will be looked after and assisted at all times.
- Our Shamans and facilitators do not have super powers. They are normal people just like you, however they do have years of experience and devotion to the different plants sacraments and to the path of transformation that is offered.
- We don't worship any person or structure of belief. We believe you are the healer, the guru and the knower (shaman) of your life.
- You will enjoy the beauty of mother earth's natural plants as well as the rich culture that is engrained in San Miguel de Allende's history.

# Testimony

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Yvonne tells us about her experience in this training in this video. She also joined the Pachamama team.



# What is Ayahuasca-Corazon

Ayahuasca-Corazon is an entheogenic brew made from the traditional Ayahuasca vine and Chacrana.

Traditional Ayahuasca healing ceremonies have the potential to show people the mesh fabric of reality, prompting a powerful introspection of the inner setting. This particular Ayahuasca-Corazon brew contains Bobinsana, which is a shrubby tree normally found growing along river banks and streams in the Amazon basin. It's quite easy to identify the plant due to its stunning pink to reddish powder-puff-like flowers, which open twice a day: once around 4 AM and again around 4 PM.

Bobinsana is well-known and loved among the Amazon due to its medicinal properties. A decoction of its roots may be prepared as a depurative for strength and energy, for it boosts the immune system. Alternatively, a tincture of its bark may be prepared to heal arthritis, rheumatism, musculoskeletal pains, edema/oedema, and uterine disorders.

Above all, Bobinsana is a sacred plant teacher and is used by shamans for its spiritual qualities. We are particularly interested in working with Bobinsana for its gentle heart-opening qualities and its ability to teach us self-love.



# What is Niños Santos

Niños Santos (also called psilocybin mushrooms) are a teacher that, in some sense, strips the user of their ego and sense of individuality. Once the ego and contrived perceptions of one's place and purpose in the world are set aside, the user begins to realize and feel a deep interconnectedness with other life forms in the cosmos.

This process is often described in terms similar to a mystical or deeply spiritual experience. For the participant, this experience is far from a hallucination; the insights and sensations imparted can often be seen as a turning point in one's life.

If a typical psilocybin session had to be summarized, one could say that the main lesson gained from this medicine is that all life has inherent value—and that we are here to care for it. These lessons extend from caring for oneself, to those around us, to all of Earth's inhabitants, to the planet itself, and even to the complex and dynamic multiverse beyond.

Niños Santos offer a profound experience of the subtle realms that can be intense in its transformation, providing a renewed sense of self that is long-lasting and has the potential to support meaningful change in our daily lives.

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# What is San Pedro

Huachuma (also variously known as andachuma, aguacolla, or wachuma) is a lesser-known shamanic medicine, but one that some consider the greatest of all plant teachers on the South American continent. It's derived from the San Pedro cactus and composed principally of mescaline — in its pure form, a psychedelic similar in effect to LSD or psilocybin.

Though it has parallels to the iboga ceremonies of West Africa and the ayahuasca ceremonies of the Amazon, Huachuma and the curanderos who use it originate in the Andes of Peru and surrounding desert regions. Its history stretches back as far as 1200 BCE, when it was used by the Chavín culture on the west coast of South America. The Chavín produced many sacred designs of a deity clutching the distinctive cactus, making it the oldest recorded psychedelic medicine.

It may have its roots as a sacrament to ancient rain cults. Its use today extends into northern Chile, Bolivia, and Ecuador, where many curanderos practice in the original Chavín tradition.

In Peru, curanderos have used huachuma to treat depressive symptoms, alcoholism, and mood disorders. Those who have undergone the ceremony report that they can connect to their divine, true self. A feeling of universal belonging—the sense that we are all one—is common.

Uniquely, many users report that the huachuma presents them with “tests” that teach valuable lessons. Practitioners often report a deep and heightened perception of the world as it truly is. For those struggling to know themselves or understand others, huachuma presents a unique way to specifically explore your inner psyche and your greater place in the world.



# What is Hapé (Rapé)

Hapé is a tobacco snuff which has at its core the tobacco species *Nicotiana Rustica*. This Amazonian tobacco, also known as Mapacho, is used extensively in tribal rituals and is much stronger than *N. Tabacum*, which is the type of tobacco found in cigarettes. The indigenous people who have long used Hapé see the ceremonial use of Hapé as a form of prayer that calls upon the forces of Nature, the blessings of the animals of the forest, and powerful medicinal plants to heal us and give us strength. It is therefore important that you use this substance in a respectful environment focused on healing.

## What are the benefits of Rapé?

- Helps focus and sharpen the mind.
- Clears a person or space of distracting, bad energies in preparation for intention setting.
- Detoxes both body and mind and clears your energetic field.
- Because of this, Rapé is often used in conjunction with Ayahuasca ceremonies.
- Clears sinuses of mucus and bacteria, thereby helping to combat colds and respiratory ailments.
- Provides a calming, grounding effect on the emotions that lasts much longer than the initial sensation.



# What is Sapito

The word Sapito comes from the word Sapo, which means toad. Sapito is an endearing term that means “little toad.”

The Sapito medicine comes from the toad *Bufo Alvarius*, which is a toad that lives in the Sonoran Desert in the northern part of Mexico. The toad’s gland secretion is extracted and smoked for an immediate experience, which lasts anywhere between 15 and 25 minutes. The main compound is 5-MeO-DMT.

Sapito medicine deals directly with the 7th (Sahasrara) chakra, unlike Ayahuasca, which deals with the 6th (Ajna) chakra. This is an experience of the subtle reality world, which gives a clear understanding of who and what we are. It facilitates a transpersonal state that is very powerful and has the potential to show the participant a real and personal understanding of what resonates and what doesn't resonate with them.

Many people who have tried this medicine describe the experience as utterly sublime — a true meeting of Self and cosmic unity.

What is sure for everyone who experiences this medicine is that what is experienced brings new vistas of clarity, potential, empowerment, and strength to bring about the highly inspired visions received with this healing medicine.

Furthermore, there is an energetic alignment that takes place, giving way to a possible purge, which then brings about lightness in the participant’s personality.

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# What is Sananga

Sananga is the name given to the potent liquid eye drops made from the shredded root of an Amazonian shrub, Uchu Sanango, scientifically known as *Tabernaemontana sananho*. Bechette is the name given to eye drops with similar properties, made from the root of a related shrub known as *Tabernaemontana undulata*.

Ucho Sanango is a master plant commonly used in plant dietas alongside Ayahuasca, used for a variety of reasons, such as being used as a purgative, diuretic, fever reducer, calmative, memory enhancer, and even to help in the healing and realigning of both the muscular and skeletal system.

## **What are the benefits of Sananga?**

As far as using Sananga as an eye plant sacrament goes, it's said to improve eye conditions such as cataracts, glaucoma, conjunctivitis, red eyes, itchy eyes, eye infections, styes, as well as clearing out the sinuses and helping with certain types of headaches. Sananga is known to bring greater texture, detail, and depth to one's environment; enhancing colours and sharpening visual perception. It's said that these eye drops help to reset the body's energetic field, opening the third eye, balancing the chakras, and clearing out negative or dark energies, known as 'panema'. The list of potential benefits continues on, with reports that it's helpful in treating depression, anxiety, and addictions; helping to bring clarity in general and putting things into perspective.



# What to Bring and Additional Info

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- The retreat will be in Popocatépetl, Mexico.
- The best airports to fly into are Mexico City and Puebla.
- Please be aware of travel requirements. US citizens do not require a visa to enter Mexico, but please double-check just in case.
- You will be asked to turn off your cell phone during the ceremonies. No recording or photos are allowed for safety purposes and to respect the privacy of other participants. However, we encourage taking pictures between ceremonies.
- Bring a water bottle, a cup for hot tea, and a flashlight or headlamp (with extra batteries).
- Wear comfortable clothes for the day and layers to keep warm at night. Sometimes ceremonies can get chilly as body temperature decreases, so we recommend sweatshirts, hoodies, light jackets, and lightweight pants. Please dress appropriately for the weather.
- If you play a musical instrument and want to bring it, you are more than welcome to do so. We encourage musicians to participate.
- Bring lighters and your own cigarettes if you smoke.
- Bring a basic first aid kit if you are sensitive when you travel.
- We will provide basic toiletries, but please bring your personal items.
- Earplugs for sleeping.
- Please bring a printed copy of the signed consent form.
- Bring something for the “Ofrenda,” which is a metaphysical construction where you will set your intention. Examples include fruits, seeds, nuts, candy, chocolates, wine, other types of liquor, flowers, crystals, stones, tobacco, incense, and feathers. Use your imagination (with the exception of salty or spicy items).

# Dieta and Health Precautions

THE DIETA IS A NECESSARY ELEMENT OF THE AYAHUASCA EXPERIENCE.

We suggest the following:

Avoid for 1 week before the first Ayahuasca-Corazon ceremony:

1. Any food containing spices, spicy peppers, fats, oil, salts and sugar, canned food, alcohol, red meat, pork meat and derivatives, and stimulants such as caffeine.
2. Any fermented food like: soy sauce, soy beans, paste/curd, beer, vermouth wine, aged-mouldy cheese.

Drink plenty of water during the dieta until the first ceremony begins. If you stick with a vegetarian-like diet, you will do great for your first ceremony.

*\*Remember that whatever food you may take on the day of the ceremony will most certainly come out of your body what is known as La Purga. This doesn't necessarily have to happen as each body is different*

*but it is a common occurrence.*

These are the brief guidelines and health reminders we provide. We suggest following the required dietary recommendations before, during, and after taking the plant sacrament. We always endorse and support safety and responsibility when it comes to journeying with the shamanic vine of the soul.

*\*We remind you that the responsibility of taking accurate and timely health precautions – along with seeking professional medical advice – is entirely at your discretion.*

- People affected by schizophrenia, bipolar disorder, other psychiatric/dissociative conditions, and people with chronic heart conditions such as severe high blood pressure should not take Plant Sacrament.
- People taking anti-depressant drugs like Prozac, Seroxat, Zoloft, Effexor, Paxil, Welbutrin (bupropion), or similar medications can take Plant Sacrament only once their treatment has been safely suspended or ended under medical supervision.
- Please discontinue the use of the following non-prescription drugs before and after your retreat if applicable: antihistamines, systemic vasoconstrictors or decongestants, both natural ephedrine and synthetic pseudo-ephedrine, drugs with high caffeine content, and phenylalanine. In general, it is best to go into your ceremony with no prescription or non-prescription medications in Your system.

- Other medications that are not compatible with the Plant Sacrament include diet pills (appetite suppressants), narcotics, sedatives, tranquilizers, anti-hypertensive agents (used to treat high blood pressure), analgesics such as Meperidine, anti-Parkinson drugs (used to reduce the symptoms of Parkinson's disease) such as Levodopa, drugs used to treat heart conditions, dopamine (brand name: Intropin), neurological prescriptions like Carbamazepine (used to prevent seizures), and sympathomimetic drugs (substances that mimic the effects of adrenaline and noradrenaline), amphetamine, and Tyrosine. Amphetamine salt-based medications (brand names: Adderall, Ritalin, Vyvanse, Dexedrine), commonly used in the US and Canada to treat attention deficit hyperactivity disorder and narcolepsy, are also not compatible with the Plant Sacrament.
- Taking products like Clonazepam (brand names: Klonopin, Rivotril, Ravotril, Rivatril, Clonex, Paxam, or Kriadex) may weaken, completely antagonize, or neutralize the visionary dimension of the Plant Sacrament healing experience. These benzodiazepine drugs are prescribed to treat seizures and panic disorders, and they have anxiolytic, anticonvulsant, muscle relaxant, and hypnotic properties.
- People affected by Addison's Disease must not take the Plant Sacrament (or any other medication/medicine that would alter their hydro-electrolytic balance).
- If you consume any substance such as cocaine, heroin, crack, or phenethylamines (amphetamine homologs), you must inform us. Most of these substances are, to varying degrees, incompatible with the Plant Sacrament.
- People affected by Crohn's Disease or stomach/intestinal ulcers may not take the Plant Sacrament.
- Plants (taken in any form, including fresh or as dry/liquid extracts) such as St. John's Wort (*Hypericum perforatum*), Yohimbe (*Pausinystalia yohimbe*), Ginseng, Sinicuici (*Heimia salicifolia*), Kava (*Piper methysticum*), Yerba Mate (*Ilex paraguariensis*), and Ephedra (*Ephedra sinica* / *Ephedra vulgaris*, and generally all varieties) are not compatible with a safe Plant Sacrament experience.
- Pregnant women must not take the Plant Sacrament from their seventh month onwards, as doing so could result in a miscarriage. Pregnant women in the initial stages of pregnancy, up until their sixth month, may still join the retreat.

- Women on their menstrual cycle normally have no problem with taking the Plant Sacrament.
- If any of the above conditions apply to you, ask your doctor about the compatibility of your health status with MAO inhibitors. Inform us upon a favorable response from your doctor, and our shaman will ascertain whether it would be advisable for you to take the Plant Sacrament.
- Any disclosure of your health status will be kept in the strictest confidence. We are simply looking after you and want you to have a safe experience.



# The Ofrenda / Despachos / Community

