



RISING IN DEEP INTIMACY

From Erotic Self to World as a Lover - Stewardship for a New Earth

PSILOCYBIN-ASSISTED NEW YEAR'S RETREAT

ALGARVE, PORTUGAL, DEC 30 - JAN 01



Intimacy Rising - Stewardship for a New Earth

New Year's Retreat

We will dive experientially into the many dimensions of our interconnected human experience as children of the Earth by interweaving being and knowing. 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 heart - the sacred fire of our heart and letting it flow like rivers through our body to explore and integrate deeper layers of our sexuality and the principles of the polarity of the Divine Feminine and Masculine.





Rising in Deep Intimacy – Igniting the Hearth of the Heart – Sacred Union Within

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 honoring our ancestors and caring for our future generations.

It is a way of lifting the veil between the worlds in creative ways – an expansion of consciousness supported and catalyzed in playful ways by different medicines such as music, art, dance, Nature, the plant medicines of cacao and psilocybin-containing mushrooms, organic food delicacies, and sweat lodge sauna. 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.





**A drop that knows itself –
knows the ocean.**

-Kabir

Weaving and Being Woven - World as a Lover – Rite of Passage into the New Year 2024 – A drop in the ocean

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 is working in the sacred circle/medicine wheel and with the tree of life, symbolizing the cycles and rhythms of Nature and life, which are found across cultures.

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 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.

The unique flair of the venue emerges through a natural ambience 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 Psilocybin-Assisted New Year Retreat's Sacred Choreography is designed as a Rite of Passage transitioning from the end of 2023 into 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 service of the Earth – a love in the making.



30th of December - 1st of January

Program

At the core of the gathering is a Cacao Ceremony and a Legal Psilocybin Assisted Truffle Ceremony. The Ceremony will be accompanied by traditional medicine music and modern soundscapes of live musicians, art, movement, and Nature rituals.

We stay together for 3 days/2-nights in the Retreat Center, which gives us possibilities for dreaming together further during sleep, as used in the dream incubation in the Temples of Delphi, and in group work processes during daytime and in the Ceremonies.

The Morning After Integration Process focuses on sharing and weaving individual experiences with collective insights into new understandings – towards a New Eleusis of human life in Intimate Earth Stewardship.

The retreat is led by visionary organizer Dr. Regina U. Hess, NL, and a team of experienced guides to support and assist the participants.

The dosages will be in the moderate range. The organizing team provides professional contacts for the aftermath if further integration is needed.



Program Highlights

Saturday 30th

- 11.00 Arrival + Registration
- 11.00-12.00 Accommodation and time to settle in
- 13.00-15.00 Opening the sacred circle in the ceremony yurt
- 16.00-18.00 Outdoor immersion and nature meditation
- 18.00-20.00 Cacao Ceremony with Live music
- 20.00-21.00 Dinner
- 21.00 - Informal chill out in the ceremony yurt

Sunday 31st

- 9.00-10.30 Morning sacred circle and New Year meditation
- 10.30-12:00 Sauna ritual with healing bath, cleansing and cleaning ritual
- 12.00-13.00 Light lunch followed by fasting
- 14.00-16:00 Creative expression, group work, body movement, dance
- 16.00-17.00 Nature walk guided meditation and water rituals
- 18.00-01.00 Formal Truffle ceremony into the new year with live music, visual art streaming
- 01.00 Midnight Celebratory Snack
- 01.00-03.00 Informal chill-out Celebration, music, dance (optional)



Program Highlights

Monday

1st

9.00-10.00 Breakfast

10.00-13.00 Guided integration process

13.00-14.00 Closing and Fire ritual

14.00-15.00 Celebratory lunch of the New Year

until 16.00 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, in case 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 wooden heating. The venue has a swimming pool, sauna, access to a lake, a big area of forest, and a labyrinth.

Come prepared for mosquitos, even though everywhere are mosquito nets.

We will do plenty of beautiful outdoor exercises, we will work with the elements, with the medicine wheel. Bring clothing suitable for outdoor activities.





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



- 2-nights Accommodation in a glamping tent



- Full-Board Vegan Organic Delicacies (Saturday to Monday)



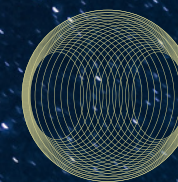
- Live Music Transcultural Medicine Songs and Trance Sound Scapes



- Cacao Ceremony Day 1 & Truffle Ceremony Day 2



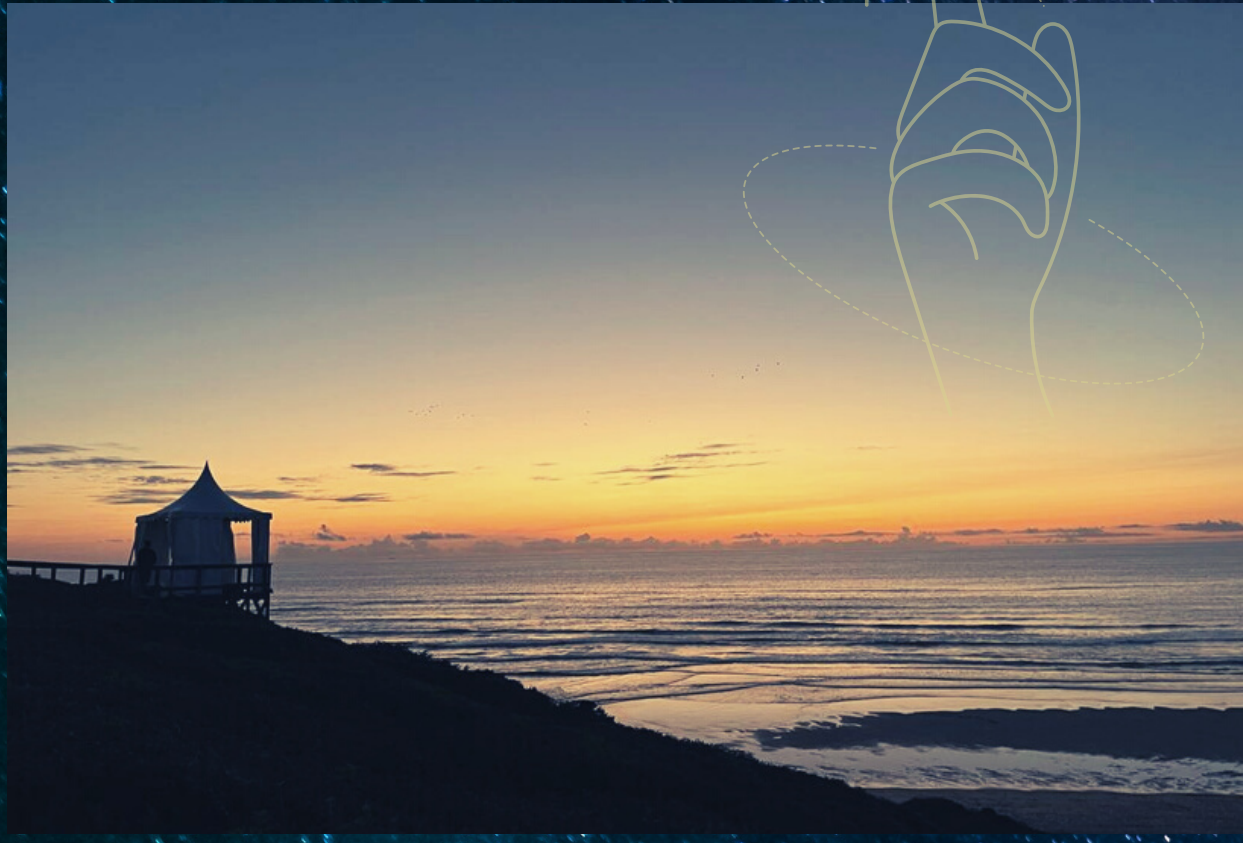
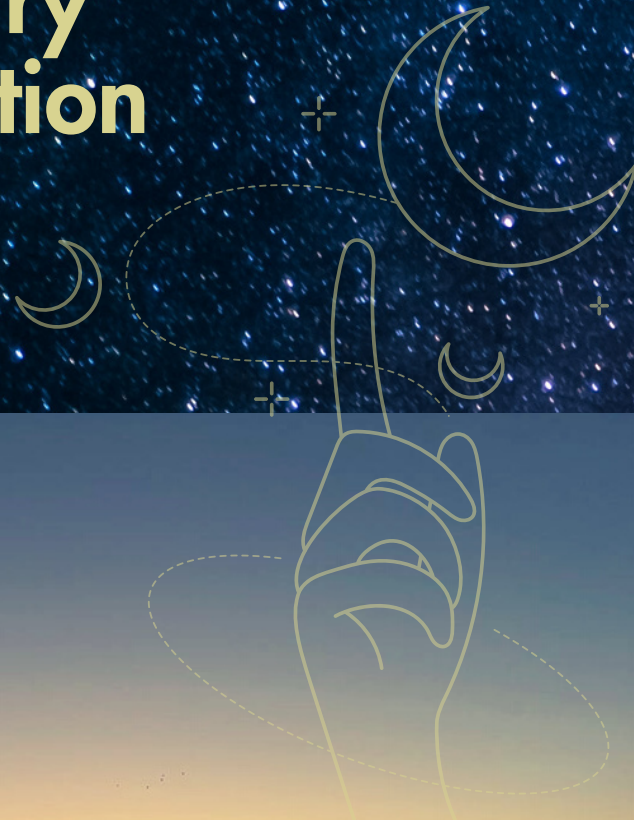
- Outdoor/Indoor Group Process Work, Movement, Dance, Art



- Guided Integration Process



Necessary Preparation



Please take time of contemplation as preparation for this psychospiritual-Nature journey. The more you prepare and immerse yourself, the more you can contribute and can 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.

- **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

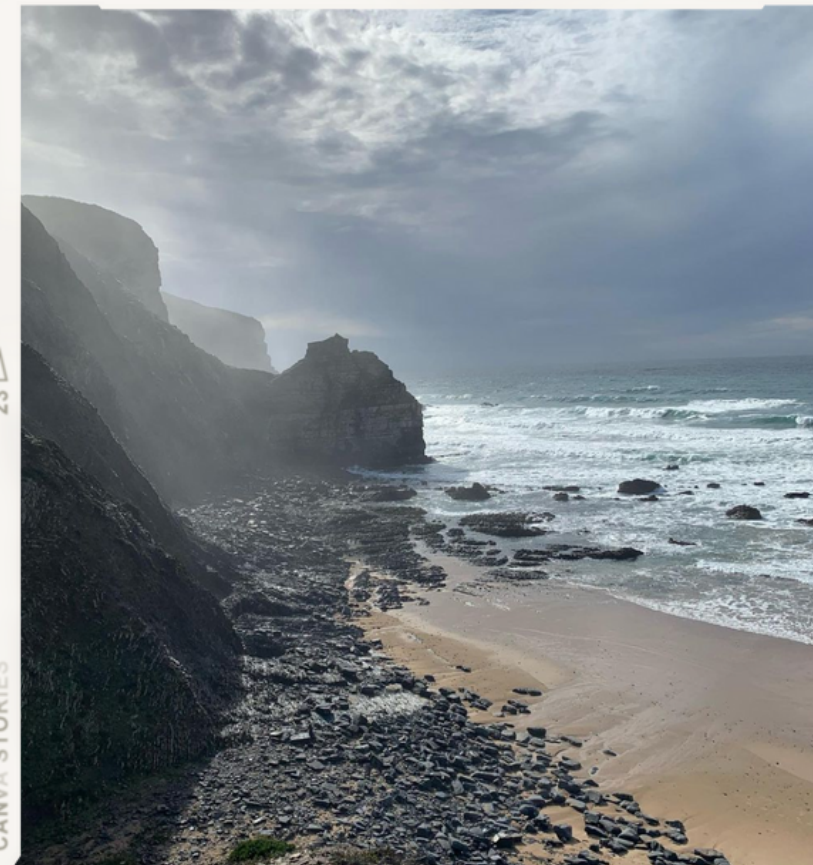
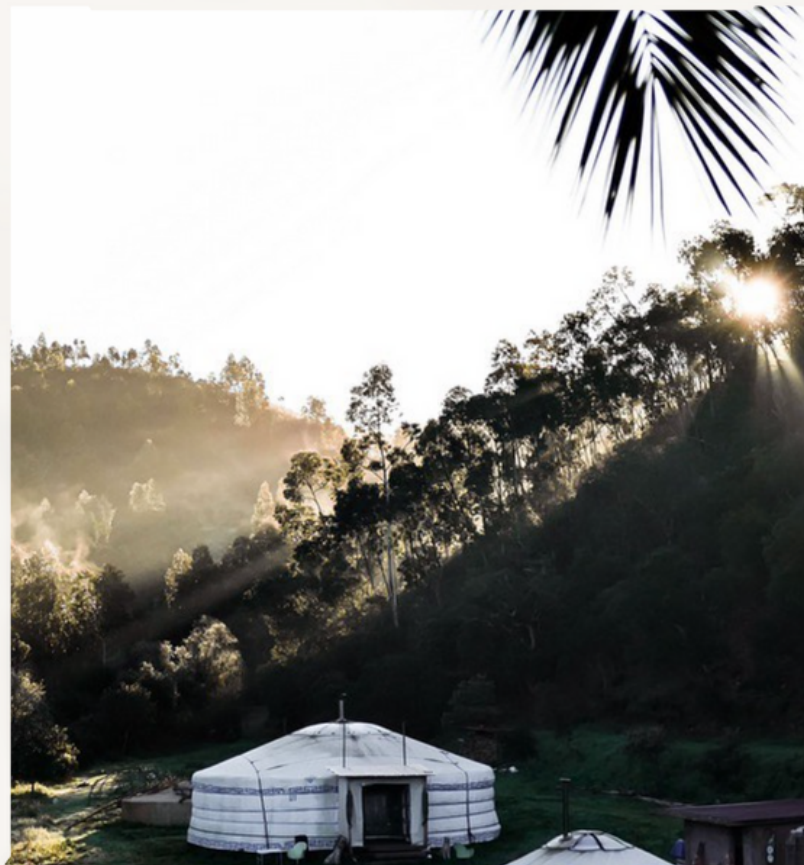
The Psilocybin-Assisted Fall Equinox Retreat will be held in a sacred land Nature Reserve providing deep interaction with Nature; spacious outdoor rituals with all elements; and a safe, peaceful ceremonial space in a yurt.

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 2.0 – to weave the Temple of the Peoples further – only together can we!





Scared land Algarve

Algarve is Portugal's southernmost region known for the 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 rocks. 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.

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





Visionary Lead - Regina U. Hess, PhD

Dr. Regina U. Hess lives near The Hague, Netherlands, 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-centered Gestalt psychotherapist, creative therapist, transpersonal psychotherapist, and supervisor. Regina has a broad experience in humanitarian fieldwork and research on global health issues. She is the founder/director of the ASE World Forum. Ancient Wisdom meets Modern Science, a specialist in working on the transformation of pre-and perinatal, individual, and collective/transgenerational transcultural trauma and the integration of the therapeutic-shamanic use of altered states of consciousness, with a specific focus on integrating Deep Ecology/Deep Feminine Principles, including sacred intimacy and sexuality, and women's councils. Regina is faculty at international universities such as the Alef Trust, UK, and transpersonal educational institutes and is an independent researcher. Dr. Regina U. Hess is on the Board of Directors of the EUROTAS Global Transpersonal Network and the International Transpersonal Association and is Vice President of the European Transpersonal Association. She co-founded the international Transpersonal Research Network and the EUROTAS Transpersonal Research. She is a member of the Swiss Medical Society for Psycholytic Therapy and the psychedelic psychotherapy training team and co-developer/facilitator of the MIND European Foundation for Psychedelic Science 'Beyond Experience Integration Program.' Regina recently founded the global initiative Birthing an Ancient Future - Temple of the Peoples - Multidisciplinary Psychedelic Council - From and to all Directions – For all Relations – bridging ancient wisdom traditions and modern psychedelic science with art and nature immersion.

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