

Healing weekend The Sacred Voyage, 1 ceremony

Location

Uden, province of North Brabant
(full address after payment is received).

Location costs including overnight stay € 35 per person per day/night (not included in retreat price). Overnight is in dormitory or in your own tent.

It is possible to bring your own tent, minivan or caravan (same price).

You pay for accommodation at the accommodation from Friday afternoon to Sunday afternoon (including 2 nights, € 70 per person).

If you want more privacy and want to book a 1 or 2 person room, please contact the location itself. They may have B&B rooms available depending on the availability of their B&B location next door. The location price for the retreat must be paid at all times, so a private room will incur additional costs.

It is mandatory to stay overnight at the location (dormitory or B&B) for safety reasons after the ceremony.

Maximum number of participants in this retreat: 24.

Program

Friday starts at 3.30 pm with sharing circle & Heartdancing, registration between 2 pm and 3 pm.

End of the program Sunday at 1 p.m. , clean up together afterwards.

The program includes Sharing, Heartdancing, Breathwork and 1 Voyahuasca ceremonies.

Intake:

Fill in the intake form and send it back as soon as possible. Bring a signed copy of your intake form and the Voyahuasca Agreement to the retreat.

<https://thesacredvoyage.com/intakeform> No intake form is NO ceremony participation.

Voyahuasca Agreement

Print the Voyahuasca Agreement in advance, read and sign it and give it to one of our escorts on the first day of the retreat. If you can't print it, we have on-site Voyahuasca agreements to fill out and sign. Preferably bring your own!

Voyahuasca agreement on our website (<https://thesacredvoyage.com/Brabant-Holland/>)

Preparation

We ask you to read Lars Faber's book The Sacred Voyage, which you can download from the website www.thesacredvoyage.com .

Most medicines cannot be combined with Voyahuasca. If you are on medication, you should check with your doctor / pharmacist as soon as possible to see if they can be combined with an MAOI (as in Voyahuasca). If they cannot be combined, you should consult your doctor if it is possible to temporarily stop the medication. Your doctor will determine if and how many

days in advance you should stop taking the medication before drinking the Voyahuasca. We must be informed if this is the case.

Contra indications to drinking Voyahuasca include high blood pressure, taking high blood pressure medications, and taking antidepressants.

We ask that you do not use drugs or psychedelics for at least a month prior to the Voyahuasca ceremony. In this way, the intelligence of your body and mind opens up to the ceremony and you can contact Voyahuasca in the purest way.

Wait at least one month after the Voyahuasca ceremony to take drugs. In this way, the Voyahuasca can integrate into your body and mind without the drugs dominating the work of the sacred plants.

In fact, some medications are life-threatening dangerous when combined with Voyahuasca, such as GHB.

As a further preparation for Voyahuasca; we ask you not to have (or at least very little) peak orgasms three weeks before the ceremony (meaning no ejaculation for men and no clitoral orgasm for women).

This will help you to improve the energy level in your body and therefore the Voyahuasca healing can take place at a much deeper level.

You can have sex, but without a peak orgasm. You can increase your sexual arousal to 70-80% and then relax your pelvic area; this way the energy can spread and circulate through your body instead of being released outside.

Three days to a week in advance; take a glass of purified or bottled water with the juice of a lemon and a teaspoon of baking soda (sodium bicarbonate NaHCO_3) every morning before breakfast. This will help you detox your body at a faster rate. Do not take pain killers.

Fasting and eating

Three days to a week in advance; take a glass of purified or bottled water with the juice of a lemon and a teaspoon of baking soda (sodium bicarbonate NaHCO_3) every morning before breakfast. This will help you detox your body at a faster rate. Take care of yourself and feel what your body needs.

We ask you to eat light and consciously at least 2 days before the ceremony: fasting with soups and juices or eating light vegetarian meals. Check the list of products that you should not eat in the last days before the retreat: MAO inhibitor list see on the website.

Just eat consciously and try to stop drinking coffee and alcohol the week before the retreat begins. So that your system can open and become more sensitive. On the day of the ceremony we ask you not to eat at all. You can drink some water or herbal tea. Do not take pain killers at all.

Clothing

During the Voyahuasca ceremony, wear white clothes and also layers of clothing so that you can adjust your temperature (at the beginning of the ceremony you may be cold and during the ceremony your body temperature may rise).

Bring a blindfold / mindfold.

Bring slippers or comfortable shoes, so you can easily put them on and off when you need to go to the toilet or outside.

Food / drinks during ceremony

We recommend that you bring a bottle of water.

After the ceremony, a light meal (fruit and bread) will be served. This will help you get grounded again.

We also recommend that you read the list of foods that you shouldn't eat until 8 hours after the ceremony (as they can cause headaches and nausea). Voyahuasca is still in your body and will dissolve very slowly. The next day you can eat anything you like, but listen to what your body wants and especially doesn't want.

Personal questions / amulets

As mentioned in Lars's book *The Sacred Voyage*, you can ask Voyahuasca questions about yourself. It is not necessary, but an option. We ask you to bring something from your childhood, a photo or (cuddly) toy. Experience shows that these can support you during your Sacred Voyage.

A Sacred Voyage takes 4 to 10 hours. This differs per person. You can stay as long as you like in our ceremony room after the ceremony to come back and feel grounded again. After the official closing time of the ceremony, the attendants are not present in the ceremony room. But you can always ask them if you need to and they will of course be there to check regularly if needed.

Disclaimer

Ceremonies, workshops and retreats of *The Sacred Voyage* are intended for personal and spiritual development and cannot replace the work of doctors, psychiatrists or therapists in any way. We recommend that you always consult your doctor or psychiatrist before considering a Voyahuasca ceremony.