

Birthing an Ancient Future *along:* **The Sacred Medicine Wheel**

Cycles

7th - 10th March 2024

Portugal

Spring Celebration

on women's day

Ceremony of Life



Along the Sacred Medicine Wheel Cycles

In *Birthing an Ancient Future*, we weave ancient wisdom traditions and modern (psychedelic) science together. One core pillar we draw on is the shamanic foundation of the medicine wheel. The medicine wheel provides a map of wholeness and can support human development towards harmony and balance with all life and all relations from and to all directions. The basic structure is the sacred circle with a center, the strongest form to stabilise, protect, and give orientation. The center is the most stable point of the circle. At the same time, it is also assumed to be the most vulnerable point, seen as the most feminine part, like a yoni. The outer circle is considered the most masculine form, giving structure and protection. The integration of the Divine Feminine and Masculine energies and expressions happens in between the outer and the inner circle in a dance of knowing and being. It is a dynamic, sacred union of constant motion of energy. The circle represents the Yin-Yang symbol of the integration of femininity and masculinity and each in the other.

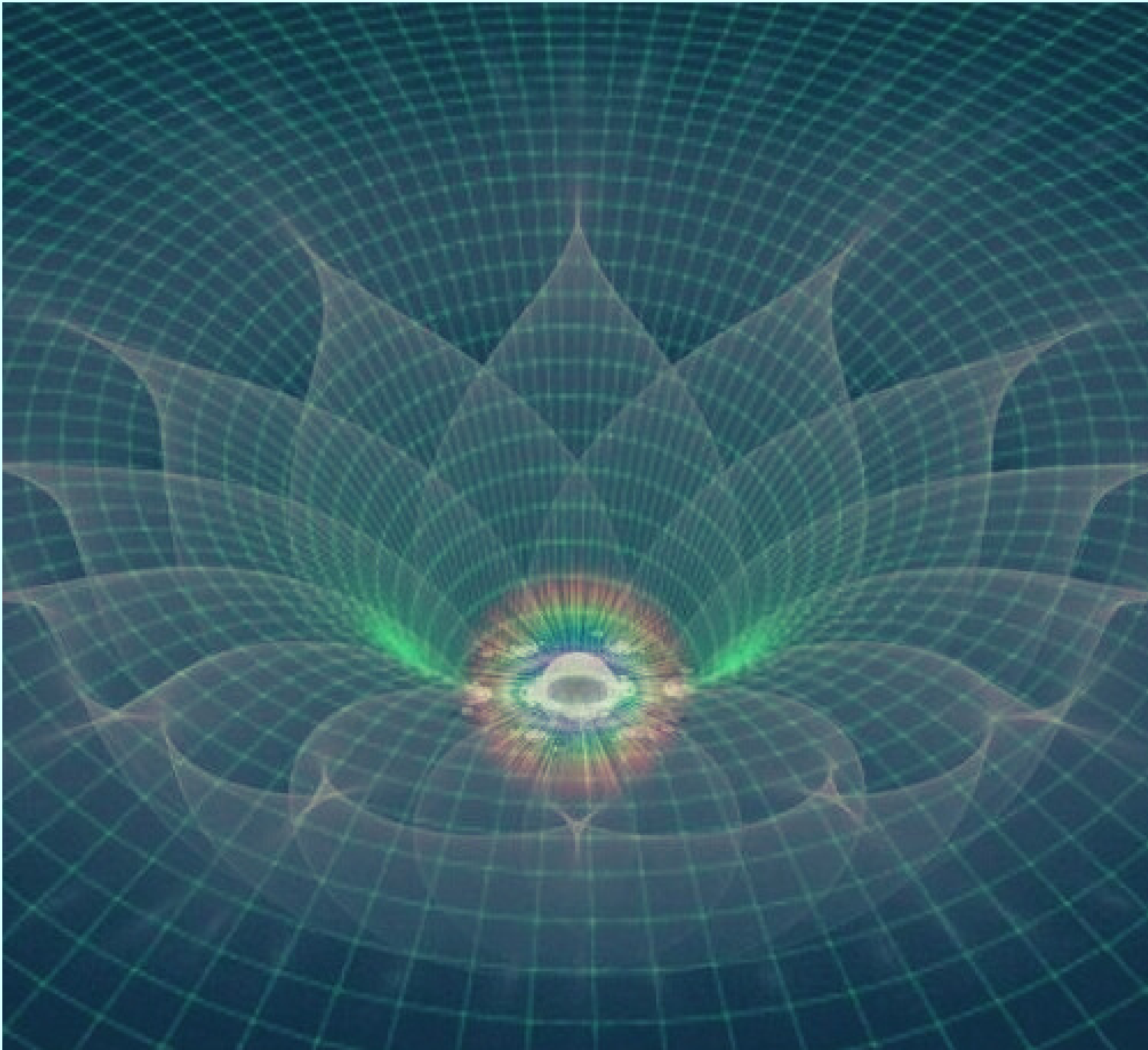




The Spring represents the direction of the East; new beginnings, new insights, and new seeds are birthed and planted. Like a lotus starts sprouting in Spring out of the mud, the unconscious of our psyche, new life emerges. The East holds the element of fire, representing masculine energy; the sparks of the fire are like new seeds, also seeding new life in union with the feminine. These are the two sacred laws: All life is born from the female receptive energy and sparkled by the active masculine energy.

And nothing must be done to harm the children (all life) in the celebration of the people (all life). In our Spring Celebration Retreat, 'Ceremony of Life,' we will honor and celebrate these sacred laws and work within the tools of the medicine wheel intertwined with deep intimacy work to support transformation on all dimensions of being human. This is a path of the heart or a path with a heart to enhance an interconnected way of conscious living with all relations in harmony for the greater good – as Stewards of a New Earth.





We set a specific focus to come closer to ourselves and all relations in a conscious, intimate way through the education of the heart. The anchor is within our own heart, igniting the hearth - the sacred fire of our heart and letting it flow like rivers through our body to explore and integrate deeper layers of our true nature as erotic sexual beings by deeper integrating the principles of the polarity of the Divine Feminine and Masculine and eros in its broadest sense of being in love with the world – with the sacredness of all life.

From this place of sacred union within, we expand our consciousness of interconnectedness to all relations and Nature to a deep ecology way of living to become conscious stewards of the heart for co-creating a new harmony and balance on earth. This includes working with our shadow and light aspects to interweave them to become more whole (holi). We rise in deep intimacy with all relations from and to all directions, traditions, and lineages in a transgenerational way of honouring our ancestors and caring for our future generations.





It is a way of becoming intimate with the multiple dimensions of our interconnected lives in creative ways – an expansion of consciousness supported and catalyzed in playful ways by different medicines such as music, art, dance, dreamscapes, the plant medicines of cacao, and psilocybin-containing mushrooms, organic food delicacies, and sweat lodge sauna, and various outdoor rituals in pristine Nature. These are all practices complementing each other to support the practice of developing a conscious cyclical way of living with all, including the levels of body, mind, spirit, sexuality, culture, and Nature.





*“Keep some room in your heart for
the unimaginable” - Mary Oliver*

We will intertwine ancient wisdom traditions and modern somatic, creative, and sexual therapeutic and psychedelic integration approaches. The core elements that we draw on and connect all dimensions to are working in the sacred circle/medicine wheel and with the tree of life, symbolising the cycles and rhythms of Nature and life, which are found across cultures.

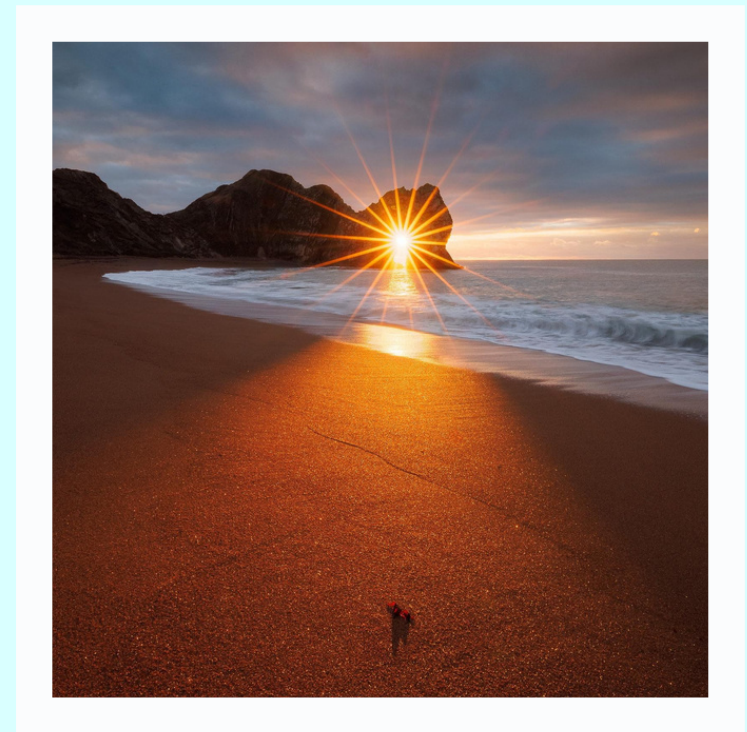




Cyclical Way of Living in Yurts

Our retreat work is enhanced by living in the round shape of Yurts, including the group space - a big Ceremony Yurt at the sacred land nature reserve of the venue. The cyclical way of living can enhance our alignment with the cycles of Nature synchronized with our rhythms to experience expanded levels of harmony and balance – inside and outside.

The venue is like a little Yurt Village nestled in a small valley surrounded by hills and forests with rivers and lakes close to the picturesque sea of the West-Algarve, Portugal, including the south-west edge of the Alentejo Nature Reserve and UNESCO World Heritage Region.





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**“When there is no more separation
between “this” and “that”
it is called the still-point of Tao
at the still point in the center of the circle,
one sees the infinite in all things.”**

-Zhuangzi

The unique flair of the venue emerges through a natural ambiance of the landscape that evokes an atmosphere of being held in Pachamama’s womb, with the Yurts integrated as shelters, that all together can enhance the transformative and healing experiences through this pristine sacred Nature architecture and the strong presence of all elements and forces of Nature.

The Psychedelic-Assisted Spring Retreat’s Sacred Choreography is designed as a Rite of Passage transitioning from the winter into spring and the new beginning of 2024 within the context of a sacred gathering for individual, collective, and planetary transformative healing and empowerment for the greater good. A path with a magnetic heart(h) of rising like Phoenix as human beings – deep stewards in intimate service with the Earth – a love in the making.





YOU are the MEDICINE

March 7 – 10, 2024

Retreat Program Content in a Nutshell

At the core of the gathering are different unique ceremonies working with our intrinsic medicines – YOU ARE THE MEDICINE – supported, guided, and enhanced through many other modalities of medicine, including shamanic vision quest rituals, Nature rituals, creative and artwork, live music and soundscapes, singing and voice, movement and dance, a Movement/Dance/Voice Ceremony, a Sunrise Water Seaside Ceremony, a Sweatlodge Sauna Healing Bath Ceremony, a legal Plant Medicine Ceremony, and a Fire Ceremony.

The group retreat is held in a sacred circle, drawing on shamanic-therapeutic ways of working with expanded states of consciousness for the healing and transformation on individual, collective, and planetary levels.

We stay together for three days/two nights in the Retreat Center, which allows us to dream together further during sleep, as used in the dream incubation in the Temples of Delphi, in group work processes during the daytime, and in the ceremonies.

The dosages will be in the moderate range. The organizing team provides professional contacts for the aftermath if further integration is needed. The Morning After Integration Process focuses on sharing and weaving individual experiences with collective insights into new understandings – of human life in Intimate Earth Stewardship.

The retreat is led by the visionary founder/director of Birthing an Ancient Future, Dr. ReginaU. Hess, NL/PT, and a team of experienced guides to support and assist the participants.

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Program Highlights



Thursday

8th

16.00 Arrival + Registration

16.00-18.00 Time to settle in, regenerate, and refreshment snacks

18.00-20.00 Opening the sacred circle in the Ceremony Yurt

20.00-21.00 Dinner

21.00-23.00 Dreamscape Ceremony

Friday

8th

6.30-8.30 Sun-Rise Seaside Water Ceremony

9.00-10.30 Breakfast

11.00-12.00 Morning sacred circle medicine wheel meditation

12.00-13.00 Cleansing Sweat-lodge Sauna, Healing Bath, Voice Ceremony

14.00-15.00 Light lunch followed by fasting

15.00-17.00 Time to rest, meditate, creative expression, nature walk

17.00-18.00 Preparing the inner & outer temple – co-creative collective altar project for individual/collective, planetary healing

18.00-00.00 Plant Medicine Big Ceremony with live music

01.00 Midnight Celebratory Snack

01.00-03.00 Informal chill-out Celebration, music, dance

Saturday

9th

9.00-10.30 Breakfast

11.00-13.00 Guided Integration Process, Nature, Creative Expression, Movement, Sharing

13.00-14.00 Lunch



Program Highlights

16.00-19.00 Guided Integration Process

19.00-20.00 Dinner

20.00-22.00 Slow Sex

Sunday

10th

7.00-8.00 Yoga & Meditation

8.30-9.30 Spring Celebration Breakfast

10.00-13.00 Vision Quest Outdoor and Closing Fire Ceremony,

13.00-15.00 Wrapping Up and Farewell with Spring Celebration

Lunch

until 15.00 Departure

*Small changes may appear in the program subject to climate conditions.

To reach the venue you will need **to organise for yourself the transport from the airport**. Faro airport is the closest, only 1h away. Car rental is quite cheap if you want to rent a car. We will prepare a form for carpooling. If you wish you can stay longer in the area (you will have to find a different accommodation) to enjoy the amazing nature reserve, the coast and national parks.

The accommodation during the retreat is in big shared yurts, beautifully decorated, with private spaces marked by curtains and mosquito nets, shared bathrooms, and toilets. All yurts have wood stove heating. The venue has a swimming pool, sauna, access to a lake, an extensive area of forest, and a labyrinth. The Retreat Center is close to the West-Algarve stunning wild beaches.

Come prepared for mosquitos, even though there are mosquito nets. We will do plenty of beautiful outdoor exercises and work with the elements and the medicine wheel. Bring clothing suitable for outdoor activities and weather conditions, including rain, sun, and wind.





Application Procedure

1. Short Online Questionnaire

We explore your eligibility for participation from the medical/psychological level as a comparably average healthy participant with a stable living situation within a short online questionnaire and invite you to share some of your background and intention for participation.

2. Short Online Pre-screening

We will offer a short online dialogue including your previous psychedelic experiences, knowledge, and specific wisdom and interest you bring as a participant to co-create this gathering.

Eligibility of Participation will be required to create a safe and ethically sound setting. The data are confidential and collected by the organizing team.

[APPLY NOW](#)

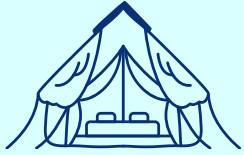
3. Registration and Buy your Ticket

When accepted for participation, you must register for the event, including buying your ticket to reserve your spot. Further information and instructions will be forwarded once your registration and ticket payment are received.

[GET YOUR TICKET](#)



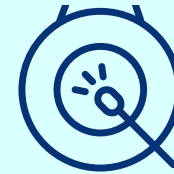
PRICE DETAILS



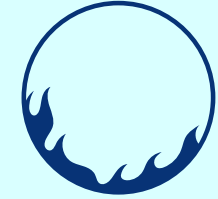
- **3-nights Accommodation in a shared glamping yurt**



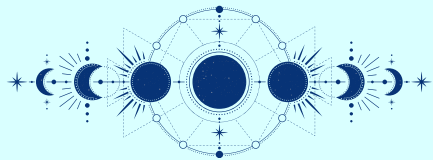
- **Full-Board Vegan/Vegetarian Organic Delicacies (Friday to Sunday)**



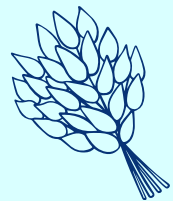
- **Live Music Transcultural Medicine Songs and Trance Soundscapes**



- **Guided Integration Process and Fire Ceremony Day 3**



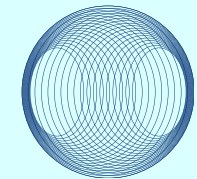
- **Vision Quest Nature Ceremony and Dance Ceremony Day 1**



- **Sunrise Seaside Ceremony, Sweatlodge Sauna Cleansing and Healing Bath**



- **Outdoor/Indoor Group Process Work, Movement, Dance, and Art.**



- **Ceremony, and Plant medicine Big Ceremony Day 2**



Necessary Preparation



Please take time for contemplation as preparation for this psychospiritual nature journey. The more you prepare and immerse yourself, the more you can contribute and get out of this initiative. It needs your dedication, determination, passion, surrender, and pro-active participation – it is nothing to consume – but only to co-create and co-share. In the preparation phase until the gathering, please create a place on your altar or a separate shrine for this rite of passage – in your unique way, where you can place certain objects related to your contemplation – so it can become like a constellation of objects or like a collage or a sculpture.

We offer a Guided Meditation for free to support your preparation process by Dr. Regina U. Hess, Birthing an Ancient Future. You can download open access from YouTube to your devices:

[WATCH NOW](#)



Countdown: Two weeks before the Retreat and What to Bring



A little moment of contemplation, meditation, mindful walking, self-compassion, and gratitude, implemented in your daily life as you can, will make a difference in your preparation process. A gentle focus on healthy nutrition, physical fitness, and well-being, and tending to your emotional and mental states can care for making some space to connect within that can enhance your preparation process. As soon as you decide to participate in a Ceremonial Retreat, you are already on a transformational journey – honour this and give it some extra time and care here and there until we all meet in our gathering.

- A **light diet of a minimum of 2 weeks** before is highly recommended.
- Bring **notebook, paper, crayons** and **materials for creative expression**
- Bring **offerings for the altar**, such as natural candles and flowers, especially the abundance of roses
- Wear comfortable but beautiful **ceremonial clothes**, from natural materials, light colours, and a long dress or skirt (recommended for women).
- Bring **clothes suitable for different weather conditions and outdoor rituals**, and a **professional blindfold** where you can have your eyes open inside to enhance the impact of darkness meditation – such as from the brand “Mindfold”. You find it on the internet. It is essential, and I wish that you bring that special mask to go deeper in the process.





Venue

Sacred Land Sanctuary Retreat Center

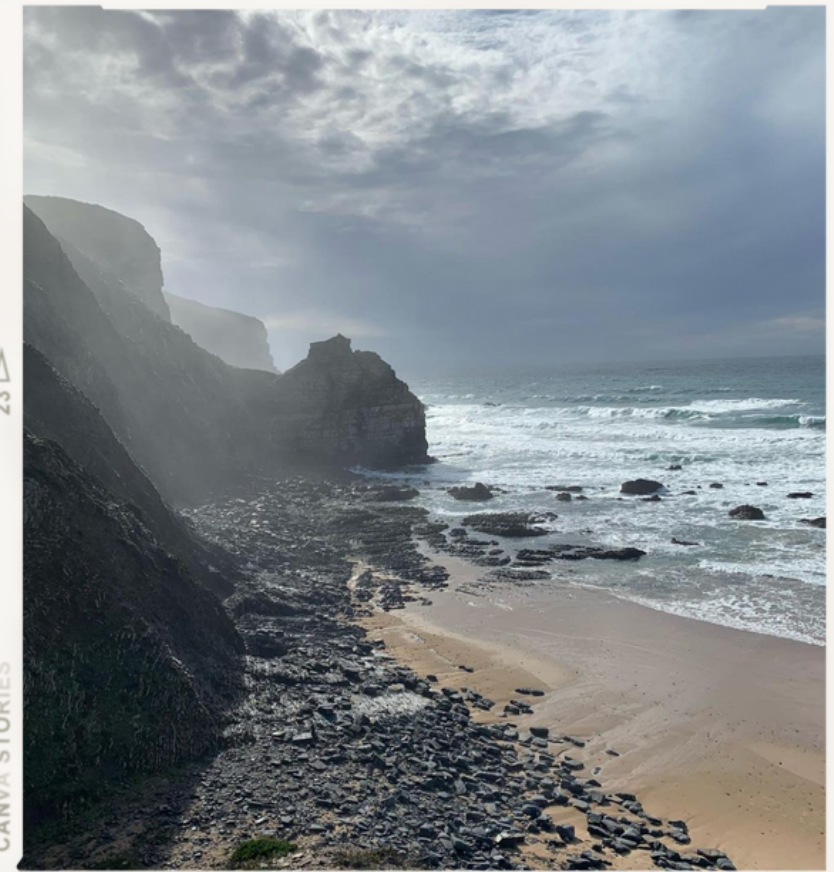
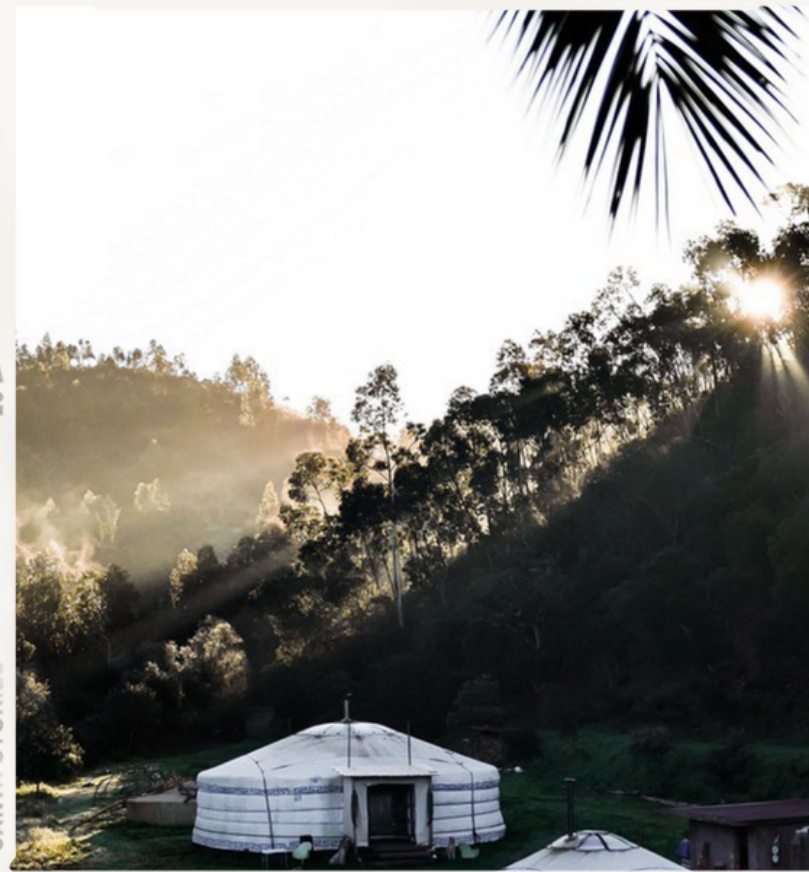
The Psilocybin-Assisted Group Retreat will be held in a sacred land Nature Reserve providing deep interaction with Nature, spacious outdoor rituals with all elements, and a safe, peaceful ceremonial space in a yurt.

The full board provides a solid grounding through freshly crafted organic vegan food delicacies.

The address details of the venue are provided for selected registered participants.

We look forward to this next co-creative and evocative collaborative gathering Birthing an Ancient Future – Multidisciplinary Psychedelic Council – to weave the Temple of the Peoples further – only together can we!





Sacred land Algarve

Algarve is Portugal's southernmost region, known for its beautiful beaches framed by golden cliffs and a deep blue ocean, usually warm and calm. The region offers outstanding natural scenes, from long beaches to bays nestled between picturesque rock formations unique in this region. The mountain area creates breathtaking views, where people live in harmony with nature, maintaining and sharing their traditions.

The retreat takes place in a sacred land Nature Reserve which provides deep interaction with Nature, spacious outdoor rituals with all elements, and a safe, peaceful ceremonial space in a yurt and with accommodation. The full board provides a solid grounding through freshly crafted organic vegan food delicacies.





Visionary Lead - Regina U. Hess, PhD

Contact Us

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Dr. Regina U. Hess lives in the Netherlands and Portugal and works globally. She is a clinical psychologist from Germany and holds a joint Ph.D. in transpersonal psychology (USA) and embodied phenomenology (UK). She is a body-centred Gestalt psychotherapist, creative therapist, transpersonal psychotherapist, and supervisor. Regina has broad experience in humanitarian fieldwork and research on global (mental) health issues. Regina is a faculty at international universities such as the Alef Trust, UK, and transpersonal educational institutes and is an independent researcher. She is on the Board of Directors of the EUROTAS Global Transpersonal Network and the International Transpersonal Association.

Regina is the visionary founder and director of Birthing an Ancient Future - Multidisciplinary Psychedelic Council – Temple of the Peoples, bridging ancient wisdom traditions and modern psychedelic science with art and nature immersion, along with global events and retreats and different educational programs, such as the 2023 Global Hybrid Symposium and International Plant Medicine Ceremony www.birthinganancientfuture2023.com. The work is based on Regina's expertise in individual and collective/transgenerational transcultural trauma transformation and the integration of the therapeutic shamanic use of expanded states of consciousness. Core pillars are the concept of interconnectedness and conscious ways of living based on heart-centered and deep ecology principles and drawing on diverse modalities such as bodywork, movement, voice, music, art, Nature rituals, the medicine wheel, and sacred sexuality. The aim is to initiate transformational processes as stewards of a new earth, rising in deep intimacy and co-creating harmony and balance for the greater good.

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Publications <https://independent.academia.edu/DrReginaUHess>

Youtube: [@birthinganancientfuture](https://www.youtube.com/channel/UCtu1YRta-1aV6-Mlfs9e9Ww)

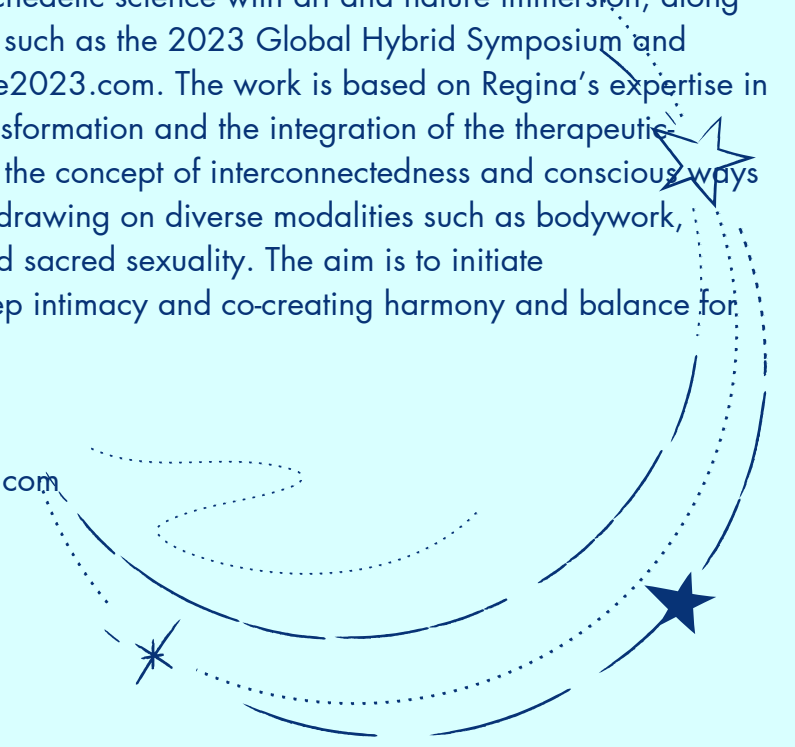
<https://www.youtube.com/channel/UCtu1YRta-1aV6-Mlfs9e9Ww>

Instagram: [@birthinganancientfuture](https://www.instagram.com/birthinganancientfuture)

Facebook page/group: Birthing an Ancient Future

LinkedIn: Dr. Regina U. Hess, Birthing an Ancient Future

<https://www.linkedin.com/in/dr-regina-u-hess-birthing-an-ancient-future-multidisciplinary-psychedelic-council-13449435/>



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**“The metaphor of the Grandmother Spider is about weaving and being woven.”
-Dr Regina Hess.**

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