



5 Powerful Ways to Prepare for Your 1st Aya Ceremonies

Joining plant medicine journeys is a big undertaking. It is not a journey for the faint of heart. It requires some preparation work to be able to withstand meeting the truth and to be with what needs to be felt and healed. It also requires integration work afterwards unpacking the wisdom that was received and integrating it back into your nervous system and daily life.

In 2019 I did my first Ayahuasca ceremonies in a centre in Costa Rica over 4 nights within 7 days. I did it with real shamans who hold ancient wisdom. I joined another one in Portugal and did 3 nights within 7 days with real shamans. Both were life changing experiences.



Staying Safe

I mention this because the first tip I want to give you is to stay safe. Who you pick to do these journeys with will determine if the experience will be life changing or life shattering. Who you do the ceremonies with is extremely important.

I typically make sure to spend time with real shamans where the wisdom of the plants has been passed down through many generations who possess ancestral wisdom. Taking the plant medicine is one part, getting the guidance from those who know how to work with the plant medicine is the second and is a very important part.



I can highly recommend the [maestras from Peru](#), and the [taitas from Colombia](#). Each one of these families carries deep traditions passed down between generations for thousands of years. They can guide you in a safe way and are connected to the ancient wisdom.



I say safe because if you are not in a place that's safe you can have a very bad experience. I have had clients that came to me for guidance and healing after been guided by people who were tapped into their own shadow and the experience was horrible. They were emotionally injured. Who you pick to do this with matters!

Purging

People ask about the purging – do I have to throw up? The plant medicine looks inside you for what is not aligned, and it realigns you to your truth, to your true self, to your core, to healing your body from traumas. If something is not aligned, you will need to purge it. This means either throwing up, crying, sweating, running to the washroom for a dump, shaking, yawning etc. It is a process of cleansing and is essential for healing. It is not a negative thing, even if it means feeling discomfort. It is a positive change getting you closer to why you came to do the ceremonies to begin with and helping you heal.

Processing Emotions

In 2019, I went to teach in an Ayahuasca centre in Costa Rica. I did not know yet what these plant medicine ceremonies were all about although I heard about them. As I started to meet the people who came to attend that plant medicine retreat, what became clear to me as a somatic coach was the one skill that makes this journey so much easier – knowing how to process your emotions.

We have become disconnected from our bodies and absent emotionally from within. We struggle to be with what we feel and as someone who specializes in working with trauma, I can tell you that we intuitively lock parts of ourselves to protect ourselves when something traumatic happens to us, and dread ever coming back to feeling any of it. We need help accessing these parts of ourselves and reclaiming them back.

Aya ceremonies rip us open emotionally, and bring what is locked to the surface so we can feel it and release it. If we are not prepared for it and do not have the tools to process what comes up, we can freak out and get overwhelmed – either during the days of ceremonies, or after the journeys are done.

While I taught workshops during that week, I saw many people that were crying and in breakdown, especially after the first journey. I took them one by one and simply taught them how to be with what they were feeling without freaking out, and how to release the trapped emotions. I helped them develop higher somatic awareness by teaching them what they were experiencing, and what it all meant. After 10 minutes, they left smiling and calm. They were able to continue with the journeys but this time while feeling more grounded inside.

A month later a potential client contacted me after she finished her first journeys in the same centre. She was flooded with emotions and in a total state of panic. After assessing what she was experiencing I signed her on to coaching sessions and started teaching her how to integrate what she experienced into her daily life. When we started, she felt wide open and had no tools to process the feelings that came out with such intensity. She was freaking out. She started thriving after a deep process of integration.



So the trick here is to learn how to be with and move through uncomfortable emotions developing the widest capacity that you can have to feeling and being with these emotions. Can you be with excruciating pain, deep grief and sorrow, intense shame, and more?

The more capacity you develop to being with uncomfortable emotions and not running, the easier the journeys become and the less resistance you will meet.

How to Drive the Medicine

The plant medicine is driven through intentions. What does this mean? Drinking the plant medicine is one part, but asking internally for your intention is what drives the answers you get.

Think of it as being in front of a wealth of wisdom, information, and the truth. Whatever you will ask, you will gain the answer. I know someone who wanted to know what was blocking her from finding true love in life, she was shown the truth and how to heal it. Another person I know wanted to become very successful and was guided on this, made millions and been semi-retired since. I wanted to forgive the unforgiveable and was shown how. When I applied what I learned to my life, I was able to forgive the unforgivable. It was something I could have never imagined happening before.

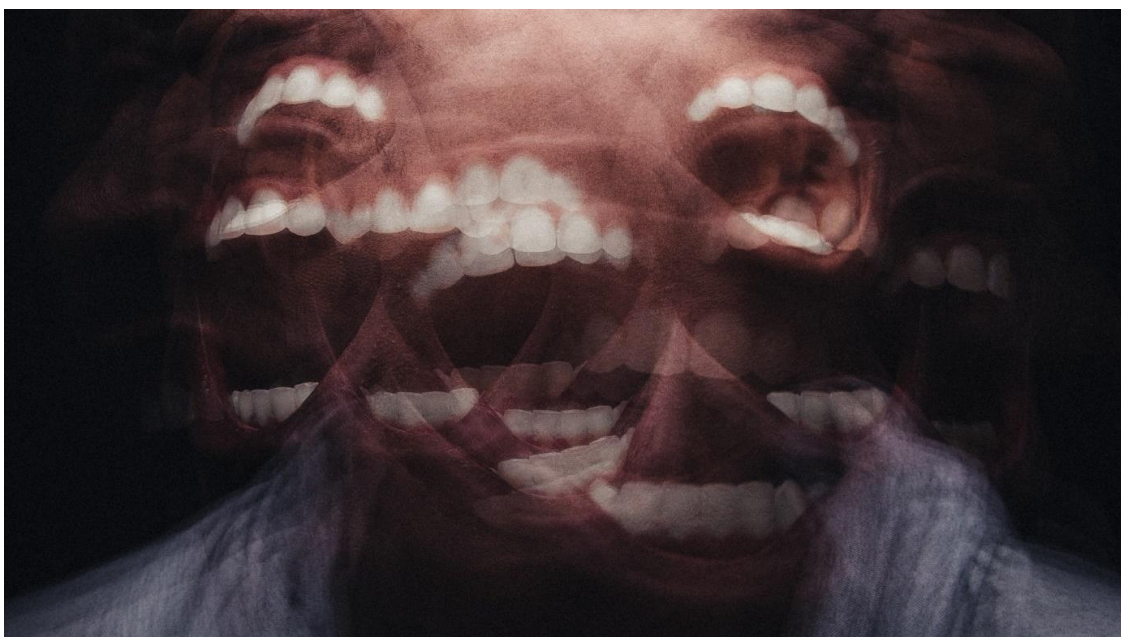
Since the intentions drive the medicine, it requires some preparation work, so you are not all over the map asking for too many things all at once, or asking ineffective intentions ending up with nothing. First, pick what you want to work on, second define your intention.

In 2022 I did a 3-night journey with the maestras from Peru, they combined the plant medicine with their powerful ikaros – chanting that activate the plant medicine inside your body towards your specific healing. They know exactly what is blocked and what needs healing, and they sing to you specifically what you need. Shamans drink the medicine at the beginning of the ceremony, so they are guided by the medicine on what each person needs. They can then guide you towards what you need specifically while providing protection.

My intention for the first night was about the rage I felt towards those I could not forgive and wanting to let go of it. I was stuck for a whole night in rage in a scale of 1 to 10, feeling 15. The more I asked about my rage, the more I was shown my rage and the root of it, the more resistance I felt. I was not able to break free of it or let go.

After some guidance I shifted my intention to "Teach me how to forgive & Help me forgive." The following night unfolded beautifully, and I started to see how to shift what was blocked in me.

I needed to forgive those who have hurt me intentionally and profoundly, in an unfair way. I was having a hard time landing into the pain and grief that were underneath the rage. Asking to be taught how to forgive and helping me forgive led to a deep shift in my life that changed the trajectory of it forever.





Typically, we ask one of 3 questions:

- Show me...
- Teach me...
- Help me...

For example, *show me* forgiveness. Then Aya would show you examples of forgiveness all around you. This intention is good when you want to understand something that you have no knowledge of. For example, someone who was blocked about love and wanted to know what the feminine divine looked like asked the intention – *Show me* the feminine divine. Aya showed him examples in all the women around him who were attending the retreat. You can also ask, for example, *show me* what is blocking me from finding love. This will open up seeing where you are and what is blocking you from finding true love.

Teach me is when you want the plant medicine to teach you the how-to. *Teach me* how to forgive the unforgiveable. You then get to see various things that might include what you need to do with the very people you need to forgive. What you need in order to let go.

Help me is great for when you struggle to let go and actually do it. You can see your part in it, you understand what needs to be done, yet you are struggling to do it. For example, struggling to forgive the unforgiveable. So when I asked - *Help me* forgive – I asked to be given support to do it, to help open my heart where it was hard.

Intentions can change over the various nights from night to night, the important thing is to not just jump from one to another and avoid what is hard to be with. It's best to make changes when needed if you feel you are stuck.

And don't forget that you can always ask for guidance from the shamans. They are the experts on how to drive the medicine.

Ceremonies

You might be curious –

- How many times should I drink the medicine per night?

One doze is what you need to get started. If it feels right, you can drink the medicine a second time. Your body will know if it can handle it, or not. If you want a third portion – typically the shamans will examine you to see if it's OK for you and will let you know.

- How many ceremonies are recommended?

There is no set number of ceremonies recommended yet what you should know is that the longer the whole process is the more time you have for healing and integration. If you are going to the Amazons they will guide you normally with minimum 14 days, giving your body time to also process and integrate. If you are doing it in a modern country, you will find that 3 or 4 journeys are offered within a week, as well as shorter 1 or 2 journeys over a long weekend. There is nothing wrong with doing shorter journeys. Just take into consideration that you will start a deep process and will not be able to complete it in a short time, especially if this is your first

time. Yet at times, we want a smaller taste when we get started in order to build up confidence, or it's all we have time for in our scheduled. Something is better than nothing.



There is so much more that I can teach you about how to prepare for plant medicine journeys. From understanding the difference between when you feel stuck and need to change intention to when you need to sit with difficult emotions and not run, how the medicine guides us, the visions we see, the different types of Aya, tricksters, what it means when Aya gives you what you need and not what you want, and what to watch out for, what it means to be shown what to do, meeting your truth and not resisting it, and more.

And this is just the preparation work towards the journeys. The integration is what comes after you are done. It typically helps you land the wisdom into your body and integrate it into your daily life.

If you wish for one-on-one guidance and support towards your next journey, so you can have a life changing experience rather than a life shattering one, you are invited to [book a Complimentary Discovery Call with me.](#)

Warm wishes,

Chen Lizra

