

## Preparing for a Psychedelic Healing Ceremony:

1. Research the specific substance and ceremony you will be participating in to understand its effects, potential risks, and benefits. Contact your event organizer with questions if you have any, days beforehand and talk about what you have learned.
2. Consult with a mental health professional, especially if you have a history of mental health issues or are currently taking any medication.
3. Be ready to co-create a safe and comfortable environment for the ceremony, including preparing an altar with or without reminders of loving relations or healing experiences from your life.
4. Consider your intention for the ceremony, and write it down to focus your mind and clarify your goals. It's helpful to clean your house or bedroom on the same day or days before the ceremony.
5. Abstain from consuming any substances, including alcohol and caffeine, for at least 24 hours prior to the ceremony. Ideally, check in about this with your minister or shaman because most ceremonies include abstinence from sexual activity and media for varying times before, after and during the experiences.
6. Fast for at least 8 hours before the ceremony to help increase the potency of the substance and minimize any adverse effects.
7. Eat light and easily digestible foods, such as fruits and vegetables, the day before the ceremony.
8. Stay hydrated and drink plenty of water before and after the ceremony.
9. Prepare yourself mentally and emotionally for the ceremony by engaging in activities that help you feel calm and centered, such as meditation or yoga.
10. Trust the process and remember that any difficulties or challenges that arise during the ceremony can be used as opportunities for growth and healing.

Note: This information is intended to be used for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. If you have any concerns about your health, it is recommended that you seek the advice of a qualified healthcare provider. Ask your minister for a referral to a Naturopathic Doctor in the state of Arizona.