



WELCOME TO YOUR PRIVATE KAMBO CEREMONY!

Approaching Kambo for the first time can feel like a lot, but please know we will care for you with kindness and compassionately support you through the whole experience. We're carry trauma informed certification, follow the safety protocols of the IAKP (International Association of Kambo Practioners), and offer you our deep and extensive experience with plant medicines and ordeal medicines. Please feel welcome to reach out with questions—we warmly invite you read the following thoroughly first.

On the morning of the ceremony, you will be asked to sign and date a printed version of this document, simply acknowledging that you've read it and have followed the pre-ceremony diet and water criteria, and that you intend to follow the post-ceremony water and rest recommendations. It will also include the information from your medical intake call.

PREPARATION:

(Please do not fast up to seven days before or after your ceremony date. No enema/colonics/liver flushes/detoxes within three days before or after.)

Try to eat well and hydrate well in the days prior to ceremony—consider supporting the body with daily electrolytes.

12 hours before ceremony stop eating: 10pm stop for 10am ceremonies, 9pm stop for 9am ceremonies. Continue to drink water/herbal teas as you normally would.

3 hours prior to ceremony stop drinking: 6am stop for 9am ceremonies, 7am stop for 10am ceremonies. Please take small sips of herbal tea if you feel the need to drink after that.

PRACTICALITIES (what to bring, wear, etc.):

- ❖ Please wear loose, light, comfortable clothing—the room will be heated, and blankets available. If you have ideas about where you'd like to receive the gates, think about clothing accordingly—e.g. if you want them on your leg, wear loose pants, if you're a woman and want them on your spine, please wear a sports/yoga bra under your shirt.
- ❖ Please bring a change of clothes (including underwear).
- ❖ Slip-on outdoor shoes can be helpful.
- ❖ Journal and pen: although it's largely a physical experience, some people get a sense of what's being released emotionally/mentally and like to record what occurred. If you think you might attend multiple ceremonies, it's a great idea to make a record of how many gates you've received and where, how long the medicine took to open, if there were stuck places, how you felt physically/mentally/emotionally, etc. Hapé and Sananga might also offer experiences you'd like to write down. It might be helpful to record how you feel in the days after ceremony, especially if you're planning several ceremonies.

ON THE DAY OF CEREMONY:

- ❖ We'll discuss the logistics of the space, comfort, bathroom, etc., so that you feel orientated and grounded. Please let us know at this time if you need anything we've not provided—we want you to feel comfortable and at ease.

ORDER OF CEREMONY (we can adjust this, if need be)

- ❖ Prayers/intentions—opening sacred space.
- ❖ **Soplando with Mapacho and traditional Limpias with Chakapa:** we offer gentle smoke-clearing/cleaning with jungle Tobacco and shamanic leaf rattle (a Chakapa kind of like an auric feather duster, but with sound that balances and opens the brain like the rhythms of a hand drum)—this prepares a clear pathway for all the medicines. Limpias may also continue throughout the ceremony when needed. (Our Tobacco is chemical-free and from the Peruvian Amazon).
- ❖ **Hapé:** we open the experience of this medicine (gently) so that we can work with it during Kambo—it's often the simplest and fastest way to open a stuck purge. Hapé is a delicately made complex of Amazonian plants, usually containing finely powdered jungle Tobacco and ash from various trees. We have both Tobacco and Tobacco-free Hapés, and receive them from friends in Ecuador who work directly with indigenous tribes in the Amazon. Please let us know if you would rather work with Tobacco-free Hapés.
- ❖ **Sananga:** (administered as sterile eye drops), made from the *Tabernaemontana undulata* shrub, which clears blocked energies, calms the mind, opens inner vision and grounds us before Kambo (it has numerous traditional uses and benefits). This is completely optional.
- ❖ **Opening the “gates” with tambshi (traditional burn stick):** we remove the top layer of skin so that Kambo may access the lymphatic system. While we tune into the best site, open the gates and mix the Kambo, you'll consume 1.5 litres of purified water (from our Berkey filtration system). Water consumption will continue when needed—no more than 3 liters, usually between 2 and 2.5.
- ❖ **Test point:** we apply ½ a point or one whole point and wait, observing the body for any of the rare signs that it's not okay to continue. When it looks good, and with permission, we continue with one or two more points, for a total of three. Three points is standard for a first ceremony.
- ❖ **Music/sound healing:** the ceremony experience will be supported with drum, chakapa, Kambo medicine songs, and jungle rattles that assist in moving the energy and lifting the spirit. Sometimes the sound might feel like a lot, and you might even wish it would stop, but that's when sound is helping the movement of energy—try to turn towards it, rather than lean away (metaphorically

speaking). Sometimes it will feel like it's exactly what's needed, and it's then that sound is lifting the spirit.

- ❖ **The physical experience:** this can vary throughout (and also each time). During Kambo we might feel any or many of the following symptoms: hot or cold, racing heartbeat (sometimes pulsing in our ears/head/neck), sweating or shivering, the body might feel heavy and swollen, or thick and achy like during a flu, we might feel foggy or dizzy, and some people faint for a little while, we might cry or sound or moan... and we will always purge the water (along with all the toxins/parasites/bacteria/fungus... that Kambo is causing the body to release). Kambo tends to target the most important areas first, and we might feel tingling or burning in those areas. Some people will need to use the bathroom—the bowels sometimes empty. All of these symptoms are normal during Kambo. You will be supported with kindness through all of this. **The intensity will usually last from 15 minutes to 45 minutes.**
- ❖ **Sangre de Drago:** after the points are removed and washed, the application of a liquid resin from the Croton Lechleri tree seals the gates and promotes healing (like Sananga, it has numerous traditional uses and benefits, and the medicine we work with is sustainably harvested). When it dries, we'll apply Maya Magic—a herbal cream with **Mimosa Tenuiflora** (and offer a small amount to take home). **Please let us know if you have a latex allergy.**
- ❖ **Rest & Food:** when your gates have received treatment, you can lie down and rest beneath the blankets. First we'll bring mint tea to settle the stomach. After a time, we'll offer coconut electrolytes, and then broth with crackers or bread (usually miso and beet).

POST CEREMONY:

- ❖ **Ceremonies run from 9am-1pm or 10am-2pm.** The space is open for 4 hours if needed, but some may be ready to leave earlier (within 2 to 3 hours).
- ❖ **BEFORE LEAVING:** We gently ask that the electrolytes and soup are consumed. It's important to rest for the remainder of the day and only tackle light duties (e.g. cooking a nutritious dinner).
- ❖ **AT HOME:** Stretching, yoga, meditation, music, art, sitting/strolling in nature, etc., are all very helpful after Kambo—the body has been through a major cleanse, and it will benefit from ease and kind support. Even if you feel energized and amazing, you'll still need to take it easy. Consider planning the evening for an early night's sleep.
- ❖ **FOOD and WATER:** Most practitioners believe that the quality of the food consumed after Kambo is very important. Try to stick to plant-based foods, unprocessed foods, and naturally sweetened foods. Salt is good—the body will appreciate the electrolytes. Probiotics are also good (plant-based are usually best). Water and herbal teas as needed. We believe that the energy/experiences consumed are also important—consider the use of social media, or the consumption of news, etc., as well as the energy of others. Keep it calm, clear, gentle and restful as much as possible.
- ❖ **Post-Kambo Symptoms:** Some people will have slight swelling of the face and neck on the day after Kambo, others feel stiffness in the neck and shoulders or experience a mild to moderate headache. If you experience these symptoms, know that it is part of the healing process, and nothing to be concerned about—it will pass. Most people notice a shift in energy and general well-being approximately three days after receiving Kambo.
- ❖ **Herxheimer reaction:** For those with more complex medical conditions or in states of high toxicity a Herxheimer reaction can sometimes be experienced. A Jarisch–Herxheimer reaction describes the bodies immune response to the release of a large toxic load and usually lasts 3-7 days (but can in rare

cases last a couple of weeks). Kambo causes the destruction of many parasites, fungus, viruses, bacteria or other pathogens, and as these die, they release material into the bloodstream resulting in inflammation around the body. **Although the experience is not pleasant, the Herxheimer Reaction is actually a good sign that healing is taking place.** Most people find relief with Epsom salts baths, increased water intake for elimination, herbs that flush and support liver (e.g. Dandelion), and plenty of rest. Some people have had success with antihistamines (natural and pharmaceutical). You'll find a quick link below that is reviewed by an MD, but there are many other resources online.

- ❖ If you have any concerning physical symptoms following a treatment please contact your doctor, and of course reach out to us via Signal: 250-891-2386

A FEW LINKS to explain the various medicines:

Kambo Interview/Article with Karen Darke by reset.me: <https://reset.me/story/kambo-natures-vaccine-for-the-mind-and-body/>

Benefits of Sananga: <https://psychedelictimes.com/scientific-studies-hint-at-how-sananga-eye-drops-treat-ocular-diseases/>

Sangre de Drago: <https://eol.org/pages/1146995/articles>

Hapé/Rapéh/Rapé: <https://katukina.com/doc/rape> (the last word in this URL should technically have an accent over the é)

Extensive article on TOBACO: <https://takiwasi.com/en/sinchi-negrato-tobacco.php>

5 tips for a HERXHEIMER REACTION (very basic): <https://drlauryn.com/detox/dealing-with-detox-herxheimer-reactions-5-tips>