

The Sacred Voyage – Voyahuasca ceremony

Agreements

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 eat light and consciously for at least 2 days in advance of the ceremony: fasting with soups and juices or eating light vegetarian meals. Please check the list of products that you'd better not use in the last days before the retreat: see attachment MAO-inhibitors.pdf in your confirmation email.

We ask you not to take any drugs or psychedelics for at least one month prior to the ceremony with Voyahuasca.

People who use medication need to inform us in advance and need to talk with their therapist or doctor about the combination of their medication and Voyahuasca (Voyahuasca 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 Voyahuasca. The use of medication and Voyahuasca 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 a therapeutic setting to (re)find your essence, your own source, to make personal transformation possible and support the path to healing. The Voyage also has a spiritual goal, making contact with the Divine (no matter how you call it, God, Oneness, Universe). The doses of Voyahuasca doses is determined by the facilitators and you.

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 a Voyahuasca journey. If you're treated by a therapist or psychiatrist, we expect you to discuss your participation on The Sacred Voyage and to not break any agreements with him/her. When this is the case 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.

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 Voyahuasca

The use of Voyahuasca can not be combined with several medications because of potential danger for your health. Medications like antidepressants, beta-blockers and medication for blood pressure are a contra-indication, because Voyahuasca contains a MAO-inhibitor and it won't merge with the mentioned medication. If you're taking medication, please consult your doctor about the combination with a MAO-inhibitor.

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 Voyahuasca ceremony in advance. We also ask you then to hand over a written declaration of approval from your therapist/doctor.

Medical indications like heart problems and high blood pressure are a contra-indication for drinking Voyahuasca. Pregnancy and breastfeeding are contra-indications as well.

Driving by car

After a Voyahuasca ceremony staying overnight at our venue is obliged. How long your journey will be is unpredictable. Your safety is very important to us so we need to be able to be there for you in case you dive back into your journey in the night.

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.

I participated in the preparation day. I know/heard about the side effects of the use of Voyahuasca like nausea, vomiting, diarrhoea, possible intense emotions, physical sensations and visions. I informed myself by reading the book *The Sacred Voyage* by Lars Faber or by reading the website www.degewijdereis.nl or www.thesacredvoyage.com. I am aware that the effects of drinking Voyahuasca can't be controlled and I surrender to what the sacred plant is giving me. I follow the suggestions of the facilitators and focus on myself, my breathing, my physical sensations and my emotions. I permit myself to experience and to express myself about what is happening during the Sacred Voyage.

If I have a therapist and/or medication I will inform the facilitators of the Sacred Voyage and discuss my participation with my doctor or therapist.

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/Voyahuasca ceremony.

I bring this agreement printed with me and hand it over to the ceremonial leader of The Sacred Voyage.

Name:

Date:

Signature:

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

Name of therapist/doctor/psychologist/psychiatrist: ...