

Hello Sparkly Human!

Out of respect for your facilitators, fellow journeyers, this medicine and the container, it is a requirement that you read EVERYTHING here for the safety of all. This ceremony can be life changing and so coming prepared is essential for yourself and others in attendance.

Thank you for choosing to explore how our Sacred Sacraments (Entheogens) can help you to heal your life in a safe and sacred container.

Preparation and Integration are important pieces we offer you so that you can feel confident and ready, coming into the ceremony, and so that you can weave the healing into your life afterward.

Below are links to the required preparation videos to support safe and sacred participation. Please watch the preparation videos as soon as possible and plan on watching the integration video as soon after ceremony as possible.

THESE VIDEOS/AUDIOS ARE A PREREQUISITE FOR ATTENDING OUR HUACHUMA CEREMONIES.

I.

CEREMONY PREPARATION VIDEO:<https://youtu.be/j9P5qf52np4>

CEREMONY PREPARATION AUDIO (same info, different format):

<https://www.podbean.com/eas/pb-3frs8-15ea0ba>

(1hr.20min)

***You can watch/listen at 2x**

II.

HUACHUMA CEREMONY VIDEO: <https://youtu.be/uaZXn8J2JB4>

HUACHUMA CEREMONY AUDIO (same info, different format):

<https://www.podbean.com/eas/pb-htabi-15ea600>

(30min)

III.

INTEGRATION VIDEO: <https://youtu.be/Grt1KiJwaKQ>

We are available for deeper integration work and you can talk with us about getting more in-depth support by scheduling some time using this link: <https://livingwisdom.as.me/schedule.php>

LIABILITY RELEASE & MEDICAL FORM

THIS IS A REQUIREMENT. FILL THIS OUT PRIOR TO ARRIVING AT CEREMONY - WE ONLY NEED IT ONCE SO SKIP THIS IF YOU'VE ALREADY FILLED IT OUT

<https://tinyurl.com/LWliability>

Please let us know in person (via text: 415-717-2963) if after filling out this form, you are unsure of whether it is safe for you to attend ceremony with us.

HEALTH & SAFETY

Please do not attend the ceremony if you are experiencing or have experienced any symptoms related to flu, cold, or anything that may be contagious, or if you may have come into contact with anyone experiencing these symptoms.

WHEN

Arrive at 12:30pm to get settled in and ready to begin by 1:00pm. We typically start to complete around 8pm and are eating our Wopila Potluck around that time. Remember, this is a ceremony, and the timelines are only general and subject to change.

Please text us if you cannot arrive on time: 415-717-2963 (Amanda) and **if you cannot arrive by 1:00pm, please plan on not attending.**

The beginning of our ceremony includes essential information and starting late has a challenging impact on the facilitators and the safety of the container. We will be happy to reschedule you for another ceremony when the timing is better.

WHERE

Santa Rosa, CA (private residence)

Please “like” and make a comment on the preparation video, and send us an email saying “I have watched the whole preparation video, and read, understand, and agree to everything in the preparation information.” We will send you the address & helpful parking information. If we do not get this response from you, we will cancel your reservation.

BRING

We have pads for everyone, and pillows you can use.

- Slippers or socks if you don't want bare feet in our temple space.
- Eye mask & ear plugs if you desire
- Clothing for outside weather
- Journal & Pen
- **Your VEGETARIAN Wopila Potluck item.** Please bring enough for around 10 people. If you have any special dietary needs, please let us know in advance so we can send out the request for the rest of our group. Gluten-free, organic, sugar-free are all preferred to support us all in a prayer for good health.
 - **(Please don't plan on elaborate food preparation after ceremony.** Heating up is great, but please keep it simple.)

PLEASE TEXT AMANDA if you have any questions:

415-717-2963

The day before and day of ceremony, this is the best way to contact us with any questions or last minute updates. We do not typically check email the day of ceremony.

MEDICINE

The Medicine we are working with is Huachuma/San Pedro.

Huachuma, also known as San Pedro, is an ancient medicine native to the Peruvian Andes that grows wild throughout the Americas (you're likely to find it growing in front yards all over the Bay Area). It is a mescaline based medicine that is much gentler than Peyote, yet powerful in its

ability to melt through armoring and open the heart so that you can gain clarity and peace for your spiritual journey.

You are NOT REQUIRED to ingest any Medicine. You can receive profound healing by simply making a prayer with the Hochoka (community) and asking for help from the powerful allies who are present to assist you on your path.

HOW TO PREPARE YOUR MIND BODY & SPIRIT

It can be helpful to eat a simple diet and eliminate things like alcohol, recreational substances, caffeine, processed sugar, dairy, and red meat. If you would like information about a traditional dieta, please contact us (LivingWisdomChurchCA@gmail.com).

If you are taking medications, it is wise to consult with your physician to find out if there are any concerns. **There are no general contraindications for Huachuma (as opposed to other Entheogens).** Amanda and Living Wisdom assistants cannot advise you on your medications, whether you can mix them, whether you are okay in suspending a prescribed medication for ceremony, or offer any sort of counsel about what you should or shouldn't put into your system. Please make sure you are making an informed and empowered decision for your participation in ceremony.

PREPARATION TIPS

- Plan on taking your shoes off - we have some socks for you to wear while you're here, & you can bring slippers if you like :-)
- Focus in on your intention. What is your prayer? It's okay if you don't feel completely clear – that clarity will come with the support of the Medicine & ceremony, but tuning into it beforehand is helpful.
- Eat a clean diet. Cut out altering substances, processed foods, sugar, dairy and red meat. Exposing yourself to uplifting media, music and other elements will help you too.
- Communicate with your loved ones that you are going through a powerful healing that may create shifts you'd like support with.
- Create time in your calendar immediately after (and even a few weeks out) for you to be restful and able to create new practices and perspectives.
- Watch the videos on preparing for ceremony and integrating afterwards.
- Keep a journal of your questions, intentions, fears and "ah-ha"s and bring it with you to ceremony and continue to add to it afterward.
- Show up to ceremony resourced - ON TIME, well rested, hydrated and fed, and ready to be in the unknown, open and available for the healing you are asking for. **We drink ONLY WATER after ceremony begins (other than our sacraments). If you must eat for your health, please bring snacks and out of courtesy to others who are fasting, please be discrete.**
- Have 5HTP and Melatonin on hand to take after ceremony so you can replenish your depleted serotonin. Please make sure to consult with your personal physician before taking any supplements. We have found this to be helpful for many of our ceremony attendees.

Always follow your personal wisdom. (Trader Joe's has a great supplement: 5HTP, Melatonin & Theanine).

- Please plan on helping to clean up afterward. This is a very grounding experience that will help you prepare to get home in a good way and helps us to keep the ceremonies energetically sustainable.
- We typically close the formal ceremony around 7pm and move on to our Wopila Potluck immediately afterward. We are usually complete with our Wopila and clean-up around 9pm. Please plan on staying for the duration of the ceremony with your tech TURNED OFF until we complete. Being on your deVICES during breaks is hard on the container so please refrain from looking at them during ceremony.
 - If you think you will need assistance getting home after ceremony, please talk with us ahead of time to arrange for a safe departure.

IN A GOOD WAY

We embrace a policy of loving kindness. Those who are not willing or able to participate with loving kindness or safety will be assisted in safely leaving the ceremony.

In our community we practice complete personal responsibility. What we offer is only available to those who come in a good way. You are attending a sacred ceremony in a sacred place. It is a mandatory requirement that you comport yourself accordingly at all times.

If you have a medical, emotional, psychological or spiritual condition that may in any way undermine your ability to take complete responsibility for your behavior, we ask that you inform us about it in advance and withdraw from the ceremony.

SAFE & SACRED FOR ALL

This is a safe and sacred space for all people. We are here to help all who come in a good way to feel welcome. We ask that you come with an open mind and heart to meet from the heart and your prayers. All feelings are valid, all people and their experiences are held as valuable. PLEASE let us know if there is anything we can do to help you to feel more welcome and safe in our space. We welcome your helpful reflections so that we can continue to bring our diverse community together to learn, heal, and grow with each other.

SCENTS

These ceremonies include burning incense, smoking the Sacred Chanupa (we do not inhale the smoke, but smoke is made from this ritual), and using plant derived floral waters, essential oils, and other healing modalities that can be a challenge for sensitive people. We are happy to open windows and doors to clear out the space, however, it is standard practice to include these healing modalities in every ceremony. Please make a good decision for yourself to prepare for exposure to these elements.

WHAT WILL HAPPEN IN CEREMONY?

We are stepping into the unknown so that we can receive help and experience something greater than we could imagine or create for ourselves, so allow yourself to surrender the need to know, understand and/or control. That said, here are elements that are frequently a part of our ceremonies:

- Orientation to the space, and guidance for how to navigate your journey
- Typically 3 rounds of prayer and drinking medicine if you choose
- Frequent group breaks for bathroom, stretching, refilling water
- Time to go inward
- Guided Meditation
- Spiritual Hygiene Practices
- Gentle Movement & Self-Care Practices
- Breath Work
- Sound Healing
- Personal Support (as requested or needed)
- Sharing about your experience
- Wopila Potluck

OTHER SACRAMENTS

While we support you in your sovereignty and choosing what you do and do not ingest, we ask that you refrain from ingesting other altering substances that are not offered as a part of our group work together.

LEAVING CEREMONY

Please plan on staying on site and participating in the Ceremony from beginning to end. Please honor the requests of the ceremony facilitator and assistants for your own personal safety and for the safety of the container.

PLEASE DO NOT LEAVE the ceremony space without first checking in with your facilitators.

Some local options for overnight stays:

- Hillside Inn Motel Santa Rosa (Very close) \$
- Flamingo Resort (Very close by) \$\$
- Wise Oak Farm Tiny House (Air BnB) \$\$
- Creekside Inn & Resort Guerneville (Women owned, 30 min. away) \$\$
- Farmhouse Inn Forestville (Beautiful resort setting, 20 min. away) \$\$\$
- Golden Haven Hot Springs Spa & Resort Calistoga (Simple but with great amenities, 30 min. away) \$\$
- La Quinta Inn & Suites by Wyndham Santa Rosa (Good reviews, 10 min. away) \$\$
- Harbin (About 1 hr. away, beautiful setting, clothing optional, different options: camping, RV, rooms . . . \$)