

AYA Women's Ceremony Questionnaire

Greetings! We'd like to get to know you a bit better before ceremony. These questions are meant to help you strengthen your own intentions and purpose for ceremony while they help us get a feel for your energy so we know how to better support you. Please **take your time** in answering them, and do so with your **heart**. You may type these into an email to us. ***Please do not handwrite and scan your answers*** Thank you! Love and Blessings!

Name:

Email:

Phone:

Date of Ceremony(s):

Location of Upcoming Ceremony (*ex: Colorado, or Bay Area, etc*):

1. What are your spiritual interests in taking part in ceremony, including, for example, your intentions for healing or personal growth?

2. What's drawn you to the medicina?

3. Do you have any previous experience with plant medicines, or shamanic journeying?
If so please describe your experience and plant medicines used.

4. Briefly describe your current health and spiritual practice.

5. Do you meditate? Do you follow a formal meditation practice?

6. What do you feel you need to work on most for this experience, what is the highest priority for you in terms of your own transformation or healing?

7. Please give a summary of your medical history, including any supplementation, medications you have been on, and any past episodes of depression, mental disorders or psychiatric care.

8. Do you have any artistic or musical expressions that you could bring to the experience? Following the ceremony we're open to people taking out their own instruments to play.

9. Have you taken anti-depressants in the last 6 months? Yes No
If yes, Please list which ones and the date you last took them.

10. What is your weekly alcohol consumption?

11. Are you a smoker? Yes No

12. What are your dietary habits?

I eat everything.

I am a pescatarian (Fish and Vegetables)

I am vegetarian or vegan

I am a follow a special diet (ex. gluten free or paleo)

13. I have received the preparation guidelines, and agree to follow the dieta to prepare my body, mind and soul for this experience. ____ YES ____ NO (*please let us know if you need us to resend them to you, Thanks!*)

14. If you were referred by someone, please let us know who referred you. Otherwise, how did you hear about us?

15. Do you know anybody attending the same ceremony as you? Who?

16. Would you like to carpool to ceremony? Could you offer a ride to someone? Do you need a ride?

17a. Which best describes your interest in this women's only ceremony?

____ I just want to have a healing experience, the gender in the group is unimportant to me.

____ I have a place in my heart for women supporting women in the healing process.

____ I am only interested in participating with other women. (Please let us know why below).

17b. Any additional comments about your interest in a Women's Only Ceremony would be helpful in planning future women's events:

18. There will be 2 women facilitators for this ceremony. How would you feel if we also invited one man to co-facilitate who has reverence for the feminine?

19. Any other information you would like to convey that we may not have asked?

**** Thank you for your time ****

**** Please email your answers to: ceremony@aya.guide ****

****Please *do not* hand-write and scan****

****Love and Blessings!!****