

Information in preparation for an Ayahuasca journey

According to ancient South American traditions Ayahuasca is seen as a plant teacher that is strongly connected to mother Earth.

When drinking Ayahuasca, this teacher gives insights and lessons from our subconscious in a unique way and it purifies the mind and the body.

This process will confront us with possible emotional and physical pains and will stimulate to release them.

Eventually new concepts of understanding will bring about inner transformations and loose ends will fall into place.

A feeling of coming home and an inner knowing makes it possible to experience a deepening in our spiritual growth.

Important preparation

Ayahuasca is a plant medicine that causes various processes in the body which are harmless in itself.

However, the combination with other substances can be harmful.

It is therefore **very necessary to refrain from the following products** in the weeks before the ceremony until several days after:

Antidepressants

Sleeping pills

Anesthetics

Cough medication

Migraine medications

Allergy medication

Alcohol

Cocaine

XTC (mdma)

Speed (Amphetamine)

Peyote / San Pedro

Ephedra / Ephedrine

Macromerine

Phentermine

Fillav.com

Nutrition

The following foods can cause nausea or headaches and are best avoided in the 24 hours before and after the ceremony:

Cafeine	Banana
Chocolate	Pineapple
Nutmeg	Raspberries
Yeast	Plums
Ginseng	Raisins
Meat and fish products	Figs
Dairy and egg products	Avocado
Peanuts	Beans / Pods / Peas / Lentils
St John's wort	Sauerkraut
Vitamin Supplements	Soy products

To facilitate the effect of the Ayahuasca, people often fast the 3 days prior to a ceremony. This is not strictly necessary and for some people even discouraged due to the low physical energy levels during the journey. Having light meals according to the diet mentioned above is highly recommended. On the day itself you could start the day with only fruit for breakfast.

Mental and Physical Preparations

In the week prior to the journey, it helps to have a moment of meditation / rest daily.

You could also think about what your intentions are, your questions, or what you want to achieve during and after the journey.

Make sure you get enough sleep and give rest your body. A light workout such as Yoga is good, but stay well within your limits.

Conscious deep breaths can also help you to maintain your calm prior and during the journey.