



Day 4:        10:00 – 13.00 Soulretrieval  
                 13.00 - 14.30 Lunchbreak  
                 14.30 - 16.00 Integration Sharing  
                 16:00                Closing & cleaning up together

To dive into this journey we ask you to fulfill two tasks in the weeks prior to the retreat. These tasks will help you to discover or identify the Core Wound and set the Inner Child free during the retreat.

Write your autobiography: write about your background. The way you were born and raised, the way your parents were there for you, or not. Was there someone to support you. Write about the way you were as a baby, a toddler, child, adolescent - it doesn't have to become a booklet. Lars has worked on a format to help you with this. Be sure to make time for it to fill in (it may take you some weeks; some questions can be answered easily, others need to be asked to others or need time to be remembered).  
See the template below.

Timeline: make a timeline of your life from conception up until your 20th birthday.

Take a piece of paper and draw a vertical line on it. This will be the timeline with all the sad, negative and ugly moments or experiences on the left hand side. On the right hand side there will be the most happy, loving and best moments and experiences in your young life. Take your time for this. Normally not all the memories come back at once.

Memories like:

*when I was 2 years old, my grandmother became very ill;*

*I got a baby sister when I was 3;*

*when I was 5 years old, my father hit me and said I shouldn't be crying over this;*

*I loved the attention I got on vacation with my mom and dad when I was 10 years old;*

*I loved playing with my father when I was 6;*

*my mother died when I was 16....*

Please bring the Autobiography and Timeline with you, printed or written down on paper. You need to use them in the specific workshops.

By memorizing the moments that have been of importance to your life and working with them during the sessions it will help you to uncover deeper levels, opening doors that have been shut for so long, revealing forbidden areas, rediscovering longings in your life etc.

Don't forget to notice the dreams you are having. They are the memories of what has been forgotten. Feel free to ask questions or express your concerns to us.

### **Items to bring**

- Bottle of water;
- Notebook and pen;
- Blindfold;

- Amulet or something that is dear to have with you during the ceremonies;
- Foto of yourself as a child, your parents or other beloved persons (no cellphones);
- Comfortable clothing for the workshops and Heartdancing;
- **White clothing** for the ceremonies with Voyahuasca and also layers of clothes so that you can adjust your temperature (in the beginning of the ceremony you can feel cold and during the ceremony your body temperature will rise);
- Sunscreen cream - mosquito repellent;
- Warm clothing for the evenings and nights;
- Autobiography (for your eyes only)
- Timeline (to work with in a workshop)
- Completed MP-agreement;
- Your printed and completed intake;
- Cash for CD's

### **Food and fasting**

A week till 3 days in advance; take, every morning before your breakfast, a glass of purified or bottled water with the juice of a lemon and a teaspoon of Baking Soda (Sodium Bicarbonate NaHCO<sub>3</sub>). This will help you to detox your body at an enhanced pace. Take really good care of your body and feel how fast the detoxing is good for you.

We advise you to fast for at least 3 days in advance of the retreat. You don't have to eat nothing but we advise you to eat only vegetarian soups and fruit/veggie juices (only liquids), so your body is getting ready and cleaned. Take into account that you drink enough water when you are fasting to help clean your body from toxins. Do not take any painkillers for headaches.

During the retreat, organic and vegetarian soups will be served. During the day there will be tea and fruit.

Do not take any painkillers during the days of the retreat. Fasting and the intense processes may cause headaches but don't try treating those with painkillers.

Painkillers cannot be combined with the MAO-inhibitors. The Voyahuasca contains a MAO-inhibitor.

The foods you shouldn't eat are in the information about MAO-inhibitors, to be downloaded from our website.

### **preparation**

To help you prepare already, you can read the book 'the Sacred Voyage' by Lars Faber. You can download this ebook for free at [www.thesacredvoyage.com](http://www.thesacredvoyage.com).

Most medication cannot be combined with the MAO-inhibitor in the brew. When you are using medication, you have to check with your physician/pharmacist as soon as possible if these can be combined with a MAO-inhibitor. If they cannot be combined, you need to consult with your physician if it is possible to stop temporarily with the medication. Your physician determines if and how many days in advance you have to stop with the medication before you drink the medicine. We would like to be informed if this is the case.

Antidepressants and medication for high blood pressure are a contraindication for drinking the brew.

In case you might use drugs we ask you not to take any drugs for at least one month prior to the ceremony. This way the intelligence of your body and mind open up to the ceremony and you can connect in the purest way. Wait with taking any drugs for at least one month after the ceremony. This way the medicine plant can integrate in your body and mind without the drugs overruling her healing work. Some drugs are even life threatening dangerous to take in combination with the medicine plant, like GHB.

As further preparation we ask you to have none (or at least very little) peak orgasms three weeks in advance of the ceremony (meaning no ejaculation for men and no clitoral orgasm for women). This will help you to enhance the energy level in your body and therefore the healing during the retreat can take place on a much deeper level. You can have sex but without the peaking. You can let your sexual arousal rise up to 70-80 % and then relax your pelvic area; in this way the energy can spread and circulate through your body instead of being released outwards.

### ***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 always recommend consulting your physician or psychiatrist before considering a ceremony.*

## **Autobiography Rebirth of the Soul The Sacred Voyage**

### **General:**

**If you're unable to answer a question, check with your parents, family, friends or caregivers at the time. If this doesn't generate an answer, you can also ask your body using kinesiology (see video in the closed Facebook "The Sacred Voyage" group).**

Describe the front door of your parental home. (What was its colour, structure? Where was the doorbell?)

What kind of family did you grow up in?

Where on your body do you have scars? Please write something about the scars that developed in your youth.

When were you comforted in your youth? Can you remember at which times you were comforted and at which times you weren't?

How did you deal with fights and conflict? Were you heard/listened to? Did you feel relieved afterwards?

Collect as many photos from when you were an infant, a toddler, pre-schooler, child and adolescent.

Collect your stuffed toy(s) from that period or buy yourself a new one.

### **Infancy (0–2 years old):**

- What do you know about your birth? Were you born too soon/late?
- How long did your birth take?
- Were you born normally or was the use of auxiliary tools necessary?
- Were your parents happy with you?
- Were there stressful circumstances for your parents before and surrounding your birth?
- Were you planned for/wanted?
- Were your parents happy that you were a boy/girl?
- Were you breastfed?
- Were you comforted when you cried?
- Was your household peaceful and structured?
- Were you touched enough? Were you shown affection?
- Were you raised by your parents or were you (partially) raised by others?
- Were there traumatic events that occurred during your infancy?
- Did other, meaningful events occur during your infancy?

#### Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) during your infancy (one or more)?
- B) What was/were the most intense positive experience(s) during your infancy (one or more)?

### **Toddlerhood (2–4 years old):**

- Were you at home or did you have to go to a day-care centre?
- Were you played with a lot?
- Were you able to explore, and was there (always) someone to whom you could return?
- Were you able to say no, and was saying no appreciated/valued by your caregivers?
- Did you have older/younger brothers or sisters. If so, how did this affect you?
- At what age were you taught to use the potty? Were you guided or forced?
- Were you touched enough? Were people affectionate with you?
- Were there specific events that influenced you during this period?
- Did you have your own space (place at the table, your own room)?
- Did your parents/caregivers create safe boundaries for you?
- Were you allowed to have your own opinions or were you expected to go along with your household's dominant beliefs?
- Were you allowed to express emotions such as fear, anger and grief?
- Were you comforted when you were afraid or crying?
- Was there ample attention for you and were you understood?
- Were there any other notable events you would like to mention?

Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) during your toddlerhood (one or more)?
- B) What was/were the most intense positive experience(s) during your toddlerhood (one or more)?

**Pre-school age (4–6 years old):**

- What was it like for you going to primary school?
- In what way did you experience going to school?
- Did you have friends?
- What was your role in the classroom (withdrawn, rebellious, the smart one, teacher's pet, clown, etc.)?
- Did you talk a lot about your experiences at school?
- Did your parents pick you up after school?
- Were you able to play a lot?
- Did your parents/caregivers create safe boundaries for you?
- Were you allowed to have your own opinions or were you expected to go along with your household's dominant beliefs?
- Were you allowed to express emotions such as fear, anger and grief?
- Were you comforted when you were afraid or crying?
- Was there ample attention for you and were you understood?
- Did you have older/younger brothers or sisters. If so, how did this affect you?
- Were you touched enough? Were people affectionate with you?
- Were there specific events that influenced you in this period?
- Were you understood and valued for who you were?
- Were you praised for what you were able to do, or punished for what you couldn't do or were doing wrong?
- Were there any other notable events you would like to mention?

Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) as a pre-schooler (one or more)?
- B) What was/were the most intense positive experience(s) during as a pre-schooler (one or more)?

**Childhood (6–11 years old):**

- How was your relationship with your father? What kind of role did you play in relation to him (e.g. daddy's favourite, the parent, attention seeker, angry one, loner, pleaser, hero, rebel, well-adjusted child, black sheep)?
- How was your relationship with your mother? What kind of role did you play in relation to her?
- How was the relationship between your father and your mother?
- Are you afraid of one of your parents?
- How did your parents treat you when you were angry, frustrated, afraid, happy, busy, or sad?

- How did your parents deal with conflict/fights?
- Did your parents touch you in a way that was pleasant to you?
- Were your opinions and boundaries respected?
- Were your parents strict, unreasonable, unjust, or inconsistent?
- If you had brothers or sisters, what was your relationship with them like?
- Did you have a safe room/space to which you could withdraw?
- What did your room look like? (Where was the bed? Did you have cuddly toys? Was it a pleasant space?)
- Who used to take you to bed?
- Were you read to? Were you comforted?
- Were you afraid in bed? Did you have nightmares? If so, who was there for you?
- Did important people to you die when you were a child?
- Who were the most important people in your childhood whom you could trust would support you?
- Do you remember what primary school was like for you? Which teachers did you have? What was it like to have to learn and to show up at school on time? What were your report cards like?
- Were you encouraged to do well at school at home? Were you assisted with your schoolwork?
- Who was at home during the afternoon to welcome you back from school?
- Do you remember what the results of your pre-secondary-school assessment[1] were and to what kind of secondary school you went?
- Were you guided and listened to when choosing a secondary school?
- Who were your friends at school? Were you bullied and/or left out by your peers?
- Did you have to deal with trauma during this period (e.g. sexual abuse, physical abuse, violence, neglect, an accident, an operation, or the loss of a loved one)?
- Can you remember what your birthdays were like?
- Were you given gifts that you were happy with?
- Did you prefer playing alone or with friends?
- Did you have pets?
- Were there any other notable events you would like to mention?

Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) during your childhood (one or more)?
- B) What was/were the most intense positive experience(s) during your childhood (one or more)?

**Puberty (12–17 years old):**

- How well did you transition into secondary school?
- Were you a good student (i.e. able to learn well)?
- Did you know what you wanted to be when you grew up? Were you guided in this?
- What were the relationships with your father and mother like when you were in puberty?

- If you had brothers or sisters, what was your relationship with them like?
- Did you have the feeling you could genuinely be and become yourself?
- Did the relationship with your father and the role he played in your life change?
- Did the relationship with your mother and the role she played in your life change?
- How was the relationship between your father and mother?
- Did you have a lot of friends at school or were you left out and bullied?
- When did you fall in love for the first time? When did you have your first boyfriend or girlfriend? How did that go?
- In general terms, what was your development in terms of love like?
- How did your sexuality develop? What were you ashamed of?
- How were you guided in the development of your sexuality at home?
- If your parents were together, what was the relationship between your parents like when you were in puberty? Was there enough love between them, had their relationship cooled, or did they even get divorced?
- How did you express your identity towards the outside world? What kind of clothes did you wear and/or what haircut did you have to distinguish yourself from others? What kind of music did you listen to? Which sport(s) did you practice (if any)? What role did you have in the classroom?
- Were you depressed? Did you ever consider suicide?
- Were you able to independently deal with your schoolwork?
- Did you adapt/adjust, or did you rebel?
- Did you have to deal with emotional, sexual, or physical violence/abuse?
- Did you have the feeling that your opinion and your way of being mattered?
- Were you sensitive to alcohol and/or drug abuse?
- What kind of group did you belong to in school?
- Did you often feel lonely and misunderstood?
- Did important people to you die while you were in puberty?
- Were there any other notable events you would like to mention?
- How were you dealt with when you were angry, frustrated, afraid, happy, hyperactive, or sad?
- How were you treated when there was conflict ongoing?
- Were you touched in a way that was pleasant to you?
- Were emotions such as fear, anger, and sadness acceptable?
- Were you comforted when you were afraid or crying?
- How did your first love(s) go? Were you heartbroken? Were you abandoned? Did you leave your girlfriend/boyfriend?
- How did your sexuality develop?
- Were there any other notable events you would like to mention?

Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) during puberty (one or more)?
- B) What was/were the most intense positive experience(s) during puberty (one or more)?

### **Early adolescence (18–20 years old):**

- What choice did you make in this period? Did you decide to study or work?
- Did you continue to live at home or leave home?
- Were you guided in your choices?
- Were you able to genuinely be yourself as a young adult or were you kept small or forced/guided into a pre-determined direction?
- Was it easy for you to make new friends in your new school or work situation?
- What was your love life like?
- Were there any other notable events you would like to mention?

#### Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) in your early adolescence (one or more)?
- B) What was/were the most intense positive experience(s) in your early adolescence (one or more)?

---

[1]This refers to the broad competency and intelligence testing used to determine the appropriate level of secondary education for a child. (Not necessarily applicable to your country of origin.)