

Sacred Teacher Plant Ceremony

What is “Ayahuasca”?

- A brew made since ancient times consisting of two plants – *Banisteriopsis Caapi* and *Psychotria Viridis* - developed by certain tribes of the Amazon basin (Peru, Colombia, Ecuador and Brazil). It has always been taken within a spiritual and ritual context.
- The spirit of Ayahuasca is considered above all a teacher, which shows the participant his or her path and spiritual mission. It also has its own intelligence, and thus conveys wisdom, insight and spiritual truths, going beyond any limits or blockages the participant may have.
- It is often called “Mother Ayahuasca”, since it behaves in a maternal way: it can be beautiful, gentle and soothing, but if her “child” strays off the path of truth, Ayahuasca can be strict, instilling respect. The plant is also often associated with the Serpent – elegant, healing and wise, but lashing if provoked.
- Ayahuasca expands the participant’s consciousness to a broader spiritual reality. This allows us to leave behind our complexes or limited personality, enabling a more objective and inspired look at life.
- Although a session often includes hallucinations, these visions are not the goal – but rather a side-effect – of the Ayahuasca medicine. The plant heals on physical, mental emotional and spiritual levels, and thus cannot be called a “drug”, since its intent is not for recreation or escape.
- Given the vulnerable state Ayahuasca brings about, great care and attention is needed in running the session. The Curandero creates a safe and sacred space; one of integrity, healing and spiritual inspiration. The participant also needs to follow the correct dietary and psychological preparation to get the most out of the experience.
- A ceremony generally lasts 4hours.

What is San Pedro?

- One of the most ancient Teacher Plants used in the Andes - proof exists that it has been used in ceremony for more than 5,000 years.
- Made from the *Trichocereus Pachanoi* cactus, it can ingested as a powder or gelatinous brew.
- The effect of San Pedro takes longer to arrive than Ayahuasca, and the peak of the effect is generally reached only after 3 to 4 hours.
- San Pedro is a masculine plant. It establishes a powerful connection with nature. It is very good for focusing intention, learning to meditate, grounding, setting boundaries and channeling masculine energy.
- In a traditional context, San Pedro has been employed for physical, mental, emotional and spiritual healing, and as a way of ending a spate of bad luck. This clearly attests to the plant’s ability to shift the spiritual frequency of the participant to a higher level, changing the quality of his or her reality.
- A ceremony generally lasts 7 to16 hours. Or in some cases longer dependent on one’s sensitivity.

Why work with the Teacher Plants?

- To accelerate and integrate personal and spiritual transformation.
- To bring about healing and balance on physical, mental emotional and spiritual levels.
- To move beyond emotional blockages in the past and to heal psychological complexes.
- To open oneself to divine and unconditional love. Many people in modern society lack love, and this is the cause of many psychological problems.
- To bring clarity to challenging situations, or to bring deeper insights into important issues and events in life.
- To connect to your personal and spiritual truth.

Preparation for a Teacher Plant Ceremony.

Preparation for a ceremony is very important, since it cleanses the body and provokes thought about future intentions. An Teacher Plant session is “work” - it is a commitment and sacrifice the participant makes to him or herself and to spiritual growth. This may not always be easy, or what the participant would like to see.

Preparation includes.

DO NOT EAT: fried foods, red meat at least 2 weeks before a session .Small portions of chicken and fish is permitted prior to the ceremony and gradually reducing meat in take nearing ceremony .**Pork** absolutely needs to be avoided for as long as possible before and after the ceremony.A fresh food intake is recommended.

DO NOT DRINK: alcohol at least 48 hours before a session.

DO NOT HAVE SEX (or masturbate) at least 48 hours before or after working with the Teacher Plants.

NO spicy food, red pepper, chilies,coffee (decaff is fine)’ etc. 3 days before session

NO fermented food, pickles, herring, anchovy’s, old cheese, etc. 24 hours before and after session.

Conservative uptake of salt and sugar/honey - 3 days before and after

Marijuana to be stopped at least 1 week prior to ceremony.

Protein extracts or supplements.

Aspartame (Nutra sweet product)

Foods containing MSG (Monosodium glutamate)

- **Generally, one should not eat 5 hours before a ceremony.**

Drinking of liquids to stop 2 hours before ceremony.

- If the ceremony takes place in the **morning**, you can eat a light but substantial meal the night before taking the Teacher Plants, but nothing in the morning.
- If the ceremony takes place in the **afternoon**, you may have a breakfast of fruits and cereals.
- If the ceremony takes place at **night**, you may have lunch until 14h00. You can eat bread, rice, salads, cereals, vegetables, nuts and fruits, boiled eggs.

It is best NOT to do a strict fast before the ceremony, since your body should be strong enough to deal with the experience. Reducing sugar and salt will heighten the effect of the Teacher Plant, so you may eliminate these as much as possible from your diet in preparation.

Pharmaceutical Medicines

You may be risking your life or your sanity by consuming chemical drugs (cocaine, LSD, ecstasy, heroine etc) 48 hours BEFORE or AFTER a ceremony. Under no circumstances take any other recreational drug (**Marijuana**) while still under the effect of the Teacher Plants.

Please note there is an extensive list of certain medications that are contraindicated with Ayahuasca. Please contact me if you are unsure.

- Certain antidepressants
- Ventolin inhalers cannot be consumed from the morning.
- Any antihistamines at least 48 hours prior to night of ceremony
- Epilepsy medication
- Steroids and muscle building formulas with creatine in them strictly prohibited.
- Certain painkillers
- Cough syrups
- Blood pressure medications
- Diet pills

Feeling fear, resistance or apprehension before a Teacher Plant session is normal, since the subconscious mind is preparing itself for profound transformation. Observe your emotional reactions before the session, and contact the organizers if you have any questions. Try to spend a calm day before the session. It is always helpful to relax, meditate, practice yoga etc. It is also a good idea to clarify your intentions – and especially those for your Teacher Plant session. Since Teacher Plants expand your consciousness, they also energize your intentions.

How do Teacher Plant ceremonies unfold?

- The correct preparation (see above) should always be observed by the participant. Arrive at the ceremony in a calm state. Slight fear or apprehension are normal in the days or hours approaching the experience - especially if it is your first time.
- An Ayahuasca ceremony lasts for about 4 hours San Pedro 8 hours. It may be an individual or group session. After closing the ceremony, the effects of the medicine could last an additional 2 to 4 hours. The person running the session should always be informed of continuing strong effects or discomfort after ending the ritual.
- The ceremony is always performed within a spiritual and ritual context, following traditional Peruvian and Shipibo.
- Generally, the Curandero offers 2 doses: the first is to observe the effect of the plant on your body and consciousness; the second is usually to go deeper (the participant is free to choose if he or she wants the second dose). Usually it takes between 40 and 80 minutes to feel the full effect of the plant in the case of Ayahuasca.
- The sacred space is created by traditional chants – “Icaros” – which direct the energies of the ceremony, ensuring an atmosphere of inspiration and healing. The Icaros establish the frequency of the space, and generally invoke the energies of divinities, healing, cleansing etc.
- During every session, the participant receives a “soplada” (blowing) of Agua Florida perfume for cleansing and healing, as well as one with “Mapacho” (sacred tobacco) for protection and strength. This clears the internal and external space of the participant, and often brings great healing or relief.

Effects during a Teacher Plant ceremony:

- **Physical cleansing.** The participant may vomit, in order to clear the body of old negative energies that may be causing illness or imbalance. The Teacher Plant cleanses the body on a deep level, filling the body energetically with love, light and truth.
- **Emotional cleansing.** Undigested emotions remain in the body, and may cause illness. Teacher Plants eliminate this “emotional garbage” in order to activate greater self-esteem and love.
- **Inspiration.** Teacher Plants bring insights and teachings. They may be experienced intuitively or symbolically, but generally are very clear. Spiritual inspiration often goes beyond theory or dogma – the spiritual reality reveals itself in a concrete manner, and other possibilities in your own world, or other spiritual dimensions, are seen as very real.
- **Difficult experiences.** Teacher Plant ceremonies usually are very beautiful and insightful experiences, but may also be very difficult. The participant may go through physical discomfort, or see unsavory aspects of his or her life. Even when a session is challenging, there is always a clearing of some sort, and a return to greater personal truth. In the weeks following a ceremony, the participant usually feels lighter, and continues to “download” insights from the experience.

- **Commitment** – In the truly challenging moments of a session, one may ask oneself “why am I doing this to myself?” A ceremony should be seen as “work” leading to growth, and not as a diversion (even though it is often very pleasurable).
- Teacher Plants have been effective in overcoming addictions (drugs and alcohol) and have been shown to relieve depression. Its recommended to work with both of the teacher plants energies..

During a Ceremony:

- Participants are required to stay in the ceremony space until the end of the session. This is so that the curandero running the session and assistants can adequately take care of the participant.
- Participants must follow the indications or suggestions given by the curandero and assistants.
- Please remain silent and respectful of other participants. Please do not sing with the curandero, as your intention may interfere with that of the curandero and/or group. You do not need to understand the Icaros to benefit from them.
- All cellular or mobile phones must be switched off.
- No recording or filming is allowed during the session.
- No weapons (knives, guns etc) are allowed in the ceremony space.

Effects on your life after a Teacher Plant Experience.

- In the weeks following a ceremony, the Teacher Plant continues to work on your body and soul. The participant continues to gain insights, deal with heavy emotions, and receive healings of all sorts. As a result of this ongoing process, it is important that the participant remain conscious, and not have sex, drink alcohol or eat heavy foods (especially pork and fried foods) for at least 3 days after a session.

Please bring to the Ceremony.

- A bucket (for vomiting);
- A warm blanket pillow
- Warm and comfortable clothing; (the plant may drop your body temperature significantly);
- Bottle of water;
- Hat and sunscreen
- Swim wear
- Pen and journal

The following SHOULD NOT take Teacher Plant.

- Persons currently taking antidepressants.
- Persons under the effect of other recreational drugs.
- Persons with a history of psychotic episodes.
- Pregnant women or persons younger than 18.
- Persons with heart problems, or other serious physical illnesses. For persons who are terminally ill (cancer, HIV/AIDS etc), please discuss your condition with the organizers before reserving your place in the ceremony.

If you are not sure in any of the above situations, please contact me.

Sananga

For traditional Amazonian tribes people, sananga is a powerful eye medicine used to sharpen night vision. For modern seekers of spiritual healing, however, sananga does more than help with hunting. Often used as a precursor to ayahuasca ceremonies by the Kaxinawa and Matsés tribes of Brazil, these powerful eye drops have a healing power that's more energetic than physical, and that has the capacity to increase spiritual insight in the minds of those who use it. Sananga is potent medicine, and while you can administer sananga for yourself without undergoing a guided ceremony, it's important to find a reputable source and to educate yourself on its proper usage beforehand.

Benefits of Sananga

Sananga is still used by many tribes in the heart of the Amazon, but its benefits are reaching the rest of the world as these tribes open up ceremonies to outsiders and train those who are interested in the administration of the eye drops. Used either in conjunction with ayahuasca or as a stand-alone treatment, sananga shows powerful potential to treat a spectrum of physical and psychospiritual illnesses:

- **Treats and prevents ocular diseases such as glaucoma, cataracts, farsightedness, nearsightedness, astigmatism, and blindness**
- **Detoxifies the body**
- **Increases visual perception and enhances colors**
- **Clears long-standing inner anger**
- **Used in conjunction, helps with mental disorders such as addiction, depression, and anxiety**
- **Resets energetic field**
- **Treats spiritual diseases ("panema") caused by negative energies in the body. These spiritual diseases can accumulate in a person's energetic body and make a person depressed and anxious.**

Administering Sananga

The human eye is a particularly sensitive organ, which means a sananga ceremony can be painful. These sacred, shamanic eye drops cause an intense burning that usually lasts from a few seconds to a few minutes, this pain is an important part of the healing process. Shamans advise you breathe deeply into the intensity to gain the most from its benefits—it is by leaning into the pain that you can cleanse not only your eyes but your mind and spirit as well. Once the pain leaves and the sananga is no longer in your body, you're left with a feeling of immense relaxation. Because of its cleansing properties, sanaga is often used in preparation for an ayahuasca ceremony.

Ayahuasca friendly recipes

You can also eat the following:

Vegetable wraps, Vegetable Sushi, Oats with honey for breakfast, boiled eggs, toast on avocado, vegetable soups.

Almond Milk, Coconut and Berry Smoothie:

- 1/2c unsweetened almond milk
- 1 1/4c coconut water (unsweetened)
- 1c blueberries- pref frozen
- 2/3c raspberries-pref frozen
- 1 avocado
- 3 tbsp fresh coconut meat if you have some on hand
- 1/2 to 1 tsp super greens powder

Method:

Simple - blend it all up!! Add more coconut water if the consistency is too thick.

Pumpkin Pie Smoothie:

- 1 cup steamed pumpkin or organic canned pumpkin
- 1 cup thick organic coconut milk
- 1/4 cup almond milk
- 1/2 avocado

Method:

Just blend it all up and pour into a cup.

Green Smoothie:

- 1/2 avocado
- 6" pc cucumber
- juice of 1/2 lemon
- 2 sm kale leaves
- 2 lg stems of fresh mint
- 1 sm firm pear
- 1 cup unsweetened coconut water or filtered alkaline water

Method:

Just blend!

Another Green Smoothie:

- 6" piece of cucumber
- 3 medium Kale leaves, torn
- 5 stems fresh mint
- 3 stems fresh parsley
- 1" piece fresh ginger
- 1 avocado
- 1 cup coconut water (unsweetened)
- fresh juice of one lime

Method:

Just blend and drink!

Fruit and Quinoa Porridge

- 1 cup quinoa, rinsed
- 3 cups unsweetened almond milk
- 1 med apple chopped small (save some for garnish)
- 1/2 cup raw walnuts, chopped
- 4 tbsp raw sunflower seeds
- 1 cup fresh organic blueberries

Method:

1. Add the quinoa and almond milk to a pan or pot and bring to the boil. Reduce to a low heat for 5 minutes.
2. Add in the chopped apple, walnuts, seeds and fruit and mix it all up.
3. Leave on the low heat until more liquid is boiled off or serve now if you like it more liquidy and runny.

Blueberry and Avocado Smoothie:

- 1/2 cup unsweetened organic almond milk
- 2 tbsp chia seeds
- 1 cup frozen organic blueberries
- 1 organic avocado
- 2 tbsp more almond milk for blending
- 1 cup raw organic buckwheat groats, soaked w/ filtered water for 30-60 mins- rinse well and drain
- juice of 1/2 organic lime
- 1/2 tsp grated fresh organic ginger

Method:

- Combine 1/2 cup almond milk, chia and let stand for 5-10 mins until the milk thickens up.
- While your cooking your milk, place avocado & blueberries in blender. Then add chia mixture and blend well. Add almond milk for consistency.
- Combine buckwheat with lime and ginger and spoon on top of pudding. Add some mint as a garnish if you like.

Millet and Raspberry and Mint Breakfast:

- 1 cup millet
- 2 cups filtered water
- 1 1/2 cup unsweetened almond milk
- sunflower seeds
- chopped walnuts
- raspberries
- fresh mint

Method:

- Place the millet and water in sauce pan and bring to boil.
- Reduce the heat to low, place lid on pan and simmer for 10-15 mins until water is fully boiled off. Turn off heat and let sit for 10 mins.
- Add 1 cup almond milk then turn heat back on for 1 min until almond milk the mixture becomes a little creamier.
- Spoon portions into open bowls and sprinkle with nuts, seeds, raspberries and chopped mint.
- Serve with almond milk.

Grapefruit and Walnut Salad:

- 1/2 head of curly leaf lettuce - cut into bite size pieces
- 1/2 head of red leaf lettuce - cut into bite size pieces
- 1-2 avocados sliced
- 1 large grape fruit
- 1/3 cup raw walnuts
- 1 cup of pea shoots washed and dried
- 1/4 c fresh mint chopped small and tossed with greens

Dressing

- juice of 1 large grapefruit
- juice of 1 navel orange
- juice of 1 large lemon
- 1/4 tsp fresh grated ginger

Method:

- Combine the dressing ingredients in a measuring cup and whisk.
- Place lettuce greens & mint into a large bowl.
- Toss well with 2/3 of the dressing.
- Divide dressed greens between as many people as you are serving.
- Top each salad with avocado slices, grapefruit, walnuts and stack sprouts on top.
- Drizzle with more dressing and serve immediately.

Rainbow Salad with Avocado and Lemon dressing:

Makes 2 large bowls of salad and dressing.

- Arugula & Baby spinach greens
- 1 yellow beet, grated or spiral cut
- 2 carrots, ribboned w/ peeler

- 1/4 red onion, thinly sliced
- 6 slices yellow pepper
- pea shoots
- 1 avocado
- micro green or sprouts
- 1 avocado, sliced
- chopped or slivered raw pistachios

Dressing:

- 2 juiced lemon
- 1 avocado
- 1 1/2 tsp chopped red onion
- 6 basil leaves
- 6 stems fresh dill

Method:

- In each salad bowl place a generous handful of arugula, then top with beets and add the other veggies.
- Then add with the pea shoots, micro greens and finally top with pistachios.
- For the dressing, place all ingredients in a blender and process until creamy.
- Pour it into a side dish and spoon it on the salad as you like.

Super Salad:

- 1/2 head of your favorite lettuce.
- handful spinach
- handful of baby kale, torn
- 10 stems parsley, chopped
- 10 stems cilantro, chopped
- 1 handful pea shoots
- 1 handful sprouts, broccoli, alfalfa, radish etc.
- 1/2 carrot, julienned or grated
- 6 cherry tomatoes, halved
- 1/2 cup thinly sliced red cabbage
- 6 radishes, quartered
- 1/2 stalk celery, sliced
- 1/2 watermelon radish, slivered
- 1/2 avocado, sliced

Dressing:

Drizzle with lemon.

Method:

- Place greens on the plate and arrange all the veggies around the edge adding the pretty radish in the center.
- Serve with dressing and toss salad well.

Quinoa and Roasted Tomato Salad:

- 2 dozen cherry tomatoes sliced in half lengthwise
- olive oil drizzle
- 1 cup quinoa soaked in 2 cups of water for 15 mins
- 1 cup chopped flat green beans blanched 2-3 mins
- 1 cup sliced baby carrots blanched for 2-3 mins
- 10 chives chopped
- 10 basil leaves chopped
- 1 1/2 tbsp fresh squeezed lemon juice

Method:

- Place tomatoes on parchment, drizzle lightly with olive oil. Roast carefully on BBQ or in oven for approx 20-30 mins.
- Drain quinoa thru fine sieve and rinse. Place 2 cups of fresh water and quinoa in med sized sauce pan on high heat and bring to boil, then reduce to med low and simmer for 15 mins. Remove from heat to let it absorb water. After resting for about 10 mins, if any water remains, drain well. Place in large bowl and allow to cool.
- After blanching carrots and beans run under cool water to stop cooking and allow to cool, then add to cooled quinoa.
- Add cooled roasted tomatoes and chopped herbs to mixture.
- Combine olive oil, lemon juice.
- Add dressing to quinoa mixture and combine gently.

Lentils with Tomatoes and Green Sprouts:

- 1/2 cup sprouted lentils
- 1 1/2 cups of water
- 1/3 cup minced shallot or white onion
- 1 tbsp extra virgin coconut oil
- 1 cup diced tomato
- 1 tsp fresh grated ginger
- 2-4 tbsp filtered water
- 2 cups fresh spinach, chopped
- 2 cups baby kale, chopped

Method:

- Start with cooking the sprouted lentils in the water. Bring to a boil, then cover and reduce heat to low and simmer for up to 20 mins. When the water is nearly all absorbed turn off heat and leave covered until ready to use.
- In a pan add onions and cook over medium low heat until onions are translucent.
- Add tomatoes, 2 tbsp water heating until bubbling and then reduce to low and simmer for 10 minutes.
- Add the grated ginger and stir well.
- Toss in the fresh chopped greens, 2 more tbsp of water and melt the greens into the mix stirring heating thru for about 1-2 mins.
- Now add the cooked lentils and stir to combine.
- Serve!

Broccoli and Quinoa Salad:

- 3 cups cooked quinoa- see method below
- 5 cups raw broccoli, cut into small florets and stems
- 2/3 cup raw nuts – cashews, almonds or pine nuts
- 2 tablespoons fresh lemon juice (usually 1 med. lemon)
- 1/4 cup almond milk (unsweetened)
- sliced avocado

Method:

- Cook the quinoa by using: 2 cups water and 1 cup rinsed quinoa and bring to boil and then simmer for about 10 mins until water is mostly absorbed.
- Then set aside with lid on for a wee bit to soften further and absorb remaining liquid.
- Stir and then allow to cool.
- Pour off any excess liquid.
- Bring a pot of water to boil.
- Add the broccoli and allow to turn bright green with just 1-2 mins of cooking time.
- Drain and then run cool water over to stop it from cooking further.
- Then set aside 3 cups of this cooked broccoli for use later.
- Now, combine remaining ingredients except the almond milk in a food processor and blend creating a finely blended mixture.
- Add the milk and mix it until combined but not too pureed. Combine this mixture with the remaining 3 cups of broccoli.
- Grab a plate and add toppings of sliced avocado combined with a generous heap of mixed greens.
- Try for 50% mixed greens and 50% quinoa salad.

Vegetable Quinoa Patties with side salad:

- 1 cup of dry quinoa, cooked in 2 cups water.
- 1 very large sweet potato, peeled, diced, steamed, mashed.
- 1 cup finely diced red onion
- 1/2 cup finely diced red pepper
- 1/3 cup chopped fresh cilantro
- juice of one lime

Method:

- In large mixing bowl, place cooked quinoa and mashed sweet potato.
- Saute onions and red pepper. Allow to cool and then add to mixing bowl.
- Add the remaining ingredients to bowl. Stir to combine them all.
- Heat a pan on medium and form mixture into patties. Gently turn into pan. Brown gently on both sides. Remove from heat and put directly onto dining plate.
- Repeat until you have enough for as many as you are serving.
- Handle with care as they break easily these patties.

Roasted Seasonal Vegetables:

- 2 bunches radishes - halved
- 1 dozen brussel sprouts - halved
- 8-12 sunchokes, cut in 1" pcs
- golden beets - quartered
- carrots, sliced length wise in half or quarters depending on size
- sweet peppers - halved and seeded
- 1/2 acorn squash, seeded and diced into 1" pcs

Method:

- Preheat the oven to 350 fahrenheit.
- Begin washing and chopping your vegetables.
- Toss all chopped veggies.
- Place the vegetable mixture on two shallow roasting pans or trays and roast for 40-60 mins until just fork tender.

Marinated Kale and Roasted vegetables:

- 1 med sweet potato, 1/2" - diced
- 1 large beet - 1/2" diced
- 1 onion - 1/2" diced
- 5 cups kale, ribs removed and chopped into bite sized pieces
- juice of 1 lime
- 1 avocado, pitted and diced

Method:

- Preheat oven to 350 fahrenheit.
- Toss sweet potato and lay one end of a baking tray lined with parchment paper.
- Repeat with onions. Pour alongside the potatoes in a bit of pile so they cook slower than the rest. Do the same with the beetroots.
- You can mix them all together if you don't mind the beetroots bleeding into everything else.
- Roast the veggies for 30 mins or until fork tender.
- While they are cooking, place lemon juice into a large deep bowl and add the remaining ingredients. Massage till the avocado is completely creamed through the greens and they have softened, ie approx 1-2 mins.
- Divide onto plates and top with roasted veggies.
- 1 lemon peeled
- 3/4 large English cucumber or one small
- 2 large kale leaves