



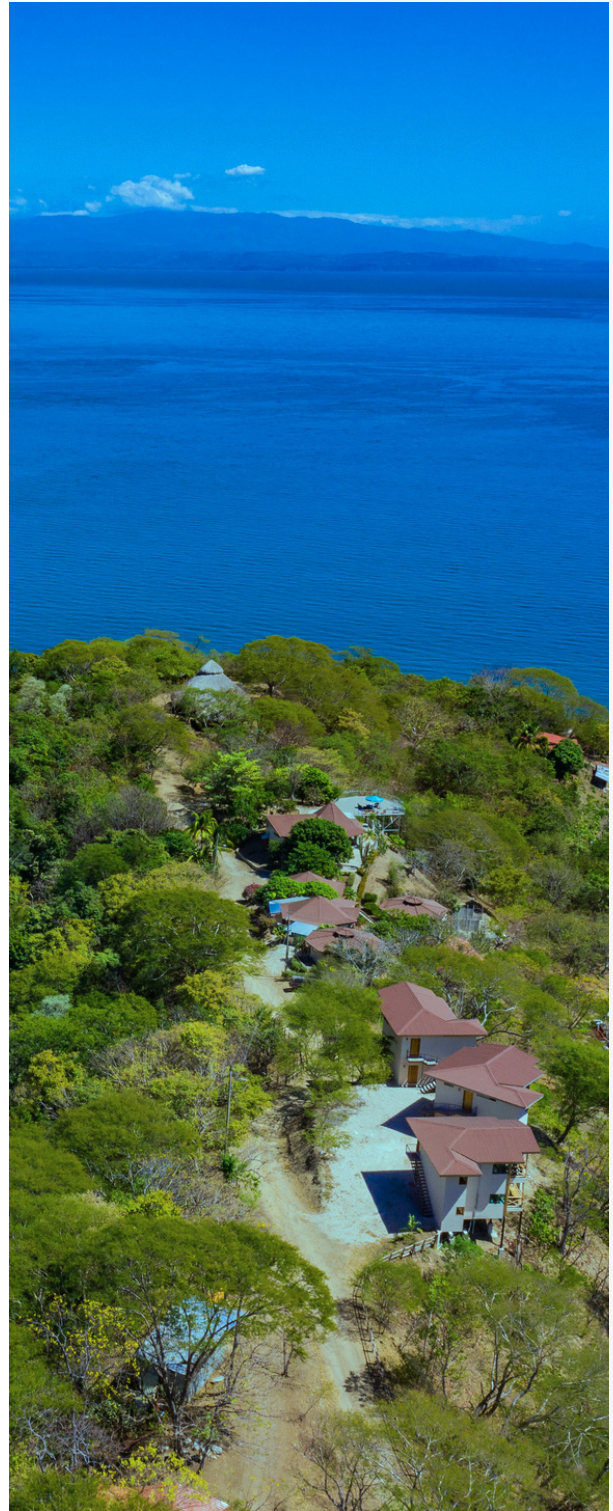
SOLTARA PREPARATION GUIDE

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INTRODUCTION

Soltara's Mission Statement

Our mission is to catalyze personal and collective transformation through safe, deeply meaningful Ayahuasca retreats, guided by Indigenous Peruvian Shipibo healers and expanded with integrative care.

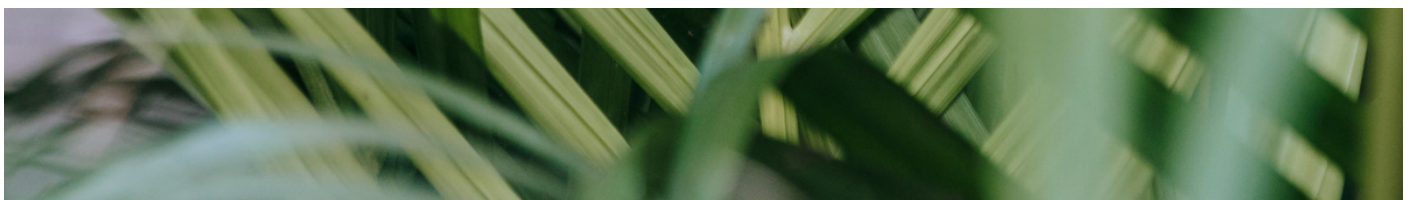
Together, we build bridges and soulful community across cultures, healing paradigms, and ways of knowing to restore harmony with ourselves, each other, and the natural world.

Preparation

On the most basic level, **preparation** in the psychedelic space means the actions we take before a medicine journey. Intentional preparation can help support us throughout the process – as we begin down the healing path, during an experience, as well as how we integrate the experiences and the valuable information and healing after we leave the medicine space.

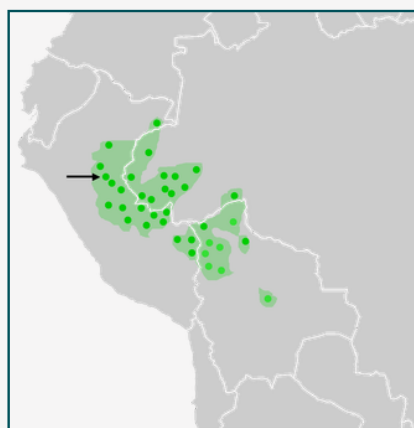
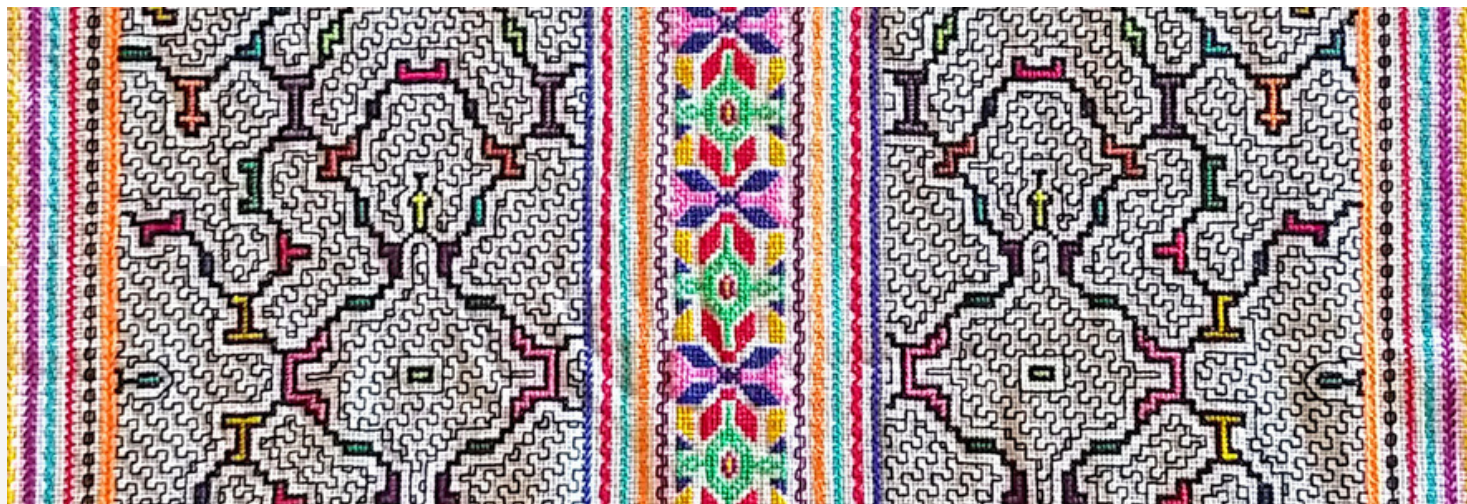
When it comes to wellness, it is beneficial to have a holistic view which incorporates the various dimensions of the human experience: physical, mental, spiritual, creativity and interpersonal. This view can help support us in multifaceted ways. Therefore, our preparation guide is organized with these dimensions in mind, and we will explore various holistic ways you can prepare for your Ayahuasca ceremonies here at Soltara.

One of the beautiful things you may experience as you explore these spaces is a connection to your inner healer or innate wisdom. All of the activities within this guide are meant as suggestions. We invite you to use this guide with curiosity and to explore these activities in an intentional way. Some of these activities will be familiar to you and some may be new. Our suggestion is to allow your inner healer as well as your curiosity to remain open while exploring these activities. It is also important not to “over-prepare” for your medicine journey. Softening and opening sometimes looks like easing and trusting the process, allowing it to unfold naturally and notice if there’s anxiety and fear around preparation or judgment that you are not preparing correctly. There is no right or wrong way to prepare or to use this guide; we invite you to create a preparation practice that is meaningful and individual to you.



SHIPIBO COSMOLOGY

One of the most important steps in our preparation to work with the healing medicine of Ayahuasca is to understand the lineage of the medicine and to spend time learning about the culture and where the medicine is coming from.



Shipibo-Conibo land in Peru

Ayahuasca medicine has been used for thousands of years across the Amazon and in many Indigenous cultures. There is a rich history of its use and we believe learning about the medicine and the culture of the Shipibo healers we work with is one step we can take to understand and respect the journey with the medicine we are about to embark upon.

At Soltara, we work within the Shipibo-Conibo tradition. Historically, the Shipibo-Conibo are a formation of two different Indigenous tribes, the Shipibo and the Conibo. However, these two tribes are now recognized as a single group of Indigenous peoples through generations of intermarriage and communal rituals and are now commonly referred to as simply Shipibo. Shipibo communities are predominantly found residing along the Ucayali River in small villages in the Peruvian Amazon.

Ayahuasca is a combination of two Quechua words: “aya” meaning death or soul and “huasca” meaning vine. In the Shipibo language, the vine is called “nishi” and Chacruna “cahua.” The actual tea that is ingested is referred to as “Oni” in Shipibo, which loosely translates to “knowledge” or “wisdom.” Healers are “Onanya”, or “wisdom-keepers”.

The Shipibo often view nishi as representing the masculine and cahua as representing the feminine. Through the combination of these two plants in the preparation of the brew, the masculine and feminine energies merge and become something more. It is common for people to only refer to the medicine as being “feminine” in energetic spirit, but it is only through the combination of the masculine and feminine that the tea can be made. In the Shipibo tradition, healers do not necessarily refer to the medicine as feminine.



Maestra Mary Julliana & Maestro Rober at Soltara

PREPARATION PRACTICES

Practical suggestions as you plan and prepare





PHYSICAL

This section is organized to help you understand the range of physical activities and practices that can be helpful prior to and during your time at Soltara. Some of these are Strongly Recommended or Must Do activities (such as observing the dieta before your plant medicine experiences) and others are encouraged to enhance your experiences, or to help you through your Ayahuasca journeys.



Dieta & Medical Guidelines

While many healing modalities offered at Soltara can be learned and experienced without prior knowledge, working with plant medicines in sacred ceremony requires preparation and understanding, both for your safety and in order to have a fulfilling healing experience.

Ultimately, **the goal of your preparation is to help you potentiate your experience with the medicine work.** You've invested your time, energy, resources, and commitment to your healing, and we encourage you to see your preparation work less as a set of limitations and more as an investment in yourself and in devotion to the plants and the Shipibo tradition that stewards this work. Remember to be gentle with yourself, and whatever you do, do it with love.

Medical Overview

During your intake process, you will review any and all medications (including over-the-counter) and supplements (herbal & vitamin) with our intake support team, who will be able to help you understand if there are any medical or psychological contraindications with Ayahuasca. We always recommend consulting with your doctor if you have any medical diagnoses, and to receive their guidance for any tapering schedules. We do not recommend changing or discontinuing use of medications or medically necessary supplements without consulting with your primary care doctor first.

Some medications & supplements are contraindicated with Ayahuasca medicine. Interaction with pharmaceutical drugs, supplements, and medications (including some over-the-counter drugs and certain herbs) can be potentially life-threatening. Others are recommended to discontinue because they interfere with the ability of the healers to observe one's energy field clearly address root cause in the energetic work done in ceremony, and this holds true for certain energetic practices and psychedelic medicines as well.

Again, please note that it is important to **discuss with your doctor and let us know of any medications and supplements you are taking** upon registration to ensure your complete safety and well-being. **If your medication changes before your retreat begins, you must let us know.**

Dietary Overview

Following the dietary requirements in preparation for your retreat helps to lay the groundwork for the medicine experience, demonstrates respect for the process and commitment to your healing, and prepares your body to receive the medicine. It can also reduce the amount of cleansing needed to be done in ceremony, in order to allow the healing work to unfold more easily. In general, we encourage you to eat whole foods, limiting processed foods and foods high in salt, sugar, oils, and animal fats, along with the additional foods listed below.

Dieta, Energetic, & Medical Guidelines

Please avoid the following for at least **4 weeks** prior to your retreat:

- Pork and pork products (including broths)
 - Working with other psychedelic and/or psychoactive medicines (including but not limited to cannabis, MDMA, ketamine, and all psychedelics)
 - Working with other healers or energetic practitioners
 - Recreational drugs or substances (including alcohol)
 - Pharmaceutical or over-the-counter medications (unless discussed specifically and on a case-by-case basis with our intake support team during your intake process)
 - **Please note:** there may be some medications that require more than 4 weeks off, including most SSRI's - please indicate any and all medications you are taking during your intake process.
 - Our protocols regarding SSRI's and other medications may vary from a strict pharmacological contraindication, as we incorporate psychological and energetic factors into our recommendations. All medications and supplements will be discussed and reviewed on a case-by-case basis, and thus it is important to disclose all of the above in your intake form.
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Please avoid the following for at least **2 weeks** prior to your retreat:

- Red Meat
 - Sexual and sensual activity with self and/or others
 - Limiting highly processed foods
 - Limiting salt and foods high in salt
 - Limiting foods high in sugar & processed sugar
 - Limiting foods high in oils and animal fats
 - Spicy foods
 - Blue cheese
 - Peanuts, soy, and fava beans
-

Please avoid the following for at least **1 week** prior to your retreat:

- Caffeine
- Refined sugars
- Pickled, fermented, and smoked foods
- Overly ripe foods
- Dairy
- Ice and Ice-cold drinks (cool drinks are okay)
- Adrenaline-inducing activities (skydiving, extreme sports, endurance activities, getting a tattoo, horror films, etc.). Moderate workouts are okay. The general principle here is that your base energy levels or adrenaline levels should not be peaking and dropping. Think of it as trying to remain on an even keel before your retreat. This will help you maintain this even energy while you are at Soltara as well.



Take a couple of moments to pay attention to your breath right now... is it short and quick, or is it deep and slow?

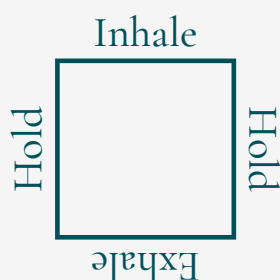
One way we can positively influence our nervous system is through our breath. When we make a conscious effort to slow our breathing, a cascade of hormones and chemicals work within our nervous system to reverse the stress response. Therefore, in most meditations, relaxation exercises, or yoga classes we spend time focused on deep breathing.

During a medicine journey, especially if it's intense or emotional, one thing we can do is return to is our breath and focus on deepening and slowing our breathing rate. This can help to manage the intensity that might arise. Having deep breathing practices in your regular routine can be invaluable while sitting in the maloca during your ceremony.

An important note: if focusing on your breath feels more dysregulating to you (inside or outside ceremony), consider shifting focus to your feet on the ground, your hands, or another place on your body that feels safe for you.

Give it A Try:

One technique that can be helpful is **Box Breathing**. As you imagine a box, on one side inhale for a count of 4-5, then hold your breath for a count of 4-5, then exhale slowly for a count of 4-5, and then hold for a count of 4-5. Then repeat for 7-10 times. Notice what is different after you complete this exercise.



Somatic Practices

When we refer to somatic practices, the word **somatic** means anything relating to or affecting the physical body. Two ways that we can attend to our physical health are by focusing on our nutrition and exercise. We know that these two components are important in feeling well in our body. We can also tune in to the ways stress and emotions impact our bodies. For instance, we know that there is usually muscle tension when we are stressed, and we may notice increased stiffness in our neck, shoulders, back, etc. By observing our somatic experiences we connect to the wisdom of the body which is valuable to prepare for ceremony. For some people, the somatic experience is difficult to tap into which is also helpful to observe.

For many, breathing can be an important somatic practice that can be an essential tool in preparing for our medicine journeys. Bringing attention to our breathing can give us cues into how we are doing in relation to our world. When we are stressed or anxious, typically our breath shortens and the pace increases, and most of the breath stays in the chest or upper lungs. This is the body's attempt at mobilizing energy in case we need to jump into the "fight or flight" stress response. Whenever we perceive a stressor, our breathing is impacted. When we are resting or are relaxing, our breathing typically falls into a deep, slow pace. We typically will breathe into our belly, or deep sections of our lungs. This is when our body can release the tension and slow down.



Embodiment

At the most basic level **embodiment** is the awareness of our self in relationship to both our inner and the outer world. It lies on a continuum from being completely aware and fully present of our body in the outside world and the sensations that are occurring inside our body, to being completely disconnected or dissociated and cut off from both perceiving the external or internal world. Being able to increase awareness of both our internal and external states helps with self-regulation, by helping us answer the questions “how am I feeling?” and “what do I need?”

Practices to build embodiment skills:

- Run your hands under the faucet, with warm or cool water running. Pay attention to the sensations of the water on your skin, notice the temperature of the water and what it feels like on your skin.
- Feel the sensation of your clothing touching your skin. Try to isolate the feeling of one small section of your body (i.e., your shirt on your arm) instead of a global sense of your whole body.
- Turn your attention inside of your body. Can you track any sensations you are aware of? Perhaps there is a feeling in your stomach? Or in your chest?
- Paying attention to any sensations of hunger, thirst, or temperature in your body, or any other sensations that you might be aware of.

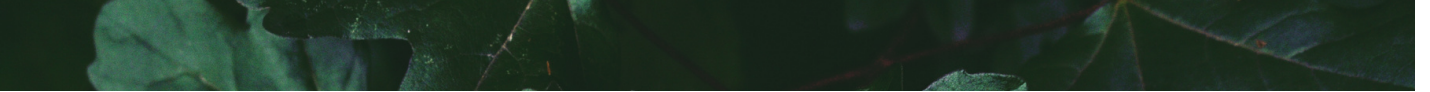
The ability to stay present and embodied can help during our Ayahuasca journeys, so practicing this in our daily lives can be a great way to prepare.

Movement

Movement can be anything we can do to bring energy to or activation of our physical body. This helps to move stagnant energy but also gets our hormones going through the release of endorphins. Many of us will have an experience or awareness of how our body feels after exercising, and the mood boosting effects. It doesn't even have to be intense - stretching, walking, and dancing can all have similar effects. It can be helpful to bring intentional awareness to these activities. Using the skills of embodiment, can you pay attention to how your body feels after exercise or movement?

- Can you pay attention to the shift in energy you feel in your body after a movement practice?
- Can you isolate what feels different and how it feels different?
- Can you pay attention to your mood? Again, what feels different?

All of these physical practices and the development of these skills can help you during your Ayahuasca journeys, and beyond. It can help you stay present in your body. By using your embodiment skills and grounding you can also breathe through the sometimes intense or challenging moments during a journey. The more you have an established sense of your physical self before your journeys, the more beneficial these skills will be to help you stay present during your Ayahuasca journeys. Know that there are no perfect skills and it's not necessary to perfect these, which is why we call these practices. These are all skills that can be helpful throughout your life.



MENTAL

We believe there are practices and ways to mentally approach your journeys that can be helpful throughout the entire process; before, during, and after your Ayahuasca experience. We may be inclined to try to direct or control our experiences, which at times can make our plant medicine journeys more challenging. It is important to surrender to the wisdom of the medicine and trust the healers and facilitators, and to allow ourselves to let go. This might be a big challenge during our journey; often there is nothing for us to do, to understand or figure out. It is our job to surrender to the experience as it unfolds.



Intention Setting

Intentions can be described as loosely held wishes for our Ayahuasca experiences, often connected to the “Why” or reasons we have sought out plant medicine experiences. Everyone comes to Soltara for their own reasons, which can be vast. There is no right or wrong intention, but it's beneficial to find an intention that resonates with your hopes for healing without becoming a demand of the medicine.

When reflecting on an intention, it is important to make sure it's not held as an expectation. If we go into the ceremony space with an expectation of what will happen, most likely we will be disappointed. We want to approach these ceremonies with a wish or hope, to seek to understand rather than have a specific outcome in mind. For example,

Expectation:

- I will be healed after my ceremony
- The medicine will tell me my purpose for the rest of my life

Intention:

- Help me understand my pain
- Help me understand my path forward
- Show me the barriers in my life

These are often dynamic and ever-changing, which is why it's best to keep them flexible. It's important to adapt our intentions, as the medicine shows us and helps us understand our patterns. It's good to reflect on our intentions before, during and after our ceremonies.

Mindfulness Practices

Mindfulness is the art of being aware in the present moment without judgement. It is an ever changing process which requires flexibility in thinking and the way we approach our lives. There are many books, courses and podcasts that discuss mindfulness. It is a concept that has a rich history, with deep roots in Buddhist philosophy and Eastern religious practices, which have also been adapted into secular or non-religious practices within the last 10–20 years.

Similar to embodiment, mindfulness is paying attention or being present in the moment. We can be mindful of our senses, our thoughts, or observations of external events as they are passing us by. The three important components of mindfulness are:

- **Awareness**
- **Present Moment**
- **Without Judgement**

Practicing mindfulness can be helpful during our Ayahuasca journeys by helping us cultivate the capacity to stay present, even when things get intense, whether it's challenging or blissful. It's important not to get carried away during our experience with our thoughts about the experience, but instead being able to stay present and track our experience moment to moment, as it changes and evolves. This sounds rather simple, but most would tell you that it is not easy. Many of us rely heavily on our mind making sense of experiences and trying to understand, but sometimes this can take away from what we need in that present moment, especially when healing and growing. This can interrupt or interfere with being able to surrender to the healing power of Ayahuasca, so practicing our capacity to stay present can become a valuable tool during our ceremonies.

Journaling

Journaling can be both directed and free flowing. It can be following journal prompts and answering questions or it can be capturing our thoughts in an open non-directive way. There is no right or wrong way to journal and it's important to allow yourself the openness to try different ways of journaling and checking in with what feels right. Everyone is different!

Journaling allows us to reflect on what we are currently thinking or feeling emotionally. It allows us to capture a snapshot of what is happening in our life and cultivate the capacity to reflect on it. It's a way of checking in and being present, but it also helps to create a narrative or story of our experience, which can help us with organizing our thoughts and understanding what we are going through.

Having a journaling practice can be a helpful way to prepare for our Ayahuasca experience by taking time to check in with ourselves about how we are feeling, and what we are hoping to experience. This type of reflection will often allow us to express our intentions for our experiences.

Journaling can also be an extremely helpful tool after our journeys. This is the time to allow ourselves to process our experiences. By reflecting and capturing what we experienced during our ceremony we can slowly begin to understand the intricate dance of symbolism and meaning that is shown to us during our journeys. We can reflect on what we saw, what we heard or what we experienced. This is how we make sense of experiences and integrate after the ceremony (immediately after or in the coming days, weeks, or years). It is important to write in an open and flexible way, as the meaning and messages continue to evolve as we integrate.





Meditation

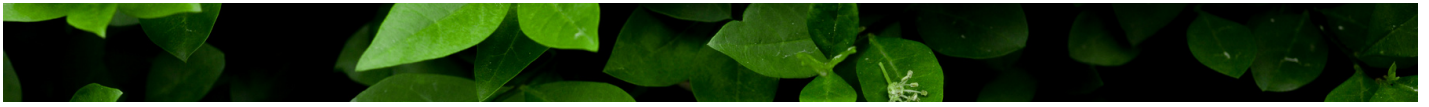
Like mindfulness, a meditation practice can help us develop the capacity to be an astute observer of our experiences, our sensations, our thoughts without being held captive by them. Think of having a 1st person perspective vs. a 3rd person perspective of an event. How are they different?

In a 1st person experience, the event is happening to us, and we relate to the experience of having the thoughts, feelings, and physical sensations of the experience. Being in a 3rd person perspective is like zooming out and witnessing the experience from an objective place; we can be aware of thoughts without over-identifying with them, we can observe sensations without the awareness of the sensation taking over. Meditation can be one practice to help develop this observer skill. Some think that meditation means we need to clear the mind and not think of anything, which is not necessarily true. It can take years of dedicated practice to be at that level, but for the average person, it can be a practice to create space for our thoughts and experiences and shift into the observer role.

This is ultimately helpful in our plant medicine experiences by observing what is happening without identifying with it. We can have an intense experience, without being consumed by fear or other feelings or over-identifying with the physical experience. Again, this quality of being an observer can take some time to cultivate, so practice is key.

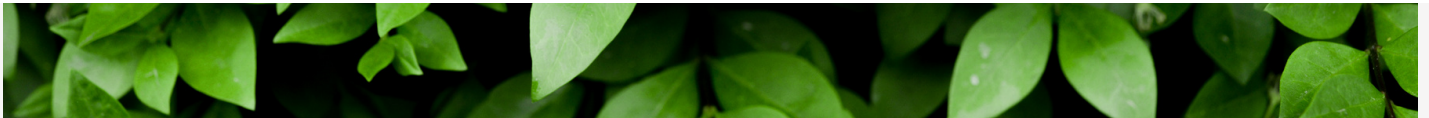
Tips for Beginners:

- **Start small:** short, guided practices can be an easier way to start
- **Anchor with the breath:** our mind can jump or get distracted (as it does), re-focusing on the act of breathing pulls us into the moment and gives us something to focus on.
- **Skip the criticism:** it's often easy to think you are doing it wrong when you lose focus, but try to have compassion, and gently return to the moment (again, and again and again) without judging yourself.
- **Practice daily:** taking time to build a consistent practice takes effort and even short practices daily can help to cultivate the skills of meditation. So, even 5 minutes is better than nothing. Consistency is more important than duration.



SPIRITUAL

It is important to understand that Ayahuasca is more than an experience; it is a healing practice with deep spiritual and sacred roots in Indigenous practices. As more and more outsiders are introduced to this healing, it is important for us to also consider our own spirituality within the context of our worlds.



Spiritual & Religious Practices

For some people this is an easy process, having grown up with deeply embedded religious or spiritual practices that are at the core of who they are. However, for many of us, we are disconnected from a religious or spiritual lineage. Some might feel like the practices they were introduced to as a child don't quite resonate with them anymore, and they do not feel aligned with their early teachings. Others might have the experience of not having any introduction into religion or spirituality. Some of us may have atheistic views that do not easily align with spiritual practices, such as plant medicines.

Perhaps a way to spiritually prepare is to reflect on your current thoughts and practices around spirituality and find a space to invite curiosity about the unknown.

Nature

For many of us, being in nature is a way to connect with the sacred. We can be aware of and in a space of appreciation for the way that nature is deeply interconnected. Each species - whether plant, animal, or fungi does not exist in isolation; there is a deep interconnectivity that exists in the natural world. We can be in nature and appreciate the interconnectivity and the deeply sacred design of how it all works together. We don't need to necessarily understand all the connections in order to know it all works together and thrives together.

We can also be in appreciation of that which is alive, for there is an expansive depth of aliveness in nature. We are included in this realm, and we can contemplate how we fit into the grand and intricate design, as we are also living beings, who thrive in connection. We can include ourselves in our concept of nature and reflect on ways to bring respect and stewardship to our environment.

Connecting to Source

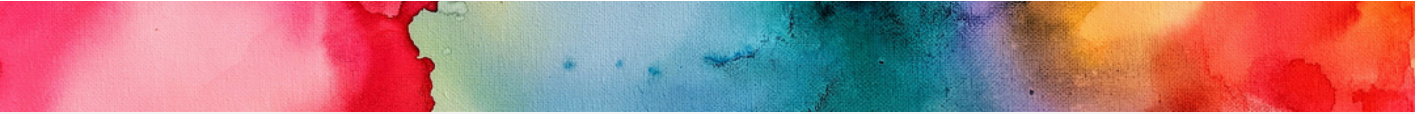
Again, for some, this is an easy concept to connect with. Some have a relationship with Source, God, Goddess, Allah, Father, the Creator, Yahweh, Holy Spirit, Jah, Jehovah, the Master, Divine Being.... (by NO means an exhaustive list). Other people don't have a personal relationship with the above, so connecting to a sacred space can be overwhelming, intimidating, or can feel out of reach. We invite you to be open to an experience, however it shows up for you. If you do have a defined idea of the divine, then it may show up in your Ayahuasca journeys, or it may look quite different. We invite you to be open to the experience.



CREATIVITY

Often people will be opened to creative energy in their medicine journeys. Some might experience this creative energy as a long-standing friendship with whom they interact frequently. For others, it might be like meeting a new acquaintance. Preparing for our journeys by cultivating creativity can take many forms, each deeply unique to the person.

Some possibilities to consider:



Art

It can be helpful to allow space for creativity to flow using art, and we can use these experiences to help us prepare for our journeys. Creativity is often described as a door into another realm and creating art can be a beautiful expression of this. We don't have to be formally trained or consider ourselves artistic. Allowing ourselves to explore art or allow ourselves to play with different art mediums can be helpful. Being in a child-like state and allowing what flows, not what is expected can also be a way to cultivate the space of surrender and being in the moment.

Try grabbing paper and crayons, markers, or paint and connecting to what you feel like inside. Try capturing this with shapes and colors and see how the picture evolves. Be free and mindful, focusing on how you feel in the process rather than judging the outcome...

Art can encompass a whole variety of other mediums as well, whether photography, creating music, cooking, or an infinite list of other practices. Allow yourself to consider what this might look like for you in your life, without the limits of the possible thought "I am not creative."

Art can also be extremely helpful after a journey to capture that which is not verbal or transcends words. Perhaps it is a color or shape that came through in your journey. The concept of mandalas has a rich history of capturing the world within the unconscious. It is frequently used in Buddhism or Hinduism to represent the cosmos or universe. In Jungian psychology a mandala can be used to express a person's striving for unity or sense of self (Collins Dictionary , 2021). Creating a mandala after your experience can be a way of making sense of or having a representation of your journey.





Writing

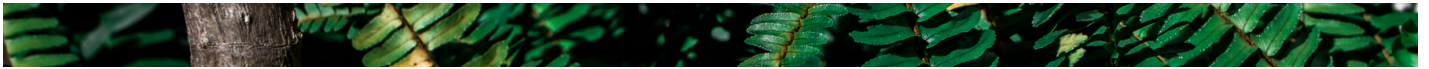
Another powerful outlet for creativity is expressing through the written word. Writing is way of capturing our thoughts and feelings. This can be a free form experience, or it can be expressing ourselves through poetry, or through writing articles, essays, or blogs. Even if you don't consider yourself to be a writer, can you be creative and experiment with your ideas and be open to capturing them in words? It can be a helpful way to reflect on our intentions, our past experiences, and the hopes we have for our healing.

Stream of consciousness writing is an approach that can inspire a level of freedom of expression that can be incredibly liberating. Consider setting a timer and writing anything that comes to mind, even if all you can think of is: *I don't know what to write right now*. Keep the pen moving, forget about proper grammar, and let the words flow. You may even choose to never read back through what you wrote with the simple intention of releasing the words for the sake of pure expression.

Dance

For many, dance can occupy the space of creativity, by allowing movement to express the energy a person is connecting to, or an emotion that needs to come through. We can experiment with putting on some music and giving ourselves permission to move, in any way the body might want to move. Some of us believe there is a right or wrong way to dance, or have memories of grade school dance lessons in which we didn't get it right or messed up the steps. This isn't what we are talking about! This is connecting, mindfully to the moment, to the music and being embodied. This can be a beautiful way to express our creativity. We invite you to experiment and play with what feels good in the moment and connect to the embodied feeling.





INTERPERSONAL

We do not exist in isolation, and so how we relate to each other, our relationships and our communities is an important part of the process of preparing and integrating our experiences.



Support from Family & Friends

It is common for a person to be called to plant medicines or to make the decision they want to experience Ayahuasca, which can lead them to Soltara. We leave behind our family and friends, who may be 100% supportive of our time away, or they may have a hard time understanding why we want to experience plant medicines. Sometimes we are in relationships or in communities with people who have strong feelings about our decisions to participate in ceremonies.

Part of our preparation can be having discussions with our partners, families, and friends to help them prepare as well. However, it is also important to have discernment about who you share this information with. It might be hard to discuss and plan for something that we have yet experienced but here are some points to consider in discussing with your people:

- Discuss your intentions, or what you hope to experience during your journeys
- Discuss not being easily accessible to people during your retreat experience. There is often time to connect, but there are activities including participation in ceremonies that will impact when you will be accessible. You may also be deep in a process that you do not wish to interrupt and will choose to disconnect for some time. Try to establish a general agreement of what connecting could look like.
- Allow your partner, family, or friends to express their feelings around what they are experiencing in supporting you. This can be difficult terrain but will foster communication that honors people in relationships.
- Discuss what might be different after you come home. It is important not to default into old familiar routines and patterns after medicine work. It is important to allow space for new behaviors to emerge that are in alignment with the changes you potentially want to make, or how to integrate new insight into your life.
- Consider how you would like to share your experience. You may feel comfortable sharing the details of your experience, and or you may feel the need to keep some experiences private. Discuss this with your people and ask them to support you in your boundaries.
- Discuss what it might look like when you return home. It's important to talk about what you might need or what might be supportive. This can include space to process, space to contemplate who you are now, and what is different in your life. It is to be expected that this can create some anxiety and fear in your partner, family, or friends, and it can be challenging, but the best way is to talk about it in a safe space.
- Encourage your partner, family and/or friends to have their own support. Someone who is not you. This can be an important resource, to help them process what they are experiencing during your transformation and integration.

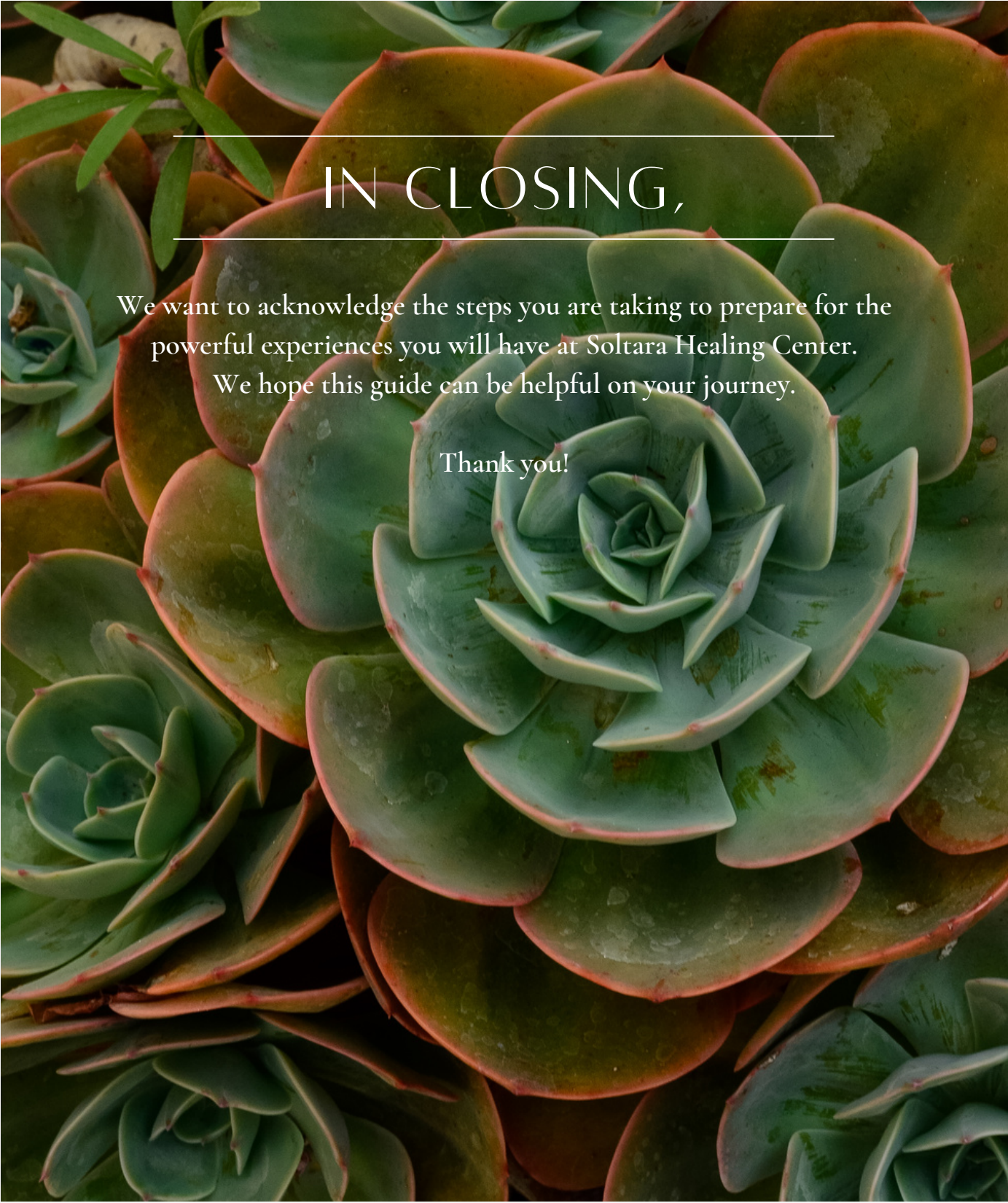


Connecting with Medicine Community

Connection with others who have experienced plant medicines can be invaluable in supporting your process, both during the preparation phase, as well as during and after in the integration space. This type of community might know or understand some of what you have experienced in a way others cannot and may have some relatable experiences. You will find people in this space that speak your language and understand. This can be a very valuable source of support.

Ways of connecting:

- Join [**The Soltara Community**](#) to connect with others from Soltara and the global holistic wellness and psychedelic movements – here you can find supportive community, high quality resources and practitioners, virtual events, sharing circles, and more
- Connect to others in the Soltara community through Instagram and Facebook (@soltarahealingcenter)
- Find a local psychedelic community in your area. This might be a group that meets regularly (in person or online) and gives people a chance to connect.
- Engage in online integration groups (Soltara guests will have access to this after their journeys).
- Attend discussion groups, book clubs, or conferences in the psychedelic area to network and connect with others



IN CLOSING,

We want to acknowledge the steps you are taking to prepare for the powerful experiences you will have at Soltara Healing Center.

We hope this guide can be helpful on your journey.

Thank you!

SOLTARA HEALING CENTER

