

## MASTER PLANTS HEALING RETREAT

BEAUTIFUL MADRE VERDE, RUTA DE LOS CENOTES. MEXICO

## INTRODUCTION

Integrating ancestral wisdom from the Amazon jungle and spiritual practice.

A life changing and a profound healing experience.

We use different spiritual techniques that will allow you to access to amazing states of expansion of consciousness, these states will help you to explore the depths of your being and will give you the possibility to see beyond the limits of ordinary state of consciousness. The Ancestral Plants Medicine facilitates the connection with the deep intelligence of your body, with the self-regulation ability of your own organism, and can offer you a deep detoxification experience of body, mind, and spirit. An experience with these sacred plants can help you to see your life more clearly, help you to overcome existential conflicts and heal traumas from the past. In addition, the experience in our retreat together with an adequate process of interpretation and integration of the experience, can help you to live life more fully and see more clearly your path of self-realization. Remember, your mind is the center of Divine Intelligence, and you are ready to receive your good.

Abuelita ceremonies are now well known for unlocking the power to play an active role in the healing process and the root of that power is consciousness. New developments in epigenetic research have also concluded that all genetic expression is determined by internal environments, namely our beliefs about, perceptions of, and reactions to our life experience. Now, perhaps more than ever before, modern culture realizes how profoundly influential consciousness is on every aspect of our lives. Thankfully, certain scientists have dared to explore methodologies that can enhance our consciousness and achieve higher states of health and happiness in mind, body, and spirit. The Abuelita ceremony will feature some of these methodologies integrated into the ancestral Shipibo tradition of Grandmother Aya and plant spirit healing.

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## PROGRAM

### THURSDAY

Welcome at 12am (last meal allowed is at 11:00 am)

Check-in at 12:00pm - room assignment.

2:30 PM - Dr. Hamer's 5 Biological Laws Introduction.

4:00 PM - Sacred Tobacco Ceremony (Tobacco Purge)

Integration

Dinner

### FRIDAY

8:00 AM – Breakfast

\*Personalized talks (based on your own biology to find personal conflicts according to Dr. Hamer's New Germanic Medicine)

2:00 PM - Lunch

\*Personalized talks (based on your own biology to find personal conflicts according to Dr. Hamer's New Germanic Medicine)

Resting time

Plants showering

5:30PM - Grandmother Aya Ceremony

*\*Dr. Hamer's discoveries show, however, that nothing in nature is "sick," but always has biological significance. According to the Five Biological Laws, diseases are not malignancies, as conventional medicine claims, but are ancient "Special Biological Programs of Nature" created for our survival. The Five Biological Laws are in perfect harmony with spiritual laws.*

*For this truth, in Spanish they call the New Germanic Medicine "The Sacred Medicine"*



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## SATURDAY

8:00 AM - Integration after Ceremony

Group Photo

Eye drops of holy Sananga (optional)

11:00 AM Breakfast

Cenote visit

3:00 PM Lunch

7:00 PM - Sound Healing

Dinner

## SUNDAY

8:30 AM - Grandmother Aya Ceremony

Integration after Ceremony

Group Photo

6:00 PM - Dinner

## MONDAY

8:30 AM - Breakfast

11:00 AM - Retreat Closing

Group Photo



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## TOBACCO PURGE INFORMATION

Tobacco is a powerful, wise plant, recognized by cultures all over the world for its strong spirit. In the Amazon it is known as the King Plant, and is used by many healers for its cleansing, protective and restructuring properties.

The tobacco purge is a cleansing ceremony. Tobacco leaves are prepared as a tea, which the participant will drink, causing them to vomit, or possibly go to the bathroom. It is not a psychedelic experience, though some folks with heightened sensitivity may experience subtle visions or feel the presence of the spirit of the plant.

The cleansing, or "purge" is not only a physical one, but Tobacco also works on many levels of our being; energetic - mental – spiritual emotional - physical.

As we physically purge, the wisdom of this plant is scanning through all our energetic bodies, searching for toxicity and incongruence.

When we release, many energies are also released through this physical purge. For this reason, this kind of ceremony is especially effective for people with addictions (to substances, mental tendencies etc.) as it cleanses us out on every level, while simultaneously restructuring parts of our body and energetic field that have been damaged through destructive behaviors.

It is also effective for releasing emotional pain that we may be hanging onto consciously or subconsciously.

Tobacco also has a strong protective quality. In this way, it helps to free us from these energies, surrounding us with a protective energy, helping to keep at bay old patterns and behaviors.

Together with our own dedication to improvement, the tobacco purge serves as a powerful tool to liberate, strengthen, and heal us. It is recommended for anyone who feels that this experience would serve them.



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## GRANDMOTHER AYA CEREMONY INFORMATION

Welcome brothers and sisters! We are delighted that you are feeling the call to share this prayer for life and journey within the universe that resides within each one of us.

As we communicate with the earth's master spirits through these ceremonies, it is crucial that we arrive with our energy as clean as possible. For this, we follow a special (energetic and physical) diet before participating in the ceremony. With this diet, we aim to purify our emotional, mental, physical, and energetic bodies.

The diet should be followed for two weeks before the ceremony or at least 5 days before the ceremony. The longer you can maintain this diet and prepare, the better.

Here is the breakdown:

### 1. \*\*Set an Intention:

The most important aspect of attending the ceremony is to have a clear intention that emanates from your heart. Why do you want to have this experience? What do you want to learn, heal, or discover? Take time to connect with these themes and keep them present in your mind.

### 2. \*\*Energetic Care:

It's essential to take care of the energies surrounding you before the ceremony. It's best to maintain a peaceful vibration as much as possible. Stay away from destructive or conflicting influences, negative/violent movies or shows, etc., and anything that contaminates your thoughts. During the diet, try to take a moment each day (5-15 min) to be alone, breathe deeply, and feel your body. This is a good time to recall your intention. Remember that during the ceremony, you will connect with the divinity within you. Seize this moment to pamper yourself!

This way, your process during the ceremony won't be affected by any intrusive energy, and you can connect with the medicine much more clearly and beneficially.

### 3. \*\*Diet:

During the diet, it's crucial to be mindful of what you put into your body. Completely avoid the following: red meats, dairy products, seafood, alcohol, marijuana, caffeine, processed/junk food, fried foods, sugary foods, highly spiced foods, and sodas. Consume plenty of vegetables, fruits, seeds and nuts, grains (rice, corn, quinoa, etc.), and drink lots of water and herbal teas. Consuming some fish or chicken (organic) is acceptable, but it's better to be vegan for at least 3 days before the ceremony.

### \*\*Regarding Santa Maria intake:

We acknowledge that marijuana is a healing plant with many benefits and healing properties. However, it's important to abstain from it.

Santa Maria (cannabis) energetically doesn't blend well with the medicine.

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## GRANDMOTHER AYA CEREMONY INFORMATION

When used frequently, marijuana can cloud our psychic channel (which is why we often forget our dreams with frequent use).

The medicine works in the opposite way, clearing our psychic channel and connecting us to the divinity of all creation. If marijuana is consumed in the vicinity of the ceremony, it's much more challenging for the medicine to enter, and it may require a lot of cleansing (purging) on your part.

On the day of the ceremony, you can have breakfast and lunch, 4 hours before. Eat non-acidic fruits if you feel hungry and drink plenty of water to stay hydrated. It's important not to feel weak during the ceremony due to not eating.

#### 4. \*\*Sex:

During the diet days, sexual activity is also avoided. This is crucial. When we engage in sexual activity with someone, we open and share our essence and energy with that person. When we are in the ceremony, we work a lot with our energy, and we don't want someone else's energy to occupy space within us.

When we connect sexually, we open ourselves to certain energies or karmas held by the other person, which can divert us from our own personal experience and confuse us. The ceremony is a sacred moment and should be treated as such. Honoring the medicine and the process in this way has a positive impact on your experience. One or two days after the ceremony is okay to resume sexual activity.

There are certain conditions and/or medications that are not safe to mix with the medicine. If you fall under any of the following situations, it's not safe to consume the medicine. Please contact us directly to discuss other options.

- Medications with SSRIs, MAOIs, or antidepressants.
- Recent surgeries
- Medications for heart and blood pressure
- Epilepsy
- Psychiatric imbalance
- Women in their first trimester of pregnancy

\* If you have any illness or take any medication not listed here, consult with us directly before participating.

#### \*\*What to bring to the ceremony:

- Blanket, pillow,
- Water bottle to carry with you throughout the night
- Tissues or toilet paper to carry with you

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### GRANDMOTHER AYA CEREMONY INFORMATION

**\*\*After the ceremony: \*\***

It's essential to note that the ceremony doesn't begin or end on the day of taking the medicine.

The ceremony starts the moment you make the intention to participate, and the process energetically closes around 3 days after taking the medicine.



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RUTA DE LOS CENOTES KM 20, QUINTANA ROO, MEXICO

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### WHAT INCLUDES:

4 Nights shared accommodations.

Includes all vegetarian foods, snacks and natural drinks.

Medicine (Abuelita Aya, Abuelito Tabaco, Mapacho, Rape, Sananga)

Ceremony (Please bring super comfortable cotton outfits)

All activities

### Registration procedure:

*Questionnaire must be filled out and dully signed.*

*Please send to:*

[delatierraatucorazon@hotmail.com](mailto:delatierraatucorazon@hotmail.com)

*Due to limited seats, we will encourage you to fill out the registration questionnaire as soon as you have clear in which retreat you want to participate.*

**You must wait an email confirming your participation before you proceed with the payment of 50% to save your spot.**

**Retreat Price: \$1,375 US**

### Bank account Details:

BENEFICIARY: MARIA DEL MILAGRO BOETTO

ACCOUNT NR. 60550915459

CLABE: 014691605509154590

SWIFT CODE: BMSXMXMMXXX

BENEFICIARY BANK: BANCO SANTANDER MEXICO S.A.

DEPOSIT ACCOUNT: YOU CAN USE BOTH (ACCOUNT WITH 11 OR 18 DIGITS)



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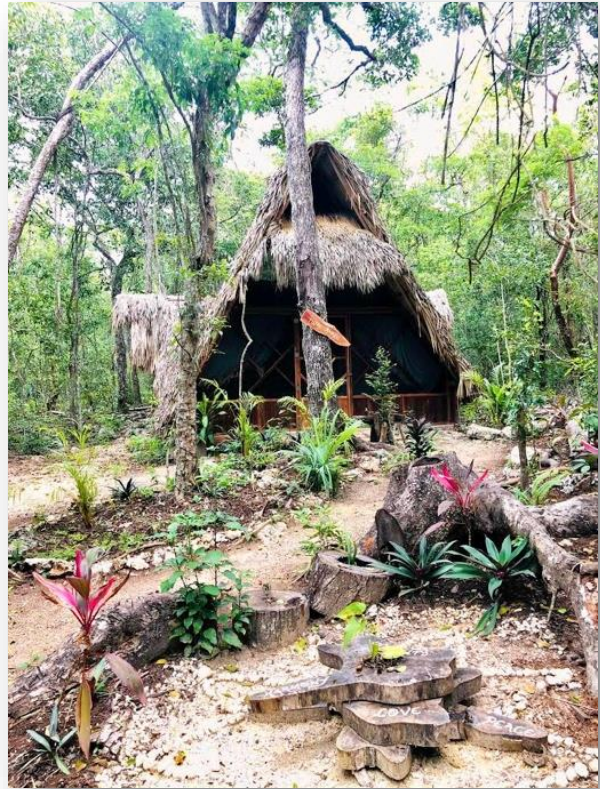
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