Sacred Healing

Ceremony *Preparation*

Come with intention.
Make room for the work.



Before · During · After

OCTOBER 2026 EDITION

WELCOME

Begin where you are.

You do not have to arrive with everything figured out.



Danny Rojas · Founder, Sacred Healing

You may feel called to ceremony and still have questions. You may feel hopeful, cautious, excited or uncertain. There is room to speak honestly about all of it.

At Sacred Healing, we approach ceremony with reverence for the medicines, the traditions that carry them, and the person sitting before us. Preparation is part of that respect. It asks us to slow down, listen, and take responsibility for how we arrive.

My role is to offer guidance and support. Your healing belongs to you. No one can promise what you will experience, and you do not have to force a breakthrough or compare your journey with anyone else's.

Use these pages to prepare your questions, understand the medicine you are considering, and make practical room for the days around ceremony. Read the safety pages first. Bring anything unclear into conversation before you arrive.

The work continues in the way you care for yourself, and in the choices you make afterward.

Blessings,

Danny Rojas

Founder, Sacred Healing

This guide offers education and reflection. It is not medical advice, individual clearance, or a promise of an outcome. Ceremony does not replace medical or mental health care.

YOUR ROADMAP

A little preparation. A more grounded arrival.

Start with the shared foundations, then read the pages for your ceremony.

04 **Before you commit**
Health, readiness and support

05 **Your medication conversation**
Bring the full picture

06 **Prepare your intention**
Reflection and writing space

08 **Care for body and mind**
Food, rest, attention and movement

10 **Meet the medicines**
Ayahuasca · Huachuma · Bufo · Psilocybin · Kambo

16 **Sacred allies**
Cacao · Tobacco · Rapé

18 **Consent and ceremony**
Boundaries, support and practical planning

21 **Returning to daily life**
Integration and when to seek help

23 **Your preparation tracker**
Two weeks of small, consistent actions

25 **Sources and further reading**
Linked references used for this edition

Two things to keep together

Use this guide alongside the current instructions for your specific ceremony. Your confirmation should provide the actual arrival location, times, food guidance, contact and transport arrangements. Resolve any mismatch before attending.

01 / READINESS

Before you commit

Honest screening is an act of care for you and the circle.

Complete the requested intake and share changes since your last submission. Previous participation does not establish that another ceremony is appropriate now.

Bring these into a private conversation

Share your physical and mental health history, current symptoms, pregnancy or breastfeeding, all medications and supplements, and recent substance use. Include past difficult reactions to psychedelics or anesthesia.

- Discuss heart or blood-pressure conditions, seizures, and significant liver or kidney problems with a qualified clinician before considering participation.
- Disclose any personal or family history of psychosis or bipolar disorder, episodes of mania, and recent psychiatric hospitalization.
- Explain access needs, sensory sensitivities, food allergies and any support that helps you communicate when overwhelmed.

> **There is room for “not now.”**
>
> If you are in an acute mental health crisis, feeling unable to keep yourself safe, severely sleep-deprived, or physically unwell, pause ceremony plans and seek appropriate care. Do not use a ceremony to delay that care.

A facilitator’s screening is not a substitute for a clinician’s assessment. Neither screening nor experience removes all risk. Choosing to wait or decline is a valid decision.

References: 3 · 4. Linked reading on pages 25 and 26.

02 / MEDICATIONS

Bring the full picture.

Do not stop, skip, reduce or change medication to attend a ceremony without your prescriber's guidance.

There is no single "one month off" rule that makes every medicine combination safe. A change may carry withdrawal or relapse risks. The safest decision may be not to participate.

Make one complete list

Include prescriptions, nonprescription medicines, sleep aids, pain medicines, supplements, herbs, cannabis, alcohol, nicotine and other substances. Note recent changes and when you last used each. Share this privately with your prescriber and the screening team.

Name the exact ceremony

Ayahuasca contains compounds that inhibit monoamine oxidase, called MAOIs. These can interact dangerously with some antidepressants and other substances (see page 11). Bufo/5-MeO-DMT also has serious interaction concerns, especially with MAOIs, including those in ayahuasca.

> ### Ask for individual review
>
> Antidepressants, lithium, stimulants, tramadol, cough/cold products and herbal products all belong in the conversation. This is not a complete interaction list. Do not infer that something is safe because it is absent here.

- Ask: Is participation compatible with my health and current care?
- Ask: If it is not, what would you recommend instead?
- Tell the screening team if anything changes, even shortly before arrival.

Do not combine medicines or add another ceremony on your own. Disclose recent ceremonies as well as planned ones. This guide does not provide dosing or medication washout schedules.

References: 3 · 7 · 10 · 11. Linked reading on pages 25 and 26.

03 / INTENTION

An honest place to begin

An intention gives your attention a direction. It does not control the experience.



Danny, in the desert

Start with the part of your life asking for care. It may be a relationship, a habit, grief, or the way you speak to yourself. Keep the question close enough to your everyday life that you can return to it afterward.

An intention

"I want to understand why I withdraw when I feel afraid."

An expectation

"I need this ceremony to remove my fear."

The first leaves room for curiosity. The second asks the experience to deliver a specific result. If you notice an expectation, meet it kindly and ask what need sits underneath it.

Make room for uncertainty

You may feel a great deal, very little, or something you cannot put into words. None of those experiences measures your worth, your effort, or your ability to grow.

A simple practice

Sit somewhere comfortable. Notice what is present. Write one question you are willing to explore, then one action you can already take in daily life. You do not need to wait for ceremony to begin caring for yourself.

What am I willing to meet with honesty and compassion?

PERSONAL REFLECTION

Your intention, in your words

Write freely. These pages are yours to keep private or share by choice.

What has been asking for my attention?

What am I hoping for, and what am I afraid of?

What question am I willing to bring into ceremony?

One boundary or support need I want to communicate:

If writing brings up more than feels manageable, stop, look around the room, and reach out to someone you trust. You do not need to complete every prompt.

04 / BODY

Care, not depletion

Arrive rested and nourished. Preparation is not a test of endurance.

Food and the dieta

In many traditions, a dieta includes practices around food, attention and daily habits. Spiritual observance and medical interaction precautions are different things. Ask which instructions apply to your specific ceremony and why.

Choose familiar, nourishing meals that work for your body. There is no single food list or fasting window for every medicine. **We recommend preparing for two weeks before ayahuasca, using the dieta on page 11, and for one week before every other medicine.** If you have diabetes, an eating-disorder history, pregnancy, or medicine that requires food, raise this before making changes.

Water

Drink normally for your needs and follow any clinician-directed fluid restrictions. Do not force large amounts of water or use water loading to induce vomiting. This is especially important with Kambo, where dangerous electrolyte disturbances have been reported.

Rest and movement

Protect sleep. Choose comfortable walking, gentle stretching, or another familiar activity that suits your abilities. Stop if you feel pain, dizziness or strain. You do not need intense exercise, heat exposure or exhaustion to prepare.

> **Avoid abrupt changes**
>
> Discuss alcohol or sedative dependence with a clinician before reducing or stopping. Do not use a ceremony as a withdrawal setting. Review herbs, supplements and other substances rather than assuming “natural” means compatible.

References: 3 · 5 · 7. Linked reading on pages 25 and 26.

05 / MIND

Make a little room.

A quieter rhythm can begin with one small choice.



Notice what you take in

Pay attention to the conversations, music and media you return to. Choose what helps you feel present. You do not need to force positivity or avoid every difficult feeling.

Try a brief grounding practice

Sit with support under your body. Let your breathing stay natural. Notice three things you can see, then the contact of your feet or hands. If following the breath feels uncomfortable, rest your attention on an ordinary sound or object instead.

Choose a practice you can return to

A short walk, a few lines in your journal, quiet music or several minutes of stillness may be enough. Start with what feels manageable. Meditation is not about successfully having no thoughts.

> **If fear is present**
>
> Write the specific concern: losing control, being seen, physical discomfort, or something else. Bring it to the team before ceremony. Fear is information to discuss, not a failure to be spiritual.

You do not have to agree with every interpretation of your experience. Stay curious and keep your own judgment. Avoid intense breathwork or other unfamiliar practices undertaken to intensify an altered state.

What helps me feel steady enough to listen?

06 / THE MEDICINES

Ayahuasca

Grandmother. A sacred brew of the Amazon.



Ayahuasca is a sacred brew with deep roots in Indigenous Amazonian traditions. It is traditionally prepared from the *Banisteriopsis caapi* vine and the leaves of *Psychotria viridis* or related plants. [7]

At Sacred Healing we call her Grandmother. In our practice she is received in prayer, as a sacrament of communion, purification and remembrance. That relationship is how we honor her. It is not a promise of what she will show you.

Our ayahuasca is prepared by hand, by traditional practitioners within our lineage. Because it is a traditional preparation, its strength can vary from batch to batch, so facilitators serve measured amounts and watch how each person responds.

How the brew works

The leaf carries DMT. The vine carries harmala alkaloids, which act as monoamine oxidase inhibitors, or MAOIs. The MAOI action is what allows the DMT to be active when the brew is swallowed. It is also the source of the most serious interaction risks, which is why the medication and food guidance on the next page matters so much. [7]

What may arise

Effects usually begin within 20 to 60 minutes, and a serving usually lasts 4 to 6 hours. A ceremony may include more than one serving, and an additional serving is always your choice. Visions, strong emotions, memories and a changed sense of time and self are common. So are nausea, purging and sometimes diarrhea, along with dizziness, sweating or chills and unsteady walking. Visions are not required for meaningful reflection. [3,7]

Purging, held with care

In the tradition, purging is understood as part of the cleansing, and you will be supported through it. A facilitator is always nearby, including to walk with you to the bathroom. Tell us about any physical symptom that worries you. Severe or persistent symptoms always deserve attention, not explanation.

References: 3 · 7. Linked reading on pages 25 and 26.

06 / THE MEDICINES

Preparing for Grandmother

The medicine, food and rest guidance that keeps you safe.

Medications come first

Ayahuasca can react dangerously with many medications, especially antidepressants. This can cause serotonin syndrome, with agitation, high fever, muscle stiffness or seizures, and in rare cases it can be fatal. SSRIs, SNRIs, MAOIs, tricyclic antidepressants, lithium, tramadol, St. John's wort, and stimulants, including prescribed ADHD medication, must be discussed before you register. So must cocaine, MDMA and dextromethorphan. Never stop or change a medication on your own. Any change happens only with your prescriber, and our screening team will tell you whether ayahuasca is right for you now. [3,7]

The ayahuasca dieta

Because of the MAOI effect, some foods can raise blood pressure sharply when combined with ayahuasca. In the days before and after ceremony, avoid foods rich in tyramine, including:

- aged cheeses, and cured, smoked or fermented meats
- soy sauce and fermented soy, sauerkraut, kimchi and other fermented foods
- alcohol of every kind, including beer and wine

Begin the dieta two weeks before ceremony when you can, and continue it for three to seven days afterward. Your confirmation gives your eating instructions for ceremony day. Many people also choose simple meals, less sugar and caffeine, and a pause from recreational substances to honor the medicine.

Heart, mind and body

Ayahuasca raises heart rate and blood pressure. Serious heart disease, uncontrolled high blood pressure, a personal history of psychosis or bipolar I disorder, and pregnancy or breastfeeding mean ayahuasca is not right for you at this time. A seizure history, diabetes, liver or kidney disease, or an eating-disorder history needs individual review.

Afterwards

Do not drive until the morning after your final ceremony night at the earliest, and only when you feel fully clear. Keep the dieta for three to seven days after ceremony. You may feel tender, tired or newly open for days or weeks. Integration support is there for you.

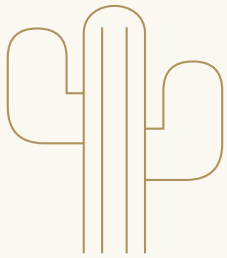
Bring this question: What am I ready to let Grandmother show me?

References: 3 · 7. Linked reading on pages 25 and 26.

06 / THE MEDICINES

San Pedro / Huachuma

A sacred cactus of the Andes. Also known as Grandfather.



San Pedro is an Andean cactus containing mescaline, a psychedelic compound. Huachuma is another name for this medicine. [1,8]

At Sacred Healing, “Grandfather” and “medicine of the heart” express a ceremonial relationship with the medicine and the natural world. Some people describe connection, tenderness or reflection; these are possibilities, not expected results.

Allow time, and keep expectations open

Mescaline can produce a prolonged experience lasting much of a day and sometimes beyond the planned ceremony. Research shows substantial variation in duration. Do not use a published schedule to decide when you can drive. [8,9]

> **Gentle is not a safety category**
>
> Nausea, vomiting, anxiety, confusion, and increases in heart rate or blood pressure can occur. Review physical and mental health concerns, medications and recent substances before participating. [8,9]

For any outdoor portion, plan for sun, temperature changes and accessible shade. Stay within the agreed area and ask for support with movement. Arrange transport and a quiet recovery period in advance.

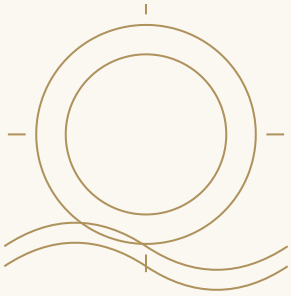
Bring this question: What does connection with the natural world mean in my daily life?

References: 1 · 8 · 9. Linked reading on pages 25 and 26.

06 / THE MEDICINES

Bufo / 5-MeO-DMT

A distinct medicine requiring its own careful screening.



"Bufo" commonly refers to secretion from the Sonoran Desert toad, *Incilius alvarius*, which contains 5-MeO-DMT. It is not the same substance as the DMT commonly associated with ayahuasca. [11]

"God Molecule" is a popular spiritual name. It does not establish a universal religious experience or a medical benefit.

Intensity is not the measure

The experience can involve profound changes in awareness and sense of self. A relatively brief acute experience does not mean low risk or an immediate return to everyday functioning. [3,11]

> **A critical interaction warning**
>
> Combining 5-MeO-DMT with MAOIs, including the harmala compounds in ayahuasca, can be dangerous. Tell the screening team and your clinician about all medicines and recent ceremonies. Do not assume a short interval makes a combination safe. [10,11]

Ask what form is being offered, how consent and physical support are handled, and what emergency arrangements are in place. Do not use this guide as instructions for self-administration.

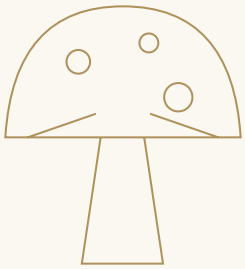
Bring this question: Have my questions about support, boundaries and risk been answered clearly?

References: 3 · 10 · 11. Linked reading on pages 25 and 26.

06 / THE MEDICINES

Psilocybin

A psychedelic compound found in certain mushrooms.



Psilocybin can alter perception, mood and the sense of time. Experiences may include reflection, sensory changes, difficult emotions or confusion. The experience is not predictable from another person's story. [4]

Mushrooms belong to the fungi kingdom. "Plant medicine" is often used as a broad ceremonial phrase, rather than a biological description.

Keep research in context

Studies in carefully selected participants and controlled settings do not establish that a ceremony will resolve a health condition. There is no guaranteed insight, emotional release or lasting outcome. [4]

> **Natural does not mean risk-free**
>
> Possible effects include nausea, headache, changes in heart rate or blood pressure, anxiety and panic. Serious psychological reactions can occur. A history of psychosis or mania, as well as medications and other substances, needs careful review. [4]

Psilocybin ceremonies at Sacred Healing may include ceremonial cacao. Read the cacao page (page 16), and tell us about any allergies or sensitivities.

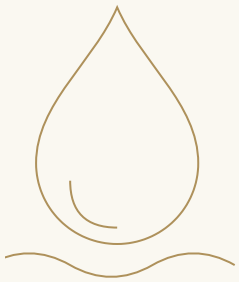
Bring this question: Can I make space for an experience that differs from the one I imagined?

References: 4. Linked reading on pages 25 and 26.

06 / THE MEDICINES

Kambo

An Amazonian frog-secretion practice, distinct from psychedelic plant medicines.



Kambo uses secretion from *Phyllomedusa bicolor*, the giant leaf frog, in a traditional ritual involving application through breaks in the skin. It is not a plant medicine or a classic psychedelic. [5,6]

Its traditional association with purification is a cultural and spiritual context. It should not be translated into claims of disease treatment or physical detoxification.

What the evidence does not establish

There is no established clinical evidence that Kambo cures disease, cleans arteries, removes bodily toxins or prepares the body to make ayahuasca work better. Laboratory interest in individual peptides does not establish a benefit from the ceremony. [5,12]

> **Serious risks require plain language**
>
> Severe vomiting, fainting, swelling, electrolyte disturbance, seizures, organ injury and deaths have been reported. Excessive water consumption can contribute to dangerous low sodium. These reactions must not be dismissed as beneficial cleansing. [5,6]

Discuss Kambo specifically with a qualified clinician. It is not a required step before another medicine. Do not self-administer, force water intake, or combine practices on your own.

You can decline a practice without having to justify your decision.

References: 5 · 6 · 12. Linked reading on pages 25 and 26.

07 / SACRED ALLIES

Cacao

A gentle medicine of the heart, from Mexico and Central America.



Cacao comes from the seeds of the *Theobroma cacao* tree. Its name means “food of the gods,” and for Indigenous peoples of Mexico and Central America it has been a sacred drink for thousands of years, shared in prayer, offering and celebration.

When cacao is part of a Sacred Healing ceremony, it is shared as a warm drink, with prayer, to open the heart and help the circle arrive together. Cacao is not served at ayahuasca ceremonies. Your confirmation tells you when it is included.

What is in the cup

Ceremonial cacao is whole, minimally processed cacao, much richer than a cup of hot chocolate. Its main active compound is theobromine, a gentle stimulant related to caffeine, along with a little caffeine. For example, 40 grams of pure unsweetened chocolate contains about 520 mg of theobromine and 32 mg of caffeine. [13] In a controlled study, theobromine raised heart rate as the dose increased, and higher doses lowered mood for some people. [14]

Tell us before ceremony if

- you are pregnant or breastfeeding
- you have a heart rhythm condition or high blood pressure, or you are sensitive to caffeine
- chocolate tends to trigger migraines or reflux for you, or you have a chocolate allergy
- you take an antidepressant or another regular medication

Sip it slowly. You are always welcome to take a smaller serving, or to decline it, without explanation.

Bring this question: What does my heart need to say, and to hear?

References: 13 · 14. Linked reading on pages 25 and 26.

07 / SACRED ALLIES

Tobacco and rapé

Abuelo Tabaco. A grandfather plant, held with deep respect.



In Amazonian and Andean healing traditions, tobacco is one of the most respected teacher plants. Healers often call it Abuelo, grandfather. In Quechua, the language of the Andes, it is called Sairi. The ceremonial tobacco, mapacho (*Nicotiana rustica*), is far stronger than cigarette tobacco. [15,17]

In ceremony, tobacco is used for prayer, protection and cleansing: smoke blown over a person or the space, carrying prayers on the breath. In some ceremonies tobacco is also taken by mouth, as a drink or tea, or as ambil, a thick tobacco paste. Danny's own path includes a tobacco dieta in the jungle, and this circle holds tobacco with care.

Rapé

Rapé (said "ha-PAY") is a finely ground sacred snuff of tobacco and plant ashes, made by Indigenous peoples of the Amazon. It is blown into each nostril, by a facilitator with a tepi or by yourself with a small kuripe, and is traditionally used to clear and focus the mind and bring you into your body. Expect a strong burning sensation, watering eyes and a running nose, and sometimes nausea, sweating or light-headedness. These usually pass within minutes.

Respect its strength

Rapé is a concentrated nicotine product. Laboratory analysis found about 6 to 48 mg of nicotine per gram, and hand-made blends were strongly alkaline, which speeds absorption through the nose. [15] Too much nicotine can cause nausea, vomiting, dizziness, weakness, headache and cramps, and people who do not use nicotine are more sensitive. [16] Tobacco taken by mouth is offered and measured only by a facilitator. Never swallow tobacco, tobacco tea, ambil or rapé on your own, and never share a kuripe or tepi.

Tell us if you are pregnant or breastfeeding, have heart disease or high blood pressure, do not use nicotine, have frequent nosebleeds or recent nasal surgery, or are working to stay free of nicotine. Tobacco and rapé are always offered, never required, and only to adults 21 and older.

Bring this question: What prayer do I want carried on my breath?

References: 15 · 16 · 17. Linked reading on pages 25 and 26.

08 / CONSENT

Your boundaries belong here.

Reverence and personal choice belong in the same space.

Ask before you agree

Understand what is being offered, the foreseeable risks, who is supporting you, how to ask for help, and what happens if you choose not to participate. If an answer is unclear, keep asking before proceeding.

Touch needs consent

Discuss touch and physical support before the experience. You can say no to nonessential touch or change your mind. Another participant's process is not an invitation to touch, counsel or intervene with them. Ask a facilitator for help.

Sharing is a choice

You do not owe the group your personal history. Share only what you want to share. Protect other people's names, stories and images. Do not photograph or record other participants without their explicit consent.

Support should respect your judgment

You may ask for reassurance, a quieter space or practical assistance. Spiritual language must not be used to pressure you to accept a boundary violation or ignore a health concern.

> **Agree on practical arrangements**
>
> Before ceremony, clarify phone access, key storage, emergency contact procedures and departure plans. Know how to reach support if you feel unsafe or need medical help.

Saying "I need help" belongs in ceremony.

09 / CEREMONY DAY

Arrive with room to settle.

The exact format depends on the medicine and your event.



A glimpse of the Sacred Healing ceremony space. Your confirmed setting may differ.

01 Check in honestly

Tell the team about changes in sleep, health, medication or substance use. Confirm that screening questions and practical concerns have been resolved.

02 Orient yourself

Locate bathrooms, drinking water, the agreed ceremony area and the person to approach for support. Discuss access, sensory and communication needs.

03 Listen to the agreements

Clarify boundaries, touch, movement, sharing, phones, privacy and emergency procedures. You may decline participation before receiving medicine.

04 Ask for support early

If overwhelmed, let a facilitator know. Keep breathing naturally and orient to the space if that helps. Physical distress also deserves attention.

05 Leave with a plan

Check your ride and support arrangements. The closing circle is not proof that impairment has ended. Leave with clear follow-up information.

No performance required

You do not need visions, tears, vomiting or a dramatic story to justify being there. Do not force an experience, and do not ignore symptoms to protect the atmosphere of the circle.

10 / PRACTICAL PREPARATION

Before you leave home

Keep your event confirmation available. Resolve missing details in advance.

Confirm for your event

- Actual arrival address, entrance and parking
- Date, arrival time, closing estimate and timezone
- Day-of contact and how to reach the team
- Food instructions, meals and allergies
- What is provided: mats, blankets, towels and personal-care items
- Indoor/outdoor plans, shade and accessibility
- Transport, overnight arrangements if needed, and follow-up

Prepare your bag

- Comfortable clothing and temperature-appropriate layers
- Secure footwear for outdoor movement
- Water bottle
- Journal and pen
- Optional eye mask and small personal altar item
- Sun protection if outdoors
- Necessary personal-care items
- Prescribed medicines, with the plan discussed in advance

> **Make the journey home part of preparation**
>
> Arrange a sober driver or other safe transport and a backup plan. Do not drive, cycle, operate machinery or take responsibility for dependents while affected. Avoid a tight departure deadline.

Ask before bringing shared food, extra bedding or anything not listed in your instructions. Arrange childcare, pet care and time away from demanding work as needed. Let a trusted person know your plans.

This guide carries no private residential address or event schedule. Your current participant confirmation provides the actual arrival details.

11 / INTEGRATION

Return gently. Live what matters.

Integration is the continuing work of making sense of an experience in daily life.

In the first day or two

Make space for sleep, familiar food and ordinary care. Keep plans simple. Write a few notes without requiring yourself to explain everything. Choose someone who can listen without imposing a meaning.

Let interpretation take time

An experience can feel deeply true without every image or impression being a reliable account of events. Avoid treating visions as proof about another person, a recovered memory or a demand for immediate action.

Choose one grounded action

Rather than overhauling your life at once, identify something small and observable: a conversation, a boundary, a walk, a change in routine. Revisit major financial, relationship or medical decisions when rested and settled.

> **Stay connected to appropriate support**
>
> Confirm the current integration arrangements with Sacred Healing. If you need more support, seek a qualified mental health professional who can discuss psychedelic experiences without dismissing or romanticizing them.

Do not rush into another ceremony to address distress. Difficulty afterward does not mean you failed or prepared poorly.

What is one kind, practical choice I can make this week?

References: 2 · 3. Linked reading on pages 25 and 26.

12 / WHEN TO SEEK HELP

You are never alone in it.

A difficult symptom does not need a spiritual explanation before it deserves attention.

> **During ceremony, come to a facilitator**
>
> If anything feels wrong, in your body or in your mind, tell a facilitator right away. Our team is trained for the moments that can arise in ceremony and stays with the circle throughout. You never have to decide whether something is serious enough. Simply say “I need help.”

Once you are home

If something feels physically serious after you leave, such as trouble breathing, fainting or chest pain, contact local emergency services first and let us know afterward. Do not drive yourself.

Ongoing support

Reach out to us for integration support at any point. If anxiety, sleeplessness, low mood or changes in perception persist or grow stronger, speak with a clinician as well. Little or no sleep with racing thoughts or unusual energy deserves prompt attention. A spiritual interpretation does not replace medical care.

Asking for help is part of caring for yourself.

References: 3 · 4 · 5 · 6 · 7. Linked reading on pages 25 and 26.

YOUR PREPARATION TRACKER

Two weeks of small choices

Days 14 to 8 · For ayahuasca, begin here. For other medicines, begin on day 7.

Check what you made space for. Adapt the rhythm to your life and health. A missed day is an invitation to begin again, not a failure.

Day / date	Rest & care	Quiet time	Movement*	Reflection
14 days before ____ / ____	☐	☐	☐	☐
13 days before ____ / ____	☐	☐	☐	☐
12 days before ____ / ____	☐	☐	☐	☐
11 days before ____ / ____	☐	☐	☐	☐
10 days before ____ / ____	☐	☐	☐	☐
9 days before ____ / ____	☐	☐	☐	☐
8 days before ____ / ____	☐	☐	☐	☐

Rest & care: sleep, nourishment and your agreed care plan. Quiet time: a comfortable pause. Movement*: adapt to your abilities; rest may be the right choice. Reflection: revisit your intention.

This week, I noticed…

A question to raise before ceremony:

YOUR PREPARATION TRACKER

Keep it simple.

Days 7 to 1 · Protect room for rest and honest conversation.

Day / date	Rest & care	Quiet time	Movement*	Reflection
7 days before ____ / ____	☐	☐	☐	☐
6 days before ____ / ____	☐	☐	☐	☐
5 days before ____ / ____	☐	☐	☐	☐
4 days before ____ / ____	☐	☐	☐	☐
3 days before ____ / ____	☐	☐	☐	☐
2 days before ____ / ____	☐	☐	☐	☐
1 day before ____ / ____	☐	☐	☐	☐

*Movement is optional and should suit your health. This tracker does not direct fasting, medication changes or substance withdrawal. For ayahuasca, keep the dieta on page 11.

Before attending

☐ My screening and medication questions have been addressed.

☐ I have reported any health or medication changes.

☐ I have current arrival, food and contact instructions.

☐ My transport, recovery time and support are arranged.

☐ I know I can pause or decline.

One thing I want the team to know:

SOURCES / 1 OF 2

Grounded in context. Clear about evidence.

Reference sites used for this edition · Reviewed October 2, 2026. Sacred Healing's website informs the ceremonial context. Independent health sources inform the safety language. Spiritual descriptions and personal accounts are not evidence of a cure or a guaranteed outcome.

01 SACRED HEALING
San Pedro (Huachuma) ceremony
Ceremonial language and connection with nature. Medical assurances and generic schedules on this page were not adopted.
sacredhealingretreat.com ↗

02 SACRED HEALING
Preparation & integration
Context for preparation, reflection and integration.
sacredhealingretreat.com ↗

03 NATIONAL INSTITUTE ON DRUG ABUSE
Psychedelic and dissociative drugs
General effects, uncertainty and physical and psychological risks.
nida.nih.gov ↗

04 NIH · NCCIH
Psilocybin for mental health and addiction
Psilocybin safety, unpredictable experiences and the distinction between research and care.
nccih.nih.gov ↗

05 NEW ZEALAND MEDSAFE
Kambō: leave it with frogs · 2023
Lack of clinical evidence for therapeutic claims; serious adverse effects and water-related electrolyte risk.
medsafe.govt.nz ↗

06 VICTORIA DEPARTMENT OF HEALTH
Kambo · Better Health Channel
Acute symptoms, serious reactions and the need for urgent medical attention.
betterhealth.vic.gov.au ↗

07 ALCOHOL AND DRUG FOUNDATION
Ayahuasca · 2025
Brew composition, variable effects and medication interactions.
adf.org.au ↗

08 ALCOHOL AND DRUG FOUNDATION
Mescaline · 2025
San Pedro and mescaline, prolonged effects and physical and psychological risks.
adf.org.au ↗

09 RESEARCH INDEXED BY PUBMED
Acute dose-dependent effects of mescaline · 2024
Controlled study in healthy adults: variable duration and physiological effects. Not evidence that a ceremony treats an illness.
pubmed.ncbi.nlm.nih.gov ↗

SOURCES / 2 OF 2

Continue your reading.

Click a title or domain to open the source.

10 RESEARCH INDEXED BY PUBMED
5-MeO-DMT and MAOIs · 2022
Published warning about the dangerous combination of 5-MeO-DMT and monoamine oxidase inhibitors.
pubmed.ncbi.nlm.nih.gov ↗

11 RESEARCH INDEXED BY PUBMED
5-MeO-DMT: metabolism and interactions · 2010
Pharmacology and interaction risks, particularly with harmala alkaloids.
pubmed.ncbi.nlm.nih.gov ↗

12 AUSTRALIAN THERAPEUTIC GOODS ADMINISTRATION
Poisons Standard consultation · March 2021
Additional regulatory assessment of unsupported Kambo health claims.
tga.gov.au ↗

13 USDA FOODDATA CENTRAL
Baking chocolate, unsweetened
Theobromine (1,300 mg) and caffeine (80 mg) per 100 g of pure chocolate. The 40 g figure on page 16 is calculated from these values.
fdc.nal.usda.gov ↗

14 RESEARCH INDEXED BY PUBMED
Psychopharmacology of theobromine in healthy volunteers · 2013
Controlled study of 250 to 1,000 mg theobromine: dose-dependent rise in heart rate and negative mood at higher doses.
pubmed.ncbi.nlm.nih.gov ↗

15 RESEARCH INDEXED BY PUBMED
Chemical characterization of rapé tobacco products · 2015
Nicotine levels, alkalinity of hand-made blends, and the presence of *Nicotiana rustica* in rapé.
pubmed.ncbi.nlm.nih.gov ↗

16 CDC · NIOSH
Green tobacco sickness · 2015
Symptoms of acute nicotine poisoning, and greater sensitivity in people new to nicotine exposure.
cdc.gov ↗

17 RESEARCH INDEXED BY PUBMED
Indigenous-Amazonian traditional medicine's usage of the tobacco plant · 2023
How Amazonian healers regard and use *Nicotiana rustica* as a respected medicinal plant.
pubmed.ncbi.nlm.nih.gov ↗

These sources have different purposes, dates and jurisdictions. Australian and New Zealand guidance is used for health evidence, not as a statement of California law. Research findings do not establish the safety or effectiveness of a specific ceremony. The guide is not a legal opinion. Photography: Sacred Healing's own photo library. Desert landscape: Sav Sewell / Unsplash.

BEFORE YOU ARRIVE

Bring your questions. Bring your honesty.

You do not need to become someone else before you begin.

Read the pages for your ceremony. Revisit your intention. Make sure the practical details and your screening questions are settled.

If something is unclear, reach out before you arrive. Your questions belong in the preparation.

sacredhealingretreat.com
info@sacredhealingretreat.com

Blessings,
Danny & the Sacred Healing team

Sacred Healing

