

Hummingbird medicine

RETREAT



NOVEMBER
3-11, 2023

IN THE MOUNTAINS OF
COCORNÁ, COLOMBIA



INCLUDES A 3 DAYS CLEANSING
PROCESS TO RECONNECT WITH THE
POWER OF CREATION, GUIDED BY THE
TEACHER MAMO FRANCISCO FROM THE
SIERRA NEVADA WIWA COMMUNITY

THE MEDICINES

MAMBEADERO KAMBO
PAGAMENTOS YOPO
AYAHUASCA YOGA
SWEATHLODGE CACAO
CONSCIOUS MOVEMENT

IN COLLABORATION WITH



MAMO FRANCISCO

Ancestral wisdom of the Wiwa community of the Sierra Nevada de Santa Marta. Traditional midwife and bioconstructor. Guardian together with his family of the Zakuye community house of thought in Cocorna, Antioquia.

These are some examples of what mamo could support you with

- Helping in the process of diseases
- Depressions
- Life questions
- Traumas
- Partner work
- Past relationships cleanings
- Adopted
- Opening your path and vision
- Transformation processes of all forms

He is using ancestral tools, techniques and knowledge from the origin to see and clean the root where blockages in life come from. This can be from the time you were conceived, the pregnancy of your parents, ancestral patterns and beliefs, traumas, clean line of old partners relationships, if you are adopted or where born in another place in the world to (re)connect to your ancestors or helping to root more deep. He helps a lot (becoming) parents on the way to harmonize & balancing relationships.

Actually his knowledge and capacity is so big and his seeing is so wide, that this words above do not cover or describe enough the work he does.

THE MEDICINES

MAMBEADERO

In this talking circle around the fire it's the practice to listen to the other from a state of objectiveness.

Accompanied by ambil (tobacco honey), to connect you with the spirit to channel the words of your internal wisdom, and mambe (Coca leaves powder) to connect with your feminine and sweeten your words.

KAMBO

To deepen the cleaning of body mind and spirit, we work with the Water Medicine of the Jungle that is Kambo.

The venom of this Amazon frog serves to clean "the panema", the aura of negativity that we generate through stress and the burden of toxins.

AYAHUASCA

On a psychological level, yage allows us to unlock traumatic information that is stored in the unconscious. The symbolic and ritual environment generates a process and an environment of containment to produce these processes of catharsis and later of insight (realize) in a safe and therapeutic way. This is called "the pint", or the visionary effect of yage through the opening of the unconscious to consciousness.

YOPO AND CAPI

Yopo is a psychoactive and entheogenic drug containing 5-MeO-DMT.

Obtained from the seeds of the *Anadenanthera peregrina* tree native to South America.

It will allow you to see beyond the narrow perception of the ego, which is blinded by our personal and family history, and become aware of what is unconsciously stored in the body, from a state of acceptance and wisdom.

THE MEDICINES

CONSCIOUS MOVEMENT

Conscious movement is the implementation of the movement outside of an instrumental purpose. It questions the subject in his constitution, his history, and requests the memory of the body. When applied in interaction with other people or other elements like nature, it also supports bonding and integration.

CACAO

Cacao is the medicine of the heart, opening, expanding in a sweet and soft way. *We are love* and the cacaomedicine remembers us this universal truth.

The indigenous from Colombia explain us that the Mother Earth has a body; like us. Every part of her has her own function. Her heartenergy is located in Colombia, and is awakening in all levels. This organic raw cacao is cultivated by indigenous women of the Sierra Nevada, that find their way to sustain their families in this way and also they fully know the power of the cacao.

TEMAZCAL

The temazcal, also called sweat lodge, symbolizes the womb of our Mother Earth.

It is a ceremony to purify the nature within us.

It offers a great opportunity to let go of what doesn't serve you and manifest what you want in your life. Through the elements you connect with your intent.

THE MOUNTAIN



RESERVE YOUR SPOT!

Exchange	
Earlybird special! before 01/08	€1200
after 01/08	€1350

You reserve your spot with a deposit of 50%*

There is limited spaces available!

Whatsapp:
+57 312 6802662

E-mail:

goldenwaterscommunity@gmail.com

Exchange includes:

- Traditional cleaning work with the ade Francisco
- Mambeadero ceremonies
- Kambo ceremony
- Temazcal ceremony
- Yopo ceremony
- Ayahuasca ceremony
- Yoga and conscious movement sessions
- Acomodation and food for 9 days in Azulita House and Fuente Alegre.

**In case of cancelation your deposit will be saved for a next occasion.*