

AMAKAYA

PREPARING FOR YOUR RETREAT

Pre-Retreat Diet & Intention Setting

Part 1: Create A Pre-Retreat Diet – And Stick To It

For ayahuasca, we want our body and mind to be as clean and clear as possible by the time we hold the cup of medicine in our hands. Clean and clear are subjective terms, but there are some tried and true principles that work well for everyone.

Certain common food items, such as caffeine, sugar, certain oils, red meat, pork, and dairy, don't mix well with the ayahuasca process. Detoxing our systems ahead of time from alcohol, cannabis and other forms of medication can lead to a much deeper connection and deeper results. Abstaining from sex and masturbation before a retreat gives us space to reset powerful mechanisms that relate to love and sexuality within ourselves. Limiting digital media intake and increasing daily meditation before a retreat begins the process of looking inward rather than outward and quiets down our mental landscape.

So, we focus primarily on these things and make a week-by-week schedule leading up to the retreat, progressively cutting things out, detoxing, and resetting – a pre-retreat diet. To highlight the fact that this isn't about right or wrong, or a one-size fits all equation, the following page shows two different examples of pre-retreat diets – the Basic and the Intensive. Choose one or find something in between – just beware the slippery slope of not sticking to your plan or picking and choosing the parts you find most palatable (yes, coffee and sugar are important to remove from our systems!).

Not following your pre-retreat diet poses no risk to your physical safety – only a potential risk of limiting what you can experience and gain at the retreat. Remember to separately consider contraindicated medication which can pose severe safety risks.

Ask us if you have any questions or want guidance in creating your diet plan.

	BASIC DIET	INTENSIVE DIET
4 weeks beforehand:	<ul style="list-style-type: none"> ● Reduce intake of red meat and pork ● Reduce intake of alcohol, marijuana, and intoxication 	<ul style="list-style-type: none"> ● Cut all red meat and pork ● Cut all alcohol, marijuana and intoxication ● Set an alarm and sit with your eyes closed for 10 minutes per day - observe thoughts and feelings
2 weeks beforehand:	<ul style="list-style-type: none"> ● Cut all red meat and pork ● Cut all alcohol, marijuana and intoxication ● Reduce caffeine ● Reduce all sugars, salt and dairy ● Reduce polyunsaturated oils, fried foods and ultra-processed foods ● Reduce sex, masturbation and sexual arousal 	<ul style="list-style-type: none"> ● Cut all caffeine ● Reduce all sugars, salt and dairy ● Reduce polyunsaturated oils, fried foods and ultra-processed foods ● Cut all sex, masturbation and sexual arousal ● Cut all media that does not inspire and uplift ● Set an alarm and sit with your eyes closed for 15 minutes per day - observe thoughts and feelings
1 week beforehand:	<ul style="list-style-type: none"> ● Cut all caffeine ● Cut all sugars (other than fruit) and dairy ● Cut all polyunsaturated oils, fried foods and ultra-processed foods ● Minimize salt intake (approaching zero) ● Cut all sex, masturbation and sexual arousal ● Cut all media that does not inspire and uplift 	<ul style="list-style-type: none"> ● Cut all sugars (other than fruit) and dairy ● Cut all polyunsaturated oils, fried foods and ultra-processed foods ● Minimize salt intake (approaching zero) ● Set an alarm and sit with your eyes closed for 20 minutes per day - observe thoughts and feelings

Part 2: Self-Analysis and Intention Setting Exercise

Take a few minutes to do the following self-analysis.

Print these pages or recreate them in a pad. It is best if you actually have a physical copy of this to bring with you to the retreat, but no one will ever ask you to see it. It is for your own records – to see how things shift and evolve over time – and to be used as a compass for setting your intentions.

Below, there are five questions, each followed by a set of words. Circle each word that you feel answers the question. Some of the words overlap or may seem redundant, but it's not a test or a riddle – just circle the words that simply and honestly answer each question for you. There are blank spaces to write in anything that is not already listed here.

Question 1: With which of the following do you have a relationship that you would like to change in some way?

Food	Tobacco	Medicine(s)
Alcohol	Nicotine	Drug(s)
Marijuana	Coffee	Shopping
Sugar	Stimulants	Spending
		Gambling/Betting

Question 2: With which of the following do you have a relationship that you would like to change in some way?

News	Movies	Mirrors
Social Media	Series	Your Phone
Pornography	Shorts	Games

Question 3: With which of the following do you have a relationship that you would like to change in some way?

Friend(s)	Work / Career	Life Partner(s)
Parent(s)	Manager(s)	Romantic Partner(s)
Sibling(s)	Employee(s)	Sexual Partner(s)
Child(ren)	Co-worker(s)	My Thoughts
Family	Client(s)	My Memories
Strangers	Public Figure(s)	My Body

Question 4: Which of the following do you feel on a regular basis?

Joyful	Hopeful	In Control
Inspired	Excited	With Purpose
Creative	Proud	Secure
Loved	Content	Calm

Question 5: Which of the following do you feel on a regular basis?

Depressed	Anxious	Lacking Control
Sad	Stressed	Lacking Purpose
Angry	Confused	Absent
Frustrated	Fearful	Unattractive
Stuck	Unwanted	Lacking Something
Uninspired	Trapped	Lethargic

After you have answered all five questions, review what you have circled. These are your areas of special focus. Do two things with these focus points in the weeks leading up to your retreat:

- Beginning around one month before your retreat (or earlier), directly acknowledge anything you circled as it comes up in your life.
 - For example, if you circled tobacco on the first list, practice acknowledging every time you ingest or desire tobacco – “I am smoking even though I keep telling myself I won’t” or “I have been craving tobacco all day”. No guilt, no shame, no forcing yourself to quit – just acknowledgement.
 - As another example, if you circled angry or calm, practice acknowledging these things every time you feel them – “I feel super f***ing angry right now”, or “I have felt angry all morning”, or “I have been very calm today”.
- Also beginning around one month before your retreat, practice reduced intake of anything you circled on the first two lists. Then, beginning around two weeks before your retreat, practice zero intake for these things (obviously not all food, but maybe certain types of food or during certain times of day). Observe what happens for you.
 - Does abstinence feel good? Terrible? Does it feel slightly difficult or almost impossible? Does it make you frustrated or inspire you to keep going?
 - No guilt, no shame, no right or wrong – the point is to be honest with ourselves in a new way about what we are choosing, what we are feeling, and how these things overlap.

There is nothing else to it. Just by sticking to a limited diet and participating in the above exercises in the weeks leading up to your retreat, you will be learning about yourself, your focus areas, and your intentions.

Many people have told us that they felt as though their lives had changed even before drinking ayahuasca, simply from taking the pre-retreat diet and self-analysis seriously. Cutting out alcohol for two weeks to a month? Acknowledging every time we go on social media or look in the mirror? These are powerful actions to commit to – and can be a catalyst for radical change – all before ayahuasca starts to work its magic.

Come up with a plan. Do the work required to stick to it. Pay attention to what you think and feel as you go through this process.