



The Ayahuasca Visions Amazon Retreat

A Visionary Art workshop &
Ayahuasca Retreat
in the Amazon Rainforest
November 3rd - 15th 2012

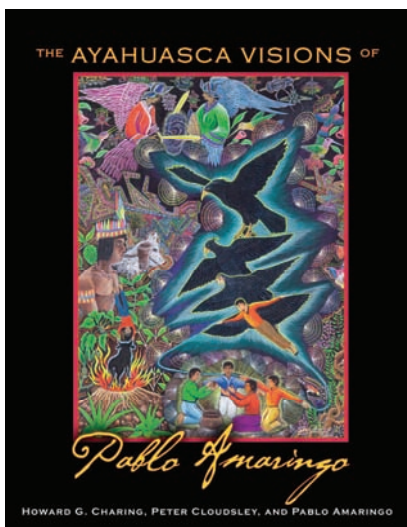
Pablo Amaral
19.09.02

THE AYAHUASCA VISIONS AMAZON RETREAT

A Visionary Art workshop and Ayahuasca Retreat in the Amazon Rainforest

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A Unique workshop and retreat in the Spirit of Pablo Amaringo with Night time Ayahuasca Ceremonies



Facilitated by the Howard G Charing and Peter Cloudsley the authors of 'The Ayahuasca Visions of Pablo Amaringo' published by Inner Traditions.

This is a 12 day workshop and retreat with one of Pablo Amaringo foremost students and a teacher at the Usko Ayar School of Amazonian Art, Mita Lozano. We will be working at the Amaruspirit Centre run by the visionary artist David 'Slocum' Hewson which is located by the Itaia River near Iquitos.

Each day, a hands-on Art workshop will be held; participants will enjoy a unique experience of learning the art of visionary and nature painting. This workshop is suitable for beginners as well as experienced and proficient artists.

On alternate nights we offer traditional Ayahuasca ceremonies with Roman Garcia Perez . We will also have available Shamanic teacher plants which enhance visionary perception, awareness, and sensitivity, in particular Ajo Sacha, Bobinsana and Guayusa.

The nutrition we will enjoy on this retreat deserves a special mention not just because it is delicious and made from local fresh produce. The Amazon contains an extraordinary wealth of fruits and plants of unparalleled healing value in a wide variety of illnesses. Many of these are part of the daily diet and in cleansing regimes which are the specialty of Amaruspirit.

Working with ayahuasca opens us up to inspiration that plants share, but proper nutritional strength is also necessary to express the imagination. Eating predominantly raw foods and super foods, while limiting fats, salt, sugar and spicy condiments is an important prerequisite for working creatively with ayahuasca.

This workshop-retreat is also a journey of self-exploration through the medium of art and ayahuasca, with guidance from Mita and our Maestro Shaman Roman Garcia Perez.

We had originally planned to hold this event with Pablo himself in 2009, but did not proceed due to concerns about his health.

A video clip of the Invitation by Pablo is on YouTube. In the video he talks about the spiritual potential and benefits of working with ayahuasca and visionary art. <http://www.youtu.be/beOOZqPDcgA>

About the Amaru Spirit Centre



Amaru Spirit is based in the Amazon rainforest, located by the Itaia River near Iquitos. Peru. Amaru Spirit is run by David 'Slocum' Hewson, and his partner, Yolita. Both are dedicated to healing the body and spirit through cleansing, nutrition and the sacred use of ayahuasca

David and Yolita believe that a modern understanding of nutrition and physical cleansing can be added to the ancient shamanic art of healing the body and spirit through ayahuasca, and the two are necessary and synergistic.

Creativity

David has spent his working career as an artist, and the last 10 years have been largely dedicated to painting subjects from the Peruvian Amazon. David strongly believes in the connection between creativity, in all its forms and the healing process. Therefore at Amaru Spirit all visitors are encouraged to express themselves in a variety of forms, or whatever comes most naturally.



The accommodation is in comfortable traditional cabins or *tambos*. The beds benefit from comfortable mattresses and fly nets.

We have more photos of the lodge and environs on our website: [Ayahuasca & Visionary Art](#)

Excursions

Local walks and excursions on the river can be arranged. We will meet Teresa a skilled Shipibo crafts-woman to demonstrate and teach us to make the unique Shipibo geometric patterned painted textiles. We have videos of Teresa demonstrating the Shipibo arts on our Youtube channel 'AMAZONRETREAT'

We will be offering 'los baños florales' (floral baths), for ritual cleansing and to draw in creative and other benign energies. In this the individual is bathed in flowers which have been soaking in water for many hours. The maestro prepares the water by blowing mapacho (jungle tobacco) smoke and at the same time placing his intention into the flower soaked water.

Individual Consultation & Healing

Roman will be available for individual consultations and healing where you can discuss (with translator) your health or other personal concerns directly with the maestro.



The Shaman - Roman Garcia Perez seen here at his Mesa working with the stones that he uses for ritual healing and limpieas (cleansing).

The Plants

In addition to Ayahuasca we will be offering traditional shamanic diet plants that expand our sensory awareness and opens our vision. The plants are;

Guayusa (*Piper callosum*) that has the effect of giving lucid dreams (being aware that you are dreaming). With this plant you may experience that the boundary between sleeping and being awake is far more fluid than you had anticipated.

Ajo Sacha (*Mansoa alliacea*) has the quality of unfolding and enhancing our senses. People report that their senses of sight, hearing and smell become much sharper and gain the ability of an expanded affinity with the rainforest.



Bobinsana (*Calliandra angustifolia*) has the quality of reinforcing a person's spiritual connection to the natural world, and invoking beautiful and colourful dreams.

The magical world to which we are transported by plants is not accessible through the verbal rational mind but through dream language. Thus dreams act like doorways during a plant diet and connect us with the plant spirit.





The Maestro - Roman Garcia Perez

Roman Garcia Perez, 60 years old, was born and bred in Iquitos and has always given himself to the service of local people. Only in the last year has he started working at the AmaRuSpirit Centre. He has a wide range of Icaros and a beautiful pure voice.

He is a maestro curandero, initiated at the age of 14 when he drank ayahuasca with the great maestro Toribio. Over the years Roman has travelled and worked throughout Peru, and has been back working as a shaman in the Amazon for the past 15 years.

Our Art Guide - Mita Lozano

Mita Lozano has lived in the Ucayali region from the age of six; her family home was situated in the rainforest by the river. As a child she developed an intimate bond with nature, and there gained knowledge about the plants and animals of the jungle. This awareness and her bond with the rainforest are expressed in her art. It is not only the mood, the sensuality, and the feeling of the magic of the rainforest that is being conveyed; also the plants and trees are depicted with botanical accuracy.

Mita started her studies at the Usko Ayar School for Amazonian Art in 1991 under the tutelage of Pablo Amaringo who taught and inspired Mita to articulate and communicate her love of the rainforest through art. After eighteen months, Pablo invited her to be a teacher at the school, and work with new students. Mita currently teaches youngsters at the school.

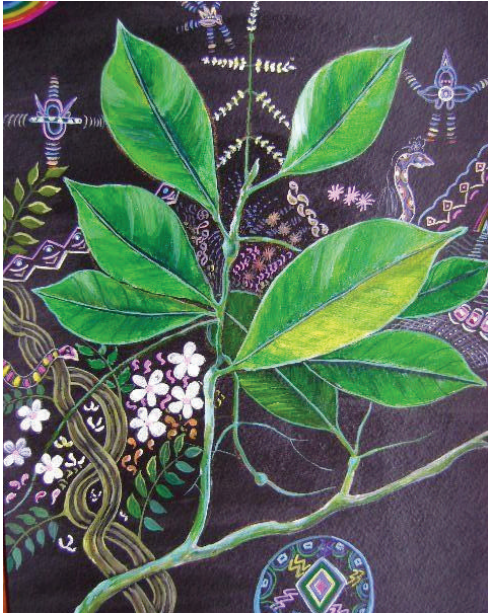
Her work has been exhibited both nationally and internationally in Europe and the USA. She is one of the foremost artists of the Amazonian school of art originating from Pablo Amaringo.



Vision plants catalyze our inherently visionary and potentially mystical dimensions of consciousness. may they be recognized and honored for the powerful and sacred substances that they are, proof of the importance and infinite vastness of the subtle inner worlds of imagination and illumination, and may they open an endless source of inspiration for new universal sacred art.

ALEX GREY

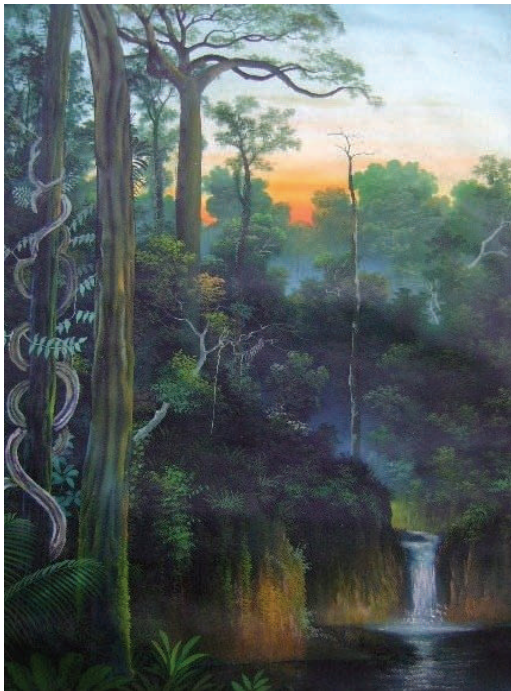
A gallery of some of Mita's art



La Ayahuasca y La Chacrana



Selva Enmaranada



Selva Encantadora



La Apashira y el Venado

Stills from the Video (on YouTube) of Pablo Amaringo discussing the Ayahuasca & Visionary Art Retreat in 2009.



AYAHUASCA

After being virtually ignored by Western civilization for centuries, there has been a huge surge of interest in Ayahuasca in the last ten years. **There is a growing belief that it is a kind of 'medicine for our times', giving hope to people with 'incurable' diseases like cancer and HIV, drug addictions and inspiring answers to the big ecological problems of modern civilization.**



Spirituality is at the centre of the Ayahuasca experience. **Purification and cleansing of body, mind, and spirit in a shamanic ceremony can be the beginning of a process of profound personal and spiritual discovery and transformation.** This process can continue indefinitely even if one never drinks Ayahuasca again. One thing is sure, and that is that **every person gets a unique experience.** We believe that by seriously looking at the way Ayahuasca is used we can improve our life experience and benefit more from this medicine.

Ayahuasca is the **jungle medicine** of the upper Amazon. It is made from the ayahuasca vine (Banisteriopsis Caapi) and the leaf of the Chacruna plant (Psychotria Viridis). The two make a potent medicine, which **takes one into the visionary world.** The vine is an inhibitor, which contains harmala and harmaline among other alkaloids, and the leaf contains vision-inducing alkaloids. As with all natural medicines, it is a mixture of many alkaloids that makes their unique properties. For example, *Peyote*, the cactus used by the North Native Americans, is said to contain 32 active alkaloids, so when one of those alkaloids, mescaline (LSD) is synthesised in a laboratory, contrary to popular opinion, the result is not at all the same.

The oldest known object related to the use of ayahuasca is a ceremonial cup, hewn out of stone, with engraved ornamentation, which was found in the Pastaza culture of the Ecuadorian Amazon from 500 B.C. to 50 A.D. It is deposited in the collection of the Ethnological Museum of the Central University (Quito, Ecuador). This indicates that ayahuasca potions were known and used at least 2,500 years ago. Ayahuasca is a name derived from two Quechua words: *aya* means spirit, ancestor, deceased person, and *huasca* means vine or rope, hence it is known as *vine of the dead* or *vine of the soul*. It is also known by many other local names including *yaje*, *caapi*, *natema*, *pinde*, *daimé*, *mihí*, & *dapa*. It plays a central role in the spiritual, religious and cultural traditions of the Indigenous and Mestizo (mixed blood) peoples of the upper Amazon, Orinoco plains and the Pacific coast of Colombia and Ecuador.

The Icaros

Integral to the ceremony are the chants that the shaman sings. These are known as Icaros, and the chant will direct the nature of the ceremony or visionary experience



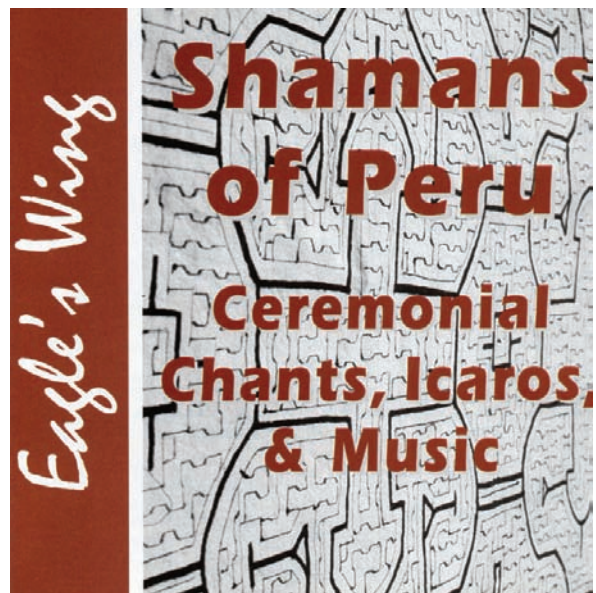
for the group and for individuals as the shaman during the ceremony will chant specific Icaros for that person's needs.

The words of the chants in indigenous languages are often symbolic stories telling of the ability of nature to heal itself. For example the crystalline waters from a stream wash the unwell person, while coloured flowers attract the hummingbirds whose delicate wings fan healing energies etc. You might see such things in your visions but the essence which cures you is

perhaps more likely to be the understanding of what is happening in your life, allowing inner feelings to unblock so that bitterness and anger can change to ecstasy and love. To awaken from the 'illusion of being alive' is to experience life itself.

There are several different kinds of Icaros. At the beginning of the session, their purpose is to invoke the *mareacion* or effects, in the words of Javier Arevalo, 'to render the mind susceptible for visions to penetrate, then the curtains can open for the start of the theatre'.

Other Icaros call the spirit of Ayahuasca to open visions 'as though exposing the optic nerve to light'. Alternatively, if the visions are too strong, the same spirit can be made to fly away in order to bring the person back to normality. There are Icaros for calling the 'doctors', or plant spirits, for healing, while other Icaros call animal spirits, which protect and rid patients of negative energies.



Listen to Ayahuasca Icaros on our CD 'The Shamans of Peru'. The CD can be ordered from Howard at; email: shamanism@yahoo.com or downloaded from the web. For more info about this album visit;

<http://shamanism.wordpress.com/shamans-of-peru-ceremonial-chants-icaros-and-music-cd/>

Ayahuasca Preparation



An **integral element** of this preparation is to undertake a diet intended to **reduce excessive sugar, salt, oils, pork, fat, and spicy food in the body in preparation** to be in communion with the spirit of Ayahuasca. Reduction of these should commence as soon as one commits to the experience.

Pork in particular is considered to be impure and is studiously avoided by Ayahuasca practitioners. Complete abstinence from pork and lard for at least two weeks prior to the first ceremony is recommended to participants to reduce the impact of the purge. It is also recommended that this abstinence continue for at least two weeks after the final ceremony.

In the initiatory diet for those seeking personal cleansing and healing, chicken, fish, wild game meat, fruits, and vegetables may be eaten but with little if any salt, sugar, oils or spices. The cleansing effect and strength of the visionary experience can be greatly enriched by one's commitment to these preparations.

Sexual abstinence also forms part of the diet and is a traditional requirement of Ayahuasca cleansing and healing. We recommend abstinence from sexual activity for a few days prior to the ceremony, and to continue a day or two after the last ceremony.



From Left to Right:

Peter Cloudsley, Pablo Amaringo,
Howard G Charing (Peru 2008)

Above: Pablo, Howard & Peter
discussing a painting (Peru 2004)

Amaru Spirit Photo Gallery



MEDICAL PRECAUTIONS

It is important to know that, in some cases, the consumption of Ayahuasca in combination with some groups of prescription & non-prescription medicines can bear health risks.

1. Prescription Medicines

If you are taking prescription medication (including antibiotics), are subject to high blood pressure, have a heart condition, or are under treatment for any health condition), you need to consult your Doctor or Physician. Those with a condition of chronic high blood pressure should not drink Ayahuasca.

1.1 Anti-depressants

Ayahuasca (Banisteriopsis Caapi) contains MAOI's (monoamine oxidase inhibitors) generally in the form of harmine and harmaline therefore Medical consultation is essential if you are taking Prozac or other antidepressants affecting serotonin levels, i.e. serotonin selective re-uptake inhibitors (SSRI).

SSRI's block the reuptake of serotonin in the brain and because MAOI's inhibit breakdown of serotonin, the combination of MAOI's and SSRI's can lead to too high levels of serotonin in the brain. SSRI's are much more common than MAOI's which are found in some anti-depressants. It is advised that you consult your Doctor or Physician about the use of temporary monoamine oxidase inhibitors (MAOI).

These medications generally require a period of six to eight weeks to completely clear the system and must be reduced gradually.

2. Non-Prescription Medicines

Non-prescription medications such as antihistamines, dietary aids, amphetamines and derivatives, and some natural herbal medicines, i.e. those containing ephedrine, high levels of caffeine, or other stimulants, may also cause adverse reactions. We recommend that you discontinue all such medications, drugs, and herbs for at least one week prior to and following work with Ayahuasca.

3. Recreational Drugs

Avoid all recreational drugs, in particular MDMA (Ecstasy), cocaine, heroin. Also do not drink alcohol on the day of the ceremony.

4. Mental Health

Those with a history of psychiatric disorder, instability, or have a diagnosed mental disorder should not drink Ayahuasca.

5. Herbal Remedies

Use of herbal remedies for depression such as St John's Wort (which also influence the serotonin levels) need to be discontinued as per 2 above.

The Ayahuasca Visions Workshop & Retreat - Summary Itinerary & Costs.

November 3rd - 15th 2012

Day 1 Saturday 3rd November , Arrive in Iquitos & transfer to Hotel La Pascana

Day 2 Sunday 4th Leave Iquitos at midday and go to Amaru Spirit Lodge by boat.

Days 3 - 11 incl, The Visionary Art, Ayahuasca, and Plant diet programme.

Day 12 Wednesday 14th Return to Iquitos , overnight at the Hotel La Pascana. Farewell dinner at La Meson.

Day 13, Departures to Lima or stay in region.

FEES: US\$ 1950 UK£, EURO, and other currencies at FX RATES.

Accommodation is Shared throughout. There are a few individual Tambos at the lodge. A single supplement is US100 subject to availability.

 **Credit Cards payments via PayPal.**

What the Price Includes:

Hotel in Iquitos on 3rd & 14th November.

Breakfast throughout plus all meals at the lodge .

The Visionary Art, Ayahuasca, & Plant programme.

All Ceremonies and services from shamans at the Retreat Centre.

A Group Farewell dinner on the last night in Iquitos.

What is not included in the price.

International Flight to Peru.

Domestic Flights Lima / Iquitos.

Airport Transfers.

Additional nights before or after the Retreat (we can book them for you).

Additional tips & gratuities & individual plant medicines prescribed or supplied by the shaman.

Previous Participant's Comments & Feedback

- I felt it was a real privilege to just walk in and experience the best of the best, to benefit from the research, contacts and knowledge gained by Howard and Peter was priceless. The trip really could not have been better organised - not only did it take the stress out of travelling but the support and advice that was on offer from them both was wonderful. **There was something that Howard said right at the start of the trip that made me change my way of thinking and it resulted in me using my experience to the fullest.**

I tried to leave my expectations at home - which it didn't live up too, but in a way it was so much more. For me personally, I feel like the changes have been subtle - like a whisper that is more effective than shouting. **I actually learnt just as much from the others on the trip - hearing about their experiences and lives.** It was a beautiful way to get to know someone on quite a personally level that you would have not have otherwise meet - let alone become friends with.

It was an individual journey and an unforgettable experience ... and one that **I'm still digesting and learning from even after returning home.** **Belinda N.**

- I am privileged to have taken part in your programme that, as far as I know, is unique. Emphasise the Retreat aspect - participants can choose the extent that they interact with others and can stay in the tambo to which their food will be delivered. And, the companionship and support was great. No criticisms. Lots of laughter and relaxation. Radical emotional and spiritual changes inaugurated. That's all.

Chris W.

- Life's been great since i got back. What a magical time we had in the Amazon top stuff. The ayahuasca ceremony for me was magical. **Magic in the way that it showed me great understanding about myself, showed me things about my mind and how my mind keeps me in chaos** at times. When i really relaxed and let go of my fears the ceremonies was so deep and loving and beautiful. **Ayahuasca took me on a beautiful journey about me.** I had a fantastic journey to the jungle i have learnt so much and i no it's just the beginning. I do **miss the easiness of the place, the quietness, the noises of the jungle and i would love to do ayahuasca again.**

Graham C.

- The trip was fantastic. The **magical noises of the jungle** and the strength of the connections with the plants through the experience of dieting and by being immersed in the midst of such a diverse, rich, natural environment made this the experience of a lifetime. I can thoroughly recommend it to anyone.

Jenny J.

- For me one of the **highlights of the Medicine week was Nature itself** - being out in the heat in the midst of miles of dense and staggering beautiful greenery, listening to the nocturnal sounds of the rainforest and the rain itself - and at dawn sitting at the edge of the deep flowing river, early morning mists drifting just above the surface - if I never saw another sight I would have died happy. Nature at its raw best and not a car in site - now that's paradise!

Jackie S.

- "My Ayahuasca experience was **weird and wonderful, delightful in some ways and disappointing in others.** **Expectations should definitely be left at home** for 'first-timers!' **Each experience** with the 'Vine of the soul' is **unique,** clearly **working on different levels - revealing only the brutal honest truth.**

I had very high expectations about this trip. I thought it might **change my life**.... and it did. I was looking for inspiration and a new direction, and this trip gave me that and much more. **Ayahuasca helped me to experience how beautiful life is, to feel the wonders of being alive and to see the love that exists between all beings.**

Talking to the shamans was so fulfilling that I felt really privileged to be able to receive their knowledge and their love. And all this was happening in such a beautiful place, the jungle with its unimaginable sounds, especially at night..., with its slow, joyful pace! And then life with the other participants: **I have never felt so closed so quickly with any group of people before and some have become friends.** Ah!... and breakfast in bed after ayahuasca nights! Definitely a trip of life time.



Lucia H.

- My main feeling is one of gratitude. **This trip enabled a doorway to be opened for me with grace, a quality I find very important.** And there was much else of great richness to enjoy. The landscape the sounds, the integrity of all of you, the skill and knowledge of the shamans, the singing, the conversations, the generosity of the group. I thank you for your bravery in organizing such a trip...

Juliet S.

- For me it was an amazing journey not only in the magnificent rain forest but also in myself. I have slept in the whole jungle period in a tambo allowed me to be as much alone as I wanted to be. **It was really nice to go to sleep with the noise of the forest and to wake up with birds and monkeys on the roof.**

The Ayahuasca has given me insights in past events that had been stopping me living fully and certainly empowered my happiness. Other insights about how my brain perceives the world enables me to journey and dream in a far more real fashion. **I have never felt so much love from the universe for me and me for the universe as during one of the sessions.** After the sessions, I am a much **freer person** and am no longer "needy"; this means my relations with people are changing again.

I had chosen the Chiric Sanango as a herbal medicine during my stay and I have also taken a big bottle home. **I am learning a lot about my body and spirit through the plant, it nearly feels like I communicate with my cells.** Besides all this fantastic, the diet is not really fancy food, some Ayahuasca purges are hard (not as hard as from bad food). But during the purges, I have had the **biggest**

lessons. I would advise this trip to anybody who wants self development and follow its own **individuation process.** Thanks Howard for finding the way and be willing to take the risks.

Else G.

- Howard & Peter, Thanks you for opening my eyes, mind, and senses! I will never be the same. Good luck with continuing your development of spiritual growth as I know I will be. Love **Susan P. (USA) 27 Jan 2007.**
- This is the start of a new chapter. It's meant to be. Thank you for being a catalyser in my real journey of this life time. Thank you for showing me the way ahead. Peace and love to you all. Always. **Daslie C. (UK) Feb 7 2007**

Journey facilitators

Howard G. Charing & Peter Cloudsley

For enquiries contact Howard - Details Below

Payment Schedule.

1. To reserve your place \$450 deposit Note: Non-Refundable 2 months prior to Retreat.
2. The final balance of \$1500 payable September 1st

Cancellation Policy.

If cancellation is necessary, the deposit is non-refundable. For cancellation participants must send cancellation notice by email to; shamanism@yahoo.com
The receiving date determines the cancellation date.

Time Prior to Start	Cancellation Fee
Less than 2 months	\$450 Non Refundable Deposit
42 to 31 days	50% of tour price
30 days or less	75% of Tour price

What to do now

Please fill in the booking form, a deposit of \$450, and the signed agreement forms as soon as possible and return it to or via email to:

H G. Charing
26 Clitherow Road, Brentford Middx TW8 9JS, England

All Enquiries:

Tel: 0208 580 0869 . International +44 208 580 0869

Howard's Cell Phone: 07905 139935. International +44 7905 139935

email: shamanism@yahoo.com

You will receive confirmation on receipt of your deposit and a pre-departure, domestic flights info / what to bring details. The full deposit and balance payment are detailed in the above schedule.

Personal Travel & Health insurance is mandatory for this journey.

BOOKING FORM - THE AYAHUASCA VISIONS RETREAT

Name (as in passport)	
Address & Postcode	
Date of Birth	
Telephone number	
Email address	
Passport Number	
Nationality	

RETURN FORM WITH DEPOSIT TO H G. CHARING

AGREEMENT

THE AYAHUASCA VISIONS RETREAT

This Agreement is between Howard G Charing & Peter Cloudsley ("the Organisers") on the one part and _____(your name) on the other part ("the Participant").

1. The Participant has agreed to take part in medicine ceremonies with the Organisers and their assistants.
2. The Organisers will do their utmost to ensure the safety and comfort of the Participant.
3. The Participant has agreed to make any confidential disclosures (in writing) at the time of booking regarding their medical conditions and/or use of medication as outlined in the guidelines supplied by the Organisers. The Participant also agrees to inform the Organisers of any change in their medical circumstances.
4. The Organisers have recommended to the Participant prior to entry into this Agreement that he or she seek and obtain medical advice as to the effect of plant medicines singly and in combination with any medication they are taking.
5. The Participant has the option of taking any, all, or none of the plant medicines on offer and should he or she wish to take them, has conducted appropriate research into the likely effects.
6. The Participant has been advised that ayahuasca is a hallucinogenic brew and is clear on the meaning of this. The Participant has conducted other research where appropriate to satisfy him or herself of the effects that may be produced.
7. The Participant and the Organisers reiterate their understanding that by signing this Agreement the Participant accepts full responsibility for participating in plant medicine ceremonies.

SIGNED:

DATED:

(The minimum age for participants is 18 years)