

## Peaceful Mountain Way Ayahuasca Ceremonies

Our Ayahuasca ceremonies are conducted to provide the sincere seeker with a safe, relaxed environment in which to explore their inner consciousness. We minister to individuals or to small groups. At this time, we typically require that you travel to us, and you may think of your stay as a spiritual retreat. You are responsible for travel expenses, and for groceries and any other supplies you wish to have with you during your stay. You may choose a private ceremony or a group ceremony when one is available. For private ceremonies, you may choose between a cottage with full amenities or outdoor camping during the warm-weather months. During cold weather, ceremonies will only be held indoors. Once you have decided your preferred setting, we will arrange the location and either book your cottage in your name at our expense, or let you know the best place in which to camp. Once we have scheduled the dates of your ceremonies, we will provide you with directions and dietary recommendations to cleanse your body. The suggested offering will vary based on the number of people in your group and the number of ceremonies scheduled during your retreat. After we have set your schedule, we require a non-refundable deposit be mailed to us to secure those dates on our calendar, and to provide for supplies and the venue when applicable. We ask that this be in the form of a postal money order. The balance of the offering will be due after the first ceremony, which may be in the form of cash or money order.

At the time of the ceremony, we may provide music, or you may bring your own playlist. One or more shamans will guide you through your journey. Some part of the ceremony will be spent providing spiritual counseling; at other times the shaman may remain silent to allow you to focus on the inner experience and to balance the energy through prayer and meditation. At all times the shaman will be present and available, and will not be using Ayahuasca at the same time as the seeker. While the shaman is there to manage your experience, you are free to control the circumstances during the ceremony. You may choose to engage in conversation or not, to request music or not, or to move freely from one room to another. It is only responsible to advise that the seeker remain calm and limit their physical movement to the venue's boundaries. While the shaman may offer advice, insight and spiritual teaching, it should be clear that the seeker is ultimately responsible for their own journey. There is nothing outside yourself that may help or harm you, nor is there anything inside yourself that is lacking.

It should be noted that there is no single "authentic" recipe for Ayahuasca, nor is there a single "traditional" method for conducting a ceremony using Ayahuasca. Many combinations of plants available all over the world have been used to induce altered states of consciousness for spiritual healing and enlightenment. The name Ayahuasca itself is simply the most commonly used label in the modern world for a part of shamanic culture that has many indigenous names.

Peaceful Mountain Way medicine men and women have used several variations of recipes in their training, and the church generally uses a recipe that has been demonstrated to produce the most reliable effects, involves the fewest legal concerns, and creates the least environmental impact.