



AYA Ceremony Preparation



We're grateful for the way these ceremonies have come together. They're possible because of your intent. Thank you.

Keep in mind that this information is confidential. Do not share it with anyone outside of your circle for the evening's ceremony. Please read through to the bottom now. You'll find important preparatory materials below that you'll absolutely need to participate in the best possible fashion.

The main purpose of these ceremonies is to develop a deeper and more conscious relationship with the divine spirit, and to look for better and healthier ways to live and relate to self, family, and community. Therefore, it's essential that you bring your own purposeful intent.

Preparation for Ceremony

In seeking help, guidance, healing, and learning, establish a clear intention and purpose. It's important to be in the best possible disposition for the event. Don't take any alcohol or drugs (including marijuana), and also make an effort to stay away from disruptive influences and guilty pleasures (such as indulging in crappy food or media) before and after the ceremony.



Arizona Yagé Assembly

Tucson, Arizona + ceremony@aya.guide + (520) 777-1348

We recommend that you don't eat: really salty, sugary, spicy or greasy food five days before and at least two days after the ceremony. You may eat bananas and avocados in moderation as long as they are not overly ripe (no brown spots!)

Abstain from red meat five days prior and pork the week prior. Also abstain from dairy at least one day before Ceremony.

Try to abstain from orgasms three days before and at least two days after the ceremony. Do what you can.

Below you'll find a checklist of things to exclude from your diet, followed by a list of things you can include. *Please do your best to follow these lists at least **five** days before Ceremony.*

Don'ts:

No:

- ❖ Meats (as stipulated above)
- ❖ Hard cheeses (they contain an amino acid that affects the clarity of the visions)
- ❖ Heavy greasy food
- ❖ Heavily salted foods
- ❖ Sugary foods
- ❖ Fermented food or drink (eat fresh foods, no left overs)
- ❖ Alcohol
- ❖ TV and TV News
- ❖ Anti-depressants must be completely out of your system. (If you've taken them within the last eight weeks, you can't take Ayahuasca.)
- ❖ Anti-hypertensive medications must also be completely out of your system.
- ❖ Other medications and stimulates should also be out of your system, please check this website if you have questions:
<http://forums.ayahuasca.com/viewtopic.php?f=12&t=14761>
- ❖ No cologne or perfumes at all the day of, or night prior to, ceremony. This includes: no artificially scented shampoos, artificially scented soaps or artificially scented deodorants. (People's sense of smell will be especially heightened during ceremony.)

Do's:

- ❖ You may drink Pau D'Arco tea <http://pauarco.org/> (Buy it in bulk from your local health food store or Co-op. Bulk is recommended over pill form. No tinctures as they may contain alcohol.)
 - Place 2 thick pinches in 1 quart of water.
 - Bring to a full boil. Let steep for 10 minutes. Strain. Drink hot or cold.
 - Drink 3 cups per day with or without meals.
 - Drinking this tea is not mandatory but will help you have a better time, reducing potential reactions like nausea. If you do take pau d'arco for the event, stop drinking one day prior to ceremony. Feel free to start drinking the pau d'arco one to two weeks prior to the event. Cat's Claw is another excellent preparatory tea that can simply be added to the pau d'arco. (It's available at most health food stores that sell bulk herbs.) To prepare cat's claw and pau d'arco together, keep everything the same as with the pau d'arco tea recipe, just add a couple extra pinches of cat's claw to the pau d'arco.
- ❖ Stay hydrated the week prior. Drink plenty of water or non-caffeinated tea with lemon. The pau d'arco is a diuretic. Drink extra fluids to compensate.
- ❖ Meditate the week prior. Breath focused meditation is an excellent companion practice, in which you place your attention on your breath until you notice that your attention is not on your breath, then return your attention back to your breath.
- ❖ Sleep. Catch some extra sleep the night prior or nap the day of ceremony. You'll be awake all night during ceremony. You don't want to struggle with sleep.
- ❖ Gather your intent: Why are you attending? What do you want to look into? What questions do you have to address?
- ❖ The Day of Ceremony: Some people like to fast the day of ceremony, but for people new to the medicina we suggest coming to ceremony feeling nourished and comfortable. You may eat a good sized breakfast and a light lunch and light dinner. Plan to stop eating around 4:00 or 5:00pm to give your body plenty of time to digest your meals before 10:00pm. You may eat a small piece of fruit, like an apple, sometime in the evening if you feel your blood sugar dropping. For the best experience, please come to ceremony on an empty stomach, feeling comfortable and not hungry.

- ❖ Try to give yourself time after the ceremony to integrate the guidance you receive to the rest of your life and relationships.

The Ceremony will last until first light, and after some rest we may share our experiences, questions and insights.

Can I bring my musical instrument?

Your sacred instruments are welcome, but please be aware that there will be only one altar to unite all and it will be the central altar. You may use your feathers and other sacred instruments after the water prayer as long as they don't interfere with the ceremony.

Music may be shared by the participants after the Ceremonial work is finished in the morning. If you'd like to share music, please speak to the facilitators. They'll be able to tell you if or when it would be a good time to do so.

What Else Should I Bring?

You will be laying down for much of the ceremony, so please bring everything you will need to be comfortable including: a sleeping mat or pad, sleeping bag, a pillow, blankets, and if you like to sit, you may bring a low back-jack chair. Sleeping mats should be the width of typical camping pads, unless you plan to have your mat accommodate two people. Also bring an extra change of clothes. We'll be sending you a packing checklist about 3 days before your Ceremony with a few additional items you may like to have.

When Should I Arrive?

Starting time: Please plan on arriving to the location between 6:30 and 7:30PM (and no later than 8:00PM). Please try not to arrive before 6:30 PM. You'll be emailed the event location with directions prior to the ceremony itself, usually around five days before. Please note that your registration isn't considered complete until we've received and reviewed your questionnaire. We'll let you know if there's anything that needs attention.

Registration: All guests must be registered and paid in advance. In doing so you've made a clear decision to prepare and attend. Space is limited and your own clear intention to attend is essential. Registration is non-refundable.

More info: Try to give yourself time after the ceremony to integrate. Don't rush back to work, and if possible allow some solo time spent in nature to assist your re-entry. Please be respectful with your space in the ceremony and leave it as you found it. Absolutely no unregistered guests allowed.

We're honored to share this sacred space with you. Please email ceremony@aya.guide, if you have any questions or call us at the number below

With affection,
Arizona Yagé Assembly (AYA)

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