



Additional Components for AYA Experienced Practitioner Ceremony Weekends

We're excited to be able to offer groups of experienced Ayahuasca Practitioners an opportunity to come together in a setting designed for expanding relationship with Ayahuasca in tandem with the other Amazonian master plants.

Please read through this entire document as it details the additional components which will be incorporated into our Experienced Practitioner Ceremony Weekends.



Master Plant Dieta

The Amazon Rainforest is home to a variety of plants that are known as *master plants* or *teacher plants*. These plants include Ajo Sacha, Bobinsana, Chullachaqui Caspi, Remo Caspi, Chuchuhuasi, Tamamuri, and a variety of others. As part of the Experienced Practitioner Ceremony Weekend, you will select one of the master plants to diet and work with before and during the ceremony weekend itself – and you will be provided with a coupon code to order a *master plant dieta kit* from [AmazonianPlants.com](https://www.AmazonianPlants.com).

In addition to following our usual [Ceremony Preparation Guidelines](#), a master plant diet is more demanding in terms of eliminating meat, dairy, salt, sugar, spices, and oils from your diet on the days you are sitting with your master plant. The emphasis here is on eating a simple, bland diet consisting mostly of vegetables in order to more fully connect with and learn from your master plant of choice.

Food choices for a master plant diet typically include boiled rice, potatoes, beets, carrots, root vegetables, broccoli, cauliflower, zucchini, squash, and fresh avocado, cucumber, and lettuces. Avoid garlic, onion, ginger, and peppers – along with any other dried spices or flavoring elements as well. It is important to stay hydrated and to minimize activity (to the best of your ability) while working with the master plants.



Meditation Practice & Focusing Intention

As always, it's important to consider your intentions for coming into ceremony with us. What are the most important things that you are working on at this point in your life? What are you seeking to achieve with your life? What would you like to have manifest in your life? Combining meditation with reflecting on your intentions for coming into ceremony with us is a powerful practice. So give yourself some quiet time to meditate and consider your reasons and your intentions for coming into ceremony with us. You can even treat the ceremonies themselves as something of a meditation.



Dreaming

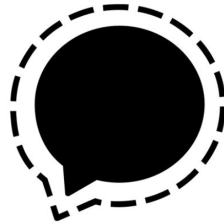
One of the many ways that the master plants communicate to us and teach us is through dreams. We recommend drinking the tea that you will brew from your master plant twice a day: once early in the morning and going back to sleep, if possible, to allow some additional time for dreaming – and once again in the evening before going to sleep. You may find it helpful to work with a dream journal and keep notes regarding your dreams while dieting with your master plant of choice.



Learning the Icaros

The ceremonial songs of South America are collectively referred to as the *icaros*. Engaging with and learning these songs can bring a deeper level of understanding and appreciation to the experience of sitting in ceremony with Ayahuasca. As part of preparing to participate in an Experienced Practitioner Ceremony Weekend, we'd encourage you to sit with and learn more of these ceremonial songs.

We have an [Icaros Page](#) on our website that features the lyrics and translations into English of several icaros and our [SoundCloud Page](#) that features recordings of many of the icaros for you to listen to and familiarize yourself with as well.



Peer-to-Peer Support & Chat on Signal

Please install the [Signal](#) private messaging application on your cell phone if you are joining one of our Experienced Practitioner Ceremony Weekends. We will utilize Signal to make important announcements regarding the ceremony weekend and our chat group there will serve as a place to ask any questions you might have about the weekend and converse with those who will be attending your ceremony weekend.



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