

Hummingbird Ayahuasca Retreat Center

Booking Form

This form requires MS Word. If you do not have MS Word there is a pdf version available on our Make a Reservation web page. Please fill the form out on your computer and email it as an attachment to hummingbirdretreats@gmail.com. Receipt of this completed form from your email constitutes agreement to all terms and conditions found at the end of this form.

If you send a deposit, full payment will be due on or before the first day of your stay. You may pay your balance in cash when you arrive in \$US. Please bring **only new bills, with no tears or writing** on them. Old, damaged or crumpled bills will not be accepted in Peru. You may also choose to pay in full in cash on arrival, but we will need your complete flight itinerary to reserve your spot.

The best preparation for your time with the medicine plants is to eat very healthy, exercise and avoid the used of drugs and alcohol. The cleaner the body is when you arrive the more gentle and productive your ceremonies will be. Avoid pork, alcohol and all drugs, chili peppers and other hot spices, sugar and excessive salt. Eat plenty of fruit and vegetables lightly cooked or raw.

You should plan on being out of contact and remaining at the center throughout your stay at the Hummingbird Center. We will gladly respond to emails to confirm your safe arrival. If here for three or more weeks there will be opportunity to go into town and use the internet. We are away from the city so you should bring with you anything you need for your stay. Smokers pay attention, as **we will not buy cigarettes** if you run out.

By submitting this form you agree to abide by the following rules of the Hummingbird Center:

1. No use of any drugs or alcohol during your stay.
2. You will not perform or receive any kind of healing work on or from another client.
3. You agree to stay on the property except for arranged excursions
4. No romantic or sexual relationships will be started during your time at the center.
5. You will treat everyone with consideration and respect.

If you do not abide by these and all other guidelines give after you arrive at the center you may be asked to leave without refund, at the discretion of the Hummingbird Center.

Contact Information

Telephone: 051 65 943 404 286

Email: hummingbirdretreats@gmail.com

HOW TO FILL OUT THIS FORM

To fill out this form on your computer, simply press the tab key to move through the form fields. This will highlight the text 'edit this text' and you can begin typing. To put an X in a check box, press the space key when it is selected. Press the enter key if you want to start a new paragraph. To print this form to fill out by hand, please first delete 'edit this text' in each form field and press the enter key to add the space required.

YOUR INFORMATION

Your Name: edit this text

Gender: edit this text

Your Address: edit this text

City and Country: edit this text

Your Zip/Postcode: edit this text

Your Phone number: edit this text

Your Email: edit this text

Your Age (N.B. The minimum age for participants is 18): edit this text

I wish to join the program below and enclose a payment of \$. This is my:

50% Deposit or
Payment in full

This is the program I am joining:

9-day retreat (\$1300)

12-day retreat (\$1700)

Personal healing retreat/plant diet – \$2000 for 14 days, \$2700 for 3 weeks, \$3500 for 4 weeks.

Date program begins: edit this text

WORKING WITH AYAHUASCA

When working with ayahuasca / plant spirit healing it is important to understand that you are working with medicine. Many different plant spirit doctors participate in the healing and not just ayahuasca. Everybody's healing journeys are different with the multitude of difficulties that we have faced individually throughout our lives and how they have shaped our lives, the way we think, the way we feel, the way we view the world around us, etc. Plant spirit healing is extremely complex although ultimately provided you are working with a "fully" trained ayahuasquero / healer and good quality medicine, then there will generally always be healing.

How that healing then permeates down through the spiritual / energetic levels into the conscious mind and physical body is then subject to the level of heavy energies / severity and number of energetic blockages contained in the system as well as the way that the mind functions / whether it is able to "let go" / your metabolism / lessons you need to learn / a plethora of factors – everybody is different.

95% of the people who work with ayahuasca, drinking at least 4-5 times, will "breakthrough" in terms of experiencing the healing that they are receiving (not just on physical, emotional and mental levels but having a "visionary breakthrough"). On rare occasions, some will feel that they haven't "broken through" despite the fact that they are physically purging significantly throughout the experience, the fact that their emotions are in turmoil as the energies are released, their thought processes change significantly, their relationship with themselves and others changes, etc, etc.

The focus of this work is deep healing on all levels - physical, emotional, psychological and spiritual – and not 'tripping'. To give you an example, it works on "cleaning out the system" – ie it goes into your house (system); it strips out the rugs, carpets, tables, chairs, etc and put everything on the front lawn to then give a considerable clean out to the rooms. When everything (emotions, thought patterns, negative energies, etc) is put on the front lawn the experience can be very turbulent. However, eventually after a sufficient amount of cleaning (of dense energies) has been affected, it then places the furniture, etc back in the house. What the focus is not is simply going into the living room and putting on a movie to watch... Vision is great to receive and 95% of people will have powerful vision (fundamentally of their past, internal processes, emotions, "mistakes", lessons, what they need to change, how to change, etc) although the focus is much more on ensuring that it are really getting to the root of the energetic issues in people's systems . If the visions are not coming through to the experience in ceremony, then healing (and teachings on a soul / subconscious level) is still happening and this eventually will shine through further down the line.

Another issue is excessive expectations – if one has an excessive focus on "vision hunting" then the mind can often block the experience. Doctor ayahuasca is extremely intelligent (and loving) and will only give what the guest needs, which is not always what one "thinks" one wants. In addition, vision is not always "visual" – it can be kinaesthetic, auditory, etc. Generally, for those who do not experience "vision" – it is not because it is not there, it is because the mind (or stomach) is blocking the experience. This blocking is due to the dense energies in the system basically being able to seed the mind with thoughts, fear, etc. This seems like a "catch 22" in that how can one come for healing of the energies / the way one's mind functions, etc and "learn" from the visions if they are not being experienced. The answer is to let go of expectations, surrender to the

experience with the knowledge that you are getting what you need, appreciate the healing from the plant doctors, and have perseverance.

Plant spirit healing is a system from Nature that offers profound benefit to people in need – who often cannot find answers in conventional medicine – although it is important to understand that 10 / 20 / 30 years of trauma, pain, depression, dis-ease, etc cannot be healed in 12 days. It is not how you feel at the end of a workshop that is the most important factor (although is often the case that people feel significant shifts already in their lives) – it is how you are able to walk your path in life moving forwards after the workshop – over time. It is how your “normal” life is positively affected and how your relationship with yourself, others and the world around you develops and improves over time. It is about learning to identify lessons and guidance that comes in life to help you to grow and not make “mistakes”. The icaros (energy medicine in the form of sound) that are given from the plants, through the healers, can take time to work with you. The plant doctors continue to work with you over long periods of time although your role in your healing is essential too – healing is a two way street.

When one considers how a tree grows – we don’t expect to plant a seed and then see it turning into a tree within a very short period of time. It needs patience, nourishment, care, etc and eventually it will grow provided the right factors have been taken into account. The same can apply with most cases treated through plant spirit healing and working with ayahuasca (which cannot cure “everything” by the way). It is important to also understand healing on a spiritual level – not everybody is ready for healing and dis-ease is sometimes actually placed on our path in order to develop our soul’s journey...

MEDICAL ADVICE AND PRECAUTIONS

Ayahuasca and the diet that goes with it are not always ideal in combination with certain medical conditions (e.g. some stomach, heart, colon or mental health problems, etc) so, again, please check with your doctor and take his or her advice about participation. ***Specific conditions with which one should definitely not drink ayahuasca are heart problems, high blood pressure, schizophrenia, bi-polar disorder, and any history of psychotic breaks.***

Ayahuasca (*Banisteriopsis caapi*) contains monoamine oxidase inhibitors (MAOIs) in the form of harmine and harmaline. We suggest therefore that you consult your medical advisor if you are taking medications which may affect your serotonin levels (known as serotonin selective re-uptake inhibitors or SSRIs) as the combination of MAOIs and SSRIs can lead to higher levels of serotonin in the body. SSRI medications generally require 6 weeks to clear the body and should be reduced gradually.

The Hummingbird Center requires that no medications be taken while at our center, and you should stop taking them at least 2 weeks before arrival. If you cannot stop your medications please discuss this with us specifically.

Non-prescription medicines such as antihistamines, dietary aids, amphetamines and their derivatives and some herbal remedies (e.g. those containing ephedrine, high levels of caffeine or other stimulants) should be discontinued for at least a week prior to and following work with ayahuasca. Please check with your herbalist or homeopath as even otherwise innocuous remedies like St John's Wort/hypericum may not be suitable in combination with ayahuasca.

Avoid all chemically-based recreational drugs, in particular MDMA (ecstasy), cocaine, speed and heroin. Non-chemical recreational drugs such as marijuana should also be discontinued for a period of at least two weeks prior to and following the program.

CONFIDENTIAL DISCLOSURES

The following information will be kept in the strictest confidence.

1. Are you currently taking any medications or have you taken medications within the past year?

Y N

If yes, which medications and for what condition/s.

[edit this text](#)

2. Have you sought health advice regarding these medications or conditions and your participation in this event? Y N

If yes, are your advisors happy for you to take part? **Y N**

If no, are *you* happy to take part and to absolve us of responsibility and liability for any abreactions?

Y N

3. Do you have any physical or other limitations we should know about, especially some form of heart condition? Y N

If yes please specify.

[edit this text](#)

4. Do you have any special needs we should know about – including allergies or dietary requirements of a bona fide (not ‘fad diet’) medical nature? Y N

If yes please specify.

[edit this text](#)

2. Please check all medical conditions you currently or have previously suffered:

Asthma	Diabetes	Surgeries	IBS
Depression	Anxiety	Bipolar disorder	Schizophrenia
Mental disorder	Krohns disease	OCD	Diabetes
Low Blood Sugar	Aneurism	Stroke	High blood pressure
Hernia	Fibro myalgia	Migraines	Respiratory problems
Cancer	HIV	Insomnia	Thyroid problems
Asbergers	Any other non specified condition. Please explain in an email.		

5. Please provide us with a contact in case of emergency

Name: [edit this text](#)

Telephone: [edit this text](#)

Mobile/Cell phone: [edit this text](#)

Email: [edit this text](#)

TERMS AND CONDITIONS

Bookings are made on the understanding that you will abide by these terms and conditions.

“The Organizers” are James and Gina Davis of The Hummingbird Ayahuasca Retreat Center, Peru and their agents, staff and assistants.

“The Participant” is the person named on the Booking Form for this event.

1. The Organizers reserve the right to accept or decline a Participant booking at any time.
2. The Participant agrees to take part in a program at The Hummingbird Retreat Center, including its plant ceremonies.
3. The Organizers will do their utmost to ensure the safety and comfort of the Participant within the remit of this program. The Participant, in turn, agrees to exercise caution and consideration for him or herself and for others during this event, including at the venue and in other environments, and indemnifies the Organisers against claims for injury, loss, damage, misadventure or inconvenience at all stages.
4. The Participant has made confidential disclosures regarding medical conditions and/or use of medications. The Organizers agree to keep these in confidence unless required by law to divulge them and/or for the resolution of any dispute. The Participant agrees to inform the Organizers of any change in circumstances.
5. The Organizers have recommended that the Participant, prior to entry into this Agreement, seeks and obtains health or medical advice as to the effect of plants and herbal medicines singly and in combination with any medication they are taking. The Participant avows that he or she, having done so or deemed it unnecessary, is in a physical and mental condition appropriate to the activities described in this brochure and agrees to participate at his or her own risk. The responsibility for taking accurate and timely health precautions, professional medical advice, and for acting upon this (or otherwise) is solely with the Participant.
6. The Participant has the option of joining any, all, or none of the activities on offer at The Hummingbird Retreat Center and taking any, all or none of the plants available, and should he or she wish to take them does so voluntarily, taking full responsibility for his or her actions.
7. The Participant has been advised that ayahuasca is a visionary plant and is clear on the meaning of this. Reference sources have been provided which may describe the ayahuasca experience and the Participant has conducted other research where appropriate to satisfy him or herself of the effects that may be produced. The liability is with the Participant.
8. The Organisers agree to supply transportation, plant medicines, accommodation and food as part of this event during the dates given and within the guidelines supplied (e.g. the ayahuasca diet). The Organisers are not responsible for travel or other costs outside of this program or for flight

cancellations or other interruptions or travel disruptions and no refunds, reimbursements or payments-in-kind will be made for these.

9. The Organisers reserve the right to make changes to the itinerary or costs of this program if necessary or to cancel this event if need be. In the unlikely event that the program is cancelled a full refund will be made to the Participant of fees paid by him or her to the Organisers. The Organisers are not, however, responsible for other costs which the Participant may incur or have incurred such as transportation or the purchase of any goods or materials.

10. The Organisers will do their best to help with any special requests or needs that the Participant may make or have but are not beholden to do so and the Participant understands that such requests may need to be paid for by the Participant separately to this program and its contents and that he or she may also have to make his or her own arrangements (e.g. for travel outside the program) and at his or her own cost.

11. If the Participant withdraws from this event for any reason the program or retreat fee will be refunded in full provided that his or her cancellation is made in writing and reaches the Organisers before 60 days prior to the first day of the program, save for the Participant's deposit which is non-refundable in all circumstances. Other refunds will be made according to the table below. The Organisers are not responsible for any other costs which the Participant may incur or have incurred. Any exceptions to this schedule will be at the discretion of the Organisers.

Number of days the cancellation is received in writing by the Organisers prior to the program start date	BEFORE 60 days	60-41 days	40-21 days	20-15 days	14-0 days Including non-attendance, 'no shows' at our meeting point or leaving the program before its completion
Refund	100% of the course fee minus deposit	90% of the course fee minus deposit	60% of the course fee minus deposit	30% of the course fee minus deposit	0% of the course fee and deposit

12. The Participant will not hold the Organisers liable for damages, injuries, losses, accidents or delays, including wilful or negligent acts, failures to act or breaches of contract by any parties which supply goods or services for this event.

13. The Participant indemnifies the Organisers against loss or damage, including that resulting from insufficient or improperly issued passports, visas or other travel documents.

14. The Participant has been advised to take out suitable medical and travel insurance for their journey and this event, covering personal accident, medical expenses, losses, repatriation costs and all other expenses which might arise as a result of loss, damage, injury, delay or inconvenience. Group leaders must also ensure that they have adequate public liability insurance to cover themselves and their group in case of accidents or other misfortunes. The Organisers are not liable for such expenses.

15. The Participant - and his or her family – understand that the Amazon rainforest and this program represent travel of a unique nature and will hold the Organisers and its associates, representatives and employees blameless for any injury or ailment occurring during this program or afterwards. The onus is on the Participant to explain this program to others if need be and to ensure their agreement and understanding.

16. The Participant agrees to show respect for the environment he or she is in and to act with courtesy and dignity towards other group members and local and native people at The Hummingbird Retreat Center and during external activities. Should the Participant commit any illegal act or should his or her behaviour adversely affect other people's enjoyment of this event he or she may be asked to leave the Center and shall have no entitlement to complaint or refund and will bear any expenses as a result of this.

17. The Participant agrees to stay in the ayahuasca ceremonies until they are formally closed by the shaman. They will not return to their room or go to any other place during the ceremony. This is for their own safety and the well being of all participants. Should the Participant not follow this rule they may be asked to leave the Center and shall have no entitlement to complaint or refund and will bear any expenses as a result of this.

The Participant agrees that any photographs, videos, film or notes taken by the Organisers during this event in which the Participant may feature may be published by the Organisers and gives consent to this without consideration unless prior written agreements are entered into.

18. The Participant agrees to acknowledge The Hummingbird Ayahuasca Retreat Center and this program (including email and website addresses) in any production of his or her own which may result from his or her participation in this event, whether this is of a commercial or non-commercial nature. This may include but is not limited to books, articles, films, videos, CDs, tapes, DVDs and productions using on-line resources such as YouTube and Facebook which are intended or available for public broadcast or diffusion. Such acknowledgement must not, however, be presented as an endorsement by the Organisers of any materials produced by the Participant unless this is expressly agreed in writing.

19. The Participant acknowledges that the programs developed and promoted in this brochure, including their contents, name, activities and the materials and information they have received about them are the copyright, intellectual and trading property of The Hummingbird Retreat Center and/or Jim Davis and Tracie Thornberry and agrees not to use these materials or information for any purpose which is or may be construed as of a

competitive nature, whether commercial (profit-seeking) or non-commercial ('humanitarian' or not-for-profit) without the express permission of the Organisers given in writing.

20. The relationship between the Participant and the Organisers is governed by Peruvian law and in the unlikely event that a controversy arises which cannot be resolved between us both parties agree to the exclusive jurisdiction of the Peruvian Courts in Iquitos, Peru.

21. The Participant has read, understood and voluntarily signed this document and agrees that no representations, statements or inducements have been made by the Organisers for him/her to take part in this program or to sign this Agreement. By signing the Participant waives certain legal rights, including the right to sue.