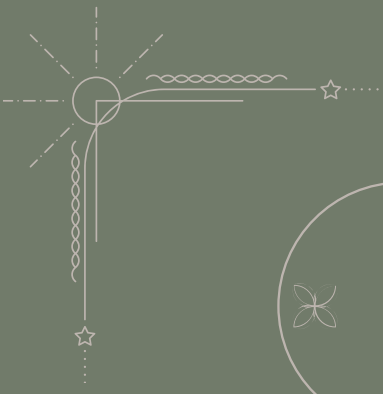


# LA DIETA



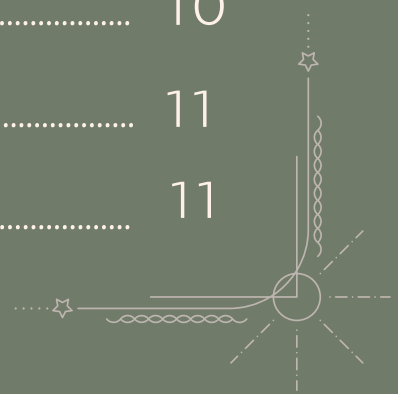
Handbook

Kumankaya Healing Center



# Content

Dieting: A Way of Life .....	1
What is Expected .....	3
How to Connect .....	4
Isolation .....	5
Food & Water .....	6
Fragrances .....	7
Sexual Activity .....	7
Distractions .....	8
Sun & Salt .....	8
Dreams .....	9
Plant Shitana .....	9
Tests .....	10
Pipes & Mapacho .....	10
Gifts of the Plant .....	11
Closing the Diet .....	11





# Dieting: A Way of Life

The purpose of a diet is to reconnect to the ancient laws of the universe beyond any kind of manifestation of the human mind. Dieting is among those things in life that is very hard to describe simply because it is a personalized experience more than a philosophical system or religious practice.

Dieting is not only a purification process, but also a manner to find our way back to the natural joy and celebration of life. Through cleaning our senses, we can reenter a state of harmony with nature. Dieting is (re)discovering that, deep down, the universe is a prolongation, an extension of our body and consciousness. There is no real separation between ourselves and the universe.

Before any of this makes sense, it is essential to understand why we diet. First, we have to understand the fundamental state of disconnection and disharmony, which is, most of the time, our normal state. The modern man is essentially disconnected: disconnected from nature, disconnected from the true mind, disconnected from oneself— one's own emotions, one's deeper and higher consciousness, one's physical body, and disconnected from one's spirituality. Basically, the modern individual is like a stone in a river: it is in the energetic flow of life but not moved by it, separated from it. This is why dieting is very important in this modern, psycho-spiritual context: basically, it is a way to reconnect with everything: to the true mind, to the body, surrounding nature with its cycles and rhythms, and ultimately to reconnect with the way of the heart— which is the only true source of life.





Dieting is also more than reconnecting to nature, it's a way to learn from it and discover, after a serious shift in our world view, that nature is a glorious theater of amazing intelligences. These intelligences/spirits are energetic and very sensitive consciousnesses, and in order to connect with them and learn from them, we need to go through a purification process in order to change and raise our vibratory state. We need to do so in order to understand that there are different types of consciousness. Our consciousness and plant consciousness are very different. Our consciousness has developed over time some specificities such as self reflection, sense of individuality, a sense of right and wrong, but none of this matters to the plant spirits.

The consciousness of plant spirits had developed over time different qualities aligned exclusively with the expression or repression of the flow of life. For example, plants and trees seek light to grow, and as the mystic Saint Isaac the Syrian said, "knowledge is not the light, but light is the knowledge." Unfortunately, we do not necessarily seek the light to be better, we rely on intellectual and practical solutions to better our life. Plants and trees solely seek greater abundance of light to heal and grow. When we diet, the idea is to find a way to transform pain and emptiness into the abundance of life, as plants and trees do. Therefore, when we diet, we must, foremost, *listen*, not just with our ears but as a global experience with all our senses, including the heart, and the plants and trees will teach us how to do this.


Finally, dieting, which is a process of reaching a state of harmony in nature, is full of challenges and tests. Our ego is our greatest obstruction because in one of its last evolutionary adaptations, it has performed a subtle matricide by separating itself from nature. Likewise, the ego has also performed a subtle patricide by separating itself from God as well. Beyond our family, what is sought during a diet is the true human lineage: to find our way back to the mother, which is universal nature and to find our way back to the true father, which is God. It is important to enter into diet remembering that, for sometimes dieting can be a trail of life-changing challenges. But this process, this experience should be done with joy, for we are asking to enter into a process of purification, reconnection and reharmonization. As my maestro said, we have to be determined and patient simultaneously.



# What is Expected

A master plant diet has more requirements because the master plants used are more delicate. Therefore, the food is more strict, less socialization (including social media) is tolerated, and no sexual activities. It also requires purifying thoughts, avoiding jealousy, anger, fearful and sad thoughts. For both types of diet, it is important to be selective about what you watch, read or listen to. During the dieting process, we become very sensitive and can be negatively affected or triggered by horror, science fiction, high drama, and high emotionalism. You want to turn down the volume on the outside world, so you can tune more into the connection with yourself, your internal world and the world of the plant.

This is a time to consecrate to the plants and their knowledge, so we also ask that you limit your exposure to other types of philosophy, esoteric practices and religious sources. Take this precious time just for you, as much as possible disconnect from the outside world. Dieting is a process of purification: purifying the body, mind, and spirit. Therefore, it is also essential to also avoid these things while dieting: deodorant, perfumes, essential oils, chemicals, other plants, sex/masturbation, heavy physical exertion, long exposure to the sun, and most importantly, negative thoughts and emotions. If you do the Ayahuasca or master plant diet successfully, the Ayahuasca and master plant will be allies for life, but you must cultivate the connection and respect the plant even after leaving Kumankaya.

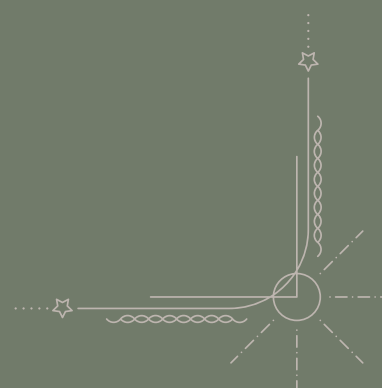




# How to Connect

Firstly, there are two types of prayers. Prayers of adoration and prayers of connection. We only pray to God— this is a prayer of adoration. A prayer of connection we address to the plant. It is a form of meditation within the presence of the plant. To do this, you invoke the name of the plant you are dieting, then you try to connect to 2 different aspects: you try to connect to the physical aspects of the plant or tree itself. Put your intention and focus completely within the world and the aspect of the plant. When you invoke them, you try to see the tree or plant in your mind and imagine you are in the presence of that tree or plant. Think about the virtues of the plant or tree itself: what does it look like? What's its color? Texture? Smell? What are its roots like? Where does it grow? What do its leaves look like? Does it like a lot of sun? Does it have flowers? What type of perfume does it have? Are there any other plants near it? Does it provide a canopy to protect other plants? Does it need a lot of water? Where does it grow?

Secondly, your intention must be directed toward the spirituality of the tree or plant. This means during your meditation, your intention is directed to invoke the spirit of the plant or tree itself. As impossible as it might sound, this interspecies communication has been practiced for millennia in the Amazonian basin and other places in the world. For example, ask the plant to connect you to its energetic medicine. Its perfume winds, to its deep roots, to this light and its world, its medicinal knowledge, and eventually to meet its owner spirit, the main doctor.






# Isolation

During a diet, it is important to spend as much time in isolation as possible. This reasoning is two fold: namely, this is time to consecrate to yourself, your healing and your connection to the plant. The longer you diet, the more sensitive you will become to other energies. If you are too social, you may be affected by others' energies, and you don't want this. You want to only deal with your energy.

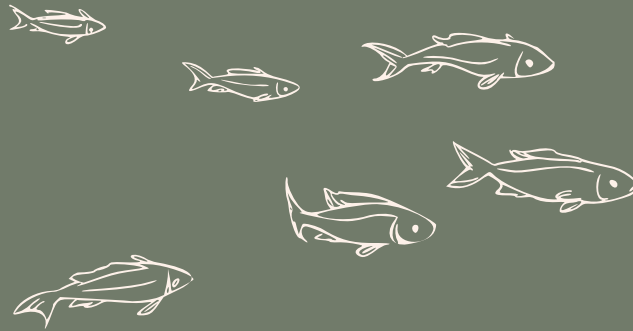
Secondly, so much of who we are depends on how much we are seen, how much we are needed by others, etc. This only works to confirm the ego. While dieting, you want to calm down the needs of the ego– all the affirmations needed from others to feel important. You want to face yourself– truly see yourself, and this can only be done with time spent alone. This also creates the space to encounter the spirit of the plant. Remember: the more of yourself you invest into the diet, the more you will receive. The plants like your full attention and full affection. Plus, isolation increases the emanation of your natural, personal light.







# Food & Water

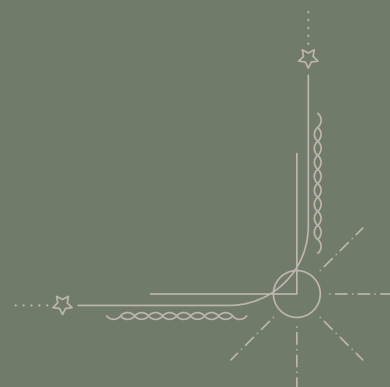


To ensure maximum connection with Ayahuasca and the master plant, we provide a very basic diet— deplete of salt, oil and sugar. Your master plant diet will consist of oatmeal, plantain juice called chapo, potatoes, lentils, beans, fresh-water fish (Tilapia), quinoa, rice, pasta, sweet potatoes, and tortillas. This diet is designed to be as basic as possible, and so we don't consume any energies that may combat or compete with the plants. This allows for the body to have the full space for the ingestion and connection of the plants.

In addition, we regularly engage in intermittent fasting on nights of ceremony. Fasting is an energetic shortcut to the connection with the spirit of the plant. Everything we consume here is to enhance your experience with the Ayahuasca and master plant diet.



Ayahuasca and the plants are all a warm energy. If we drink or eat something cold, it can shock the energy of the plants.





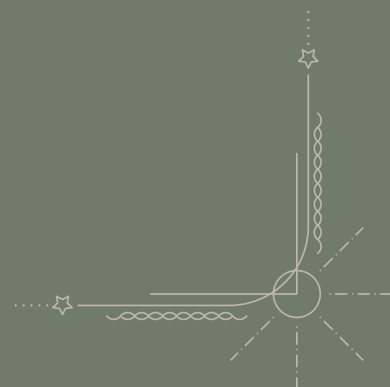


# Fragrances

During your diet, you want to avoid all products and fragrances as much as possible. The reason for this is the plant you are dieting has its own perfumed world, and you don't want to contradict its own perfumed energy. Therefore, during diet try to be as natural as possible. We provide fragrance-free, diet friendly shampoo, body wash and conditioner.

# Sexual Activity

We are asked to abstain for all sexual activity before, after and during the diet process. Our sexual energy is a powerful, vital life force, and the plants love this energy. It is the same concept for professional athletes. When preparing for a big event, they often abstain from sexual activity to concentrate their vital forces. Therefore, we want to keep this energy inside us and not release it. During a diet, you might have sexual cravings and/or accidental, nightly emissions. If this is the case, please inform Remi or Ashley and they can address it in ceremony. It is not a matter of moralism or taboo; it is a matter of energetics.





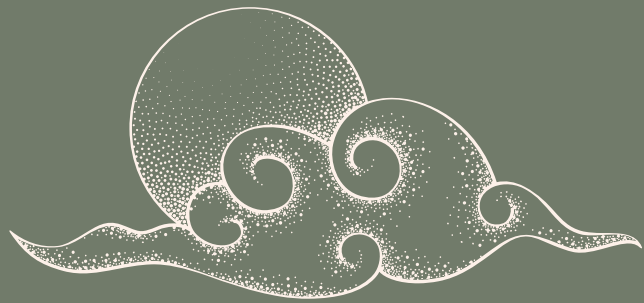
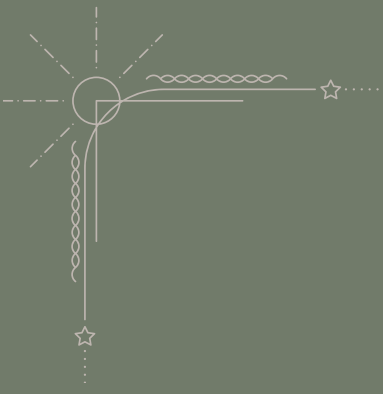
# Distractions

Not only does the diet impose food and sex restrictions, but also a mental discipline. You want to avoid daydreaming, projecting yourself in the future or worrying about your problems at home on diet. Basically, you want to turn down the volume on everything else, so you can become as sensitive as possible to the plants. This also means avoiding social media, movies, music, communication with others as much as possible. All of these are great tools for the modern world, but they can also be blockages for a diet.



During the diet process, you will abstain from salt. The lack of salt makes you permeable to the energetic world of the plant and the visitation of their spirit. As a result, you will become more sensitive to the rays of the sun. The plants are a delicate energy and too much exposure to the sun can damage the plant energy. In the Shipibo tradition, too long exposure to the rays of the sun, shock your diet with the energies of the *Chirapas* (gradient of lights that can blind you and make your visionary experience at night very uncomfortable).



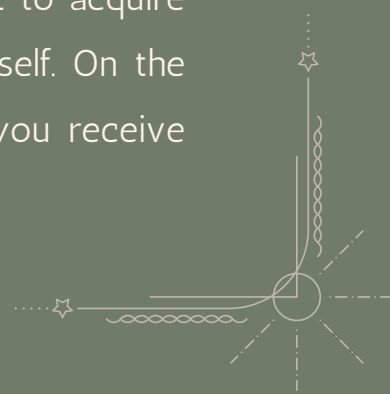


# Dreams

Start becoming more aware of your dreams at night. The plant, on diet, is going to use the symbolism of your subconscious to talk to you. It is another way of interspecies communication. Be sure to journal your dreams every day. Don't jump out of your bed right away in the morning, but try to meditate on your dreams and write them down. And ask yourself what is the symbolic language the plants are trying to tell me through my dreams.

# Plant Shitana

Most plants and trees come with a medicinal world and a magic world, called shitana (in Shipibo). We exclusively work with the medicinal world of plants. We have no interest in working with their magic. The magic world of the plant roots itself into the emotions of our ego; the medicinal world of the plant roots itself into our spirit. Therefore, during the diet process, we will clean the plant shitna because of its ambivalence and because of this transactional nature; that is, if you want to acquire something, you must pay a price– give something of yourself. On the contrary, through the medicinal realm of plants and trees, you receive graciously beyond expectations.





# Tests



Expect to be tested during your diet. Everyone whom you meet during your diet, come into contact with, and everything that happens during your diet is for a *reason*. Use everything as a test. When you are triggered, use this as an opportunity to look at yourself. You may find you are having a lot of sexual temptation or desire, or you may be struggling with the food or the diet itself– all this is the opportunity to look at yourself. No one is tested beyond their own strength. Plus, the master plants and trees like to test you to see if your heart and intention are in the right place and are pure. It can be tested through dreams, food, sexual cravings, or it can be tested during the day when you are discouraged or have an unpleasant interaction with another person. One of the main tests will come from our personal fears that are linked to our individual history. Lots of people have turned away from the medicinal path because of these tests of fears.

# Pipes & Mapacho

The pipe is essentially your cell phone to the plant. If you want to use a pipe during your diet, Remi or Ashley will bless it during your connection ceremony. Then you will use it to pray, meditate and essentially connect with your plant during the day and during ceremony.

Mapacho: *Nicotine Rustica*. This is a strong, ceremonial tobacco that is used during ceremonies. What the crystal does for the stones, mapacho does this for the plants. It enhances the qualities of the plant and reinforces the connection with them. Oftentimes, staff at Kumankaya will use mapacho during the ceremony because it is also a good tool for cleaning and protection.



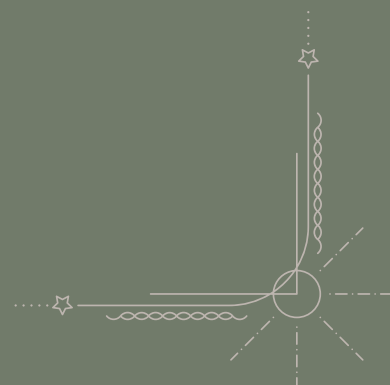


# Gifts of the Plants

During a good diet, you will acquire the help and the blessings of the plants and trees for life. Though they will also provide you during your time dieting other little gifts, such as developing your creativity, opening your heart, giving teachings, peace, clarity of mind, universal feelings and the list is exhaustive. They will also give you the tools you need for your personal growth and existential maturity. Once you close your diet, you may continue to receive teachings, insights from your plant. This is why honoring the integration process is so important.

## Closing the Diet

At the end of your diet, you might receive a preparation of lime juice, salt and habanero. Through your body, this is a way to tell the plant the symbiotic work is complete, and it is time to close the energetic body to its natural boundaries again.





Gracias



Irake

