

## **Plant medicine Agreement of The Sacred Voyage**

To be able to guide you well during the Sacred Voyage we ask you to approve with some basic agreements. These agreements can support you with your own experiences of the Sacred Voyage.

We ask you to fast (not eat) for at least 3 days in advance of the ceremony (vegetarian soups and juices). People who use medication need to inform us in advance and need to talk also with their therapists or doctors about the combination of their medication and Mother plant. It contains a MAO inhibitor). If necessary discuss with them if it is possible to stop with your medication 1-3 days in advance of drinking the brew of Mother plant (the brew). The use of medication and the brew together is on your own risk and responsibility.

The Sacred Voyage is a voyage to your inner self, which is made with help of an entheogenic and an therapeutic setting to (re)find your essence, your own source, to make personal transformation possible and support the path to healing. The Voyage has also a spiritual goal, making contact with the Divine (no matter how you call it, God, Oneness, Universe). The doses of drinking the brew is determined by the facilitators and you.

### Therapy background:

If you're treated by a therapist or psychiatrist, we expect you to discuss your participation on The Sacred Voyage. You also take care of not breaking any agreements with him/her. When needed please write down the name and telephone number of your therapist or psychiatrist who has treated you last. Questions and answers will be discussed with you in advance of the Sacred Voyage.

### *Disclaimer:*

Ceremonies, workshops and retreats at The Sacred Voyage are meant for personal and spiritual development and can never replace the work of doctors, psychiatrists or therapists in any way. We recommend to always consult your physician or psychiatrist before considering an ayahuasca journey.

### Basic rules:

We also ask you to stick to a few rules of behaviour : mutual respect, no sexual or aggressive behaviour. The word 'STOP' when said by the facilitators is stringent.

It is not allowed to make any recordings or take pictures during the weekend or retreat to respect the privacy of the participants and the team.

### Contra-indications for drinking the brew with plant medicine:

The use of the brew can not be combined with several medications and is a potential danger for your health. Medications like antidepressants, beta-blockers and medication for blood pressure are a contra-indication, because the brew sustains a MAO inhibitor and it won't merge with the mentioned medications. In case of doubt please ask your doctor.

Psychiatric indications like borderline, schizophrenia and (possible) psychosis are contra-indications as well. People who are treated (not on their own initiative) by a psychologist or psychiatrist need to discuss their participation in the ceremony /The Sacred Voyage ceremony in advance. We also ask you then to handover a written declaration of approval from your therapist/doctor.

Medical indications like heart problems and high blood pressure are a contra-indication for drinking yhe brew. Pregnancy and breastfeeding are contra-indications as well. Read the FAQ on [www.thesacredvoyage.com](http://www.thesacredvoyage.com).

Driving by car:

Only after the retreat has finished it is ok to drive your car again. For safety reasons not during the retreat.

Personal Declaration:

I have taken notice that the Sacred Voyage can bring important personal insights and assistance, which can lead to a higher Self Awareness and Self responsibility. For my participation I take full responsibility. It's clear to me to see the suggestions of the facilitators as a proposal so I can decide myself in which way I will follow them. I know this is not a clinical- medical therapy.

In advance I have send in my intake form and have filled it in truthfully about my background and use of any substances.

I know /heard about the side effects of the use of the brew with plant medicine like nausea, vomiting, diarrhoea, possible intense emotions, corporal sensations and visions. I informed my self by reading the book The Sacred Voyage by Lars Faber or by reading the websites [www.degewijdereis.nl](http://www.degewijdereis.nl) and [www.thesacredvoyage.com](http://www.thesacredvoyage.com).

I am aware that the effects of drinking the brew can't be controlled and surrender to what the sacred plant is showing me. I follow the suggestions of the facilitators and focus on myself, my breathing, my corporal sensations and emotions. I permit myself to experience and to express myself about what is happening during the Sacred Voyage.

If I have a therapist I will inform the facilitators of the Sacred Voyage and discuss my participation with my therapist, doctor, psychologist or psychiatrist. I inform the facilitators about my personal themes and things that can help in my process and their guidance.

No one persuaded me to participate to make this Sacred Voyage. I undertake this Sacred Voyage by my own initiative and responsibility and let the experienced facilitators guide me during my Sacred Voyage/ ceremony.

Name:

Date

Signature:

Name of therapist/doctor/psychologist/psychiatrist:

Name and telephone number friend/family we could phone in case of emergency: