

Guidelines & What to expect:

Preparing for ceremony is a pretty important part of the entire experience. In the Jungle the medicine men have you do a full *dieta* eliminating all processed foods and certain natural foods, as well as sexual activity, recreational drugs, etc. This is because the medicine is a powerful CONSCIOUSNESS presence and it shouldn't be interfered with other substances. If you are on any MAOI's or SSRI's you have to get off of it for a month before sitting with the medicine. The minerals and compounds of certain foods can interfere with the active alkaloids of the medicine. Also these foods can make the physical experience more challenging, the medicine doesn't like mixing with acidic foods.

Every tradition of Grandmother ceremony differs depending on culture, location and spiritual background. Peruvians, Ecuadorians, Colombians, Brazilians, and the different spiritual or religious organizations within them that work with Aya all have their own unique traditional approach that evolves through thousands of years with the help of Aya herself who keeps morphing this work to be able to serve the most current times.

My ceremonies are an integration of both Santo Daime spiritual organization of Brazil and Incan indigenous traditions of the Andes, I have elders in

Things that should be eliminated a week before ceremony for best results, if not it can make your journey more challenging or dilute the experience:

Alcohol

Red Meat

Sugary foods

Coffee

Off the counter medications/pharmaceuticals,

NO MEDICATIONS OR DRUGS. THIS IS IMPORTANT! Fried foods especially with unhealthy oils

Citrus fruits

Fermented Foods

Dairy

Gluten

Soda

Kava (herb)

St. John's wort

Ask me if you're not sure of any herbs you may be using.

If you have any questions regarding the diet, don't hesitate to contact me.

On the day of ceremony, drink plenty of water so that you can start flushing and cleanse your system to receive the medicine. Not recommended to fast on the day of ceremony, healthy nourishment keeps you grounded through it. Have a healthy CLEAN breakfast, follow up with salad or smoothie (NO DAIRY) for lunch.

On the night of ceremony you will need:

Blanket/Sleeping bag/Pillow

Yoga mat or something you can sit or lay comfortably on

Layers of clothing/sweaters as your body temperature will fluctuate.

Water

Journal

Sacred Items or totems

Intention

Ladies- If you are on your Moon(monthly cycle) please let me know. There is a certain way to honor and protect the woman while she is on her most sacred time. I need to know so that I can balance the energy and make you a special womb pouch.

The week before the ceremony is a good time to start decreasing the extra noise in your life. Start getting into a meditative state daily, as best as you can. Focus on your intention. Know you are preparing to meet with Spirit/Source, so prepare accordingly.

During Ceremony: Relax and practice meditation as much as possible. Breathing and coming back into your heart center is the best way to navigate and make the best of the journey.

We will be opening a major portal into the Spirit Realm and travel into it. This is where the ancestors, angels, ascended masters, spirit guides reside. RESPECT in this space is VERY important. I ask to keep talking to a minimum DURING the ceremony, because words can be distracting and limiting to the entire experience. Before and after the ceremony you will have plenty of time to share, converse and integrate, and it will be wonderful. But DURING I ask that you stay centered and focused on your own journey, and not give into the need to articulate or analyse everything right away, allow your body to process and integrate it deeper without words.

Even though things may come up and you may see reality in ways you haven't seen before, please be considerate and respectful of others' journey. We are here to release, purge and heal yes, but with that we are training and learning to control our own energy in respect and honor to the fact that we are all interconnected. Every minute moment and aspect of sitting with Grandmother in Ceremony is potent wisdom that will serve every aspect of your life eternally, so pay attention.

SURRENDER TO THE PROCESS.

TRUST. Trust the Medicine of Spirit. You have opened up to your healing, and she has answered that call, you are now responding and walking into your Self Healing and Higher Path. The Path of Sovereignty.

Afterwards:

We have a potluck food sharing afterwards. Bring whatever you would like to share. Keep it healthy, organic and light on the tummy.

Soups, Salads, Superfoods, fruits, nuts, water, veggies, are all wonderful options.

We will have a collective integration the morning after. After that everyone has a free private integration session that they can schedule with myself or Louise whenever you are ready.

If you have any questions you can text, call or email. I look forward to sharing this Sacred Space with you!

With love & gratitude,

Sitora

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