

## **Finding the Right Facilitator**

### ***Guidance for Emerging Practitioners (Seekers)***

*With appreciation and reference to Conclave <<https://theconclave.info/>>  
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### ***Things to Consider When Selecting a Facilitator***

- Who are you going to be working directly with during the meditation?
- Who is recommending the Facilitator to you?
- Are they known and with a good reputation?
- Do they engage you from a place of apparent care, respect and discerning integrity?
- Are they open, transparent, sincere, attentive, capable of listening, relatable and trustable?
- What is their specific background in working with a particular sacrament? Are they knowledgeable and intimately familiar with their particular ceremony and sacrament?
- Do they have particular expertise, background, training (e.g., historical sacred plant work, clinical or therapeutic psychology training, relevant pastoral education), or are they working in an apprenticed tradition or lineage?
- Do they provide clear information about the meditation, including discussion of ethics, boundaries, navigation, preparation and integration, and is this sufficient for you to be informed about the practices you may consent to engage?
- Do they have any other background or skill set that aids them in their work, other healing modalities that they utilize?

These are just a few things that should be considered before choosing whether a particular Facilitator, ceremony or sacrament is right for you. Any Facilitator should be more than willing to answer any of these questions in open discussion with you before you choose to participate in a ceremony.

### ***Screening your Facilitator – What do I ask and look for?***

Be sure to ask the Facilitator's history and experience with the sacrament. Some have made the distinction between terms such as a sitter or "Provider" (one who simply provides medicine and holds space) and a guide or "Facilitator" (one who holds space and who may assist in shifting the energy with a participant). We find that it is important to ask what specific capabilities your Facilitator has and how they interface with the participants or "Practitioners" (you, engaging your self-healing practice) they serve.

- How long have you been doing your practice?
- How many individuals have you served or worked with?
- What style or approach do you offer (therapeutic, religious/spiritual, shamanic, mystical, etc.)?
- Is it a group circle or one-on-one session, inside or outside, etc.?
- Will you take small or large doses of sacrament with me (or the group) or not, what kind of dosage or dosages will you serve, how long will it last?
- What preparation, screening, safety and/or integration support do you offer?
- Do you have any mentoring guidance or resources for oversight in your practice? Who is this?

They should be able to answer these questions directly and clearly and/or provide materials that address these questions prior to your participation. Are you able to engage an open and transparent discussion, without tension and resistance from the prospective Facilitator? Make sure this all feels like a good fit for you, and that you are physically and mentally ready for the experience.

### ***What else does the Facilitator require for your participation (Diet? Dress? Boundaries?)***



Various Facilitators approach *Preparation, Practice* and *Integration* differently, so it is important to check in with them in advance. Facilitators can ask for varying degrees and forms of preparation.

Some Facilitators may ask you to engage substantial preparation before a journey. They may ask you to follow a course of meditation, diet, yoga or other preparation over several weeks or even months. Many Facilitators will suggest eating lightly or fasting for several hours before participation. Others suggest longer fasts, special diets or abstaining from specific foods, meat, alcohol, TV, media apps, sex and/or other drugs for 24 hours or longer beforehand. Depending on the sacred plants and practices, this may be for physical reasons (particularly with Ayahuasca and Iboga), and often it is for psychological, spiritual or culturally specific reasons.

Once you have established trust with your prospective Facilitator and understand their position regarding confidentiality, be prepared to openly and honestly discuss your mental/spiritual state and medications you are taking. If you don't trust your Facilitator sufficiently to openly share regarding these issues, best practices suggest taking more time to establish trust or find a trusted Facilitator. Issues around sexual boundaries should be discussed and you should feel well informed and safe in practice. If you are taking any psychiatric medication, working with Ayahuasca, Iboga or 5-meo-dmt, please check with your Facilitator about specific safety, dietary and/or cardiovascular information. Some medications and foods are contraindicated (not healthy to have in your system) for some plant work. Your Facilitator should be aware of this. Your Facilitator should be well informed about your health and about health restrictions associated with any of the practices he or she offers to facilitate.

For the specific practice, comfortable clothing that allows you to move freely may be recommended, as well as removing restrictive garments or jewelry that may become cumbersome. Practitioners may also be asked to consider refraining from using excessive make up, heavy perfumes, or essential oils in ceremony. There are no universal restrictions for work with most Sacred Plants - for example regarding things like alcohol, cannabis, menstruation (etc.) before or after a session. Feel free to ask questions as to why your (prospective) Facilitator feels any restriction, discipline or agreement is important. It is good to know and understand all expectations for preparation and practice, to feel comfortable with the practice and, once you are well informed and consenting, to follow your Facilitator's guidance. Finally, if you are feeling low energy, upset, sick, or distracted on the day of the meditation, it may not be the best time to engage the Facilitated experience, and you may wish to consider rescheduling.

Generally, the more well informed and prepared you are, the clearer and more prepared your body and mental energy are, the more aligned and able you will be to experience the positive potential that is opened for you by the sacred plant or entheogenic material. You should also be aware of resources from the Facilitator and/or from a reputable community group (like an integration circle or sacred plant church or community) for post-meditation integration support, to help you realize lasting and growing benefits from your meditation -- whether it was blissful or challenging.

*Overall, you should be unrushed, prepared, informed and consenting before you engage your Facilitated meditation.*

*Thank you for carefully seeking good Facilitation and for taking the time and effort to become well informed and prepared before engaging Facilitated meditation or journeywork!*

*May your intentions and efforts bring you health, happiness and thriving, for yourself, and for all of our relations.*