

Preparation and Medical Information

A fundamental part of the AMAAYAHUASCA journey

AMAAYAHUASCA

Amazon Rainforest, Peru

This document forms an essential part of the application process for participation in an AMAAYAHUASCA retreat. It outlines the required preparation, responsibility, and medical information necessary to ensure safety, integrity, and respectful engagement with the work.

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All information contained in this document is treated confidentially.

Table of Contents

1. Introduction
2. Mental Preparation and Intentions
3. Responsibility and Process
4. Medical Information
5. Medical Questionnaire
 - 5.1 Physical Health
 - 5.2 Heart Health
 - 5.3 Mental Health
 - 5.4 Pregnancy
 - 5.5 Allergies
 - 5.6 Recreational Substance Use
6. Submission and Acknowledgement
7. Closing Statement

Introduction

A conscious and honest preparation is an essential part of this work. The process does not begin with the first ceremony, but long before arrival, and it continues well beyond the time spent in the Amazon.

This path requires sincerity, responsibility, and a willingness to listen. It is not about seeking quick answers or solutions, but about entering a process with care, awareness, and respect for oneself, the medicine, and the collective space in which the work is held.

Honest medical information and inner clarity are necessary foundations for safety, integrity, and responsible guidance.

Mental Preparation and Intentions

One of the most important questions before your stay is:

What are your intentions?

Clarifying and consciously holding your intentions is essential for your stay and forms the foundation of your inner work. Intentions offer orientation and support the process throughout your journey.

Intentions may be physical, psychological, mental, or spiritual in nature. They may evolve, deepen, or change during your stay. Adjustments are always possible and part of the process.

Examples of possible intentions

(These are examples and not exhaustive.)

Physical intentions

- Chronic or acute pain
- General physical conditions or illnesses
- Experiences of abuse
- Healed injuries or past surgeries

Psychological intentions

- Trauma
- Addiction
- Experiences of abuse
- Depression
- Ending familial conditioning or transgenerational trauma

Mental and spiritual intentions

- Spiritual growth
- Cleansing and purification
- Learning and understanding
- Meaning and direction in life
- Personal growth
- Emotional balance

Each journey is individual. What matters is honesty, openness, and readiness to engage with what arises.

Responsibility and Process

AMAAYAHUASCA is not a service to be consumed, but a shared process held with care and integrity. Entering this space means taking responsibility for your own physical, emotional, and mental well being.

Preparation supports not only your personal journey, but also the safety, coherence, and depth of the collective space in which the work is held.

Medical Information

Your physical and mental health are essential to this work. Honest and complete information allows us to hold the space responsibly and with care. All information shared is treated confidentially.

Please complete the following questionnaire truthfully and thoroughly.

Medical Questionnaire

1. Physical Health

Please indicate if any of the following apply to you:

- Autoimmune disease
- Diabetes
- Digestive or stomach conditions (e.g. gastritis, ulcers)
- Epilepsy or seizures
- Infectious disease
- Lung conditions (e.g. asthma)
- Physical disability including obesity
- Recent injuries or surgery
- Visual impairment (e.g. glaucoma, retinal detachment)
- Other: _____
- None

Medications and physical health details

If you did not select "None", please provide details of diagnoses and all past and current medications:

2. Heart Health

Please indicate if any of the following apply to you:

- Aneurysm
- Circulatory problems
- Heart attack or stroke
- High blood pressure
- Irregular heartbeat
- Tachycardia (racing heart)
- Other: _____
- None

Medications and heart health details

If you did not select "None", please provide details of diagnoses and all past and current medications:

3. Mental Health

Please indicate if any of the following apply to you:

- Addictions
- Anxiety disorder
- Autism
- Bipolar disorder
- Depression
- Schizophrenia
- Other mental disorders
- Psychotic episodes
- Post traumatic stress disorder (PTSD)
- Self harming behavior
- Substance abuse (e.g. alcohol or drugs)
- Other: _____
- None

Medications and mental health details

If you did not select “None”, please provide details of diagnoses and all past and current medications:

4. Pregnancy

Are you currently pregnant?

- Yes
- No

I understand and agree that I am responsible for informing AMAAYAHUASCA immediately should a pregnancy occur before or during my stay.

Signature: _____

Date: _____

5. Allergies

Allergies to medications:

- Yes, please specify: _____
 None

Other severe or life threatening allergies (e.g. food, insect bites):

- Yes, please specify: _____
 None
-

6. Recreational Substance Use

Please list any current or past use of recreational substances (e.g. psilocybin, iboga, MDMA, etc.).

Current use:

Past use:

- None
-

Submission and Acknowledgement

This document is a required part of the registration process.

By applying to participate in an AMAAYAHUASCA retreat, you agree to complete this preparation and medical information form truthfully and in full. The completed document must be submitted together with the accepted Terms and Conditions prior to confirmation of participation.

Providing accurate and honest information is essential for safety, responsible guidance, and the integrity of the work. Incomplete or withheld information may result in exclusion from participation.

Closing Statement

Entering this space means committing to your own process with honesty and responsibility. It also means honoring the medicine, the tradition, and the collective field in which the work is held.

By completing and submitting this document, you acknowledge the importance of preparation, medical transparency, and respectful engagement as essential parts of the AMAAYAHUASCA journey.

Signature: _____

Date: _____