



WILLKA T'IKA
ESSENTIAL WELLNESS

San Pedro Ceremony at Willka T'ika:

- minimum of 2 people and a maximum of 15 people;
- All participants must be registered guests staying at Willka T'ika;
- Participants should have at least a day at Willka T'ika to prepare for the ceremony and a day afterwards to integrate. Flights should not be booked the morning after a ceremony;
- Medical questionnaire and waiver must be completed before the ceremony.

Inclusions in \$180/person fee:

- brief intro meeting with Shaman prior to the ceremony;
- full day ceremony led by shaman and usually one assistant;
- special foods served during the day (fruits, teas, sometimes cacao);
- set up of 1 of our ceremony rooms with mats, indoor blankets, heaters, cups, buckets, etc.;
- if requested a private dining room can be made available after the ceremony;
- if needed an integration meeting with shaman after the ceremony, the next day or via telephone.

San Pedro (also named *Wachuma*) is a cactus that has been used as a sacred plant medicine for at least 3,000 years here in the Andes of Peru. It is a medicine that can be used to help us perceive our self-created barriers and limitations, and greatly aids us in opening and connecting with our hearts.

Each ceremony is a reunion with ourselves, Mother Nature and the Divine. It is a medicinal mirror that can help us see where we hold onto self-limiting beliefs and patterns in our lives, gently guiding us toward releasing that which no longer serves us.

San Pedro is often underestimated as a powerful plant medicine, due to its gentleness. However, we have found San Pedro to be incredibly powerful and profound. In our opinion and based on our experience, there are few limits if any to its capacity to help us heal.

We prepare our own medicine with sustainably harvested whole San Pedro cactus from the Huaraz district in Peru, with care, love and gratitude. We also replant all our cactus bases, helping to grow the plant population.

The ceremony begins in the morning between 8.30am and 9.00am. After gathering and a brief talk, the medicine is then served to each participant, whereafter the ceremony begins.

After the opening ritual, each guest is free to find their own space to start honoring their process. We ask that all guests refrain from engaging with one another throughout the entirety of the day up until the closing of the ceremony as to respect and give space to each participant's process.

Our main intention is for each person to be present to that within themselves that needs attention and expression. It is thus also very important to leave all electronic devices off in your room for the day.

Please have with you the following for ceremony:

- A hat or cap and some sunscreen.
- Layers of clothing, in case it gets cold, or hot.
- A Water bottle.
- A pen and a journal for the afternoon if needed.

Intention:

It is beneficial to have a defined intention for a shamanic ceremony. This is what you are aiming towards in the ceremony as well as in the time around or after ceremony. It is not the same as an expectation – as it is better not to have any expectations at all. The intention helps to remind you why you are here and it focuses your attention towards a particular end. In our experience, it is good to have a positive intention statement rather than a negative one. This means that it is something you want to move towards, not away from (an example would be to live healthy, rather than stop eating unhealthy or stop smoking). It can also be more general, and not specific to a topic if you have nothing specific at the moment. We will most likely discuss this with you before ceremony starts, or shortly thereafter. There is no wrong reason to drink medicine, in our opinion.

Diet and preparation:

For a good connection with San Pedro, some preparation can have a very beneficial effect. We recommend as clean a diet as possible for the three days leading up to ceremony if only one ceremony is being done. If you are coming for multiple ceremonies, please prepare for 5 days before the first ceremony. Fresh, healthy food and plenty of water is important, as well as the avoidance of pork, excessive sweets, desserts and fat, alcohol, caffeine and recreational drugs (including marijuana). Also, please abstain from any sexual activity for the day before, during and after the ceremony.

On the morning of ceremony, please fast from any food intake, but please do have as much as you need of herbal infusions or water. It is good to start the day well hydrated.

The diet has big impact on the ceremonial experience. This is why we recommend it. If it's not entirely possible, as a result of traveling, flights, etc. please do not stress too much about it, just eat as well as you can.

Most prescription drugs and supplements do not interact with the medicine, but we recommend abstaining from them for the day of ceremony. The only exception to this is if taking hormone replacement medication, which if used, may be taken around lunch on the ceremony day if normally taken in the morning.

Mental preparation is also important and for us the most important aspect of this is to show up for the day with willingness. This is willingness to engage fully with yourself, and the

plant, whatever might occur or happen, without expectation. This mind-set helps us to really receive whatever it is that San Pedro has in store for us!

Important notice:

Take note that participating in a ceremony or sequence of ceremonies can be dangerous and includes certain risks. Therefore, please advise us if you are currently on any medication or have any known physical or mental ailments or illnesses as soon as possible.

Testimonials from Willka T'ika Guests:

"Our San Pedro Medicine Ceremony was an amazing experience. Each of us had an individual, personal experience that was meaningful. It was gentle and spiritual in the beautiful Willka T'ika setting. Our shaman was caring, gentle and attentive to our experience in a knowledgeable and spiritual way. I was very happy to have experienced it." Group Leader

"As someone who is new to plant medicine, I was pleasantly surprised with my San Pedro experience at the Willka T'ika Retreat gardens. It was profoundly emotionally healing and brought back childhood memories that I had suppressed for decades. Our Shamanic Practitioner and the beautiful gardens provided the perfect space to process my experiences." - Group Participant, Urban Yoga