



*one Soul Retreats*

**Presents**

*Ayahuasca*  
for  
*Real  
People*

— The how, the what, —  
the where, and why



# Ayahuasca has been gifted to us as a sacred tool of the Universal Consciousness

Ayahuasca can serve as a powerful catalyst for personal growth, helping you reconnect with your soul and unlock your highest potential.

Many people seek out Ayahuasca retreats around the world, drawn by stories of profound transformation and life-changing experiences. These retreats often inspire a newfound sense of self, ignite creativity, help addiction, and restore a childlike sense of wonder

While Ayahuasca's popularity continues to grow worldwide, there remains a degree of mystery and misinformation surrounding this sacred plant medicine.

**This guide aims to provide you with clear and concise information about Ayahuasca, its use, and what you can expect from an Ayahuasca ceremony.**

Remember, taking Ayahuasca is a deeply personal experience. This guide is designed to offer you tools of understanding so you can explore how Ayahuasca might contribute to your own journey of self-discovery and spiritual growth.







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## What are the benefits of Ayahuasca?

Ayahuasca possesses remarkable healing properties, offering a unique transformative experience tailored to each individual's goals and needs. This sacred plant medicine can help individuals address unresolved issues, limiting beliefs, and deep-seated emotional wounds, often originating in childhood.

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I was living a life of quiet desperation, stuck in a cycle of self-doubt and negativity.

Ayahuasca helped me break free from my self-imposed limitations and discover my true potential.”

JANIT P

Many people report profound transformations after taking Ayahuasca, experiencing newfound self-awareness, emotional openness, and a renewed sense of wonder. Ayahuasca can also foster healthier relationships, promote emotional healing, curb addiction, and provide a sense of purpose and direction in life.

Many individuals find that Ayahuasca helps them reconnect with their inner voice, cultivate self-assurance, and develop a greater sense of peace and well-being. By facilitating a deeper connection to their feelings and intuition, Ayahuasca can empower individuals to navigate life's challenges with greater ease and confidence.



## Why Ayahuasca?

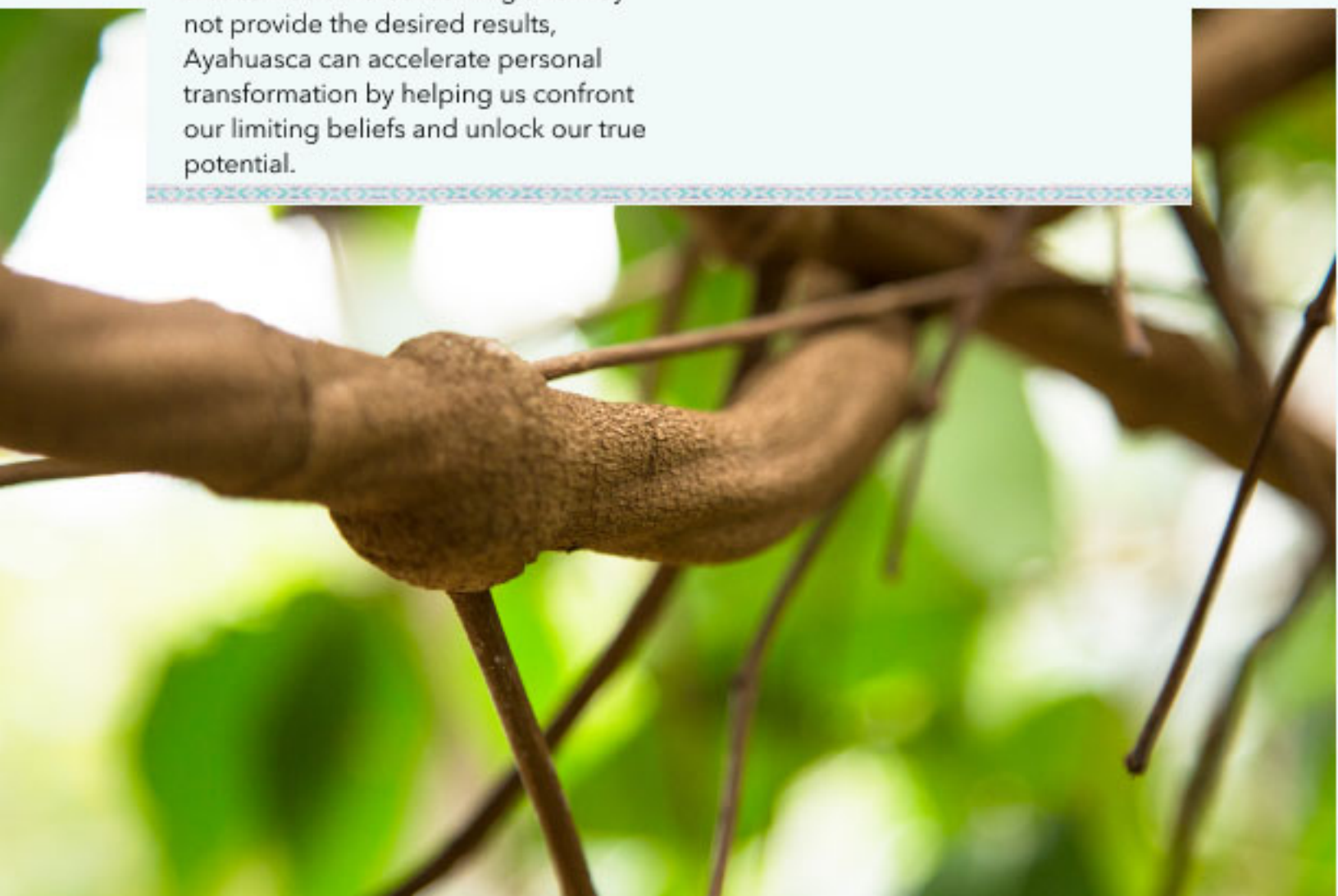
**In the Western world, we often prioritize external pursuits, believing that material possessions, achievements, and relationships will bring us happiness..**

However, these external goals often fail to provide lasting fulfillment, leaving us feeling unfulfilled and searching for something more.

Ayahuasca offers a unique opportunity to delve deeper into our inner world and address the underlying beliefs and patterns that may be limiting our growth. Unlike Western techniques that can be time-consuming and may not provide the desired results, Ayahuasca can accelerate personal transformation by helping us confront our limiting beliefs and unlock our true potential.

Western culture often overlooks the importance of spirituality and personal development techniques. Traditional methods like mindfulness, meditation, and yoga can be time-consuming and may not provide the depth of insight needed for rapid personal growth.

Ayahuasca offers a powerful alternative, accelerating the process of transformation and helping us confront our limiting beliefs. Unlike conventional Western or Eastern techniques, Ayahuasca can bypass our resistance to change and facilitate a deeper level of self-understanding.



## Is Ayahuasca right for me?

**Many people who take Ayahuasca report hearing a personal calling, an inner voice urging them to participate continue further.**

This decision should be made thoughtfully and with as much information as possible. If approached with respect, love, and a willingness to listen to the plant's message, Ayahuasca can offer a profound and transformative experience. Approach the ceremony with gratitude; surrender, and trust that Ayahuasca will reveal what you need to know.

Your inner guidance system is the best indicator of whether Ayahuasca is right for you. Take time for introspection and ask yourself the deeper questions about life and your desire for greater understanding. Connect with your inner self, whether you call it your inner child, spirit, higher self, or guardian angel. If Ayahuasca is meant for you, you will hear a calling from within.

Remember, no one can tell you whether or not to take Ayahuasca. This is a personal journey that is unique to you. Be prepared for a profound and transformative experience that can change your life in a multitude of ways.

It's important to note that Ayahuasca is not a recreational drug and should not be compared to substances like MDMA or LSD. The experience is not always pleasurable, as it can challenge deeply held beliefs and prompt introspection. Approach Ayahuasca with reverence, intention, acceptance, and a genuine desire to learn more about yourself and the universe..

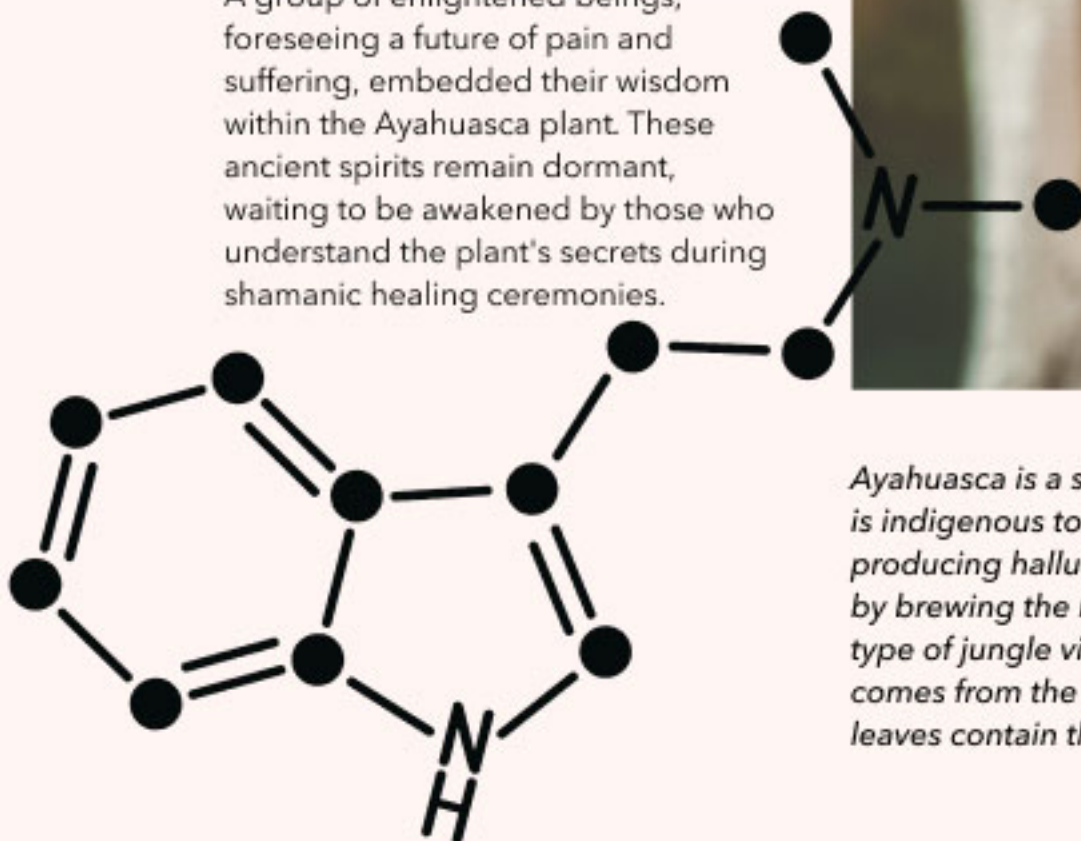


## What is Ayahuasca?

**There is a story passed down through some lineages of Shaman that tells of the power of Ayahuasca originating from an ancient time on our planet.**

According to these ancient shamanic traditions, Ayahuasca originated in a time of abundance and elevated consciousness on our planet.

A group of enlightened beings, foreseeing a future of pain and suffering, embedded their wisdom within the Ayahuasca plant. These ancient spirits remain dormant, waiting to be awakened by those who understand the plant's secrets during shamanic healing ceremonies.



*Ayahuasca is a sacred, plant-based medicine that is indigenous to the Amazonian region. Known for producing hallucinogenic effects, it is concocted by brewing the bark of a *Banisteriopsis caapi*, a type of jungle vine, with *Psychotria viridis*, which comes from the leaves of a native shrub. The leaves contain the psychoactive substance, DMT.*

*From a Western medical perspective, the ingestion of Ayahuasca activates the sigma 1 receptor, which helps modulate brain activity, neurotransmission, gene expression and epigenetic regulation. It is therefore argued that Ayahuasca can help retrieve and reprogram traumatic events from our past.*

## What will happen when I take Ayahuasca?

**Ayahuasca can transport you to another world filled with wonder and a sense of the infinite. Many people report experiencing swirling visions of colors and fractal light, as well as physical sensations such as floating, falling, or flying.**

Through the One Soul Path, informed by the wisdom of indigenous communities and shamans, we have identified four distinct types of Ayahuasca journeys. Each journey offers a unique lesson from the vast and infinite wisdom of universal consciousness.

### THE 4 TYPES OF VISIONS

#### PINTA

During a Pinta journey, you may experience a vibrant and colorful realm filled with shapes, patterns, and even strange words or languages. This vision can help you understand the power of your mind to shape your reality, demonstrating that you are an active participant in the universe, not merely a passive observer. This experience helps restore balance between the hemispheres of your brain.

#### CONSULT

In a Consult journey, you may receive a download of information or insights, often through a voice that provides direct answers to your questions. Many people report interacting with a female presence and receiving guidance on specific issues and intentions in their lives.

#### NADA

Sometimes, we may not be fully open to the effects of Ayahuasca. Even when our minds do not consciously experience the plant's effects, Ayahuasca is still working at a subconscious level. It can heal ancestral trauma and negative patterns that we may not be ready to confront consciously.

#### BODY

A Body journey involves physical sensations, some of which may be unpleasant, while others are intensely warm or ecstatic. Ayahuasca can raise your vibrational frequency, causing your body to purge negative aspects of yourself. This may manifest as yawns, physical healing, vomiting, deep breathing, or sighing. These physical manifestations reflect the mind and soul similarly flushing out outdated thoughts and constructs that no longer serve you.



A person in a white shirt is pouring a dark liquid from a metal pot into a small white cup using a black ladle. In the background, several people are seated on the floor in a dimly lit room with warm lighting from candles. Two lit candles are visible in the foreground.

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## Will I Vomit or Purge on Ayahuasca?

**People who take Ayahuasca are known to purge.**

Ayahuasca can induce purging, a natural process of cleansing the body and mind. As a pure and high-vibrational substance, Ayahuasca displaces lower frequencies within your energy field. This can manifest as sweating, vomiting, or shaking, as the body eliminates negative energies, emotions, and beliefs.

Preparing for your Ayahuasca experience by following a clean diet and lifestyle can help make the purging process more gentle.

Many people who undergo purging report feeling a sense of relief, calmness, and emptiness afterward. This cleansing process is a natural part of the Ayahuasca experience and can leave you feeling ready to embrace personal transformation.



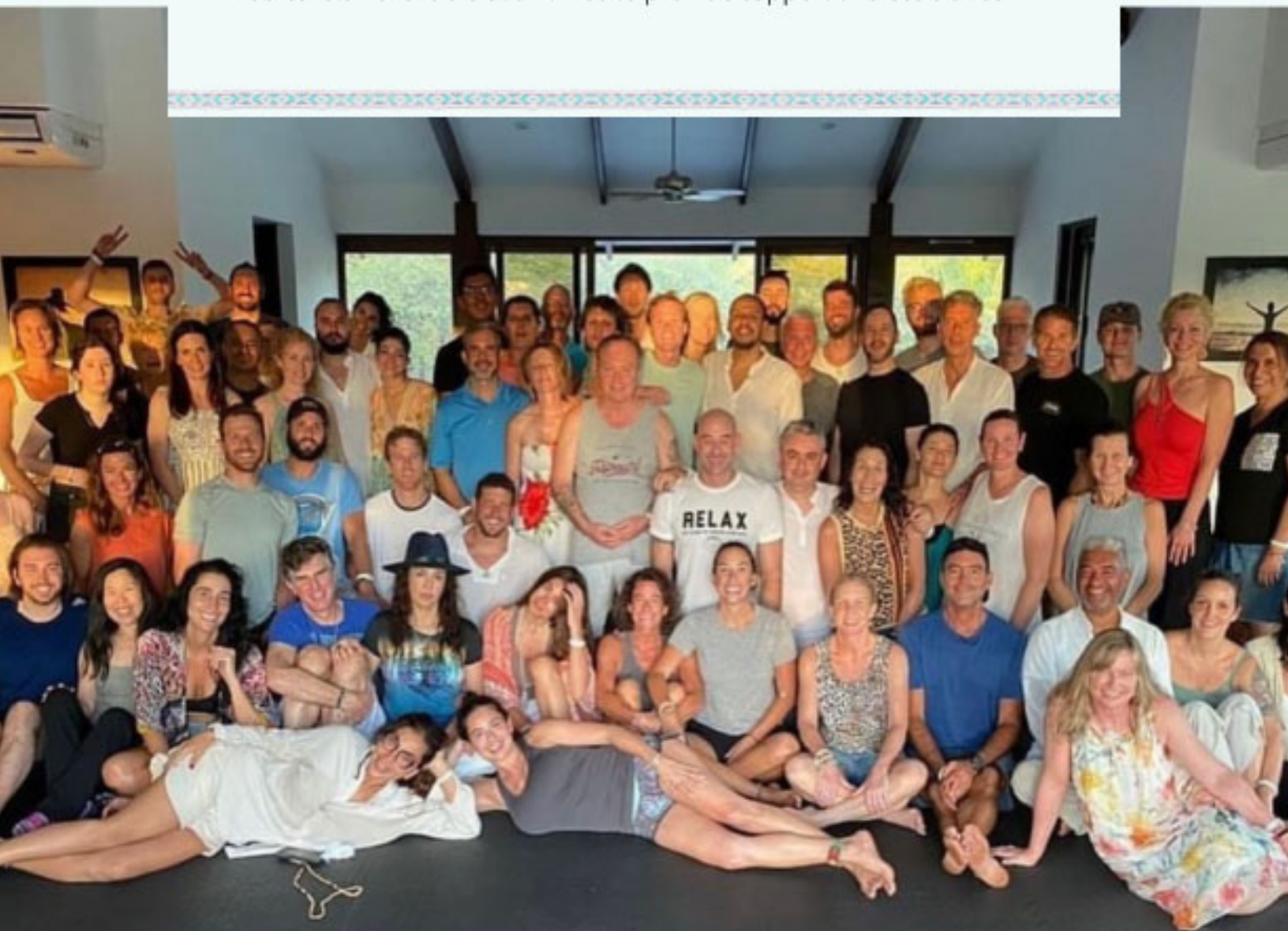


## Is it dangerous?

**It is crucial to approach an Ayahuasca ceremony with respect for the medicine's power and its potential to provide profound insights.**

While Ayahuasca is generally safe when proper precautions are taken, it can raise blood pressure and heart rate due to its stimulating effects. Therefore, it is not recommended for individuals with existing heart conditions or those taking certain medications.

Before participating in any Ayahuasca ceremony, it is advisable to undergo a medical screening to ensure your physical and psychological suitability. At One Soul Retreats, our dedicated medical team conducts thorough examinations and prioritize your safety. We have on-site medical staff available at all times to provide support and assistance.





## Is intention setting important?

**Before entering an Ayahuasca ceremony, it's highly recommended to set a clear intention. The more specific you are, the greater clarity Ayahuasca can provide.**

*What do you want to know?*

*Consider what is holding you back from reaching your personal goals or what feelings are hindering your progress. Intention setting helps you define a clear path for transformation.*

*Our Unique Intention-Setting Model*

*At One Soul Retreats, we offer a unique intention-setting model designed to help you release negative patterns and awaken your highest potential.*

### **I. Show me who I've become.**

*This intention allows you to see your life as it truly is, identifying the obstacles and unconscious patterns that may be hindering your progress.*

### **II. Please merge me back with my soul at all costs.**

*This is the most crucial intention, as disconnection from our souls is the root cause of many of our problems. As children, we express ourselves freely, play, love unconditionally, and judge ourselves and others less harshly.*

*However, between conception and the age of five, an event can occur that causes us to feel unsafe. This can lead to a disconnection from our true essence, forcing us to create a protective shell. The result? We begin to believe that we are not enough, and create various means to hide or protect that vulnerable part of our soul.*



All diseases, mental disorders, and addictions stem from this disconnection from our souls. When we reunite with our souls, true healing can occur.

Once we become disconnected from our souls, our priority shifts to being right. We categorize others, compare ourselves to them, and rearrange our lives to uphold this false belief. Because we can no longer be ourselves, we become obsessed with being right and serving our egos.

This disconnection leads us to adopt false beliefs that make us feel less than, unworthy, or not enough. These beliefs become embedded in our subconscious minds, hindering our growth and well-being.

### **III. Heal my heart**

This intention allows us to deeply heal, letting go of trauma and negative energies that no longer serve us. With a healed heart, we can live more freely, with intention and unlimited abundance.

By setting the intention to reconnect with your soul, Ayahuasca can guide you on a journey of remembering and reuniting with your true essence. This reconnection allows you to awaken to your human potential, recognizing your inherent worth and aligning your life with a new and empowering belief system.



## How to decide where to go?

As Ayahuasca's popularity has grown, many Westerners have traveled to the Amazon in search of its healing properties. While the experience can be profound and transformative, some retreats may have basic conditions or lack adequate support from shamans.

Additionally, there are numerous underground ceremonies taking place in cities like New York and Los Angeles. While some are conducted by experienced shamans, there are also many horror stories of irresponsible practices that can lead to unpleasant experiences.

To address these concerns, we created One Soul Retreats, a safe, comfortable, and supportive environment that provides comprehensive guidance before and after your Ayahuasca ceremony.

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**I would not just head off into the jungle for my first Ayahuasca experience.**

**After considerable research, One Soul Retreats was the clear choice. It was a life-changing experience that I couldn't have imagined anywhere else.**

BECKY TIMMONS

**I'm so glad we chose One Soul Retreats for our first Ayahuasca experience. We felt safe and the staff couldn't have been more supportive.**

JOHN GARRET



## Why One Soul Retreats?

**Find your Journey nestled amidst the breathtaking natural beauty of our resorts in Peru, Costa Rica, and Colorado.**

One Soul Retreats offers a transformative experience designed to awaken your highest potential. Our retreats offer a variety of different plant-based experiences that can include yoga, breathwork, meditation, colonics, spa and massage, stem-cell therapy, sightseeing, and more. All of our retreats offer a safe haven where you can let go of limiting patterns and negative behaviors, fostering a deeper sense of connection to yourself and the world.

Discover your life's purpose, strengthen relationships, curb addiction and cultivate clarity, love, and abundance, in your life. At One Soul Retreats, you'll find traditional Ayahuasca ceremonies guided by highly experienced shamans, complemented by our unique One Soul Path program. This comprehensive approach provides a supportive framework for your Ayahuasca journey ensuring a safe, transformative, and enriching experience.



### What Is The One Soul Path?

The One Soul Path is a transformative approach that combines ancient wisdom and modern psychological techniques to help you achieve lasting positive change.

Through a comprehensive program of educational classes, physical cleansing, meditation, yoga, and psychological support, you'll gain a deeper understanding of your thoughts, emotions, and behaviors. By identifying negative patterns and aligning with your authentic self, you'll learn to respond to life's challenges with intention and purpose.

Our program is designed to prepare you and provide support throughout your Ayahuasca experience, ensuring a profound and meaningful journey of self-discovery and healing.





# LET'S PLAN YOUR JOURNEY



Complete the booking form  
<https://onesoulretreats.com/booking>

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