



SANTO DAIME | Preparation for a Work

Our founder, Mestre Irineu, stated in his Decree: “No one is free of responsibility, and whoever has responsibilities, always has a duty to fulfill.” It is our duty, then, to assume self-responsibility regarding our participation in a Santo Daime Work.

Given the spiritual nature of this Work, the Daime offers an opportunity to align with divine light. Our bodies—physical, emotional, mental and spiritual—open to allow access to and communion with spiritual energies, guides, healers and teachers. It opens our consciousness, giving us the opportunity to deeply experience love and truth.

Within this space, you may see and feel many things. Some may be very beautiful and some may be more difficult. The Daime opens us to what is highest and lowest in ourselves. The purpose is to use the highest in us to transform what is in need of clearing and healing.

Ask that whatever happens is for the highest good, and know that we cannot transform and heal what we don't recognize as part of ourselves. Also know that whatever you experience, you are not alone. There will be Guardians—specially trained church members—who will attend to you. And whether or not you can see them, spiritual guides and healers will be present to help you as well.

A Santo Daime Work is a sacred and profound experience. Here are some practical suggestions to make your Work most comfortable.

HOW TO PREPARE FOR A DAIME WORK

Food

Most people prefer not to eat for several hours before a Work. What you choose to do will depend on your constitution. Eat lightly if you choose to eat, eating foods that are fresh and not fermented or processed.

Medications

The sacrament taken during a Santo Daime Work includes within its constituents a monoamine oxidase inhibitor (MAOI). **MAOIs can dramatically increase the effects of some of some drugs to the point of becoming dangerous.** To be as safe as possible, avoid the following drugs prior to a Daime Work for the time indicated:

- All SSRI antidepressants (i.e. Prozac, Zoloft, Celexa, Lexapro, Luvox, Paxil)

SSRIs block the reuptake of serotonin in the brain. Because MAOIs inhibit the breakdown of serotonin, the combination of MAOIs and SSRIs can lead to dangerously high levels of serotonin in the brain, called Serotonin Syndrome. Symptoms of Serotonin Syndrome include nausea, vomiting, blackouts, memory loss, increased blood pressure and increased heart rate. (2 weeks)

- Demerol (2 weeks)
- Cold tablets, capsules, or liquids (i.e. Comtrex) (2 days)
- Cough medications containing decongestants, Dextromethorphan (DXM) or Demerol (3 days)
- Sinus medications (2 days)
- Nose drops, sprays, decongestants (2 days)
- Hay fever medications (3 days)
- Diet pills (3 days)
- Amphetamines (Speed) (2 weeks)
- MDMA (Ecstasy) (2 weeks)
- MDE, MDA, and other "MD" compounds (2 weeks)
- Cocaine (2 weeks)

If you have any doubt or concerns about other medications or conditions and whether you should participate, consult your physician or therapist in addition to a responsible member of the church before attending.

Cleansing

It is helpful to cleanse on the physical, mental and emotional levels, in order to be more open on the spiritual level. This can be done through bathing, yoga, walking, praying, meditating, or whatever means center and relax you. Be sure to abstain from alcohol and any other drugs for several days before the Work.

Visitor's Attire

Women should wear white clothes, including a blouse or sweater that covers the shoulders, and either pants or a skirt or dress that falls below the knee. Men should wear white pants and either a long or short-sleeved shirt or sweater. Please wear your hair loose (no ponytails, braids, etc.) with the exception of barrettes.

For dancing Works, shoes should be comfortable and offer good support as you will be on your feet for many hours. For seated Works, wear light indoor shoes, slippers or socks.

DURING THE WORK

- Please enter quietly. We ask everyone to help maintain a sacred space by keeping talking to a minimum before and during the service. Avoid making loud noises with chairs or books.
- When it is time to receive the sacrament, two lines will form, one on the women's side and one on the men's side. You will be guided by a Guardian when it is your turn. After receiving the Daimé please return to your place.

- Once the Work begins, maintain an inward focus. This work is deeply personal. Resist the temptation to look around and become involved in what other people are going through. Speak only if necessary.
- Guardians are specially trained church members who are there to provide protection, harmony and assistance on many levels. They will provide physical assistance, such as help going to the bathroom, as well as help through an emotional or spiritual passage. Please honor the Guardians' requests when they ask you to take a certain place, etc. Ask a Guardian before you change places or leave the room.
- Drink lightly during the work. Too much water can affect the clarity of your visions. Please do not drink anything ten minutes before or after taking the sacrament.
- To the best of your ability, remain in your place unless a Guardian moves you, or you clearly feel the need to lie down or go to the bathroom. Leave by walking in front of your line, rather than cutting in between others. Unless necessary, leave and return to your place in between hymns.
- Plastic containers are placed throughout the area should you feel the need to purge. Guardians will attend to your comfort at these times.
- Leave arms and legs uncrossed. This allows the energy to flow through your body more freely. Also, try to keep your back straight as much as possible to let the energy flow more freely.
- Move slowly and quietly during the Work and avoid touching other people. Often people are in a very sensitive, heightened state of awareness, and noises or fast movements or touch can feel disturbing.
- Yawning or burping may happen during the Work as your body clears and releases heavier energies. Please cover your mouth when yawning or burping.

ADDITIONAL SUGGESTIONS FOR DURING THE WORK

Breathe | The power of the Daime can be very intense. If you find yourself becoming tense with the unfamiliarity of the experience, focus on your breathing and relax the tight muscles, opening your body to the experience.

Surrender | Your experience within the Daime is spiritually guided. You are safe and protected; let go and allow yourself to be carried by the Divine. You may experience things you don't understand. Don't try to fit them into your existing mental constructs. Just let them be and suspend judgment. Quiet your thoughts and maintain an open, relaxed mind.

Align | Try to sit, stand or lie with your body straight. Face the cross and align yourself with it. Stay in your center. Let the power come to you. Some people experience the Daime as a column of light that enters their body and supports and illuminates them from the inside out.

Ground | It might help to feel your feet on the floor and the earth supporting you. Breathe all the way into the earth. Relax your belly. Let the energy flow through you.

Pray | Ask for guidance, clarification and help whenever you want it. Release your troubles to the light or to the earth. Then open to receive what you have prayed for.

AFTER THE WORK

- Take a shower. Wash your clothes before you wear them again.
- The Daimé continues to work within you for some time after the Work. Use this time to affirm and integrate what you have learned. Remember that you are in a sacred space.
- Allow yourself a quiet next day. Give yourself time to integrate what you have learned and the healing you have received.