



Máya

Retreat Iquitos



Ayahuasca comes from a native Quechua word "ajawaska" meaning literally "**spirit vine**" or "**vine of the soul**".

Ayahuasca ceremonies have been used for thousands of years by indigenous groups in the Amazon regions spanning Peru, Colombia, Ecuador and Brazil **as a means to gain personal healing, insight and spiritual cleansing.**

It is ingested in the form of a brew made from the ayahuasca vine (*Banisteriopsis caapi*) and the leaves of one of the DMT containing plants Chacrana (*Psychotria viridis*) or Guambisa (*Diplopterys cabrerana*).

Other plants or tree barks may be added to the brew to modify its healing and visionary effects.

At Maya we prepare our own Ayahuasca on site using the Ayahuasca vine and Chacrana.

Ayahuasca is an incredibly powerful healer and it works on various different levels simultaneously.



Purging during an ayahuasca ceremony is not like performing normal bodily functions. It is not merely a physical release and it is not just an emotional, spiritual, or psychological release, but the phenomenal combination of all of the above into an unique event that makes it **a single life altering experience.**

Vomiting is seen in western culture as something to be ashamed of or a reaction of the body to sickness, eating the wrong food or drinking too much alcohol. Yet **in the context of Ayahuasca, vomiting is the first stage of cleansing the body and the spirit.**





It's therefore a positive event and for many, during a ceremony, it kickstarts the visionary phase of the ayahuasca experience.

Among Peruvian shamans is said that ***La purga misma te enseña***, 'vomiting itself teaches you'. Giving yourself over to the plant, giving up control and letting go of shame is the first lesson you'll receive from the plant doctor.

The brew also interacts with the psychoemotional and spiritual basis of each individual and the construct of the setting in which it is taken.

Among these personal attributes; **attitude, purpose, personality, mood and prior experience influence the character of the experience.** The composite effect of these factors influences the nature and content of the experiential journey.

People experiencing Ayahuasca ceremonies typically achieve substantial mental, psycho-



logical and spiritual progress comparable to that accomplished through intensive longterm psychotherapy.

This often unrivaled speed of positive turnaround suits it perfectly to those who are experiencing a severe breakdown in a certain character of their being that is perhaps unresponsive to conventional treatment, or which has reached a point at which it must be handled with great rapidity.

For more information visit our website **mayahuascaperu.com**



