



AFTER
CEREMONY

INTEGRATION

THE DIET WITHOUT SONG



GUIDEBOOK



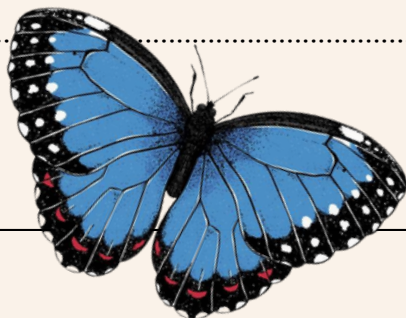
KUMANKAYA HEALING CENTER





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AFTER THE CEREMONY ENDS

Integration is a key component of medicine work and equally important as engaging with the medicine. Integration after a ceremony is more than sharing your experience.

Integration involves unifying the visions, emotions, messages, memories, and teachings you've received into your day-to-day life. Integration practices help you continue your healing and growth after leaving the center and reduce challenges that may arise as you transition home.

This guidebook is designed to help you start to identify targets for integration and individuals whom you can connect with and share your experiences. We will also address ways to identify and plan for challenges, to help manage difficult emotions/situations that may arise and to strengthen your physical, emotional, cognitive, and social connections (known in North American culture as the four pillars of health).





WHAT CAN INTEGRATION LOOK LIKE?

Reprogramming your body, mind, heart, and soul with somatic, emotion and embodiment practices

- Support to change relationships, behaviors, life-style choices for sustained healing
- Healing unlocked memories of painful events or traumas and exploring the next steps with a qualified and trained therapist
- Managing the transition of returning home to family and friends who might struggle to understand your experience, or desire to make certain changes

INTEGRATION TARGETS

- Connections to Self
 - Mental
 - Emotional
 - Physical
- Connection to Others/Community
- Connection to Nature
- Connection to Spirituality

IDENTIFY CHALLENGES

Look into personal, social and other challenges and strategies to overcome these obstacles. It's an important note that you are thoughtful with who you share your sacred experiences with. You can read more on finding support later in this guidebook.





CREATING AN ENVIRONMENT

1. **Create a relaxing environment.** When our internal and external environments align, the part of our brain that serves as the alarm bell (the amygdala) is less likely to be activated, reducing the amount of time our bodies spend in fight/flight/freeze/flop mode. Help support your integration by taking the time to clean/organize/simplify your space. Making small changes to your environment such as buying some plants, lighting candles, or creating a writing/reading nook can be an inexpensive and valuable investment.
2. **Take time to transition.** If possible, try and take time off or reduce commitments from work, school, or extracurricular activities. Working with the medicine is spiritual/psychological surgery, and like physical surgery, rest and recovery are an essential part of post-op care. If time off in these areas isn't possible you want to consider easing back in or get creative about other ways to carve out time for yourself.
3. **Being Intentional in Relationships.** Invest in nourishing relationships that promote healing and growth. You may want to consider avoiding toxic or unhealthy relationships during your transition period to allow time and energy to consider what relationships require new boundaries and what relationships may no longer serve you.
4. **Sensory Self-care.** Whether in the form of loud noises, scents, or even sights, take a break from things that are jarring. You may even avoid the news for a while or opt for light-hearted reading and television material.
5. **Engage in restorative practices.** Create a list of practices you can engage in that help you feel calm and safe. Creating a playlist of soothing music, cuddling with your pet or a cozy blanket and drinking tea are all ways that you can self-soothe.



ESSENTIAL OILS

Adapt a relationship with your plant allies in everyday life. Essential oils are a wonderful tool to continue connecting and moving forward in your process.

To cleanse your body and energy:

Palo Santo, White Sage, Frankincense, Copal, Lavender, Patchouli, Cyprus

To calm and soothe (especially anger and frustration):

Lavender, Peppermint, Spearmint, Eucalyptus, Tea Tree, Jasmine, Ylang Ylang, Bergamot, Chamomile, Orange, Helichrysum, Grapefruit, Frankincense, Rosemary, Rose

Protect your energy:

Rose, Cinnamon

To raise your vibration (if you are feeling down or overwhelmed):

Geranium, Neroli (orange Blossom), Rose, Sweet Orange, or any citrus

You can add them directly to a bath, or dilute the essences with a carrier oil and apply them to the skin. You can also use a vaporizer and sit in front of it (if you practice, this is a great time to sit and meditate or start/end your day by setting the tone or any intentions).



ESSENTIAL OIL RECIPES :



It is important to use plants as your allies. Here are some helpful recipes. You can add them to your bath to make a flower bath. If you don't have a bathtub, add warm water and drops of essential oil in a bucket. Shower as normal, then cover yourself with your flower bath mixture. For both, be sure to air dry afterwards.

Calm and Centered:

4 drops of Lavender, 2 drops of Bergamot, 2 drops of Frankincense

Peaceful Mind:

3 drops of Chamomile, 2 drops of Ylang Ylang, 2 drops of Vetiver

Balanced Mood:

2 drops of Geranium, 2 drops of Clary Sage, 3 drops of lavender

Stress Relief:

3 drops Bergamot, 3 drops of Lavender, 2 drops of Ylang Ylang

Grounding and Calming:

3 drops Cedarwood, 3 drops Fir, 2 drops Franincense,

Emotional Release:

2 drops of Rose, 2 drops of Sandalwood, 2 drops of Neroli

Uplighting Harmony:

3 drops. of Orange, 2 drops of Geranium, 2 drops of Clary Sage

Cooling Down:

3 drops. ofPeppermint, 3 drops of Eucalyptus, 2 drops of Lavender





CONNECTING WITH SUPPORTIVE OTHERS

Having safe, supportive others with whom you can share your experiences, learnings and challenges is important. When thinking about who you want to share your experience with, and what parts, it can be helpful to consider some of the following:

- Who am I telling?
- What am I telling?
- Why am I telling?

Think of the individuals you can share your experiences with:

- 1.
- 2.
- 3.
- 4.

Given that plant medicine work is often an ineffable experience (an experience that is very significant but cannot be described in words) peer or informal supports can be very beneficial after working with the medicine. You may also benefit from more formal supports for integration through an experienced entheogen-friendly psychotherapist or integration provider. Both formal and informal supports can help you to make sense of your experiences and continue to process the teachings you received from the medicine. Some ways people access support for integration include:

1. Connecting online to others who have worked with ayahuasca via moderated social media groups and online forums.
2. Staying connected to participants you met during your time working with the medicine. Utilizing a type of 'buddy system' where you check-in weekly or monthly following your time together can be beneficial
3. Look into Integration circle offerings from local Psychedelic clubs or societies in your area.
4. Working with an experienced psychotherapist or integration provider via asking for contract information at the center or by accessing a directory such as MAPS Psychedelic Integration directory. This may be especially important if you struggling with trauma or other aspects of your mental health.



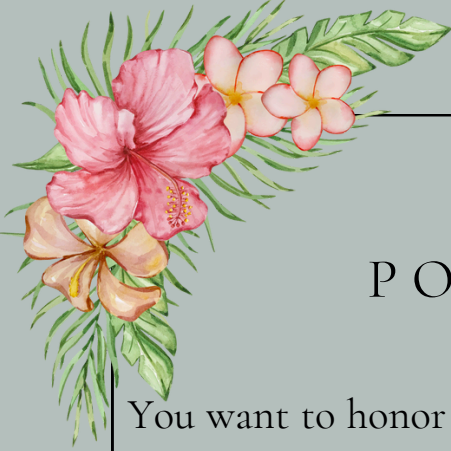


JOURNAL PROMPTS

AFTER CEREMONY IT IS EASY TO THINK “I AM DIFFERENT. I AM GOING TO LIVE MY LIFE DIFFERENTLY.” BUT, WHAT EXACTLY DOES THAT MEAN? BELOW ARE SOME QUESTIONS TO CONTEMPLATE AND ANSWER TO PREPARE YOURSELF FOR A SUCCESSFUL INTEGRATION

- What exactly did I learn during my Ayahuasca ceremonies and/or master plant diet?
- What new tools did I acquire during my stay at Kumankaya?
- How am I different? How do I feel differently? How do I think differently? How do I act differently? How does my energy feel different?
- What small practice or practices can I put in place every day to stay connected to Ayahuasca, the master plant diet and who I am now? How can I keep in mind the things I learned during my stay?
- What will I do on the day-to-day level to be different? What practices will I put into place to continue to cultivate the gifts I received during my Ayahuasca healing or master plant diet?
- What does living differently look like to me? Be as specific as possible, avoid thinking in the abstract. Be concrete about what you will actually do differently moving forward.





P O S T D I E T

You want to honor the post-diet period for half the length of your retreat. Therefore, if you were only here a week and attended four ceremonies (six days), then follow the post-diet guidelines for three days. If you have been here one month, follow the post-diet guidelines for two weeks. Use discernment more than discipline. The goal is to maintain the high vibration you acquired for as long as possible. And, as you know, foods carry energy. Moving forward eat conscientiously, only put good things in your body that make you feel good. Use food as a way to practice being different and living with more self love and awareness.





WHAT TO EAT

- **Avoid red meat & pork products.** **Chicken, fish, turkey and eggs** are fine. You want to **avoid rich meats** (such as **salmon and lobster**) and heavy meat energies (such as **bison, elk, deer, lamb, cow, pork, etc.**)
- **Avoid animal-based dairies** - as before, plant-based dairies are fine
- **Avoid rich & spicy foods**
- **Avoid refined sugar** - natural sugars like honey and monk fruit are ok
- **Avoid alcohol** - Alcohol has a heavy energy and by drinking alcohol, especially spirits, is a sure way to lower your vibration
- **Avoid drugs & cannabis** - These come with heavy energies and can block your connection to Ayahuasca and your master plant
- **Avoid vitamins & supplements** until you have passed your post-diet time
- **Avoid caffeine** until post-diet is completed, then integrate it slowly starting with beautiful teas such as green tea or herbal teas first. You will have been without caffeine for a while so you will be more sensitive to its effects and will find, in fact, you don't need much
- Small amounts of **apple cider vinegar** or **balsamic vinaigrette** is fine
- **All fruits & vegetables** are great - These are high vibration and will make the body feel good
- **All grains and cereals** are great
- **All nuts** are great
- You can have all **different oils** now
- **Eat Salt** - Go easy on the pepper and spices but you will need salt to ground and close off your energetic body so you are not as open and sensitive.



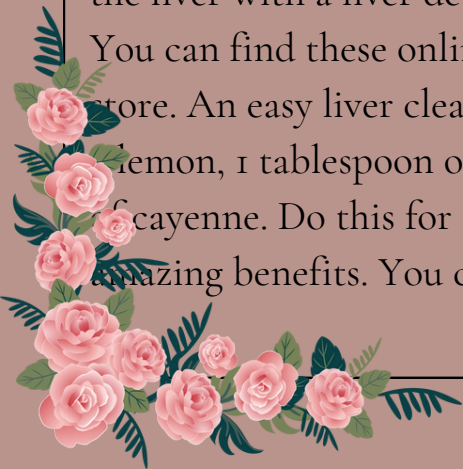
TEAS, ADAPTOGENS & CLEANSES



Another point we mentioned is exploring **teas and adaptogens**: Our favorite is Holy Basil. This is a high vibration tea and an adaptogen. There is also the very beautiful white rose and Holy basil tea.

We recommend incorporating mushroom adaptogens/mushroom supplements, such as reishi or lion's mane into your diet. They are wonderful for mental, emotional and physical health.

Liver cleanse: Everything starts with the liver. Liver is our vision center and also where we store anger. Clean the liver with a liver detox followed by a liver booster. You can find these online and at your local health food store. An easy liver cleanse/ rejuvenator we love is half lemon, 1 tablespoon of organic olive oil, and 3 shakes of cayenne. Do this for 12 days, no more, and feel the amazing benefits. You can do this 3-4 times a year.





SEXUAL ACTIVITY

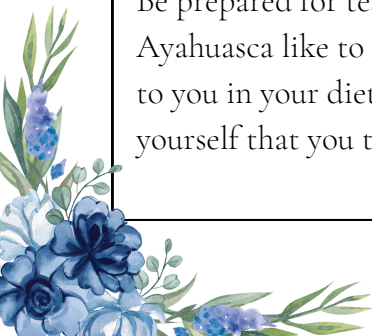
You will want to abstain from sexual activity during the designated window of your integration. Not only are you integrating, your plants are, and this takes time for them to become a part of who you are.

This is a delicate time, it would be wise to avoid bringing other energies into this process by showing respect to yourself and your healing. Your body is a sacred vessel, as such so are your plants.

As you dieted you laid the foundation of a garden for your plants. You worked hard, followed the eating requirements and did the work in and out of ceremony. Now is the time to let the plant(s) settle and begin to grow within your being so it can bring forth it's fruit and gifts and continue to teach and guide you during your life-long relationship. As you continue to nurture and water these master plants, you in turn are doing the same for yourself.

T E S T S

Be prepared for tests during your integration. The plants and Ayahuasca like to see if you *really* learned the lessons presented to you in your diet. Be prepared for the opportunity to prove to yourself that you truly have changed and are different.

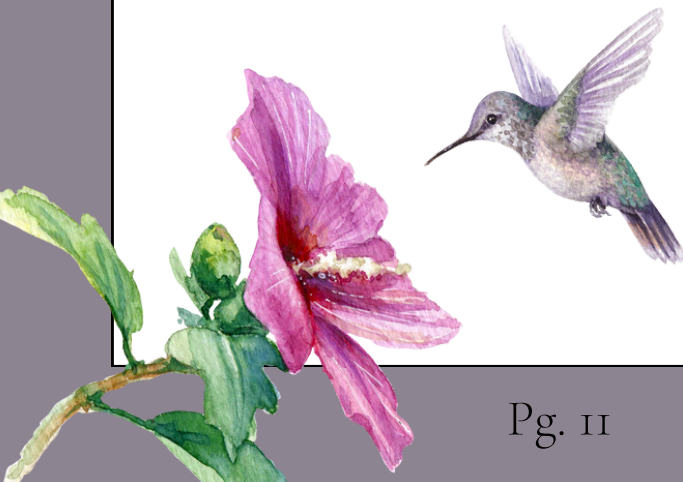




CULTIVATION

Cultivate acts of forgiveness and gratitude: These are the highest vibration emotions. Start by forgiving and practicing acts of gratitude towards yourself. Then, move on to practicing this with the people in your life. This can be done in a simple prayer, meditation or even a letter.

Cultivate Spirituality: For us, this is the most important. Most of the problems people face today come from the lack of spirituality in their lives. Find the presence of the divine in your life, whether it is connecting to nature, creating a practice for yourself, or joining a spiritual community. *Not* all religious practices and *not* all spiritual practices are good, so use discernment.





YOUR DIET NOW
OPENS INTO
YOUR LIFE

B E A C H E S

- **Public Beaches** - you can access this through Tulum Archeological Zone. This whole area is lined with unique boutiques, restaurants, and places to see. It is worth a day of walking around
- **Hotel-front Private Beaches** - you go toward the beach and take a right. Likewise, this whole area, which stretches about 5 kilometers, is lined with beachfront, unique boutiques, restaurants and a bunch of holistic activities, such as paddle board, yoga on the beach, cacao ceremonies and temazcal
- **Caleta Tankah Beach** - Restaurant/ hotel with a beautiful beach and cenote as well. 500 pesos for the parking lot entrance fee and beverages must be bought not brought in

CENOTES

- **Cenote Casa** - \$140 pesos (\$10 USD). A half-mile long, outdoor cenote that snakes through the jungle. The waters can be murky and possible small alligators (don't worry they aren't dangerous). There is a nice restaurant at the location. Good snorkeling. Price not listed, you might have to book with a tour company to snorkel.
- **Cenote Tajme Ha** - Named after the Taj Mahal because it offers the best cavern diving in the area with rays of light penetrating the cave. Snorkeling and scuba diving heaven because there are many tunnels to explore. Price not listed, you might need to book with a tour company to snorkel or scuba dive.
- **Cenote Jardin Del Eden** - \$200 pesos (\$12.50 USD). Tucked away in the jungle, this cenote offers several platforms and cliff diving. Beautiful rock formations. Good for divers and snorkelers, Restrooms available on site.
- **Cenote El Pit** - \$570 pesos (\$35 USD). Named as such because it is a small opening and a massive underground cavern with deep, cool pristine waters. This place is a favorite for experienced divers. Restrooms available on site.
- **Cenote Agua Dulce** - \$120 pesos (\$7.50 USD). This is a really unique underground cenote. Huge vaulted ceiling with many stalactites. Restroom available on site. More relaxing, less crowded adventure.
- **Escondida Cenote** - \$80 pesos (\$5 USD). More relaxing, less crowded vibe. Outdoor cenote that looks like a beautiful lake surrounded by jungle. Outdoor deck and rope swing. Great snorkeling. No bathroom facilities.
- **Gran Cenote** - \$300 pesos (\$20 USD). A bit more crowded, popular tourist destination, situated in a small little park with good facilities on site, restroom, changing room and shower.
- **Cenote Corazon** - \$300 pesos (\$20 USD). It is a cenote shaped like a heart, deep beautiful turquoise. It is great for snorkeling. There are also diving platforms as well. Good facilities on site, restroom, changing room and shower.
- **Cenote Cristal & Cenote Escondid Cenote Escondido o** - \$120 pesos (\$10 USD). Very laid back vibe. You can pay one admission for both cenotes. There is a elevated platform to dive. It is basically a beautiful lake.



W O R T H W H I L E S I T E S

- **Laguna Kaan Luum** - \$100 pesos (\$6.50 USD) Beautiful open-space lake. Great for snorkeling, vendors available to sell beverages and restroom facilities. Very relaxing vibe.
- **Lake Bacalar** - \$100 pesos (\$6.50 USD) Named Seven Colors Lake because this 20+ mile lake is one of the most beautiful places in the Yucutan. There are many restaurants around the lake as well as bungalows and hotels. You can kayak, rent a boat for a boat tour, lay in hammocks in the water or simply swim. At the far side of the lake, there is a shallow area where everyone fishes. Restaurants, restroom, showers, and changing facilities are available. The little town of **Bacalar** is worth a visit too. There is an old Spanish fort and beautiful little park surrounded by unique boutiques and restaurants.
- **Coba Ruins** - \$100 pesos (\$6.50 USD). Near 3 beautiful cenotes: **Tamcach-Ha**, **Choo-Ha** and **Multum-Ha**. You can visit all ruins and these 3 cenotes in the same day. This is our favorite ruins to visit because it is tucked away in the jungle and spread out so you can either walk it or rent a bike. Bathroom facilities on site with minimal vending.
- **Muyil Ruins** - \$50 pesos (\$5USD). A small, discreet site with several ruins packed together. Restroom facilities on site, directly across the street from gas stations and vending. Muyil is across the street from **Sian Ka'an nature reserve**, which might also be worth checking out to extend your day.
- **Tulum Archaeological Site** - \$300 pesos (\$25 USD). The Walmart of Ruins. Aggressive shop vendors, Mayan costume performances, restaurants, and Starbucks. It is a beautiful ruin situated on the Caribbean coast with public beach access, so bring your swimming suit. The ruins themselves are completely open to the sun, bring sunblock. There isn't much vegetation and coverage, but a worthwhile visit nonetheless. While there, check out the **MystiKa Museum** - Highly recommended all-immersive museum by Mexican artist Pepe Soho. Truly one of the most beautiful and inspiring experiences they have in Tulum.

Plan for 1 hour.



RESTAURANTS

- **Macha Mamma** - Smoothies, acai bowls
- **Juice Lovers** - Great breakfast and lunch, smoothies & juices
- ***El Cafino** - Great breakfast, smoothies & juices and the BEST chicken molé chilaquiles in town
- **Cara Feliz** - Used bookstore, coffee shop, art shop and live music
- **La Fournee** - Great French bakery, amazing breads
- **La Hoja Verde** - Great vegan menu
- **Laylo** - Great vegan menu
- **Raw Love** - Great vegan menu
- **85% Pizza** - Italian, pizza by the slice, good prices
- **El Gourmet** - Great breakfast, gourmet sandwiches and ceviche
- ***CoConAmor** - Fair trade, organic products
- **El Vegetariano** - Great vegetarian menu
- **Burrito Amor** - Monstrous and delicious burritos
- **Aguachiles** - Great seafood, excellent tostado and raw tuna
- ***Sabor Del Mar** - Great seafood, excellent shrimp burritos
- ***Palo Santo** - Great breakfast and Thai Fusion
- **Ceviche Chamicos** - Excellent seafood
- **Mal Querida** - Typical Mexican cuisine
- **La Nave** - Great Italian food
- **Clandestino** - Restaurant near the beach around a cenote, great food and local prices
- **Pasha** - Great Turkish restaurant
- ***Las Palmas** - A designated place where food trucks gather. They offer a variety of food: vegetarian, vegan, gluten- free options and local food for local prices. It is family friendly and on the weekends, they have music. Great place with a cool vibe
- ***Del Cielo** - Amazing breakfast, all organic with vegan and gluten free options
- ***Potheads** - Great breakfast and lunch
- ***Spider Sushi** - Amazing sushi and crab rangoon
- ***Sukhothai** - Amazing street Thai food
- **** Tomato.mx** - Delivery service that contains ALL restaurants in Tulum. You can use this to view the menu before deciding what to eat or have your food delivered

*Highly Recommended



OTHER AMENITIES

DESSERTS

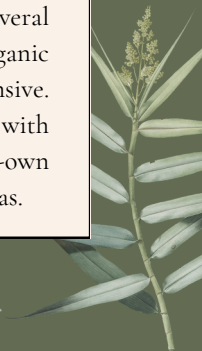
- **Aldo's** - Gourmet gelato and vegan ice cream options
- **CocoXocoLove** - Gluten free and vegan treat options
- **Panna e Cioccolato** - Good ice cream, local prices

WORK SPOTS

- **Digital Jungle** - You can rent a private space for a conference call or business meeting. About \$300 pesos/hour which comes with complimentary soda, water, coffee and other beverages. Excellent WIFI connection.
- **Co Working Space** - Another location where you can rent a private work space. We haven't been there yet but it comes highly recommended. Excellent WIFI.

GROCERY

- **Super Aki** - Big supermarket with wonderful produce and local goods
- **Chederaui** - Big supermarket with international and organic products
- **Global Gourmet** - International and organic market, restaurant, more expensive
- **CoConAmor** - Organic products, nuts, teas and a vegan restaurant
- **Soda Market** - Small market on the Tulum strip. Items are pricey but it has a great selection of foods and products and great location.
- **Gypsy Market** - Small market at Tulum entrance with several vegan, gluten free and organic options. More expensive. Attached is a restaurant with fantastic build-your-own sandwiches, salads and pizzas.





HOTELS & AIR BNB

- **Villas Geminis Boutique Condo Hotel** - Unique apartments, some have full kitchens. Great location, one block from main strip. In the evening they have great food trucks along Gemini street. Common pool area but normally poor WIFI.
- **CondoHotel Romaya** - Family owned small apartments with kitchens and patio. A common pool area as well. About 6 blocks from the main strip. WIFI is good.
- **Harmony Tulum** - Glamping (glamorous camping) where you stay in elaborate and luxurious round tents. It is a safe facility that has a restaurant and common swimming pool. Offered morning and evening yoga classes. WIFI is okay, not the strongest or most consistent.
- **La Velata** - This is becoming our favorite. It is, in fact, a neighborhood with luxury apartments at reasonable prices. It is a quiet neighborhood away from the bustle and noise of Tulum. There are little restaurants nearby and everything is a nice bike ride away. They typically have daily bike rentals for a low price. WIFI is consistently excellent.
- **Aldea Zama** - This is also another favorite neighborhood. Luxury apartments at affordable prices. The only disadvantage is we haven't found a place that offers bike rentals, so if you are without a car it could be problematic. A little way from the strip and beach. It is safe and quiet. There are restaurants, small boutiques and food markets inside the neighborhood. WIFI is always excellent.





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