

Ceremony Preparation.

- To receive the most from this experience it is recommended to care for your bodies with what feels nourishing and nutritious the day before, the day of, and the day after, and try to eat lightly or refrain from eating at least 2 hours before ceremony. This is so we may be open and clean vessels to receive vibrational cellular healing fully and give space for the medicine to move through you.
- Please Arrive SOBER, Free from Alcohol & Drugs
- Drink PLENTY of water, especially the day before, day of and day after ceremony. This is a cellular and spiritual detox. These Ceremonial Healing Processes directly tunes your cells through the water of your body, so the more water you drink, the easier it will be for you cellular and emotional body to regenerate, renew and align.
- Intentions! Tuning into your intention before this ceremony, and meditating on this intention during and after ceremony. What it is you would like to receive, heal, let go of, and call into your life? This is a golden key to receiving the most from this experience, at the same time dissolving expectations and allowing the divine blessings of the medicine to work through you, knowing that whatever you experience is unique and perfect for your souls path.



What To Bring.

- **An Intention For This Journey**

I encourage taking time to get clear on why you're sitting with Kambo. Contemplate what you are ready to release, and what you are calling in. This can be physical, energetic, emotional, spiritual, or all of the above. Trust your inner guidance. This can be an extremely helpful tool in staying focused and grounded during Ceremony.

- **Re-Usable Water Bottle**

- **PotLuck Item To Share for Post-Ceremony**

- **Personal Blanket, Pillow & Yoga Mat**

(We will also have these items if you don't have)

- **Bathing Suit & Towel**

(For Plant Bath / Sauna/ Hot Tub)

- **Layered Comfortable Clothing & A Change of Clothes**

(Be prepared to either be Hot or Cold during Ceremony. Having a Sweater, Socks, Pants, as well as under clothing that are cooler for the Yoga Portion

- **Journal, Pen, & Any Medicine Items you like to work with**

(This is optional, and can include Crystals, Cards, or anything else that supports your process.)



During Ceremony

Meditating, focusing on your breath, and focusing on your intention are techniques that can be very helpful during a ceremony. As we Inhale, we can invite the healing powers, the wisdom and the spirit of the medicine in. As we exhale, we can surrender our thoughts, expectations, and what we've been holding onto. It is important to remember that we each have unique processes, and to allow space for ourselves and others to cry, to purge and to release. This is a safe container to process, to let go, and to expand into our hearts and unique emotional expressions. This is your journey and your time to focus on your healing. Many of you are space holders, healers, and pillars of light in the lives of those around you. Allow yourself this time for yourself, to be held and taken care of. To trust that you are exactly where you are meant to be, experiencing exactly what is necessary to align with your highest truth.



Mahalo Nui Loa, Thank You

I'm deeply honored and humbled to share this sacred experience together, and look forward to sharing space. If you need anything at all, or have any questions about anything, please connect with me and i'll be happy to be of service.

*With Love & Aloha ,
Mady & Matty*