

Pre-Ceremonial Preparations and Recommendations:

- Have a light and healthy diet. Do not consume red meat or pork, chocolate, cheese, white bread, beer, too much salt, coffee, or spicy food 48 hours before ceremony.
- Bring a flash light if you have one
- Dress properly – long sleeve shirt and pants.
- A blessing bowl will be available on the altar for any jewelry you want blessed by the energy of the ceremony.
- Once you are ready, sit quietly alone to introspect and reflect on the work you are about to do.
- The ceremony begins at 7:30 pm. Medicine begins when the medicine is ready to activate, not according to the clock.
- The Shaman is a person with experience and knowledge on how to use these ancient healing techniques.
- The Shaman will create a sacred space and welcome you to the circle. Take some tobacco and give it as an offering to the Mesa or Altar.
- You may make a prayer if you choose.
- You may ask questions in the ceremony lodge for further clarity. This helps ensure your safety and the sacredness of the ceremony.
- The Shaman will ask you to come up for a 15 minute plant activation/cleaning during the shamanic ceremony.
- The Shaman will ask you to come to the mesa and provide you with the sacred medicine.
- 30 to 40 minutes later you will start the journey. Make sure you keep silent and have should respect for the others participants in the ceremony.
- Be sure to speak up if you need help. Sometimes dizziness, unsteadiness require the assistance of another which we will provide you.
- You may not leave the circle during the ceremony. If you need to use the bathroom you may ask for assistance and use the lodge's bathroom facility.
- Drink water up to 30 minutes before the ceremony. Once the ceremony starts no water should be had for 4 hours, as it can cause vomiting and will weaken the medicine.

- Stay focused on your own journey, do not listen or respond to others in the lodge, except for the two medicine people. Do not touch anyone in the lodge as it may interrupt their process or be threatening to them while in some processes.
- After 1 or 2 hours the Shaman will call people for personal healing which includes singing and healing using a plant call “Churupanga”. He will blow sacred tobacco smoke in the crown, and cologne across your head and back to help the medicine activate and connect with the spirits.
- The Shamanic Ceremony could last from 4-8 hours. Normally the first 3-4 hours will be in Alishina Huasi Lodge and then a return to your bed to continue the journey/healing.
- When the shaman feels people can safely leave for the comfort of their beds he will clear it with the participants who can then leave together or separately.
- If a person decides to stay alone, it would be under their own responsibility.
- After a Shamanic Ceremony, you should stay at Samai Lodge overnight for ease and safety. **Do not operate a vehicle on the night of a ceremony.**
- Be sure to replenish your body over the next day by drinking plenty of water and/or juices.

The Shamanic ceremony has some potential risks that you must familiarize yourself with before choosing to participate.

- The use of the sacred plant medicine may cause dizziness or disorientation, vomiting, cold sensation or occasionally an out of body experience.
- If you have a heart condition, hypoglycemia, diabetes and high blood pressure you should tell us.
- If you take medication for depression, anti-anxiety or any other psychological condition you should inform us.
- The effects and risks of the ceremony on pregnancy are not known; pregnant women should be aware that the ceremony may or may not be detrimental, and so you enter at your own risk.

- The experiences of releasing or some visions may elicit strong emotional and/or physical reactions such as profuse weeping or laughter.
 - The Shamans or facilitators will help to integrate the experience the next day.
 - The shaman/facilitator(s) of the ceremony are not licensed or certified and make no such claims. They are here to offer their experience to support your personal work in the ceremony.
-

I have read the above information and statements of fact regarding the Shamanic Healing and ceremony. I am aware that the people at Samai Center are not licensed or certified and are not responsible for my growth or healing and make no promise of help or release from any emotional or physical dysfunction. I understand and accept the risks stated above and assume full responsibility for the consequences of my decision to participate. I agree not to hold the Samai Lodge responsible for any incident or dysfunction that may result from my participation in the ceremony. I hereby authorize the Samai Lodge to obtain medical care for me in case of an emergency.

Participant's Name:

Participant's Signature:

Date: _____