UCCAI · EXPANSÃO INFINITA · GOIÂNIA, BRAZIL



Ayahuasca Preparation & Conscious Use Guide

Guidance from Shaman MahaGi Wahbe before, during and after your ceremony

“Everything with love, and nothing without love.” — Shaman MahaGi Wahbe

Religious house of shamanic tradition since 2011 · Regulated under Brazilian CONAD Resolution No. 1/2010

1. Sacred Ayahuasca & the Origin of Our Medicine



Ayahuasca is a sacred drink for expanding consciousness, brewed from two native plants of the Amazon rainforest: the Banisteriopsis caapi vine (Mariri or Jagube, carrying reversible MAO-inhibiting compounds) and the leaves of the Psychotria viridis shrub (Chacrona or Rainha, natural source of DMT). As our house teaches: the two together form unity, a threefold flame of light bringing love, strength and wisdom for human expansion.

Across Amazonian traditions it carries many revered names: Ayahuasca, daime, hoasca, vegetal, yagé, caapi, vine of the soul, liana of the spirits, master teacher, nixi honi xuma, kahi, natema.

Sacred Origin at UCCAI: Northern Brazil Lineage

- Trusted ancestral source: our medicine comes from Northern Brazil, from a deeply sacred lineage connected to the family of Mestre Irineu, who entrusted Expansão Infinita to carry and share this blessing with reverence.
- Wild-harvested from the rainforest: the vine and leaves are gathered directly from the forest with deep respect for nature.
- Brewed in prayer and stillness: prepared through collective prayer, singing, cleanliness and sacred order.
- Concentrated clarity and gentle taste: a concentrated medicine recognized for being remarkably smooth rather than harshly bitter (many notice gentle notes reminiscent of raw cane sugar / rapadura), supporting clear focus and stillness throughout the ritual.

2. Opening the Heart & Setting Intention

“The Teacher's purpose is to show you your own truth. Look within yourself now.”



In the teachings of Shaman MahaGi Wahbe, sincere openness changes everything. When we arrive guarded or led by fear, we tend to keep facing our own shadows. When there is humility, willingness to know ourselves and openness of heart, a person recognizes their inner strength and sees through illusion.

Before traveling or arriving for your ceremony, take quiet time to reflect honestly:

- What do I truly want to cultivate and bring into my life?
- Which patterns or parts of myself am I ready to forgive, clarify or transform?
- Am I willing to meet my own truth with honesty, patience and love?

3. Three-Day Preparation (Body, Diet, Energy & Mind)

Care begins days before the ceremony night, creating physical lightness and calm focus.

What to avoid for 3 days before

- Alcoholic drinks (zero alcohol for 3 full days).
- Cannabis and any recreational or illicit substances (discuss full clearance timelines in your screening).
- Red meat and pork.
- Fried dishes, heavy oils and rich, greasy meals.
- Excess salt, refined sugar, and very hot or heavy foods.
- Avocado and heavy fatty fruits, as well as pineapple.
- Coffee and strong stimulants (reduce or pause to calm the nervous system).
- Sexual activity during the 3 days prior (energetic grounding and containment).
- During rituals around the fire: never blow air directly onto the flames or embers.

What to nourish in the 3 days before

- Light, simple, natural foods such as gentle fruits, vegetables, greens and light grains.
- Plenty of clean water to keep the body hydrated and clear.
- Time outdoors in nature, breathing slowly and consciously.
- Daily quiet meditation, prayer or breathing exercises.
- Tidying and cleaning your bedroom as a peaceful sanctuary for deep rest.
- Protecting your peace of mind by avoiding intense arguments or draining media.

4. During the Ceremony: Cleansing & Walking in the Force

Possible physical responses (not everyone experiences them)

Every body responds gently in its own way. Some people experience natural bodily releases of stagnation such as mild nausea, vomiting (known as energetic cleansing or purging), loose stools, yawning, sweating, chills, trembling, dizziness, heightened sensory perception, laughter or tears. At our house, only a small portion experience strong physical purging, and when guided calmly it usually leaves a lasting sense of lightness.

Steady conduct during the ceremony (MahaGi's practical guidance)

- Observe your inner process steadily throughout the night.
- Stop condemning or judging yourself: welcome whatever arises with courage.
- Give calm direction to your reactions and keep moving forward gently, without fear.
- Do not spend energy fighting dark or repetitive thoughts.
- Anchor attention in your heart and your breathing: breath always brings you home.
- Hold your center firmly with faith. Our guardians remain beside you from beginning to end.



5. Safety, Medications & Contraindications

FIRST RULE: NEVER STOP PRESCRIBED MEDICATION ON YOUR OWN

Any adjustment to prescribed medication belongs strictly to your physician. No ceremony at Expansão Infinita begins without a confidential health form and a one-on-one video interview.

Absolute exclusions (unsafe to participate)

- Antipsychotics and personal or close family history of schizophrenia, psychosis or manic episodes.
- Mood stabilizers and bipolar disorder, explicitly including Lithium / lithium carbonate (due to serious risks of toxicity, seizures and acute destabilization).
- Pharmaceutical MAO inhibitors (MAOIs) such as phenelzine (Nardil), tranylcypromine (Parnate), moclobemide (Aurorix/Manerix) and selegiline (Elepril).

Medications & conditions requiring careful screening and physician clearance

- Serotonergic antidepressants (SSRIs, SNRIs, tricyclics and others such as fluoxetine, sertraline, escitalopram, citalopram, paroxetine, venlafaxine, duloxetine, amitriptyline, imipramine, nortriptyline, bupropion, mirtazapine) and herbal St. John's Wort: risk of serotonin overload; require verified safe washout under medical care.
- Benzodiazepines (diazepam, bromazepam, lorazepam, nitrazepam): must be disclosed; require safe spacing prior to ceremony.
- ADHD stimulants, opioids/tramadol, strong analgesics and cold decongestants: disclose every regular or occasional product.
- Severe heart conditions, arrhythmias, pacemakers, uncontrolled hypertension, recent bariatric surgery, high-risk pregnancy and minors (only adults 18+ may attend).

Ethics, Brazilian Law & Crisis Support

At UCCAI Expansão Infinita (CNPJ 60.600.176/0001-06, Goiânia, Brazil), ayahuasca is consecrated strictly within a religious ceremony under Brazilian CONAD Resolution No. 1/2010. We reject theatrical showmanship, make no healing promises, never replace medical or psychological care, do not sell travel packages, and never sell or ship medicine (nor allow carrying it in luggage). Consent, zero tolerance for abuse or boundary violations, and strict data privacy apply to every visitor.

Emotional crisis support: if you are experiencing an acute mental health or emotional crisis, professional care comes first before any spiritual ceremony. Brazil: CVV 188 (cvv.org.br) | USA & Canada: call or text 988 | International directory: findahelpline.com.

6. Our Two Ceremony Paths & Aftercare

Tear de Luz · Group Ceremony

Once a month on the full-moon Saturday (next confirmed date: December 19; next year's full-moon Saturdays will be announced soon).

Includes the 4-hour ceremony, sacred grounding supper, closing circle around the fire and clear guidance for the days ahead. Set the whole night aside and rest in Goiânia before traveling home.

Espelho da Alma® · Private Ceremony

Reserved exclusively by prior interview and sanctuary calendar availability (1:00 PM to 6:00 PM, Brasília time).

We close the entire sanctuary for one guest per date. Keep your whole day free of other commitments so you can rest unhurriedly (other supportive practices of our house can also be discussed during your interview). Afterwards: continued support by message, and by phone/video call whenever needed.

7. Decree of the Shamanic Force® (1st Decree)

Channeled by Gislaine Wahbe (Shaman MahaGi Wahbe) · Registered work of UCCAI

I am a portal of connection with the Great Spirit of the Earth and the Universe.
I am the sword of justice and love.
I am complete prosperity.
Everything I seek comes within my reach.
I can, I am light.
I am the light radiating in all directions.
And so I bring all my strength acting within me now in gratitude to the eternal sacred Great Shamanic Spirit.
My Shamanic Consciousness becomes cosmic light.
I came to expand my consciousness.
I came to align with my truth.
I am a divine and eternal ray.
I live my sacred geometry in the divine shamanic force.
My guiding compass in the expansion of love is strength, faith, constancy, wisdom, determination, humility, flexibility, prosperity, justice, truth, unity, harmony, unconditional love, dignity, responsibility and presence in the now.
I live the miracle of life and appreciate with fullness and love all that I am now.
Gratitude I am (2x)
I am the shamanic force.

Connect with Our House

Official website: https://expansaoinfinita.mahagi.com.br/en/
Screening & inquiries on WhatsApp (English/Portuguese/Spanish): https://wa.me/5562981858332
7-minute mini-documentary: Ayahuasca, Gaia's Vision · youtube.com/watch?v=GB-_AXPfrgY
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Spiritual experience. It does not replace medical or psychological care. Expansão Infinita does not sell or ship medicine.