

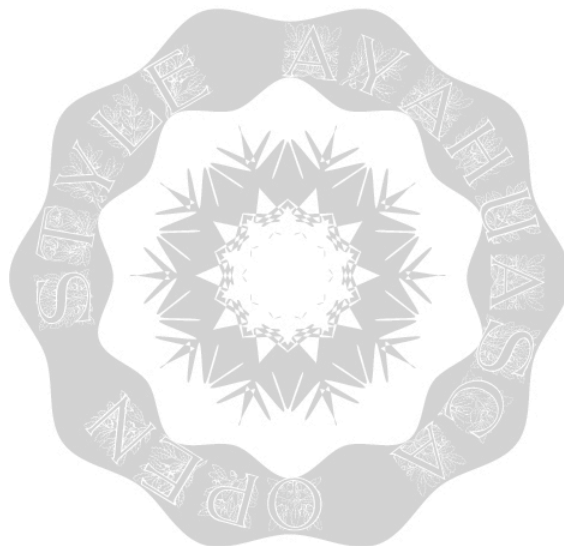
## Ayahuasca ceremony agreement:

Ayahuasca is a drink made from a combination of substances (amongst others DMT<sup>1</sup>) Because of ayahuasca's legal status we wish to inform everyone participating in this ceremony of important safety precautions:

### (1) Ingredients:

Ayahuasca consists of two main ingredients, Dimethyltryptamine (DMT) a psychoactive substance, and Harmines/Harmalines (MAOI's) which have an effect on the way the human body digests DMT. Monoamine oxydase inhibitors increase the activity of the psychedelic DMT, preventing its digestion by enzymes. In the combinations that we use for this ceremony neither of these substances have any long-lasting neurological effects. MAO's are in the body for an important reason, since they break down substances that can be harmful to the body, so please read the following section carefully.

The materials that we use are derived from natural plant substances, prepared according to traditional Native-Amazonian recipes. In the case of Jurêma, the source material is the root bark of the *Mimosa Hostilis* (containing DMT) in conjunction with the seeds of *Peganum Harmala* (an MAO inhibitor) In the case of *Ayahuasca* we work with the Amazonian plant *Banisteriopsis Caapi* (MAOI's) and the leaves of *Psychotria Viridis* (DMT). No chemical or synthetic substance is ever added to purify, filter or extract any substance that we use. There is ample information on these substances and the plants from which they are derived on the Internet and we recommend the Erowid psychoactive vaults for more information. MAOI's have a subtle effect on the mind (on their own they do not produce visual effects) but they affect Serotonin levels that can have a profound effect on consciousness.



### (2) Dietary conditions:

If you are taking Monoamine Oxydase Inhibitors (MAOI's) you need to follow a special diet. A side effect of MAOI's is that a ordinarily harmless substances in food, (such as tyramine), are not broken down by enzymes. High levels of tyramine can cause blood vessels to narrow. This can lead to high blood pressure, a severe headache, and possibly hemorrhaging. To avoid these side effects you should avoid certain foods. We recommend abstention from the following substances for three days prior, and three days after a ritual involving ayahuasca or ayahuasca analogues:

- Foods that are close to spoiling, are aged (like cheese) or have been stored for a long time have higher levels of tyramine than fresh foods do. Avoid using dairy products that are close to their expiration date
- Alcoholic drinks, especially beer, ale, wine (Chianti, burgundy, sherry, vermouth, sauterne), and non-alcoholic beer
- Acidophilus milk products. Sourdough and fresh, homemade, yeast-leavened breads. Aged cheese, Camembert, Cheddar, Gouda, Gruyère, Mozzarella, Parmesan, Provolone, Roquefort, and Stilton. Overripe and spoiled fruits. Chicken and beef liver salami, dried meats and meat extracts, fermented and dry sausages. Dried, salted, and pickled fish (Herring). Broad beans and fava beans. Fermented soybean products (miso and some tofu products. Yeast and yeast concentrates. Monosodium glutamate (MSG, often in Chinese food)
- Narcotics and drugs such as Ecstasy, MDMA, 2CB, Cocaine, Heroin, Amphetamines, Methadone..
- Medication such as Anti-biotic. Psychiatric medicines such as Anti-depressants and Anti-psychotics (Prozac, Lithium etc.) Anti-epileptic medication.

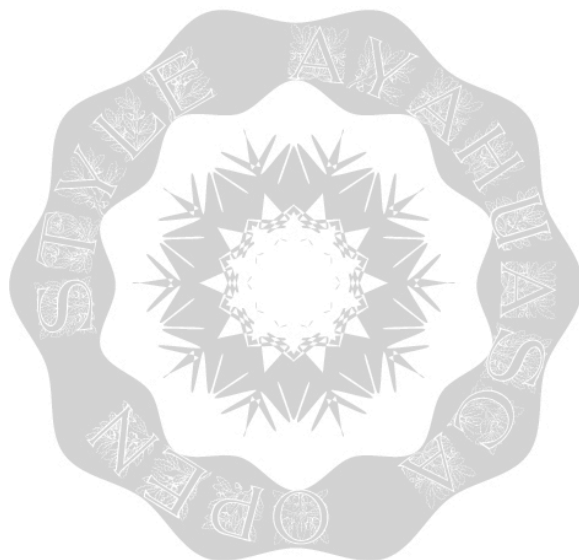
### (3) Health warning:

**You are expressly forbidden to participate if there is any illness, physical or mental, or if you take any medication. If you use medicines consult with the organizers of the ayahuasca ceremony. When in doubt we recommend you abstain (this does not apply to headaches common colds and menstrual cramps) Please keep in mind that ayahuasca remains active for a short while after the ceremony has been closed, we recommend that you stay the night and sleeping accommodation will be available, so that you do not have to drive, or make your way home alone.**

I have read the above and agree with it.  (Check the box and continue with next page)

<sup>1</sup> *Dimethyltryptamine (DMT) is a psychoactive substance that may cause powerful and frightening visions, vomiting, defecating and other physical symptoms such as a rise in blood pressure and heart rate, sweating and anxiety.*

The ceremony in which you are about to participate is believed to have a powerful therapeutic effect, and it is possible to have a strong reaction to the substances that we use. We regard ayahuasca as a catalyst for unconscious psychological material, not as its cause. Ayahuasca catalyses memories from our own biographical history. For this reason its effect is unpredictable: some people may have ecstatic experiences while others may have frightening or emotional experiences, and these effects may vary from ritual to ritual. Frightening or painful experiences are considered an inherent part of the therapeutic effect, as traumatic material from the subconscious is revealed. Each participant must be aware of this possibility. The Ayahuasca ceremony offers a safe environment with lots of support (setting) in which emotions may be expressed freely, and participants receive and give each other support. In order to protect both organisers and participants we wish to emphasize this agreement between organisers and participants:



**(4) Statement of intent:**

I am participating voluntarily and of my own free will, in this ritual, in which Ayahuasca (a known psychoactive substance) is used. I have read this agreement and agree to its terms. I release the organizers from any responsibility for mental or physical damage to my person following the use of the substances described above, or resulting from my participation in the ceremony. I am fully responsible for the consequences of my participation, before, during and after the ceremony. I am acquainted with the guidelines for behaviour, that have been explained to me personally, prior to signing this agreement. For the duration of the ceremony I shall follow instructions given to me for my safety and the safe, respectful conduct of the ceremony. In order to leave the ceremony before its termination I shall obtain a signed copy of this agreement from the organizers. I shall remain inside the ceremonial space, until such time as written consent is given for my departure.<sup>2</sup> I participate voluntarily without pressure from anyone. I understand that any payment is a donation towards the cost of the organisation of the ceremony itself, and not for the provision of any substance.<sup>3</sup>

**(5) Statement of non-divulgence**

The legal status of Ayahuasca and the ceremony require the organizers to strictly control communications about the activity. Publication of texts, sound recordings, video, are prohibited. No recordings or photographs can be made without prior consent of the organizers. No publications, interviews or details of any participant or locations may be given to any non-member, journalist or legal authority, without the prior consent of the organizers. Journalists and correspondents, are prohibited from participating in a professional capacity.

I comply freely with the terms of this agreement:

Name:	Address:
Date of birth:	Telephone nr:
E-mail:	
Place:	Date:
Participant signature	Permission to leave prior to termination of ceremony

<sup>2</sup> Written consent is necessary in order to assure the safety of participants as they leave (so that they are not under influence) If you leave without written consent the organisers cannot be held responsible in any way for participants health, mental state or safety, or for the consequences of any actions by said participants, to third parties.

<sup>3</sup> Ayahuasca is not for sale, neither may it be taken home, given to others without their prior consent or used outside a ceremonial setting.

