

PREPARATION AND SAFETY

Yagé - Ayahuasca Recommendations

Preparation before the encounter, information about the session, and recommendations for integration.

Important This guide is informational. If you take medication, inform the team before the encounter. The original guide specifically notes that some medications, especially antidepressants, may be counterproductive to the process.

3 to 5 days before

Avoid or reduce:

- Fermented, aged, or pickled foods.
- Heavy meats, especially red meat and pork.
- Dairy products.
- Vitamins, supplements, and protein drinks.
- Fried and/or spicy foods.
- Limit salt, oil, processed sugars, and caffeine.
- Abstain from sexual relations.
- One day before: avoid very ripe fruit, citrus fruit, garlic, and spicy foods.
- Avoid alcohol, stimulants, opioids, and other drugs in the days or weeks beforehand.

Last meal

Try to have the last meal about 4 to 6 hours before intake. Keep well hydrated and attend the ceremony well rested.

Recommended diet

The guide recommends fresh, natural, unprocessed foods, mainly fruits and vegetables. Brown rice, quinoa, oats, and lentils are mentioned as good options.

Medication

Medication Some medications, especially antidepressants, may be counterproductive. It is important to report your current prescription.

Attitude and intention

- Limit time on social media, television, movies, and the internet.

- Be honest about your motivation for attending.
- Manage expectations.
- Exercise and engage in body-mind practices such as yoga or meditation.
- Have clear intentions and an open heart.

About the encounter

Sessions are generally described as taking place in groups of approximately 5 to 25 people, lasting three to seven hours, and usually at night. The encounter is guided by a practitioner knowledgeable in traditional medicine.

The experience

Effects depend on the individual and may begin between ten minutes and one hour after ingestion. Time perception may change. Intensity and duration vary according to the preparation.

Effects described

Vomiting or diarrhea may occur, along with perceptual changes, luminous patterns, vivid images, ringing in the ears, intense emotions, and memories. Fears, difficult emotions, pain, or tension may also arise.

Remain in the session	The guide stresses not leaving because you think there are no effects and remaining until the responsible facilitator authorizes departure.

After the session

It is advisable to remain at the location, not drive, and not immediately return to everyday surroundings. Increased sensitivity to external stimuli or emotional activation may occur.

Integration

- Eat something light.
- Write or draw what emerged during the experience.
- Give the process space during the following days.

Sources listed in the original document

pisatahua.org/es/preparacion/
iceers.org/es/decidiendo-tomar-ayahuasca/

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utibunna.com