

PREPARATION FOR AYAHUASCA CEREMONIES

Dosage:

Please take ayahuasca **only early evening**. When the sun sets, take the recommended **40 milliliters** of ayahuasca. The 40mL is the general dosage. Wait one hours or less to feel effects, if you do not get into a new state of consciousness, take another 20 milliliters. In the future, you can experiment with the dosages as you see fit.

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These are some of the things I found should be done for and bring to ceremonies.

- Avoid street drugs for at least 3 days prior to your first ceremony. Longer is even more beneficial.
- Avoid alcohol for a minimum of 2 days prior to your first ceremony.
- Many medications and supplements, including but not limited to MAO inhibiting medications, **SSRIs, and/or anti- depressants (including St John's Wort), and other medications do not mix well with ayahuasca and pose a serious health risk or may even be fatal if taken in conjunction with ayahuasca.** Please consult your doctor about stopping medications. A period of six to seven weeks without medications or supplements is required before attending your first ceremony. If you are unsure, we can talk directly with you about your medications and advise how much time is needed. Discussions about your current or past medical history are completely confidential.
- Foods with MAOI inhibitors should be avoided at least 24 hours prior to your first ceremony. These foods include: fermented or non-fresh foods, as they may contain tyramine, which may cause negative health effects if combined with MAOI. Additionally, cheese, miso – fermented soya beans, sauerkraut, pickled foods, soy sauce or tamari, ginseng, protein extracts (avoid liquid and powdered

dietary supplements), non-fresh meat or fish, smoked meat, shrimp paste, yeast/brewers yeast and dietary supplements containing yeast (yeast used in baking is safe), and dried fruit.

- Prior to your journey try and eat a healthy diet. This means avoiding fried or processed foods, sweets, pork, and heavy oils. If possible we also recommend avoiding A vocado, dairy, processed sugar, hot spices, caffeine, preservatives, onions and garlic and fermented foods.

- A physical and or spiritual practice such as yoga, tai chi, or meditation. These practices focus the mind and direct energies, which can be helpful during ceremony. That said, these practices are by no means required.

Setting:

Get to a comfortable place, such as your bedroom or living room. Avoid noisily places. It is important that you feel safe and without distraction in this location. You can experiment with your setting, such as nature is very good.

Set:

Make sure you are psychologically and emotionally stable. Did something bad happen recently and you're in emotionally distress, you can hold off the ceremony until a better time.

Intention of Healing: *Optional*

Intention:

It is necessary to perform the ritual of forgiveness. Grab a blank paper, and write the name of the people you need to forgive, put the subject of forgiveness, And then burn the paper writing. Is necessary to repeat the words forgive me and I forgive and release them with love is burning while repeating These words, it is Necessary that.

Also forgive yourself, after doing all this, you would take your first glass of ayahuasca. It is then necessary to do all this **diet for forgiveness**, to download the stored emotions and internal locks.

That do not let you move to you, the possible symptoms include vomiting, diarrhea cold, mareacion, fear, anguish, These are very good signs, the best healings have these symptoms. Then you will feel some love peace, joy a feeling of unity With All, All These symptoms are very healing, Also you can feel joy and peace much love from the start, in ayahuasca sessions no secret, the only secret is love, everything and yourself, if you feel or see something. In the visions of ayahuasca, just please do not fight, instead hand a flower, you can create a flower in your mind and hand and Then You follow your path, you need to Know That the devil does not exist, it's just a cartoon created by your mind, it is necessary you know the air is kindness. Plants life everything is perfect goodness and love, ayahuasca sent by us to Take This very deliberate awakening of consciousness, that's all there is no handbook ayahuasca, the only guide and handbook is love you and all, there are no secrets The only secret is love, you need.

Also after taking ayahuasca, eat little, eat day after. It's **very important** that after taking ayahuasca you stay at a frequency of love to you and all, if you do not do this, you can get hurt. One simple thing to do is for you to do this every morning, go in the mirror and say I love you and I love you all, forgive me and forgive all. This will keep the vibration frequency and Necessary, repeat this is Very Important, **NOT ONLY THE SECRET SECRETS AND ALL LOVE YOU.** Ayahuasca has not fatal or toxic dose, the toxic dose is two 02 liters.

Remember that we shamans have never cured anything. Ayahuasca connects you with only your inner god and the energies that are within you are the true healers, is not a hallucinogen ayahuasca, is an entheogenic plant, ayahuasca is not witchcraft, is a drink That mimics the same neuro transmitter called His own brain from the pineal gland produces, Please get more information about it.

Thanks for waking you is another. **NO SECRETS THE SECRET IS ONLY LOVE YOU AND ALL,** thank you have a nice trip, I'll be here to answer any questions.

BEFORE TAKING DIET AYAHUASCA

The diet before taking Ayahuasca is forgiveness is based on custom affirmations reprogram ranging internally linking you back to the original purpose your love, in complete freedom to love your past relationships with individuals, institutions, or objects.

The idea with this is based on you before entering your mind.

About two thousand years ago a great magician said before entering the temple of forgiven.

Forgiveness is a gift that I do myself.

In ayahuasca therapy if a patient does not forgive himself for his healing will be slower but will heal. And if you forgive yourself, you do not need to forgive anyone. Also you can forgive but grudgingly forgives.

BENEFITS OF FORGIVENESS

"When you forgive, apologize or feel forgiven you find PEACE, rebalances your body (HEALTH) and come back to LOVE WITHOUT FEAR. When you forgive Those leaving aside the ego with love.

When giving to forgive slump These big ego Might be too fat, hard ego mind forgive and ask forgiveness.

For many people, forgive, ask for forgiveness and to forgive Themselves, you have led to the turning point in Their HEALINGS, for Where there is forgiveness there is love, and Where there is love there is Union, acceptance, compassion and integrity (full health).

REASONS WHY YOU NEED TO FORGIVE ME THE BEST.

(Worked internally before, During and after the session With ayahuasca)

Forgive yourself for Not Knowing That inside you there is another girl or your inner child, God, divinity who loves you and is waiting for your love.

Forgive yourself for not remember you.

Forgive yourself for you to judge your judging others.

Forgive yourself for making mistakes.

Forgive yourself for not forgiving.

Forgive yourself for not loving creator who you are.

Forgive yourself for not forgive you your earlier.

If you find That there is much resistance to forgive, YOU CAN BE SURE YOU ARE FACING A GAME, not argue do not force things, if you force out grips With nails and not want to leave you can negotiate talking With the block, you can do before and in full trance of ayahuasca is ideally before entering a temple you enter inside to clean and Have a nice trip into yourself and you can connect

Easier with the universe and mind can flow With in every way of your life. EYE
WRITING THIS IS JUST YOUR PERSONAL AND NOT MORE THAN WHAT
YOU HAVE TO SEE OR READ. THE BURNING AND liberate.

I can guarantee That the hardest part for everyone is to forgive yourself. That's
Because Of The Superego and little humility.

"I (Say your name), I completely and
lovingly forgive myself

"I (say your name), forgive my
..... completely "and lovingly.

"I (Say your name), I forgive my mother
..... completely ".

"I (Say your name), forgive
.....
..... (Past Situations , negative conditions in your life or
in your character) completely. "

"I (say your name), I forgive
..... (Current partner and / or earlier) by
..... ".

"I (Say your name)

"I (Say your name) God
forgive (the notion That I Have had of God) completely and lovingly. "

Once burned to free terminated Entirely Through the Fire element and the power
of the Violet Flame (ENERGY Transmits God, transforms classified as negative
energy into positive energy. Burnt, say each letter Should MENTAL MIND

I (..... YOUR NAME) LOVINGLY A COMPLETE AND FORGIVE
(NAME OF PERSON) AND THE LIBERO LIBERO WITH ME WITH LOVE. AT
THE END OF YOUR WRITING PAPER BURNS,

FORGIVE ME COMPLETE AND LOVINGLY
TO, ME RELEASE AND WITH THE
RELEASE WITH LOVE.

FORGIVE ME COMPLETE AND LOVINGLY
TO, ME RELEASE AND WITH THE
RELEASE WITH LOVE.

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RELEASE WITH LOVE.

FORGIVE ME COMPLETE AND LOVINGLY
TO, AND RELEASE ME WITH THE
RELEASE WITH LOVE.

PRAYER OF GRATITUDE ***

Thank you That I am a new person.

Thanks for that I'm cured

Thank you to feel more powerful the energy is love.

Thanks Ayahuasca by reconnecting With the true healer Who is God Also That
the universe me.

Ayahuasca Thanks for introducing me and make an appointment with real the
healer is Within Me and everywhere.

Thanks for that I'm at peace with myself and everyone.

Thank you and I love you as I am.

Please know That I was never wrong.

Thanks

..... Thanks For

..... Thanks

Thanks for

After ayahuasca session in the morning When you wake up you need to go in the mirror and give me love. Just take love and accept myself as YOU are.

Having only after an ayahuasca therapy, you need to stay in the frequency of love to you and all your mind after your soul, and your energy. Ayahuasca sessions will be twice as strong peace love unity, but if you do not love you stay in front of the mirror Could you put twice the same thing you're feeling, if you're feeling much ego Could envy hate this place twice but the solution is simple and easy you in the mirror and you forgive you give love or you print this paper and filled with love. There is no secret in ayahuasca the only secret is the love that is no secret handbook End of ayahuasca. Thank you with much love.