



A WORKBOOK FOR PRAYER, INTENTION & CEREMONY

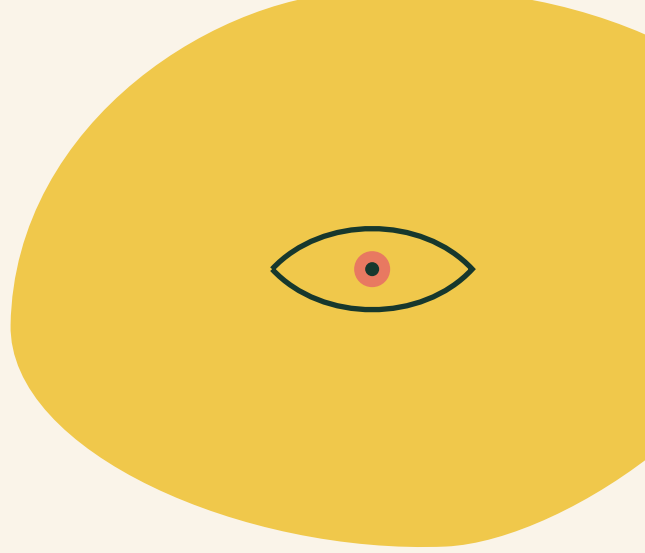
THE FIVE-POINTED PRAYER

Preparation for an Ayahuasca and Plant Medicine Journey



AYAHUASCA INTEGRATION ALLIANCE

Written by David Vox



ENTERING THE PRAYER

Prayer begins where certainty ends

Sometimes we know what hurts, what must change, or what we long for, yet we still do not know how to move from understanding into transformation.

The Five-Pointed Prayer gives that not-knowing a shape. Each point of the star holds one movement: gratitude, release, reclaiming, receiving, and remembering.

Prayer is the bridge from “I don’t know how” into relationship with the Divine. It allows us to place the how in the hands of something greater, while remaining responsible for what we do with what is shown.

Move slowly. Write what feels true, not what sounds beautiful. Notice resistance, tenderness, fear, relief, or recognition in your body.

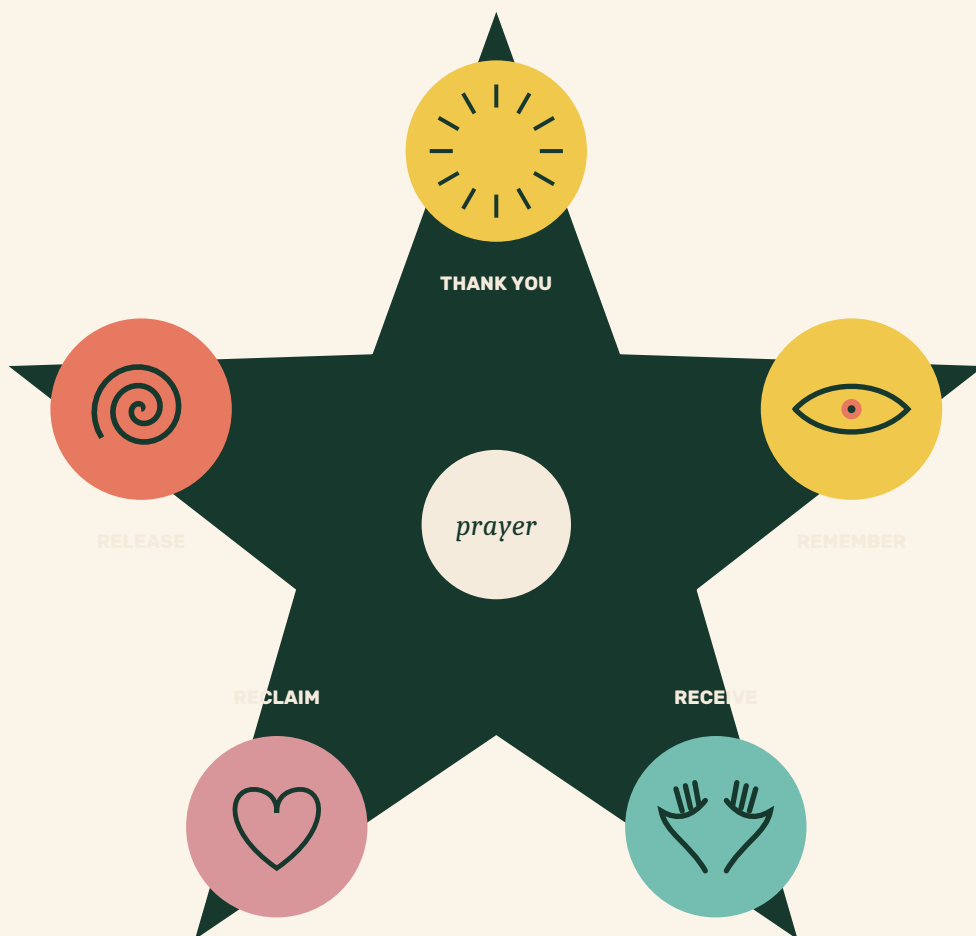
*Three honest things
at each point are enough.*



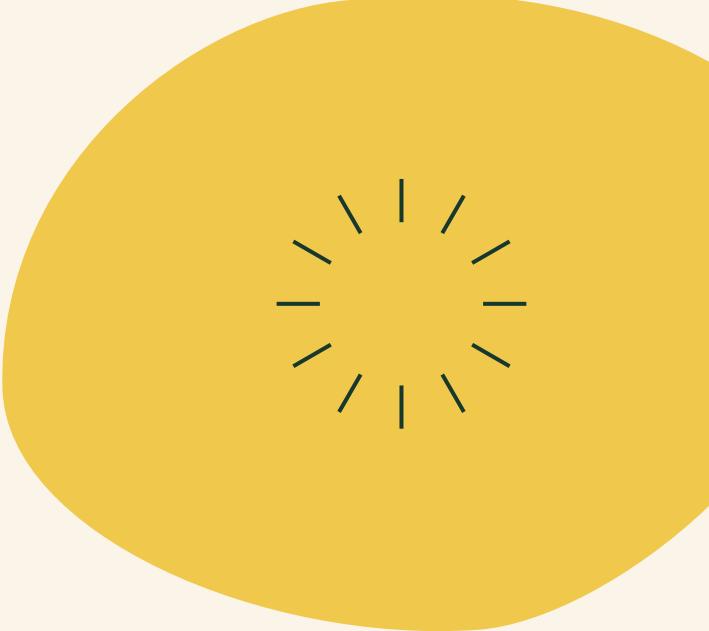
THE SHAPE OF THE PRAYER

Five points. Five movements.

Each point holds one simple movement of prayer.



Three honest things at each point are enough.



POINT 1 OF FIVE

Thank you...

Begin with gratitude. Name what feels alive, sacred, supportive, or quietly good in your life.

Your path, your health, a friend, your community, the earth, a moment of grace.

WRITE THREE THINGS

1

2

3



POINT 2 OF FIVE

Please help me release...

Name what has become too heavy to continue carrying.

Fear, grief, shame, control, resentment, an old identity, a belief, a survival pattern.

WRITE THREE THINGS

1

2

3



POINT 3 OF FIVE

Please help me reclaim...

Name what belongs to you that you have hidden, abandoned, forgotten, or given away.

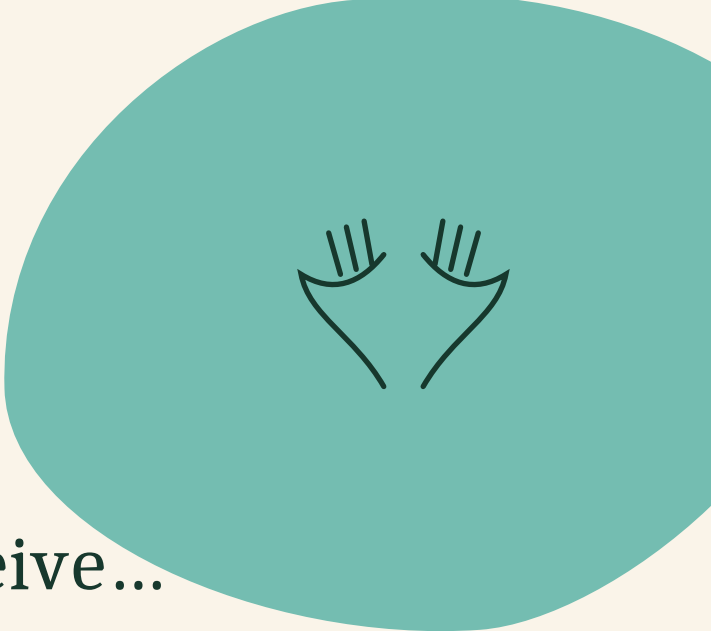
Your voice, boundaries, creativity, tenderness, power, trust, dignity, ability to love.

WRITE THREE THINGS

1

2

3



POINT 4 OF FIVE

Please help me receive...

Name what you are willing to allow into your life.

Love, support, abundance, rest, intimacy, friendship, pleasure, guidance, safety, care.

WRITE THREE THINGS

1

2

3



POINT 5 OF FIVE

Please help me remember...

Name the truths you sense beneath fear, conditioning, and the ways you learned to survive.

Who you are, what your body knows, what Spirit or life has been trying to remind you of.

WRITE THREE THINGS

1

2

3



YOUR FIVE-POINTED PRAYER

Bring the five together

Use the three things you discovered at each point.



Thank you for...

- _____
- _____
- _____



Please help me receive...

- _____
- _____
- _____



Please help me release...

- _____
- _____
- _____



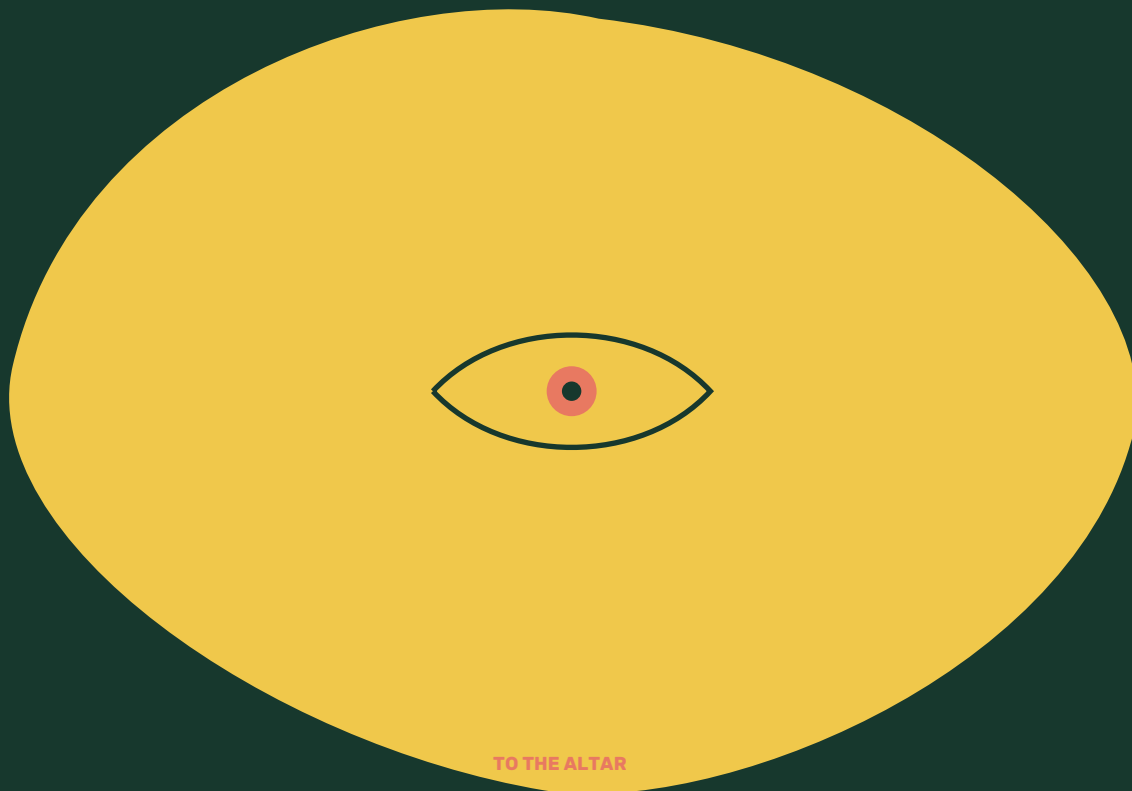
Please help me remember...

- _____
- _____
- _____



Please help me reclaim...

- _____
- _____
- _____



Read your prayer slowly

When you have completed all five parts, read your prayer back to yourself slowly.

Notice which words feel alive.

Notice which sentences frighten you.

Notice where you want to change what you have written because part of you feels uncomfortable with what it is asking for.

Do not immediately correct that discomfort.
Listen to it.

Write your prayer down and bring it with you to the ceremony. You may place it on the altar as an expression of your intention, your humility, and your willingness to enter into relationship with the medicine and the Divine.

