

PREPARATION for MEDITATION AND HEALTH THERAPY WITH ANCESTRAL MEDICINE OR SACRED PLANT AYAHUASCA (GRANDMOTHER) IN A CEREMONIAL AND RESPECTUOUS ENVIRONMENT

Ino Guide: 33133 58095 cel / whatsapp

Contribution: 2,500.00 Mexican Pesos

"We accept your donations"!

For ethical reasons, we do not want to increase our basic fees, but we would like to:

1 -be able to accept emergency cases from time to time. (Accommodation and / or therapy with the Grandmother)

2 -we would like to be able to attend the most vulnerable (therapies with the Grandmother and their follow-up)

Your In-kind donations are also accepted, but please note that we are vegetarians and follow a healthy diet.

A donation box will be located near the entrance of the center.

*Thank you,
Don Ino.*

Therapy or Meditation and Introspection with sacred medicine, Great spirit, Sacred Plant or Mother Ayahuasca, is an opportunity for self-knowledge and reconnection with your true inner being, with the inner master, and from there, find physical, emotional and mental healing through forgiveness, the understanding of life processes, joy and unconditional love, states of high frequency vibration in which the participants undo the energy blocks that we have generated in the walk of life and that have damaged our relationships, mainly the one that is with ourselves. Taking part in this ceremony must be a call in your heart to attend freely and respectfully. Thank you for allowing me to be part of your process on this journey to your sacredness within. Remember that everything is within you and that medicine is a vehicle to remember and reconnect with your wisdom. In fact this medicine is you! Since I have been deemed worthy of it, I am guardian of this ancestral wisdom and I will respectfully be your guide and take on the responsibility to accompany you in your process. Respecting the millenary lineage, I thank my teacher and his teachers and the sacred energy of Granny the Ayahuasca.

DESCRIPTION OF THE AYAHUSCA:

Banisteriopsis caapi (MAO stomach inhibitor, dimethyltryptamine or DMT

transporter) is a vine from the Amazon from which, mixed with another plant called Chacrana (DMT), comes the Drink (Medication, concoction, potion, infusion), called Ayahuasca, known as Sacred Plant and teacher. In Quechua Ayahuasca means 'rope of the spirits' : aya spirit, dead and waska 'rope', since in the worldview of the native peoples the ayahuasca is the rope that allows the spirit to leave the body without dying.

Used for more than 5000 years by the Shamans, Healers or Ayahuasquero Masters of the Amazon as a way to obtain the expansion of consciousness (Subject - Soul). And now it is used in Peru in centers to rehabilitate serious drug addicts to hard or prohibited drugs and to legal drugs such as antidepressant pills. Ayahuasca is also the sacrament of several Brazilian churches, such as the Santo Daime or the União do Vegetal, which have expanded throughout the United States and Europe, with proper use and backed by the experience and research from the Brazilian and American government.

The drink that is extracted from the Ayahuasca plant is the largest known vegetable source of dimethyltryptamine (DMT), a neurotransmitter produced naturally in our brain from the pineal gland that is responsible for dreams in the REM phase of unconscious rest.

Ayahuasca activates the Pineal gland, this gland is closely related to mystical experiences. Ayahuasca is the most powerful relaxant on the planet that was patented in the USA as an antidepressant and is declared Cultural Heritage in 2008 by the Peruvian Government NATIONAL DIRECTORAL RESOLUTION No 836 / INC. The DMT present in the Ayahuasca drink is responsible for night dreams. That is, when a person falls asleep, meditates or does Yoga, his brain begins to secrete a chemical substance, equivalent to the DMT of Ayahuasca, which allows, precisely, that the person dreams. The effect of drinking Ayahuasca, is then, similar to lucid dreaming. Feeling the effects of Ayahuasca is like dreaming, but with full awareness of the content of the images and the emotional content that permeates the dream. That is, access to the infinite information that our sub-conscious and spiritual world contains.

Ayahuasca places the brain in expanded states of vibration, working optimally and thus, the person reaches elevated states of consciousness. Ayahuasca is NOT a drug, it DOES NOT create dependency, it DOES NOT cause unbalanced hallucination states, nor is there a loss of consciousness, on the contrary, the feeling is of total control, greater mental clarity and lucidity.

Participation in this ceremony requires a serious and respectful commitment.

To understand what this experience gives us and to integrate it into our daily life, in our being, and in those around us, is the purpose of this exercise. What was learned and what it is for.

The diet that you are asked to follow is of vital importance on a physical level for the correct absorption of the medicine. Be totally honest with yourself when preparing for this experience: if it is not possible to do it 100% I ask you to do as much as you can but please mention your degree of preparation on the day of the ceremony so I can support you better in your process.

THE FOLLOWING INDICATIONS WILL ALLOW THE MEDICINE TO BE BETTER AND DEEPLY ABSORBED BY YOUR BODY :

PREPARATION AND RECOMMENDATIONS:

5 days before the day of the ceremony and 3 days after:

1. Refrain from performing sexual practices: this abstention has to do with our being having enough vital energy so that medicine can do its job better
2. Eat moderately, fresh, natural foods and avoid meats, pork, chicken, fish (any corpse), also avoid fatty, spicy, spicy foods, onions, aged cheeses, garlic and acids. Avoid drinking alcohol and any other type of drugs.
3. Drink fluids, especially water, hydrate well the previous days and especially the day of the ceremony.
4. Avoid watching news, shows or movies with violence, video games with violence.
5. Avoid people in negative situations
6. Sleep and rest well the previous days, especially the night prior to the ceremony.

Do the following meditation every day with headphones:

<https://www.youtube.com/watch?v=g7EHidYj9BQ>

They are Thetas waves and Isochronic Sounds with sounds of Tibetan bowls and rain: please use stereo headphones. It doesn't matter if you fall asleep. You can listen to it several times a day. The intention is to prepare your brain, your mind and your body.

Isochronic Sounds: We can induce the brain to enter different states in which we intend to enter, which can bring us different benefits for the body and mind.

Thetas waves: 4-7 hz. Deep relaxation, meditation, mind and imagination.

If you already meditate, do your meditations every day before the ceremony.

If you do yoga, do it every day before the ceremony (3 to 5 days).

In addition to personal and dietary care, mental, emotional and spiritual attitude towards the experience is important: mental openness, cleanliness of intention and certainty that we do something for the good of our health. Also, knowing that the people leading the ceremony know what they are doing should tranquilize your mind.

Attend the ceremony with total respect!

Bathing immediately before attending the ceremony would be ideal

It is vitally important to know that the experience can cause vomiting, diarrhea, runny nose, crying, involuntary movements, all this is part of the cleaning process that medicine does within our being.

PEOPLE WHO CANNOT TAKE PART:

People with an epileptic history, with severe heart problems, no recent SERIOUS operation, people with psychiatric treatment.

If you consider that you require a personal evaluation prior to your participation, or have any questions that arise, get in touch with me in all confidence.

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THE DAY OF THE CEREMONY:

There are three options for the beginning of the ceremony, 10 am, 3pm or 7 pm (which implies that the ceremony will be at night and that you will sleep in the place of the ceremony), together we will decide what is the right time for you or the group.

1. Bring something to keep you warm, a favorite pillow or blanket, comfortable clothes, kleenex, a drinking glass, sandals or similar to go out to the bathroom, water to drink and bring something like natural foods, fruits, whole wheat cookies, etc. Filtered water will be provided.
2. It is very important to FAST the day of the ceremony (do not eat anything) but if you hydrate well and if the ceremony starts at 7 pm, you could consume food very early in the morning but it should be light, easily digested, and then move on to pure water to reach a minimum of 8 hours of fasting.
3. The appropriate clothing for the session is as comfortable as possible.
4. Turn off cell phones during the ceremony.
5. The day after the ceremony it is recommended to rest, reflect and pay attention to your inner being.
6. Women who have their periods will not be able to participate in the therapy or if they decide to participate they should mention it so the dose can be adapted.

TO RESPECT THE CEREMONY, YOURSELF AND OTHERS, PLEASE BE PUNCTUAL.

There will be an introductory talk, a small meditation, and harmonization of the group or each individual. Duration: 1 hour approx.

The ceremony will last approximately 6 to 7 hours. 8 hours total on average.

After the ceremony you will return to your normal physical and mental state. You will feel relaxed and more aware. Nothing you can't handle as you return to your normal activity.

It is recommended that you give yourself the space to rest and reflect after the ceremony.

For your own safety you must commit to remain until the closing of the ceremony. Ayahuasca expands consciousness and senses and it is not prudent to go outside without completing the process.

YOU ARE INVITED TO SEEK INFORMATION ON YOUR OWN ON THE TAKING OF AYAHUASCA BUT PLEASE STICK TO OBJECTIVE SOURCES AND AVOID SOURCES THAT HAVE A COMMERCIAL, POLITICAL, RELIGIOUS OR MORALIST AGENDA.

MORE INFORMATION:

ICEERS (International Center for Ethnobotanical Education, Research & Service) In Spanish.

<http://www.iceers.org/interested-taking-ayahuasca.php?lang=en#.V9K7VksrdEQ>

Anthropology of Ayahuasca: VIDEO, Josep M Fericgla

https://www.youtube.com/watch?v=k-D_t229sDM1

<https://www.youtube.com/watch?v=9Al7FVkJMhg02>

Ayahuasca in TED Talks - GRAHAM HANCOCK. War on consciousness. Spanish. VIDEO

<https://www.youtube.com/watch?v=eLzgJnh-8pc>

18:44 mins

DMT the spiritual molecule: VIDEO

<http://youtu.be/k7eaf9NRpN8>

1.14.01 mins

Ayahuasca and Psychotherapy Dr. Claudio Naranjo. VIDEO

<https://www.youtube.com/watch?v=Fo8pnhXVvYs>

1.31: 10 mins

HIGHLY RECOMMENDED THIS COLOMBIAN FILM: The Hug of the Snake, Official Trailer:

<https://www.youtube.com/watch?v=FdOYd-21qaA>

It is also very important to receive information about *Banisteriopsis caapi*, since it is one of the plants that make up Ayahuasca (Yage) and that acts as an inhibitor of monoamine oxidase (MAOI):

It is necessary to avoid taking monoamine oxidase inhibitors (MAOIs) or other medication that interacts with MAOIs. It is also necessary not to be taking SSRIs of the Zoloft or Prozac type. Zoloft and Prozac are not IMAOs, but SSRIs. However, these should not be taken together with ayahuasca due to the risk of contracting Serotonin Syndrome. If you are taking an MAOI (which are no longer as frequent, since they were largely replaced by the SSRIs, although it might be the case) you should suspend it without a doubt before taking ayahuasca. Both medications should be discontinued at least three to four weeks before taking ayahuasca.

IMPORTANT

The use of Ayahuasca is contra-indicated for users of drugs and psychoactive medications listed below unless after at least one week of medication suspension such as:

* Selective serotonin reuptake inhibitor antidepressants such as: Fluoxetine (Prozac and others); Citalopram (cipramil, Denyl); Paroxetine (Ar-clothes, Cebrilin, Pondera); Sertaline (Novativ, Sercerin);

* Tricyclic antidepressants such as Imipramine (Tofranil); Desipramine (Norpramine); Clomipramine (Anafranil);

* Dual or complex effect antidepressants such as Venlafaxine (Efexor); * Substance of mechanism of action not very well established as Lithium (Car-boclim, Lithiocar, Neurolithium);

* Inhibitors of Monoamine Oxidase as Tranylcipromine (Parnate, Stela-par); Phenelzine (Nardil).

Below is a list of foods and substances to avoid 12 hours before and 12 hours after the use of an MAOI.

- * Sleeping tablets
- * analgesics
- * cocaine
- * amphetamines (speed)
- * MDMA (XTC)
- * medicines against migraines and allergies
- * antidepressants containing inhibitors
- * Selective Reuptake of Serotonin
- * (SSRIs) as: fluoxetine (Prozac),
- * citalopram (Cipramil), fluvoxamine
- * (Fevarin), sertraline (Zoloft), paroxetine
- * (Seroxat) and Kanna (Sceletium tortuosum)
- * Mezcalina cactus (peyote and san pedro)
- * alcohol
- * ephedra / ephedrine
- * pseudo-ephedrine
- * macromerin
- * phentermine

These ingredients can cause nausea or migraines in combination with an MAOI inhibitor:

- * fermented dairy products (yogurt, cream, buttermilk)
- * cured / semi-cured cheese (exception: fresh cheese, cream cheese)
- * dry and fermented sausages
- * meat or eggs
- * arengue and dried fish with salt
- * meat extracts, yeast extracts
- * fermented products (bread does not hurt)
- * Sauerkraut
- * fruits (figs, pineapple, avocados, beans, red canned plums, raspberries)
- * beans and beans (lime, fava beans, lentils, snow peas, and soybeans)
- * soy sauce
- * LSA (Morning glory and Baby Hawaiian Woodrose seeds)
- * herbs with MDA (sweet flag / Acorus calamus, nutmeg)
- * chocolate
- * Products with caffeine (guarana, coffee, tea, cola, energy drinks, etc.)
- * ginseng
- * nasal inhalers such as Vicks Sinex, Prevalin or Otrivin.

We also have to eliminate candidates under the use of psychostimulants such as ritalin.

Common sense indicates that while the specific effects of each of the substances mentioned in relation to the usual doses of DMT and monoamine oxidase inhibitors typically contained in the infusion are not known with certainty, the use of Ayahuasca should not be encouraged in people who use these medications.

WHAT DRUGS TO AVOID?

The following types of medications are not suitable for use with Ayahuasca:

Other IMAO

SSRIs (any selective serotonin reuptake inhibitor)

Alcohol

Antipsychotics

Appetite suppressants (pills)

CNS (central nervous system depressants)

Amphetamines (including methamphetamine and dex, variants)

Antihypertensives (medicines for high blood pressure)

Medicines for asthma, bronchitis and other respiratory problems

Antihistamines, medicines for colds, sinus problems, hay fever or allergies (Benadryl, Benylin, Chlor-Trimeton, Compoz, etc.)

OTHER DRUGS AND HERBS TO AVOID:

Actifed

Amantadine hydrochloride (Symmetrel)

Amoxapine (Asendin)

Benadryl

Benylin

Bupropion (Wellbutrin)

Bupirone (BuSpar)

Carbamazepine (Tegretol, Eptol)

Chlor-Trimeton

Clomipramine (Anafranil)

Cocaine

Cyclobenzaprine (Flexeril)

Cyclizine (Marezine)

Desipramine (Petrofrane)

Dextromethorphan (DXM)

Disopyramide (Norpace).

Doxepina (Sinequan)

Ephedra

Ephedrine
Flavoxate hydrochloride (Urispas)
Fluoxetine (Prozac)
Ginseng
Imipramine (Tofranil)
Isocarboxazide (Marplan)
Kava
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)
Sinicuichi
St John Wart
Tegretol

Temaril

Tranlycypromine (Parnate)

Tricyclic antidepressants (amitriptyline, Elavil)