



## **AYA Kambô Ceremony Preparation Guidelines**

We're grateful for the way these ceremonies have come together. They're possible because of your energy and your intent. So thank you!

Please keep in mind that this information is confidential. Do not share it with anyone outside of your circle for the ceremony. Please read through this entire document now as you'll find important preparatory materials below that you'll absolutely need to participate in the best possible fashion.

The main purpose of these ceremonies is to cleanse the body and strengthen its natural defenses. Kambô can assist in the task of harmonizing the body, mind, and spirit – and it's essential that you bring your own purposeful intention into ceremony with you as well.

### Preparation for Ceremony

It is important to establish a clear intention and purpose for your Kambô ceremony. We find it's also helpful to aim to be as focused and centered as possible when coming into ceremony with us; for this reason, we suggest arriving well-rested and making an effort to stay away from disruptive influences and guilty pleasures (such as indulging in unhealthy food, alcohol, recreational drugs, or too much television or other forms of media) for 24 hours before and after the ceremony.

To prepare for ceremony, please read the following guidelines:

Kambô is very safe when given by a properly trained practitioner however there are some conditions for which Kambô is contraindicated.

The following individuals may not safely take Kambô:

- People with serious heart problems
- People who have had a stroke
- People on medication for low blood pressure
- People who have had a brain hemorrhage
- People who have aneurysms or blood clots
- People who lack the mental capacity to make the decision to take Kambo
- People with serious mental health problems excluding depression and anxiety
- People undergoing chemotherapy or radiotherapy for 4-6 weeks afterwards
- People who take immune-suppressants for organ transplant
- Women who are or may be pregnant
- Women who are breast-feeding a child under 6 months old
- People with Addison's disease
- People with Ehlers-Danlos Syndrome
- People with current and severe epilepsy
- People who are recovering from a major surgical procedure
- People who are under 18 years of age
- People who are over 70 years of age
- People with Eustachian Tube Dysfunction (ETD)
- People who have used Bufo (5-MeO-DMT) within the last 6 weeks
- People who have Marfan Syndrome
- People who are taking diuretics
- People who have consumed alcohol, recreational drugs, or certain medications within 24 hours of arriving for Kambô
- People who have consumed large amounts of water prior to arriving for Kambô
- People who have received the COVID-19 vaccine within the last 4 weeks

Caution is also required in the following cases:

- People taking immune-suppressants for autoimmune disorders
- People taking slimming, serotonin, or sleeping supplements
- Active drug or alcohol addiction
- Long term or water fasting for 7 days before or after Kambô other than the required fasting
- Colonics, enemas, liver flushes, hot yoga or any water based detox should be avoided within 3 days either side of taking Kambô

Please stop taking any supplements and herbs the day before ceremony. You may prepare the day prior as normal – just be sure that, on the day of ceremony, you arrive with no supplements or food in your stomach. If there is something you **NEED** to take, you **MUST** discuss it with us prior to ceremony. **SOME** pharmaceuticals are okay, but you'll need to take them **AFTER** ceremony and you **MUST** discuss them with us before your ceremony.

### The Day of Ceremony

Please make sure to fast from foods for 7 hours prior to ceremony and fast from liquids (including water) for 3 hours prior to ceremony. You may rinse and swish with water if your mouth is very dry and you may have an occasional SIP of water (up to one measured cup in total please). Please do not consume any caffeine on the day of ceremony and abstain from working out. Please let us know if you have done a lot of sweating in the week prior to ceremony so we can add electrolytes to your water.

These guidelines are to keep you safe, to keep the facilitators safe and to keep the use of Kambô safe. If you have questions or concerns it is important to ask.

Please wear comfortable clothing. Please dress in layers as your body temperature could go up or down once Kambô is placed. Zipper hoodies are nice since you can cover one arm if the other has Kambô on it.

### Items to Consider Bringing with You:

- A yoga mat or blanket to sit/lay on
- Blankets to cover yourself
- A pillow
- Hair tie if needed
- Tissue or a washcloth for wiping your face and/or blowing your nose.
- Contact lens case, solution, and glasses if applicable (please do not wear contact lenses during ceremony)

Kambô enters the body via small burns on the skin. These are superficial burns and only the top two layers of skin are burned. It will not cause bleeding. Please consider where your points will be placed (arm or ankle for first timers, other placements are possible. Please discuss with us before we administer the burns) when choosing clothing.

During the process you may upper purge (vomit), lower purge (toilet), shake, cry, sweat, swell, and other ways of processing. Bathrooms will be in close proximity and we will provide buckets.

### Other Helpful Practices to Consider Prior to Ceremony:

- Stay hydrated the week prior to your ceremony.
- Meditate the week prior to your ceremony. Breath-focused meditation is an excellent practice, in which you place your attention on your breath until you notice that your attention is not on your breath, and then simply return your attention back to your breath.
- Sleep. Catch some extra sleep the night before or a nap prior to your ceremony.
- Gather your intent: Why are you attending? What do you want to cleanse yourself of? What changes are you trying to make in your life?
- Journaling in the days before ceremony can be a very powerful practice for connecting with your intention.
- Give yourself some time after the ceremony as well to integrate the guidance you receive to the rest of your life and relationships.

The total time for the group ceremony will be approximately 1-3 hours; afterwards we may share our experiences, questions, and insights.

### When Should I Arrive?

Starting Time: Please plan on arriving at the ceremony location 15 minutes prior to your scheduled time slot. You'll be emailed the location information with driving directions prior to the ceremony itself. Please note that your registration isn't considered complete until we've received and reviewed your questionnaire. We'll let you know if there's anything that needs attention. Registration: All guests must be registered and paid in advance. In doing so, you've made a clear decision to prepare and attend. Space is limited and your own clear intention to attend is essential. Please note that ceremony donations are non-refundable as well.

More Info: Try to give yourself time after the ceremony to integrate. Don't rush back to work, and if possible allow some solo time spent in nature to assist in your process. Please be respectful of the ceremony space and leave it as you found it. Absolutely no unregistered guests are allowed.

Thanks for your interest in attending a Kambô ceremony with the Arizona Yagé Assembly! We are honored to be able to offer these ceremonies to you.

Please feel free to email us at [kambo@aya.guide](mailto:kambo@aya.guide) or give us a call at 520-777-1348 if you have any questions regarding our Kambô ceremonies as well.

*With affection,*

From Everyone at the Arizona Yagé Assembly

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