



- SCHULE DER MYSTERIEN -

Preparation Shipibo Tradition Ceremony

In order to prepare as best as possible for the ceremonies, it is necessary to go start already at least one week before with a preparation diet.

Yo should avoid

We recommend that you abstain from the following foods one week before and one week after the retreat:

- No salt or pepper
- No sugar, sweets or chocolate
- No pork (minimum 2 weeks before and 2 weeks after)
- No red meat
- No oils (if you must use oil, use olive oil very sparingly)
- No fat (lard, etc)
- No alcohol (minimum 1 week before and after)
- No fizzy drinks (including “diet” sodas, as these contain NutraSweet/Aspartame and other sweeteners), no energy drinks, no non-alcoholic beer
- No seasoning (white pepper, spices, etc)
- No chillies or other hot peppers
- No garlic and no onion
- No ginger
- No ice, ice cream, or ice cold drinks
- No dairy
- No fruits that are bruised or overripe inc raisins or other dried fruits
- No spinach

The following foods must be avoided because they contain tyramine, tryptophan or other substances in quantities that may be hazardous with the medicine, we use:

- Cheese
- Overripe avocados (guacamole) and overripe fruits
- Smoked fish, fermented, pickled herring and otherwise aged or dried fish
- Soups made with protein extrants or bouillon
- no stock cubes
- Miso soup
- Shrimp paste
- Vinegar, sauerkraut or other pickled foods
- Raspberries in large quantities (more than 6)
- Canned foods including soups
- Dried or smoked meats (salami, beef jerky)
- Processed/mechanically recovered meats (sausages, hamburgers etc.)
- Protein extracts or powdered protein supplements or shakes

- Yeast (and yeast extracts – like Marmite)
- Soy products like soy milk, tofu, fermented bean curd, fermented soybean paste, or soy sauce
- Caffeine (note that Guarana contains caffeine, as may some over-the-counter cold medicines)
- Fava beans
- Peanuts in large quantities (only 1 small hand full per day)
- Raisins or other dried fruits

Furthermore, you should take care of following topics:

- No sexual activity, also masturbation (one week before, during and one week after the retreat)
- No medication! (Please contact us and inform us if you are currently or during the diet taking prescription medications, especially if these are antidepressants or antibiotics)
- Little or if possible no television

### Recommended Food

#### Vegetables:

- Manioc
- Kelp
- Bladder wrack
- Kale
- Romaine lettuce
- Chicory
- Beet leaves
- Artchokes
- Okra
- Parsley
- Leeks
- Dandelion greens
- Broccoli
- Spinach
- Collard greens
- Swiss chard
- Turnips
- Kohlrabi
- Escarole
- Cucumber
- Turnips
- Beets
- Tomatoes
- Carrots
- Celery
- Potato
- Sweet potato
- Pumpkin
- Paprika
- Lenses

- Beans

#### Fruits:

- Pears
- Peaches
- Granadia
- Cherimoya
- Bananas
- Grapes
- Apples
- Melons

#### Whole Grains

- Amaranth
- Rye
- Spelt
- Barley
- Kasha
- Quinoa
- Millet
- Buckwheat

#### Rice

- Brown
- White
- Wild
- Long grain
- Basmat

#### Herbs:

- Coriander
- Parsley
- Sage
- Basil
- Thyme

- Herbal teas (without additives)
- Fruit teas (without additives)
- Apple juice (100% without sugar or other additives) (not to much)

#### Drinks:

- Water (non-carbonated)

#### Alternatives to milk:

- Oat milk
- Almond milk
- Rice milk

### Additional recommendations

Breath work, yoga, meditation, Qi-Gong, mantras, prayers are recommended before and also during the workshop. Make walks in the nature to reconnect with mother Earth.

We also recommend salt baths for energetic cleansing. It's possible to do this with essential oils.

Also plant baths are very good as preparation for the ceremonies.

### Sexual Abstinence

Sexual abstinence is important for working with Ayahuasca and the diet plants.

It is important to focus your energies and your focus completely on the diet and to keep you "pure".

The plants do not like sexual activities and it is up to us to show the necessary respect to the plants.

Thus, please avoid any sexual activity (stimulation, orgasms, masturbation) at best 7 days before and after the retreat. Of course, also during the retreat.

The plants need the fullest attention and focus to heal and teach. If one does not get involved and is sexually active, it is a sign of disrespect for the plants and a lack of focus on medicine.

Another point about why sexual abstinence is important:

Over time you save your spiritual energies, which are given off by an orgasm again. Abstinence leads to a deeper healing process and greater spiritual growth.

In conclusion, the benefits of adhering to the diet described above are directly linked to your intent: commitment and dedication to following the diet and how your approach working with the medicine are primary aspects of ensuring your workshop is beneficial, and that the results are for the long term.

### Menstruation

Please let us know if your menstrual cycle coincides with a planned workshop. There will be no problem, it's just for the curandero important to know.

### Pregnancy

Please let us know, if you are pregnant and in which week.

### Important Medical Precautions

Please note that in certain cases working with Ayahuasca can carry health risks. **If you have any**

**heart, liver, kidney or other serious medical problems, you should inform us at the first opportunity and discuss the issues with a doctor who is aware of the issues Ayahuasca may raise.**

Our priority is your safety and well-being, within ceremonies guiding you to personal healing and growth. We will provide the most secure environment to work with Ayahuasca we possibly can and will ensure your welfare as best we can at all times. In return we ask that you behave responsibly and do not endanger yourself or others. It is necessary that you agree to disclose, in confidence, any known medical conditions and/or use of any medication, at the time of booking.

By coming to the workshop, you are declaring that you are in a physical and mental condition appropriate to the activities described in the workshop programmes and agree that you participate at your own risk and that we cannot accept liability for any accident or injury.

We need to offer this advice and insist on these conditions in order to assure your personal safety and the overall welfare of the group.

Certain drugs and medications have been found to not be compatible with Ayahuasca. It is essential to stop taking the following substances, and give your system sufficient time to remove them from the body, before you begin a workshop. Please consult your doctor if you are in any doubt. You certainly should not suddenly stop taking prescribed medications (including antidepressants) without consulting your doctor.

The following medications are unsafe in combination with Ayahuasca:

Medication groups and substances:

- any medication that contains MAO inhibitors
- any medication containing which has an effect on the serotonin system, including Selective Serotonin Reuptake Inhibitors (SSRIs) (i.e. antidepressants such as Wellbutrin, Prozac, Zoloft, Effexor, etc)
- decongestant medications, cold medications, medications against flu, sinusitis or hay fever, allergy medications (Actifed DM, Benadryl, Benylin, Chlor-Trimeton, Compoz, etc.), some hypertensive medications
- alcohol
- amphetamines (including Adderall)
- antihistamines
- antipsychotika
- antihypertensiva
- asarone/calamus
- asthma inhalers
- carbamazepine
- diet pills
- macromerine
- methylphenidate (Ritalin)
- phenelamine
- sedatives
- sympathomimetic amines including pseudoephedrine and ephedrine
- tranquillizers (which act on the central nervous system)
- tryptophan
- tyrosine

### Specific preparations:

- Actifed
- Amantadine hydrochloride (Symmetrel)
- Amoxapine (Asendin)
- Benadryl
- Benylin
- Bupropion (Wellbutrin)
  
- Buspirone (BuSpar)
- Carbamazepine (Tegretol, Eptol)
- Chlor-Trimeton
- Clomipramine (Anafranil)
- Cocaine
- Cyclobenzaprine (Flexeril)
- Cyclizine (Marezine)
- Desipramine (Pertofrane)
- Dextromethorphan (DXM)
- Disopyramide (Norpace)
- Doxepin (Sinequan)
- Ephedrine
- Flavoxate Hydrochloride (Urispas)
- Fluoxetine (Prozac)
- Imipramine (Tofranil)
- Isocarboxazid (Marplan)
- Levodopa (Dopar, Larodopa)
- Loratadine (Claritin)
  
- Maprotiline (Ludiomil)
- Meperidine (Demerol)
- Methylphenidate (Ritalin)
- Nortriptyline (Aventyl)
- Oxybutynin chloride (Ditropan)
- Orphenadrine (Norflex)
- Parnate
- Paroxetine (Paxil)
- Phenergen
- Phenelzine (Nardil)
- Procainamide (Pronestyl)
- Protriptyline (Vivactil)
- Pseudoephedrine
- Quinidine (Quinidex)
- Salbutamol
- Salmeterol
- Selegiline (Eldepryl)
- Sertraline (Zoloft)
- Symbicort (Formoterol & Budesonid)
- Tegretol
- Tamaril
- Tranlycypromine (Parnate)
- Tricyclic antidepressants (Amitriptyline, Elavil)
- Trimipramine (Surmontil)
- Yohimbine

### Herbs and natural remedies:

- herbal antidepressant like St. John's Wort (*Hypericum Perforatum*), Kava, Ephedra, Ginseng, Yohimbe, Sinicuichi

If you have a history with mental problems, or if you have acute psychoses or other psychological problems, please contact us.

### On the first day of the retreat

On the first day of the retreat you should not eat after 3 o'clock. This greatly facilitates the work with the medicine, prevents nausea and discomfort during the ceremony and provides a more comfortable feeling in the stomach.

### Nutrition during the retreat

The diet during the retreat is kept as simple as possible. As a rule, there is a meal once a day. This will probably be limited to rice or potatoes with vegetables.

Think mentally that you will take little food to open you for the plants.