

BEFORE THE CEREMONY

You will be asked to inform your facilitator, Sarah, of any health issues, medications, or supplements you are taking. Fasting before/after a Kambo session should be avoided i.e. eat regularly. Fasting from solid foods (i.e. anything but water or coconut water) begins 8-12 hours prior to the scheduled session. Eating a light meal the night before is also a good idea. Consumption of electrolytes starting the evening before, is recommended and encouraged. More instructions will be provided prior to scheduling.



DURING THE CEREMONY

During the session. The space where the session is to take place is purified by the facilitator. An opening invocation is made to the Spirit of Kambo, and intentions are set. The facilitator then makes several shallow, superficial burns using the ember tip of a vine. These are typically made on the shoulder although other places on the body can be accommodated. The outer layer of skin is scraped so that when applied, the secretion will enter and be absorbed into the body through the lymphatic system. The burns are minor and, while felt, are not much painful.

Next, the participants starts to drink large quantities of water. This is essential for the process to work. In the meantime, the facilitator starts to slowly apply Kambo "dots" containing the Kambo secretion onto the small burns.

What follows is typically an immediate and intense experience. Most people feel instant rise in body temperature, especially around the head, increased heartbeat, pressure in the head, swelling in the face, lips, ears, and possibly around the throat, sweat, and nausea. All the while, drinking water continues. This is not pleasant. I am yet to meet someone who enjoys Kambo while it is being applied... Yet the results justify the means. At some point during the session, typically within 15 to 30 min, the participant will purge i.e. vomit much of the water consumed. A need to use the toilet may also occur, albeit not that often.



Purging is believed to be a way in which the body eliminates various toxins on both the physical, mental, emotional, and energetic levels. The facilitator will be watching the participant closely, ready to make changes as needed. Round and about, the dots are applied slowly i.e. one dot to start and then wait and gauge response, especially if it is your first time.

A good advice is to try and relax into the experience. Remember that you are working with a Spirit and have trust. Focus on slow conscious breathing and allowing this medicine to take care of the rest.

Once the facilitator judges the purge to be complete, (blood pressure starts to drop, and the nausea is mostly gone,) he will remove the dots. For most participants the challenging sensations subside rapidly and they feel fine within about 20-30 min. You will be able to lie back and rest. A natural plant resin named Dragon's Blood is applied onto the dots. It protects the area while the skin burns heal. The Dragon's Blood drops remain on the skin for about 7-9 days and will fall off on their own when their job is complete. Small burn marks will remain for a long while. Some refer to this as the "Kambo tattoo" and carry it with pride. :-)



AFTER THE CEREMONY

Most participants report feeling an increase in their vital energy, reduction and even removal of inflammation, and a general sense of wellness. The facilitator will follow up with you by phone/text/email within a day of the session being over.



FOLLOW-UP SESSIONS

A good number of participants feel the benefit of having a Kambo session regularly e.g. once a month, especially if handling an ongoing chronic condition. Indigenous people also believe that having three Kambo sessions within one moon i.e. about 30 days, makes the medicine inoculate into the receiver. This and other options can be discussed after the first session.



A FEW NOTES ON KAMBO:

- For clarification purposes: Kambo is not illegal in the USA i.e. it does not contain any hallucinatory agents. At current, Kambo has no status as a medicine within the FDA..
- Death or serious injury from Kambo are rare. In the few instances it occurred, accordingly to my research, these took place because of the way Kambo was administered e.g. into the blood in close proximity to the heart. I follow very strict rules about administering Kambo and lean on the side of caution. You are welcome to do your own research on the matter. Kambo is an amazing medicine but it is a venom and should be treated with the utmost respect.

