

LUMINA

SEDONA

LUMINA SEDONA RETREAT HANDBOOK

Preparation, Ceremony, Conduct & Integration

Welcome to Lúmina Sedona.

This handbook is here to help you prepare for retreat, understand the ceremonial container, and enter this work with the clarity, reverence, and responsibility it deserves. Our retreats are designed to support meaningful transformation through ceremony, self-inquiry, and integration. The strength of the work depends not only on the medicine itself, but on the quality of your preparation, your willingness to remain present with your process, and your respect for the shared field we create together.

This is not a recreational experience. It is a sacred and intentional process that asks for maturity, honesty, humility, and care. We ask every guest to read this handbook thoroughly and follow its guidance before, during, and after retreat.

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1. OUR PHILOSOPHY

At Lumina Sedona, we believe that ceremony is only one part of the healing journey. Lasting transformation comes through the union of preparation, ceremony, self-awareness, and integration.

Plant medicine can reveal what has been hidden. It can illuminate trauma, unconscious beliefs, emotional patterns, and deeper truths that may be ready to come into awareness. But insight alone is not the same as embodied healing. What is revealed must be met with presence, responsibility, and conscious follow-through.

Our approach bridges ancient plant wisdom with grounded modern understanding. We honor the intelligence of the medicine while also recognizing the importance of trauma awareness, emotional regulation, mindful conduct, and integration support. The intention is not simply to have an experience, but to create a foundation for real change.

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2. PREPARING FOR RETREAT

Why Preparation Matters

Preparation is an essential part of the work. Entering retreat with a clear body, quieted mind, and sincere intention supports both safety and depth. The way you arrive matters. The medicine often begins working before the first ceremony through your intention, your discipline, and your willingness to simplify and listen.

We ask that you begin preparing at least **two weeks before retreat**, and preferably sooner.

Set a Clear Intention

Before arriving, reflect deeply on why you are coming.

Ask yourself:

- What am I truly seeking?
- What patterns, wounds, or questions are present in my life?
- What am I ready to see, feel, release, or understand?
- Where am I asking for truth, clarity, healing, or direction?

Write your intention down. Keep it simple and sincere. Your intention does not need to control the experience, but it helps orient your heart and attention.

Personal Preparation

In the days leading up to retreat:

- Simplify your schedule
- Reduce overstimulation
- Spend time in nature
- Journal
- Meditate or sit quietly each day
- Begin turning inward
- Resolve practical matters before arrival so you are not preoccupied during retreat

We strongly recommend reducing unnecessary media, social media, conflict, and emotional drama before attending. Come in as clear, rested, and inwardly available as possible.

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3. THE DIETA`

Purpose of the Dieta

The dieta` is not only about physical safety, though safety is extremely important. It is also a way of preparing your system spiritually, emotionally, and energetically for the work. It demonstrates respect, discipline, and readiness.

A cleaner body and quieter nervous system often allow the medicine to work with greater clarity and less resistance.

Two Weeks Before Retreat, Avoid:

- All plant medicines and psychedelics, including: mushrooms, LSD, cannabis, San Pedro, rapé, kambo, and similar substances
- All recreational or street drugs
- Alcohol
- Sexual activity, including masturbation
- Pork
- Very spicy foods
- Ice-cold drinks and excessive cold foods

One Week Before Retreat, Avoid or Greatly Reduce:

- Refined sugar
- Red meat
- Fried and junk foods
- Excess salt (or avoid altogether, as salt is grounding and reduces the potency of the medicine)
- Chocolate and sweets
- Excess oils
- Dairy

- Fermented foods
- Carbonated drinks
- Caffeine and stimulants

Recommended Foods Before Retreat

Eat simply and cleanly:

- Vegetables
- Fruit
- Rice
- Oats
- Soups
- Legumes if tolerated
- Light proteins such as fish or chicken, if part of your diet
- Herbal teas
- Plenty of water

Additional Dieta` Notes

Please inform us of **all medications, supplements, and health conditions** before retreat. Some medications may be contraindicated and require medical clearance or tapering under the supervision of your prescribing physician. Do not discontinue prescription medication without proper medical guidance.

Ayahuasca is not compatible with pregnancy. If you are pregnant or suspect you may be pregnant, you must not attend the ceremony.

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4. RETREAT CONDUCT & CONTAINER GUIDELINES

A retreat is a shared field. Every person contributes to the quality of the container. For this reason, we ask all guests to observe the following conduct guidelines carefully.

This Retreat is for Personal Work

You are here for your own process.

While connection and warmth are welcome, this is not a social retreat. It is not the time to over-bond, over-process, advise others, compare journeys, or seek external validation. Deep healing requires inwardness and spaciousness. However there will be a time to share during integration.

We ask guests to focus on:

- Their own inner work
- Their own emotional process
- Their own nervous system regulation
- Their own relationship with ceremony and integration

Conversations to Avoid During Retreat

To protect the retreat field, guests are asked not to engage in conversations that can be activating, distracting, or destabilizing for others. This includes:

- Politics
- Conspiracy theories
- Polarizing world events
- Religion in a persuasive or argumentative way
- Debates about medicine, spirituality, or ideology
- Graphic trauma-sharing
- Over-analysis of others' experiences
- Gossip
- Sexualized conversation or flirtation
- Business, sales, networking, or self-promotion

These kinds of conversations can pull people out of their process, dysregulate the nervous system, and disturb the inward orientation needed for deep work.

Respecting Silence and Space

There may be designated times of silence during retreat. Even when silence is not formally required, we ask that guests cultivate mindfulness in speech and refrain from excessive talking.

Please allow others:

- Space to reflect
- Space to feel
- Space to be quiet
- Space not to explain themselves

Not everyone is meant to share what they are going through in real time. Silence is often part of the medicine.

No Fixing, Coaching, or Advising Other Guests

Please do not attempt to interpret, coach, rescue, diagnose, counsel, or “heal” other retreatants. Even with good intentions, this can be intrusive and harmful.

Each person’s process is unique and should be held by the facilitators, the container, and the individual’s own relationship with the work.

If someone appears to need support, notify a facilitator rather than taking it upon yourself.

Boundaries and Respect

All guests are expected to honor clear boundaries, including:

- No sexual contact or romantic entanglement during retreat
- No touching others without consent
- No entering another guest’s private space uninvited
- No invasive questioning about another person’s experience
- No photographing or recording without explicit permission

This is a sacred container, not a casual environment.

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5. WHAT TO DO IN CEREMONY

Ceremony is a space of surrender, presence, humility, and trust. It is not a performance, and it is not about having the biggest experience. The most important thing is your willingness to stay present with what is arising.

How to Enter Ceremony

Come in quietly. Bring your intention, but hold it softly. You do not need to force anything to happen. Let the medicine meet you where you are.

Before ceremony:

- Use the restroom
- Have your water, blanket, bucket, and any approved personal items ready
- Settle your body
- Turn inward
- Minimize conversation

During Ceremony

Your primary job is simple:
stay present, stay honest, and stay with yourself.

If the experience becomes intense:

- Return to the breath
- Feel your body
- Soften resistance where possible
- Remember that not everything needs to be understood in the moment
- Let the medicine work

Try not to fight, control, or mentally dominate the experience. Just as importantly, try not to abandon yourself or dissociate if things become uncomfortable. Stay as gently connected as you can.

Helpful Inner Instructions

During ceremony, it may help to remember:

- Breathe
- Feel
- Allow

- Witness
- Surrender
- Stay with what is true
- Ask for help if needed

Purging

Purging may happen through vomiting, crying, shaking, sweating, yawning, emotional release, or bowel movements. Purging is not failure. It is often part of cleansing, release, and energetic movement.

Do not compare your process to anyone else's. Some people purge strongly. Some do not. Some experience visions. Some experience emotion, memory, silence, or deep physical processing. Every process is different.

If You Need Support

If at any point you feel overwhelmed, unsafe, confused, or physically unwell, notify a facilitator or ceremony assistant. Asking for support is welcome and appropriate.

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6. WHAT NOT TO DO IN CEREMONY

To protect the integrity of the space, guests must not:

- Speak unnecessarily
- Wander around without need
- Interfere with another person's process
- Touch another guest unless explicitly instructed or permitted
- Try to "help" others during ceremony
- Bring distracting energy into the space
- Use phones or devices
- Leave the ceremonial area without staff awareness, if that is part of retreat protocol

Please do not narrate your experience in real time or seek reassurance from other retreatants. Bring what arises to the facilitators.

7. OUR RETREAT PROTOCOLS

At Lúmina Sedona, we hold a careful and intentional retreat structure designed to support safety, depth, and integration.

Our Core Protocols Include:

- Thorough intake and screening process before acceptance
- Review of medical conditions, medications, and contraindications
- Pre-retreat preparation guidance and dietary expectations
- Clear consent and container agreements
- Facilitated ceremonial structure
- On-site support during ceremonies
- Integration support throughout retreat
- Post-retreat recommendations for stabilization and follow-through

Screening

All guests must complete required forms honestly and completely. This includes mental health history, medications, supplements, current symptoms, and relevant medical background. This information is necessary to assess readiness and safety.

Facilitator Support

Our team is there to hold the container, offer guidance, and support participants during difficult or important moments. We do not encourage dependency, but we do provide responsible support.

Confidentiality

What is shared by retreatants in group spaces is to be treated with confidentiality and respect. Guests are expected not to repeat, expose, or casually discuss another person’s process outside the retreat context.

Substance-Free Container

No alcohol, recreational drugs, or unauthorized substances are allowed during retreat. Anyone violating this may be removed from the retreat container for the safety of the group.

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8. INTEGRATION DURING RETREAT

The ceremony is not the whole process. The hours and days after the ceremony matter deeply.

During retreat, integration may include:

- Quiet reflection
- Journaling
- Time in nature
- Guided sharing
- Self-inquiry
- Rest
- Breath awareness
- Emotional processing with support

Not every insight needs to be explained immediately. Sometimes the wisest approach is to let the experience settle before trying to define it.

We encourage guests to remain gentle with themselves and avoid rushing into conclusions, grand declarations, or life-changing decisions while still in an altered and highly open state.

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9. AFTERCARE & POST-RETREAT GUIDELINES

The days and weeks after retreat are a vulnerable and important period. You may feel open, tender, emotional, sensitive, clear, uncertain, expanded, or all of the above.

After Retreat, We Recommend:

- Keep your schedule light if possible
- Spend time in nature
- Journal regularly
- Continue meditation or breath practice
- Limit overstimulation
- Avoid substances
- Avoid jumping back into conflict or chaotic environments
- Continue the post-retreat dieta as instructed
- Seek support if difficult material continues to surface

For the Weeks Following Retreat, Avoid:

- Alcohol
- Recreational drugs
- Other plant medicines unless explicitly advised
- Sexual excess or destabilizing encounters
- Over-socializing
- Intense energetic work too soon
- Major impulsive decisions made from temporary emotional highs or lows

Integration takes time. Healing often continues long after ceremony ends.

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10. WHAT WE ASK OF EACH GUEST

By attending retreat, you are agreeing to:

- Show up honestly
- Respect the container
- Follow the dieta`
- Honor group agreements
- Focus on your own process
- Refrain from disruptive or polarizing conversations
- Respect silence, boundaries, and confidentiality
- Ask for support when needed

- Take responsibility for your integration after retreat

This work can be beautiful, challenging, humbling, and life-changing. We are honored to hold this space with you, and we ask you to meet it with the same sincerity.

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11. SUGGESTED ITEMS TO BRING

You can customize this section based on your actual retreat logistics, but generally:

- Journal and pen
- Refillable water bottle
- Comfortable layered clothing
- Shawl, blanket, or warm wrap
- Flashlight
- Toiletries with minimal fragrance
- Any approved medications
- Sacred object or meaningful item for intention
- Simple shoes for walking outdoors
- Hat, sunscreen, and weather-appropriate items

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12. FINAL ORIENTATION

Come with humility.
Come with reverence.
Come willing to listen more than speak.