



Preparations Ayahuasca Retreat

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- 1. Physical and mental health:** Please check your health condition beforehand. If you do not feel well, if you feel sick, it is better not to participate in the retreat. Attention. In some cases, the body and mind react before the retreat with excitement, restlessness, intense dreams or even physical discomfort. Please check yourself if you can participate in the retreat. If necessary, check with your doctor or ask someone from the Safe Spirit team.
- 2. Medications and allergies:** Please indicate in advance if you currently have any medications or allergies. So that during the ceremony at night there are no complications arise between ayahuasca and the medications taken. Please check with your doctor beforehand if it is possible to participate in the retreat despite taking medication or not. If you have any allergies, please let us know beforehand. So that we can take this into account when preparing the meals and so that we can check that you can tolerate ayahuasca well.
- 3. Plan enough time!** Stress and not having enough time to integrate the ayahuasca/San Pedro experience is not recommended after the ceremony. The body and the psyche need rest and relaxation after the retreat to be able to process everything that was experienced in the ceremony. This also facilitates the integration into your everyday life. Therefore, plan a few days after the retreat for your recovery.
- 4. Diet:** There are many opinions on whether or not to follow a strict diet before a ceremony. From our experience, there are some eating and living habits that require dieting. All other concepts about diets can and should be decided by the participant if they want to do it before the retreat. From our point of view, there are the following points to consider: Abstain from excessive alcohol and drug consumption 1 week before the retreat. Those who are unable to do so should at least consume less. 1-3 days before the retreat, avoid fatty and heavy meals; eat light food such as vegetables, fruits, nuts, chicken, fish, pasta.

Do not consume drugs and alcohol for 24 hrs.

5. don't have too many expectations from the ceremony: there is a lot of information about what participants have experienced in an ayahuasca, what they have seen, such as what visions they have received and much more.

Forget all that you have heard so far about ayahuasca, and just have your own experience. Otherwise it can lead to the mind constantly thinking about when what you have heard before about ayahuasca will finally happen. This behavior can result in little or nothing happening because the participant blocks themselves by setting expectations of their own/personal experiences.

If you still have expectations or specific intentions, you are welcome to talk to someone from our team about them beforehand. It is always good to have your own intention, a personal reason for movement, instead of sticking to some opinions and concepts of other people.

Just be yourself, free from thoughts and enjoy the experience with Mother Ayahuasca. ❤️