



What is a
MASTER
AMAZON
PLANT
DIETA

**HOW TO PREPARE, WHAT TO EXPECT
AND WHAT COMES AFTER A
MASTER PLANT DIETA**

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A close-up photograph of several pink bottlebrush flowers (Callistemon) against a light-colored, textured tree trunk. The flowers have numerous long, thin, pink stamens radiating from a central yellowish-brown base. The leaves are dark green and pinnate.

CHAPTER

01

*What is a Master
Plant Diet?*

What is a Master Plant Dieta?

A Master Plant Dieta in the Shipibo tradition of the Amazon Rainforest is a shamanic practice that involves ingesting specific medicinal plants in a disciplined manner, following strict dietary guidelines, and participating in ceremonies led by a shaman to forge a deep, personal connection with the plant spirits. The primary goal is to gain healing, knowledge, and wisdom, allowing individuals to develop spiritually, mentally, and physically. These diets can last from weeks to months, depending on the practitioner's goal and their relationship with the plant spirits.





If you are considering a Master Plant Dieta it is important to take some time to prepare mentally, physically, and emotionally and make a deep inquiry about if you are ready, what are your intentions and how are you supported:

Mentally: It is important to be clear about your intentions for the dieta. What do you hope to achieve? What are you willing to give up? What are you willing to face? It is also important to be prepared for the challenges that a dieta can present. You may experience physical discomfort, emotional turmoil, and spiritual challenges. It is important to have a strong foundation of faith and trust in order to persevere through these challenges.

Physically: It is important to be in good physical health before beginning a dieta. You should eat a healthy diet, exercise regularly, and get enough sleep. It is also important to avoid alcohol, drugs, and other substances that can interfere with the dieta. If you are coming to dieta to heal from an illness and are in a fragile or weakened state dieta is modified depending on your particular disease and prognosis. You will still need as much strength and focus as you can bring to do this type of healing. You must fully commit to this.

Emotionally: It is important to be emotionally prepared for a dieta. You may experience a wide range of emotions, including fear, anxiety, sadness, anger, and joy. It is important to allow yourself to feel these emotions and to work through them in a healthy way. To do this you will need significant time in solitude with limited distractions.

If you are considering a master plant dieta, I would encourage you to speak with a Shipibo Maestra or other experienced guide. They can help you to prepare for the dieta and to make the most of your experience.



A black and white monkey with a white beard-like patch on its face, sitting on a large green leaf and holding a piece of wood. The monkey is looking upwards and to the right. The background is a blurred outdoor setting with trees and a wooden fence.

CHAPTER

02

*How can I prepare for
my Master Plant
Dieta?*

How can I prepare for my Master Plant Dieta?

It is important to take some time to prepare mentally, physically, and emotionally for a Master Plant Dieta. Beginning to set the tone for your dieta in your everyday life before you begin can help you navigate many of the ups and downs and the level of concentration needed to succeed.





Recommendations for preparing for a Master Plant Dieta:

- 1. Set clear intentions:** Reflect on your personal goals and what you wish to achieve in your spiritual, emotional, mental, and physical life. This could be healing, personal growth, connecting more deeply with nature, or enhancing intuition.
- 2. Choose an appropriate plant teacher:** Consult with a knowledgeable shaman or plant medicine specialist to select the right master plant for your Dieta. Factors like your intentions, needs, and personal connection to the plant should be considered.
- 3. Begin self-purification:** Several weeks before the Dieta, start to cleanse your body by following a simple, clean diet, reducing or avoiding alcohol, caffeine, and sugar, and eliminating processed foods. This will help increase your sensitivity to the plant energy.

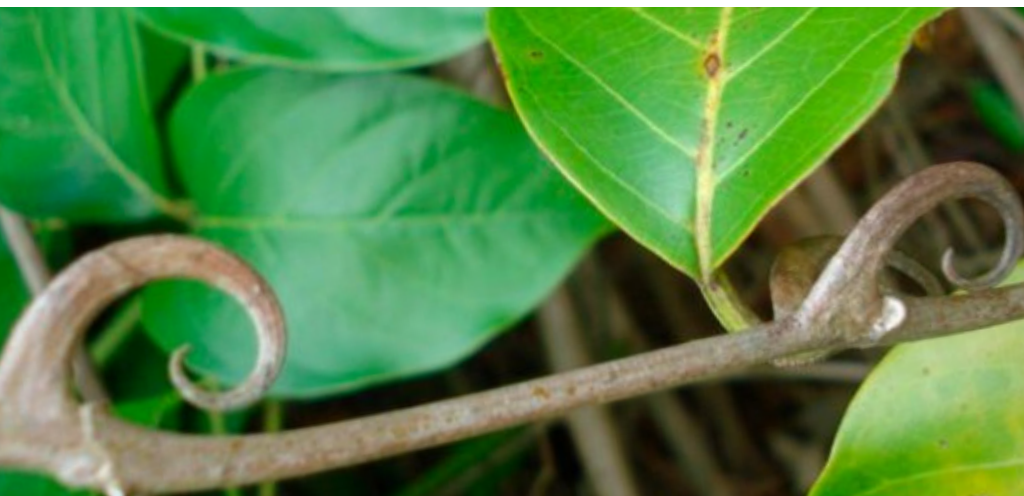
4. Prepare mentally and emotionally: Practice meditation, mindfulness, or other emotional self-regulation techniques to gain self-awareness and focus. This will be crucial in processing the teachings and energy received from the plant spirits during your Dieta.

5. Observe sexual abstinence: Beginning few days prior to the Dieta and for the entire duration, refrain from sexual activities, including masturbation, as this helps conserve and redirect sexual energy towards spiritual growth.

6. Follow dietary restrictions: During the Dieta, maintain a simple diet mostly consisting of plant-based foods, avoiding salt, sugar, spices, and oils. Abstain from foods high in histamine like aged cheese, processed meats, and fermented foods. Avoid stimulants, such as caffeine, and other substances like alcohol, tobacco, and drugs.

7. Participate in ceremonies: Attend guided ceremonies led by the shaman, where you may take part in singing healing songs called "icaros" or work with potent plant medicines like Ayahuasca, under the shaman's supervision.

8. Maintain isolation and introspection: Allow time for solitude to integrate the experiences and insights received from the plant spirits. Reflect on your journey and maintain a journal to record insights and dreams.



Throughout the Dieta, respect and honor the master plant and its spirit by following these guidelines and any additional advice from the shaman. Patience, humility, and dedication are essential tools for success in this transformative process.

Here are some additional tips for preparing for a Master Plant Dieta:

- Find a reputable Shipibo Maestra or other experienced practitioner who can guide you through the process.
- Choose a plant with a Maestra or guide that is appropriate for your needs and goals.
- Find a quiet and secluded place where you can focus on your dieta. Consider a journey to the Amazon where you can fully disengage from your technology, job, relationships and distractions.
- Gather the necessary supplies, including food, water, shelter, and clothing. Choose a location that supports you as an individual and provides support and care for you.
- Prepare yourself mentally, physically, and emotionally for the challenges of the dieta. Physical and emotional pain can arise. Physical and emotional elation can arise. All is coming forward to help you heal and learn. Stay with this process, feel in to it all. This is the process of Master Plant Dieta. Complete the Dieta.
- Once you have prepared for your dieta, you can begin the process of connecting with the plant spirit. This may take some time and patience. Be patient with yourself and with the plant spirit. As you continue to connect with the plant spirit, you will begin to receive its healing wisdom. This wisdom can help you to heal your body, mind, and spirit

The image shows two women from behind, standing outdoors. They are wearing traditional, brightly colored clothing with intricate embroidery. The woman on the left has long dark hair and is wearing a red top with a light blue collar and a patterned skirt. The woman on the right is wearing a green top with a purple collar and a patterned skirt. The background is slightly blurred, showing green foliage and a dirt ground.

CHAPTER

03

Plants have Spirits?

Plants have Spirits?

The idea of plant spirits live within the Master Plants may seem fantastical or hard to comprehend for some in the West. However, in the Shipibo tradition and many indigenous cultures around the world, this connection between people and plant spirits is deeply woven into their spiritual beliefs and practices.





Here are some practical suggestions for those seeking to deepen their connection to plant spirits:

1. Approach the plants with respect and humility. When entering into any kind of relationship, it is important to approach the subject with an open and receptive mindset. Do not come with preconceived ideas or expectations.
2. Spend time in nature. Plant spirits can be found in all living things, not just the Master Plants used in traditional healing practices. Take time to connect with and appreciate the natural environment around you.
3. Use meditation and visualization techniques to connect with plant spirits. Quiet the mind, focus your intention, and invite the plant spirit to make contact. Allow yourself to be receptive to any messages or insights that may come through.

4. Participate in traditional ceremonies or rituals using Master Plants. Seek out experienced and trustworthy facilitators or guides who can help guide you through these experiences in a safe and respectful way.

5. Study the history and cultural context of plant spirit practices. Learning about the traditions and beliefs of the cultures that have developed these practices can deepen your understanding and appreciation of the connection between people and plant spirits. Be curious. Be open and allow these long traditions to open another world to you.

6. Practice gratitude for the plants and their spirits. Express appreciation for the gifts they provide us, whether through healing, nourishment, beauty, or other forms of support. Offer thanks and respect to the spirits in whatever way feels appropriate to you.

Overall, deepening the connection between people and plant spirits requires an open and respectful mindset, a willingness to learn and explore, and a commitment to honoring the wisdom and gifts of the natural world.



A lush tropical forest scene with a large tree trunk in the foreground reflected in a body of water. The text is overlaid on the image.

CHAPTER

04

*What are Icaros or
Frequency Medicine?*

What are Icaros or Frequency Medicine?

As a person's relationship through dieta with many master plant spirits develop it is possible to hear from the trees and their spirits frequency and melodies. These are the very ancient codes given to the student, the apprentice and the maestras and maestros that come from the trees themselves. This is frequency medicine.





Here's how icaros work:

The Shipibo believe the universe is constantly singing itself in to being. Everyone has a unique pattern, frequency and song. These patterns can be seen and sung. The melodies can shift, move, speed up, slow down, change pitch depending on the need of the individual in a healing directed by the plants them selves and of course the Ayahuasca. The words constantly change also. So, there are generally no "songs" passed down that all maestras/maestros collectively know. Of course there are repeating phrases and specific words used to work on specific things, but at any given time an icaro sung for a person's healing is as unique as the the passenger and the maestra and the plants themselves. Culturally the Shipibo do have songs they sing that people learn in childhood that are common, but even those are adapted to a person, healing or teaching for a person in the now fluidly. May you hear your song! You are a unique expression of the ONE.

A man with a beard and a light-colored hat with a colorful band is leaning out of the driver's side window of a dark-colored car. He is smiling and making a peace sign with his right hand. He is wearing a light blue t-shirt and several colorful beaded bracelets on his right wrist. The car is on a dirt road with greenery in the background.

CHAPTER

05

*How can I maximize
integration after a
Master Plant Diet?*

How can I maximize integration after a Master Plant Dieta?

It is important to understand that after a Dieta, the body and mind are still in a highly sensitive and vulnerable state. Therefore, it is crucial to take special care of yourself in order to avoid any negative effects and to allow for the benefits of the Dieta to integrate into your life. Life is Integration.

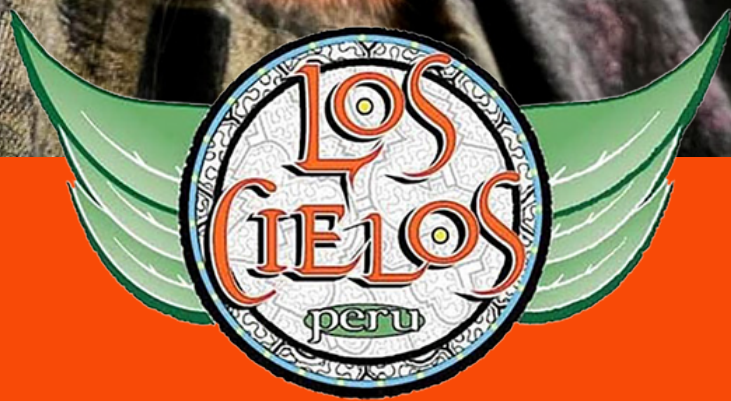


Here are some recommendations for taking care of yourself post Master Plant Dieta:

1. Follow a light and easily digestible diet for at least a couple of weeks after your Dieta. Avoid consuming any spicy or heavy foods, refined sugars, and caffeine. Instead, opt for fresh fruits, vegetables, and whole grains.
2. Continue drinking plenty of water. Hydration is important for eliminating toxins from the body and supporting the healing process.
3. Get enough rest and sleep. Your body may still be adjusting to the profound effects of the Master plant, so make sure to prioritize rest and allow yourself time to recover.
4. Avoid any stressful or emotionally overwhelming situations. Your emotional state may still be delicate after the Dieta, so it's important to take care of yourself and avoid any triggering situations including sexual encounters with new people, arguments, intense people and places, violent or intense media, movies and television for a couple of weeks.
5. Continue with any recommended practices that were given to you during your Dieta, such as meditation, yoga, or prayer. These practices can help you continue integrating the lessons and benefits of the Dieta.

In addition to these recommendations, it is important to remember that each individual's experience is unique. Therefore, it's important to listen to your body and allow yourself the time and space you need to heal. Keep in touch with your Maestra or guide for any additional support you may need

**Are You Ready for a
Master Plant Dieta?**



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