



BASIC GUIDELINES

This document outlines the basic guidelines for the Bobinsana soft dieta and (optional) micro-dosing protocol within this program.

While the full group container spans **7 weeks**, the primary dietary and lifestyle guidelines apply to a **shorter protocol period** surrounding the Bobinsana dieta.

For participants who choose to include the optional micro-dosing practice with the Vine, the protocol generally spans **about four weeks**, including preparation, micro-dosing, the Bobinsana dieta itself, and the integration period afterward.

For those who choose **not** to micro-dose, the core guidelines apply primarily to the **Bobinsana dieta (approximately 7-10 days) and the integration period following it**, which is generally another **7-10 days**.

To work with these Amazonian plants in a soft dieta and micro-dosing container, there are a few important guidelines. These are not meant as rigid rules, but practices that help create a safe and clear space for the plants to work.

Some guidelines support **physical safety**, while others support **energetic clarity and sensitivity**, which allows you to perceive the teachings of the plants more easily.

The list below outlines the **core agreements for participation**.

1. Plant Medicines, Frog Medicines & Psychedelics

Other plant medicines, frog medicines, or psychedelics cannot be taken during this container. This includes substances such as cannabis, huachuma / San Pedro, peyote, psilocybin mushrooms, iboga, bufo (5-MeO-DMT), kambo, LSD, MDMA, ketamine, and similar medicines.

If you have recently worked with any of these medicines, please reach out before beginning the program so we can determine an appropriate integration period. Working with multiple medicines too close together can create physical contraindications and can also interfere with the depth of relationship that dieta requires.

Participants who serve medicines to others are asked not to serve during the Bobinsana dieta (7-10 days) and for several days afterward so the plant has clear space to work and you have time to integrate before serving again.

2. Diet & Stimulants

During the microdosing protocol and Bobinsana dieta you will follow a simple, clean diet based on traditional dieta guidelines adapted for everyday life. This generally includes avoiding alcohol, caffeine, fermented foods, spicy foods, strong herbal supplements, and heavily processed foods.

Meals during the dieta are simple and nourishing. Most people eat a combination of vegetables, grains, legumes, and seeds, with light use of oils and salt.

For those who need additional protein or grounding foods, small amounts of fish or bone broth may be included. This can be discussed before beginning the dieta.

These guidelines support both physical safety and the creation of a clear energetic and nervous system environment so the teachings of the plants can be perceived more clearly.

If you have dietary restrictions or special nutritional needs, please reach out so we can discuss how to best support you within the container.

3. Sexual Energy & Energetic Exchange

During the dieta and immediate integration period, sexual activity or exchange of sexual energy (whether with another person or alone) is paused.

Sexual energy is ideally paused for the full container of the work (four weeks). This helps maintain energetic coherence and allows the relationship with the plant spirit to deepen without interruption.

At minimum, sexual activity should be paused for the duration of the Bobinsana dieta (7-1010 days) and for at least 7-10 days following the close of the dieta. This creates a minimum container of approximately **14-20 days** where the energetic work of the plant can integrate without disruption.

Sexual energy is a powerful life force. During dieta it is redirected inward to support healing, learning, and deeper communication with the plant. Exchanging sexual energy outward during this time can disperse the subtle energy that the plant is working with.

This guideline is not about morality or restriction, but about honoring the sacred container of the dieta and giving the plant a clear space to work. Many participants find that pausing sexual exchange during this time allows them to deepen their relationship with their own life force and sexual energy. Rather than being dispersed outward, this energy becomes available to support healing, creativity, and a deeper connection with the plant and with themselves.

4. Lifestyle & Space During Dieta

While this is an at-home soft dieta designed to be integrated into everyday life, creating additional space and simplicity during the Bobinsana dieta will greatly support the process.

During the 10-day dieta period, it is recommended to minimize travel, social engagements, and highly stimulating environments when possible. Many participants notice increased sensitivity during this time, and reducing external noise allows the relationship with the plant to deepen.

Spending time in nature, maintaining simple daily rituals, journaling, gentle movement, meditation, or quiet reflection can all support the process.

Family responsibilities and normal work-life activities are of course understood, but creating intentional moments of quiet and personal space during the dieta will allow the medicine to work more clearly.

This process is not about withdrawing from life, but about creating enough spaciousness to listen more deeply.

Additional considerations during the dieta:

- If possible, avoid scheduling vaccinations or boosters in the 1-2 weeks before the dieta and for about 2-4 weeks afterward, so your immune system is not processing multiple inputs at the same time.
- During the active Bobinsana dieta and for about a week afterward, avoid intense heat or detox practices such as sweat lodges, temescal, sauna, or strong detox baths (such as epsom salt baths), as these can interfere with the energetic settling of the plant.

If you have questions about any of these guidelines, please reach out.

Thank you!