



paititi INSTITUTE



Embodying True Nature Consciousness Transformation Retreat

We invite you to join us on a journey of self discovery into the infinite human potential as together we peel back the layers of our individual and collective conditioning in order to know and trust our true nature. In this process we will immerse into the magnificent realm of Mother Nature through the native indigenous initiation rites and sacred healing ceremonies while establishing intercultural bridges of seeing the emergence of awakened consciousness in all beings everywhere. Our purpose is to create a space where all participants, including ourselves, can discover and implement ways for a life of greatest purpose and deepest meaning.

Ancestral cultures are powerful reminders of human capacity to transcend personal expectations and limitations. The ego in that way is made to step beyond its comfort zone and the illusory sense of control, often with great unease. The spiritual practice is specifically designed by the ancestors to transform the ego from a capricious master to a humble servant of the inherent true nature in all of us. Instead of distorting the natural quality of the human organism to individual quirks of likes and dislikes, the ego is humbled enough to begin expressing the inherent universal qualities of our organism and begins serving the divine intelligence that has created that very organism.

This retreat brings about a profound consciousness transformation and involves a serious self-realization process. The process includes physical, mental, spiritual and emotional detoxification. The participants should be willing and able to face without compromise, personal inhibitions, repressed emotions, fears, habitual patterns and other obscurations of consciousness that often accumulate in the human sub-consciousness for many years because of the conditioning of modern society.

In the wilderness of the Amazon we immerse into the intuitive universal structure of the nature of existence through the inner, direct and non-conceptual experience mirrored by indigenous ancestral wisdom.

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In the following pages we will cover many FAQs and important info regarding preparation. Please take the time to read through all the information carefully.

Tools

Transformation is facilitated by medicine men and women as well as healers and guides who serve as intercultural bridges of the timeless planetary wisdom of humanity. All practices will be relating to the process of unraveling the infinite potential of innate enlightened essence while healing our whole existence for the benefit of all beings.

Indigenous sacred ceremonies of Ayahuasca and San Pedro for unraveling the divine intelligence of nature in one's being, healing and spiritual insight will take place every few days. The schedule will depend on the individual process of each participant. The days around the ceremonies will be dedicated towards creating a deeper understanding of Mother Nature's language with the help of different modalities such as:

- **Remembering foundation* (release of personal history)** – an energetic remembering, dissolution of subconscious limitation and letting go of emotional tensions held in one's past.
- **Transformational breathwork foundation*** – Amazonian tribal activation of cellular memory and a Tibetan modality based on the Heart drops of Dharmakaya practices that brings about a deep cathartic release of deeply seated emotional obscurations.
- **Individual and collective Transpersonal dreamwork foundation*** – working with the Ashuar tribal and Jungian approach towards recognizing the universal, associative and symbolic communication of human sub-consciousness relating to spiritual evolution of one's being.
- **Symptomatic dance foundation*** – Communication with the symptomatic language of the organism for the recognition and resolution of the dis-ease origin.
- **Sacred geometry foundation*** – Allows us to deepen our archetypal relationship with Nature and the universal flow of energy.
- **Individual plant medicine diets** – The participants will be given specific medicinal plants that help to cultivate essential natural qualities.
- **Sharing circles** – relating to the universal process of consciousness transformation expressing itself uniquely through each participant.
- **Qigong, Yoga, eastern meditation practices** – activating deeper vitality and a realignment of energetic channels of the organism.
- **Traditional Chinese Medicine** – complementary support for the deeper realignment of energetic meridians and healing on all levels.
- **Permaculture introduction** – Balancing inner and outer landscapes by connecting to nature through meditative gardening and introduction to Permaculture principles.
- **Processing, reflecting and integrating** – getting to know one's self through the process of transformation in solitary meditation hut.

The development of the retreat is specifically intended for the participants to face and challenge themselves in the most direct and harmonious way as observed in many ancient cultures and indigenous spiritual traditions around the world. This approach helps to become a human being in a human body while recognizing and letting go of stale concepts, habitual patterns, repressed emotions, inhibitions, fears, traumas and all other energetic limitations on the way to becoming a totally free luminous being overflowing with universal love and compassion.

The primary facilitator of this retreat will be Roman Hanis with support from Cynthia Robinson.

Preparing Yourself

The retreat is a serious process that is potentially deeply life changing and profoundly transforming and awakening on many levels. In order to get the most benefit from the retreat it is essential to prepare for it beforehand in terms of intention setting and beginning to develop a practice of presence and the ability to work with different life afflictions as well as disturbing emotions without being dominated by these phenomena.

Some examples of practices that can be very supportive and helpful to prepare beforehand include mindfulness, Vipassana meditation, non-violent communication, Native American sweat lodges and tipi ceremonies, Tibetan Vajrayana introduction, pranayama breathwork, Qigong as well as deeper immersion in a natural setting. Hikes and walks in parks as well as other practice that can help in terms of greater grounding, inner harmony and well-being, emotional stability, openness, receptivity and activation of creative potential are beneficial. With greater degree of presence and self-realization and a more developed intention of further growth and awakening the Embodying True Nature retreat will prove to be more profound and skillful, amplifying the connection with the inherent true nature in all of us that is beaconing the infinite luminous potential for the benefit of all beings.

Indigenous Ceremony Overview

As an integral part of the transformation process participants will partake in ancient Amazonian indigenous ceremonies of Ayahuasca and Andean culture of San Pedro and Coca. Transformation is facilitated by Amazonian medicine men as well as healers and guides who serve as intercultural bridges of the timeless planetary wisdom of humanity.

This healing tradition is considered to be an uninterrupted live transmission lineage going back to times immemorial carrying illuminated reminders from the period of humanity when the ancestors were fully immersed in the primordial enlightened essence of humanity's true nature. Plants are teachers and the spirit of these plants can support us in connecting to deep subtle energies of our body and the interwoven reality surrounding us.

The ceremonies associated with many sacred plants have been known to reconnect people with Mother Nature, heal from ailments and clear confusions, doubts and obscurations of consciousness. We encourage our patients to connect with Nature inside out and this is a very beneficial way to tap into the source of life in the universe as we know it.

We caution people against reading too much online about these practices as we have found there is a lot of misunderstanding and misuse of these traditions. For more background on the sacred shamanic traditions of Peru we ask that you download and watch a lecture given by Roman Hanis titled "Knowledge of the Amazon" at the following link in addition we encourage all participants to view the documentary "The Sacred Science" which was filmed at the Paititi Institute.

LECTURE: <http://www.youtube.com/watch?v=UgkdjM2fIYQ>

DOCUMENTARY: www.thesacredscience.com

Recommended Reading

The following books will support your process in the transformation retreat and we recommend reading as much as possible **prior to your arrival** - during the retreat it is advised not to have any reading material for a full immersion experience.

- All book by Carlos Castaneda - start with book one and read them in order
- Books by Paulo Coelho
- The Psychology of Kundalini Yoga, by C. G. Jung
- Stories of the Tibetan Masters (Tilopa, Naropa, Marpa, Milarepa, Gampopa, Karmapa)
- The Cosmic Serpent, by Jeremy Narby
- The Way Things Are, by Lama Ole Nydahl
- The Dharma that Illuminates all Beings Impartially like the Light of the Moon and the Sun, by Kalu Rinpoche
- Dream Body, by Arnold Mindell
- The Shaman's Body, by Arnold Mindell

Food & Dietas

As a community we eat a whole foods based natural diet. All meals are vegan with the addition of local fish and ducks we raise at times. Below is a common sample menu:

Breakfast: oatmeal or amaranth with fresh local fruit

Lunch: a grain (usually quinoa or brown rice), fresh raw salad and vegetable dish or fish

Dinner: a grain, fresh raw salad and soup

For those who absolutely feel they need more meat, we can provide chicken or additional duck on occasion but you must be willing to participate in the sacrifice and cleaning of the animal. If you require a special diet be sure to communicate and discuss your restrictions to us clearly prior to your arrival.

In preparation for ceremonies there is a specific diet that must be maintained 3 days prior to the ceremony. During the ceremony times we will facilitate this diet and will only be serving the appropriate foods.

In addition to ceremonies, some participants may work with individual medicinal plant dietas depending on your specific situation. Each plant has specific diet requirements.

Detox

It is important to be prepared to go through a strong detox process while on retreat. There are a number of factors which will contribute to this. Being in the jungle alone raises our vibration and speeds up our metabolism. In addition frequent plant diets and ceremonies along with a clean non-processed vegan diet will deepen the cleansing process.

It is not uncommon to feel weak and tired during this process of detox and you may even experience cold or flu symptoms, or other physical conditions from your past. In addition, since our physical body is not separate from our emotional and spiritual body, the physical detox can bring to the surface deep repressed emotions and tensions in order to be faced and cleaned.

When going through a detox it is best to rest and spend time with yourself in your hut. We will be available to help guide participants through this process. There is no blessing without a purification first and in this way even the purification becomes a blessing.

Healing Physical Conditions

Our Transformation Retreats are designed for those who are for the most part physically healthy and are seeking transformation and deepening on their spiritual path. During the retreat we will of course work with the physical body as it is fully interconnected to the emotional and spiritual body. This work will be aided through the practices outlined previously, the many medicinal plants available to us in the jungle, as well as other energy healing modalities such as Traditional Chinese Medicine.

For those with more serious physical conditions we may require you to participate as a Medicine Retreat participant. If you are not sure if you qualify as a transformation participant please email us and we are happy to discuss your personal situation in order to determine the appropriate steps for you.

To read more about our Medicine Retreats visit [HERE >>](#)

In order to join us as a Medicine Retreat participant we ask that you first work with us through our distance healing program which includes a nutritional protocol, Jungian Transpersonal dreamwork and one-on-one counseling. During this process we will be able to take some initial steps in the healing process, establish a personal connection, and determine if and when a deeper healing immersion in Peru will be appropriate.

To read more about our distance healing program visit [HERE >>](#)

This program is available for those who do not necessarily wish to visit us in the amazon as well.

Regarding Medications and Vaccinations

For your well being, all pharmaceuticals or supplements **MUST** be reported to us. If you start any medications after you register it is important to let us know right away. Taking any pharmaceutical medication (including malaria pills) will affect the ability of the participants to partake in medicinal plant work. Many pharmaceuticals are contraindicated with the Amazonian plant medicines and must be avoided 3 days to 6 weeks prior depending on the drug and the duration of use. Every situation is unique and it is **IMPORTANT** that you contact us as soon as possible so that we can research your specific situation. We do not recommend that anyone quit medications without the guidance of their overseeing physician.

There are no required shots for travel in Peru. The Center for Disease Control and Prevention makes some recommendations regarding vaccinations [HERE >>](#)

It is up to you and your health care provider to determine what are the best steps for you. All participants are responsible for their own health decisions and travel at their own risk.

What to Bring

We will provide a packing list in early February at the latest once the retreat location is confirmed.

About the Accommodations

We are in the process of moving our main healing center and community into a new region of Peru where the jungle and the mountains meet. It is our intention to hold this retreat in the new space and things are looking good for this however, as we are in the process of this transformation it is too early to know at this time if it will be ready. If we are not able to be at the new center in the mountains we may be at our jungle center unless there is an issue with malaria at which case we will rent a different location (in jungle or mountains) in a clear area. We will send specific information regarding location and accommodations in February 2014 or earlier if possible.

What we can share is that our accommodations are designed to give participants the opportunity to deepen their connection with nature. Our centers is designed for simplicity. It gives us what we need and not always what we want. Many of the luxuries found in the modern world you will not find here. The reality is that through fulfilling our needs and wants, we have caused great destruction and imbalance to the environment and our communities. Instead we choose to live here in a basic way, learning to cultivate a deep peace and joy in living within our means and empowering us to move from being culturally conditioned and dependent consumers to becoming productive conscious citizens of the earth. Through the simplicity of our center and by being immersed in nature you will become more in tune with this nature inside and out.

Expect to be fully off the grid with no electricity or modern plumbing. We use composting toilets as part of our Permaculture program. **If we are at the new land participants should be prepared to hiking in steep areas!**

PLEASE NOTE: Those who are not participating in the full retreat may be housed in communal accommodations.

IMPORTANT TRAVEL INFO

Please do not book any travel until your registration for this retreat is complete (by submitting your form, receiving confirmation from us and submitting your deposit).

We have been keeping our options open regarding location for this retreat as this is a transitional time for the institute and we are in the process of acquiring a new property. We intend to host this retreat at the new center but **will not be able to have clarity on this possibility till February 2014.**

After your deposit has been paid you are welcome to **book your flights to Lima, however please do NOT make any local travel arrangements.** We will be in touch with detailed direction on local travel in February 2014. Not to worry, local travel prices do not go up and there is no need to book them very far in advance. One week is sufficient.

When booking your flights to Lima please make the arrangements so that you will **arrive in Lima anytime on March 8th** allowing you to have enough time for local travel on March 9th. As for departure, we recommend **flying out of Lima on April 12th.**

Contribution & Refund Policy

All participants are recommended to participate for the full month and are required to participate for a minimum of at least a 14 day segment. We suggest that all participants who join for a partial retreat plan to start their time on the first day of the retreat. Minimum contributions are based on the length to stay. The following contribution is for Transformation Retreat participants, Medicine Retreats have a different pricing scale:

26 – 31 days: \$111 per day, per person

14 – 25 days: \$125 per day, per person

- Please note that we only have limited space for partial retreat participation.
- This contribution does not cover travel expenses.

Discounts – if registered in full by December 10th (including deposit paid):

- 7% early bird discount
- Couples and group discounts are available. Contact us for more info.

Deposit: A non-refundable deposit of 30% is due in full at the time of registration in order to hold space in the retreat and can be paid via check or credit card. Direction on how to send this contribution will be provided when we receive your registration form. The remaining fee should be brought to Peru and is due by the first day of the retreat. The retreat fee is non-refundable once the retreat begins. We may consider an exception in extreme cases.

Phone and Internet

It is important to set yourself up in a way where you will not need to use the phone or the internet while you are in retreat. It is beneficial to stay on site for the full retreat and in addition to abstain from interaction from the outside world as much as possible. The ease of access to phone and internet will depend on the final location. The new center is quite isolated so departing the center for a phone or internet trip will require some advanced planning.

Internet: Depending on where the retreat will be held (at our new center or old center) the nearest internet will be 1 to 2.5 hours away. Leaving the center for an internet trip will usually take a full day and can be disruptive in the process.

Receiving Email Messages: We can send and receive important emails on your behalf through our **info@Paititi-Institute.org** address while you are on retreat which we check about 1 time a week. You are welcome to give this address to your family and close friends to use if they need to reach you while on retreat.

Phone Service: There is no cell service at our center. We have a satellite phone on site for **emergency** use only. We are able to receive text messages to our Satellite Phone from your loved ones in case of emergency as well.

Feel free to share this info with those who wish to have a way to reach you

in case of emergency:

- Go to this website: **<http://www.isatphonelive.com/>**
- Then you click on the link on the top right: "send a free message to IsatPhonePro"
- Enter this phone # (behind the prefix 87077) **6407631**
- Enter your message. There is a 160 character max length.
- Press "send"

Passport and Visas

A valid passport is required to enter and depart Peru.

In Peru a tourist visa is automatically granted for citizens of the United States for a stay up to 180 days (6 months) when entering the country. The amount of time for the visa may need to be requested at the time of entry at the Peruvian immigration check point as they do not always mark it for the full 180 days.

Visit the Embassy of Peru Website **[HERE>>](#)** for the most current visa information and details on visa requirement for citizens other countries. Peru does not require any immunizations for entry at this time.

Most destinations, including Peru, require that you have adequate unused pages in your passport, allowing for necessary stamps upon arrival and departure. It is recommended that you have at least two free pages in the Visas section of your passport before any international travel. For more passport information and resources visit **[HERE >>](#)**

Please feel free to contact us if you have additional questions or would like to clarify any information found here.

Thank you for your inspiration to face yourself and heal for the benefit of all beings.

Email: Info@Paititi-Institute.org

Many blessings,
The Paititi Institute