

How to Prepare to Receive Me

To assure the most wonderful surprise that life can give is by establishing a trusting relationship with me, the Spirit of Ayahuasca.

All the details, as far as the way to live the previous days to a communion with me, are secondary, that is to say, they are not the central questions of the experience. In addition, these details are all relative. A good preparation for some individuals may not be appropriate for others. For example: for some it would be a good preparation to fast the day before, but for others the best preparation would be to eat very well. However, I encourage you to abstain from alcohol, red meats, spicy foods, for at least three days prior to receiving me.

When you greet and experience me, simply be who you already are without modifying anything on how you live. I will show you who you really are. Alcohol, drugs, sex, excessive work, arguments, and many other things could interfere with a proper preparation. This insight into your true self may be, at first, a bit uncomfortable but it is an integral part of the process and I *will* hold that mirror up to your heart and soul for you to see the truth.

The most important point in the preparation is your attitude. An attitude is a predisposition to something. And my questions to each one that takes me are: What are your biases and inclinations? What pretensions do you have? What expectations have you formulated? What do you think or believe that it is going to you to happen? What are you avoiding? What do you keep deeply hidden? What are you really looking for? Are there things that you do not want to learn or to see?

Deeply sincere answers to all these questions will create an awareness of your attitudes at the time of communing with me. There is a similarity between your attitude towards life itself and your initial attitude towards me. Be open to the possibility of these attitudes changing. Your answers may be very different from your reality, but you would be simply deceiving yourself. It is why I ask you to remove your defenses and answer those questions sincerely.

My work with you consists of disconnecting the intruders within you occupying the place that only your soul should occupy. These intruders are your destructive emotions, attachments and dependencies, lies and falsifications, confusions and doubts, hatred and resentment, dissatisfaction and lack of motivation, stress, distress, anguish and anxiety,

fear and blame, manipulation and resistance, and so on. There are many energies within all people that do not let them be happy. They must be expelled to be able to live a satisfactory life.

The secret of a proper and fundamental preparation is for you to allow my work without interference, like a patient who puts themselves into the hands of a surgeon. The difference is that I do not anesthetize you. Instead, I leave it to you to make the decision to receive the gift I have for you.

To be prepared means that you open yourself, that you accept, and that you are thankful. That is how you give your permission to show you things that can change your life and overcome the things that make you unhappy. I do not change lives. I just make you see your own life and existence in such a way that you become aware and respectful of the power already within you and the responsibility you bear to bring about those changes.

You have a wonderful opportunity of being conscious of the splendor and greatness of life itself that lies within you. But that consciousness is also aware that it lives within a finite and limited body. That raises a conflict. How can this limited human body be in harmony with an infinite consciousness? You will find the answer with experience, I will not answer that question now.

There are many people who take me that cannot have a powerful and liberating experience, for many reasons. One of them is that they have a deep resistance to change. They want their life to magically change but they do not want to change themselves. They want to remove their heavy personal loads without having to make any changes. This is the type of attitude that interferes and is not in accordance with the transformational work I can do for you. This work, above all, is a process. Sometimes I begin this process, other times I finish it. The people who wish to transcend are doing many things, all aiming in the same direction. I appear to them at different moments of this transformational process, in order to initiate, accelerate, propel, harness, integrate or conclude that process.

At any time that you take me I will accompany you and will support you. I will not force you to make any changes. But do not forget that if I do not produce any effect for you may be because your level of resistance to change. In that case, be patient with yourself and persevere with each step you take. Blaming yourself for not advancing will not help you.

Everyone reaches to a point in life in which they wish to get rid of the inner baggage of misery they have been carrying for years: traumas, disagreeable memories, lost happiness, painful wounds and situations, and so on. Too often you feel that these negative things have been unjustly dumped on you in addition to feeling that you did not deserve them at all. The point is not why you have been burdened with these miseries or whether you deserve them or not, but rather that you simply reject them. Everything that has happened to you is correct. You have had to journey through your own past, but underlying it all is your life attitude of acceptance or rejection of the pain. That attitude creates a very intimate bond between you and your life, your soul and existence.

To heal the past is to accept it within your heart. Only then can you be free. As long as you maintain an opinion or belief of how or what your past has been, you will remain hooked and your healing does not happen.

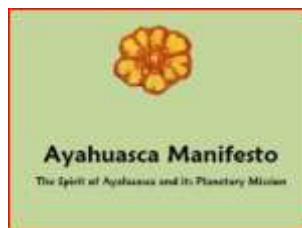
Allow their past to Die. Death to the past, death to the false identity with which they have lived. For that reason, my physical vehicle, the Ayahuasca plant is called the 'Vine of Death'. To be clear, such death is not physical, it only means that you end the false life that you have lived. You must depart from the life that is not in accordance with what your soul wants to experience. For that reason, when taking me, anguish and uncertainty is often activated in those who dare to 'die'. It is the great goodbye of the self within yourself.

The truth dismisses the lie, the light dismisses darkness, the acceptance takes leave of the rejection, innocence takes leave of the shame, authenticity takes leave of the falsification, sensitivity takes leave of the indifference, freedom takes leave of the slavery, when this great goodbye happens within you. It is an internal and liberating goodbye that gives rise to your re-birth.

Preparing to commune me is like preparing to die, and my question to you is: How do you prepare for your own death ? Is this preparation possible?

To understand eternity is to feel in the depth of your heart that there never was a beginning nor will there ever be an end. It is simply not possible to go out of existence, only the possibility of opening yourself to the evolution of your consciousness and to the transformation of your life, or trying to avoid it. It is a decision that you have to make.

Truly listening and hearing each one of these words to, a great extent, is the authentic preparation to commune with me. By going deep within yourself to truly hear me, you will be able to feel that you have already taken me. Just FEEL it. Your inner wisdom is infinite and you will determine, in a natural way and without forcing anything, if what I say to you is, beyond any doubt, enriching your Being. Aho ! Amen ! Namaste !



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For a more in depth exposition of my planetary mission, you may refer to the "Ayahuasca Manifesto" a free PDF booklet readily available online. You may click the above link for a free download and other valuable information.