

DIETA GUIDELINES (ENGLISH)

NIWE RAO SHOBO offers the following guidelines for those of you who have come here to diet medicinal plants with DON PEDRO SINUIRI.

FOOD

A diet typically involves a period of fasting followed by a period of equal length during which you may eat one simple meal per day at noon. The food that you eat during your diet is to be “sin gusto” - without taste: no salt, no sugar and no oil. Green bananas and certain kinds of fish strictly specified by your master are the authentic traditional diet foods of the ancient masters. However, rice, quinoa and lentils are good modern substitutes / supplements.

It is recommended if possible to take your food in your personal casita (hut), but if you are eating in the communal kitchen, try to limit your interaction with other dieters to a minimum - diet is neither a social event nor group therapy! Respect the space and energy of others, and make sure that others respect your diet space too.

During fasts, you may drink the water of up to two coconuts a day if available, but do not eat the flesh. If you can get by on fewer coconuts (or even none at all!), all the better.

CONDUCT AND ACTIVITIES

Treat your diet - and especially periods of fasting - as a time of retreat and self-isolation.

Avoid unnecessary contact with anyone except your master, Don Pedro. You may talk to members of the family if you have any practical requests or questions. If anyone else comes to visit you in your casita, politely but firmly let them know you are not able or willing to talk.

Avoid leaving your casita except when necessary - for example, to go to the loo, bathe, or fetch water. You may occasionally go for a walk on the far side of the small ravine separating the dieting area from the family area, but do not leave Don Pedro's land. If you need supplies from the shop, ask a family member or facilitator to go for you. Always wear a wide-brimmed hat or full head covering if you have to leave your casita during heavy rain or hot sun.

Do not use commercial deodorants, soaps, shampoos or other products containing chemicals. The best advice is to bathe and brush your teeth with water alone (except for plant baths).

Spending long periods of time alone can be challenging to many people. Creative activities are a good use of your time and can help you connect you to the medicine. These include: drawing, singing, creative writing, playing music, sewing, carving, meditation and light 'conscious' exercise, such as gentle stretching, gentle forms of yoga, qi gong and tai chi. Do not engage in 'consuming' activities, such as reading, listening to music or watching videos, even if the content could be described as 'spiritual'.

FOR YOUR COMFORT AND SAFETY

Last but definitely not least, crossing your diet can have serious - even dangerous or fatal - consequences. To this point, during your diet, **DO NOT** under any circumstances:

- **engage in sex or sexual activity, including masturbation.** Wet or erotic dreams that are not of your conscious choosing (ie. not lucid) are completely natural and nothing to worry about.
- **take drugs, including marijuana and prescription medicines,** even if prescribed by your usual doctor. If you feel you cannot abide by these rules, it is absolutely imperative you discuss your circumstances with Don Pedro.

