

NEW YEAR SACRED PILGRIMAGE OF THE SOUL PSYCHEDELIC - ASSISTED GROUP RETREAT



www.birthinganancientfuture.com

DEC 29 - JAN 2, 2024/25
NORTH WEST PORTUGAL



This **Birthing an Ancient Future Psychedelic-Assisted Group Retreat will be a Rite of Passage for the New Year.** The choreography of the retreat is designed as a unique and Sacred Pilgrimage of the Soul. Our work, within and outside, will be enhanced through an extraordinary pilgrimage to the Neolithic Sacred Site in Central Portugal. This is the so-called Stonehenge of Portugal and is located close to Evora. The sacred site is a unique elliptical sacred circle which was built on a 7000 year old east-west axis, where we can assume special sacred rites and fertility rituals. We will connect with our archaic knowledge and wisdom in this unique field.

This December retreat is dedicated to the winter solstice, representing the direction of the north - symbolising wisdom, maturity, and elderhood. Winter means the stage of life when one has accumulated knowledge and experience, and now has the opportunity to share that wisdom with others. It is a time to pass down traditions to future generations. The north holds the masculine element of air and wind, and is the seat of the ancestors and wisdom. We honour the air element's wise presence within the winter solstice celebration of rebirth and renewal.





Our dedicated focus lies in drawing nearer to our true selves and establishing profound connections, mindfully and intimately guided by the heart's teachings. Rooted in the sanctuary of our hearts, we honour the wisdom of the Earth that the ancient wisdom traditions draw on, allowing us to course through our being as fertile soil that nourishes our growth. This pilgrimage delves into the intricate layers of our genuine essence as we transition from the end of a cycle to the beginning of another, in our new year retreat for 2025. Just as seeds lie dormant in the frozen ground, waiting for the warmth of spring to germinate, winter invites us to lay the groundwork for our future endeavours. We could not do it without integrating the principles embodying the divine feminine and masculine - embracing the expansive heart connection beyond ourselves to a profound connection with the world and the sacredness inherent in all aspects of life.

From this understanding, our consciousness expands to embrace all beings within the natural world, fostering a deep reverence for the planet we call home. As conscious, responsible Stewards of a New Earth, we live in alignment with the interconnected web of life, honouring our role in nurturing and preserving the sacredness of our shared home.





This transformative journey involves facing our dark and light aspects and integrating them to achieve a sense of wholeness. Through this sacred process, we develop a deep understanding of intimacy with all those around us, honour our ancestors, and nurture future generations. Regardless of our traditions, lineages, or directions, we embark on a transgenerational path of reverence and care. This is a way of becoming intimate with the multiple dimensions of our interconnected lives in creative ways.

An expansion of consciousness, supported and catalysed in creative ways and by different medicines such as music, art, dance, dreamscapes, psilocybin-containing mushrooms, organic food delicacies, healing baths, and other various outdoor rituals in pristine nature. These are all practices complementing each other to support developing a conscious cyclical way of living with all; including the levels of body, mind, spirit, sexuality, culture, and nature.





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 upon 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 relations within all directions. The circle represents the Yin-Yang symbol of the integration of femininity and masculinity within each other.

The basic structure is the sacred circle with a centre - the most potent form to stabilise, protect, and give orientation to. In the centre, every direction is integrated and represents the most intimate place of our essence and vital life force. The work in the sacred circle aligns us with the cycles and rhythms of nature, and to life in a cyclical way towards wholeness, where our true essence, our soul, can emerge and blossom. It is a sacred pilgrimage within our souls unfolding, and outside our holy pilgrimage to the neolithic sacred site, honouring and celebrating the sacredness of all life since the beginning of time.

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



You are the medicine
The medicine is *WITHIN*.

P R O G R A M





Sacred Pilgrimage to the Sacred Neolithic Site of Evora - 7000 year old Pagan site of Mother Goddess and Sun God Fertility worship

Get ready for an unforgettable journey to Portugal's ancient Stonehenge, a sacred site with a history of 7,000 years and continental paganism. This sacred circle is shrouded in mystery and intrigue. It is believed to be shaped like an elliptical vulva and intricately connected to fertility rites. It stands as a testament to the profound spiritual practices of ancient civilisations. The sacred sanctuary aligns with the East-West Spring-Fall axis and invites you to tap into the primal energies of the Earth.



Different unique ceremonies working with our intrinsic medicines are at the core of the gathering. **You Are The Medicine** - supported, guided, and enhanced through many other modalities of medicine, including shamanic vision quest rituals, nature rituals, creativity and artwork, live sound healing ceremony, live music, singing and voice, movement and dance, a movement/dance/voice ceremony, a water ceremony and healing bath, a legal plant medicine ceremony, and a fire ceremony.

The group retreat is held in a sacred circle, drawing on the shamanic-therapeutic methods of working with expanded states of consciousness to heal and transform individuals, groups, and planets. We stay together for five days / four nights in the retreat centre, which allows us to dream further together during sleep. This technique is used in dream incubation within the Temples of Delphi, group work processes during the daytime, and ceremonies.

The plant medicine dosages will be moderate. The organisational team provides professional contacts for the aftermath if further integration is needed. Integration practices will be interwoven during the retreat to guide the processes into deep transformational journeys. In a safe container, we share in the sacred circle and witness each other from the heart. Together, we weave individual experiences with collective and planetary insights into new understandings of human life within intimate Earth Stewardship.

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



Sunday 29th

16.00 Arrival and Registration

16.00-17.00 Time to settle in, regenerate, enjoy refreshments and snacks

17.00-18.00 Opening the sacred circle in the ceremony temple

18.00-20.30 Sacred Pilgrimage Preparation and Shamanic Journey Ceremony

20.30-22.00 Dinner

Monday 30th

8.00-9.00 Breakfast

09:30-13:00 Departure Excursion Sacred Pilgrimage Day to Evora Neolithic Sacred Site "Portugal's Stone Henge" 7000 years old, carpooling

13:00-16:00 Visit the Evora medieval old town with the Roman temple and biggest Portuguese Gothic church

16:00 – Departure back to the Sacred Retreat Venue (1,5h drive)

18:30-20:00 Dinner

20.30-21.30 Group Sacred Circle of Sharing and Preparing for the Big Plant Medicine Ceremony the following day

Tuesday 31st

7:30-8:30 Movement and Meditation

8.30- 9:30 Breakfast

10.00-13.00 Sacred Circle Meditation and Preparation Inner Journey

13.00-14.00 Light lunch followed by fasting

14.00-17.00 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 Ceremony with livemusic

01.00 Midnight celebratory snack and New Year Dance Party



Wednesday 1st

9.00-10.30 Breakfast

11.00-13.30 Guided integration
Process: nature, creative expression,
movement, sharing

13.30-14.30 Lunch

14:30-16:00 Regeneration time
& walking meditation in the sacred
land

16.00-19.00 Intimate Wholeness
Ceremony I – Intimacy – Into-me-
See – Part 1

19.00-20.30 Dinner

20.30-22.00 Intimate Wholeness
Ceremony II – From Erotic Self to
World as a Lover

Thursday 2nd

8:00 – 9:30 Breakfast

09:30-12.00 Outdoor ritual
and closing fire ceremony

12.00-13.00 Wrapping up and
farewell with lunch

13:30 Departure



* Small changes may appear in the program, subject to climate conditions. To reach the venue you will need to self-organise transport from Faro airport. It is a 30 minute drive by car. Car rental is comparably cheap in Portugal - we recommend car rental and sharing. We also prepare a form for car-pooling.





If you wish to stay longer in the area (you will have to find a different accommodation) to enjoy the fantastic nature reserve, the coast, and national parks, you are welcome to do so. The accommodation provided during the retreat is rooms for 2 or 3 people, which are beautifully decorated and have shared bathrooms and toilets; all rooms have a terrace with a view.

The venue is, an old Quinta set in a national park and is endowed with beautiful fruit trees, giant oak corks, grape vines, vistas and a stream at the end of the garden. Please remember to come prepared for mosquitos. We will do plenty of beautiful outdoor exercises and work with the elements and the medicine wheel. Be mindful of clothing suitable for outdoor activities and different weather conditions; including rain, sun, and wind – however, in December, it should be cold.





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SACRED LAND
SANCTUARY
RETREAT
CENTRE





Our retreat centre stands out, with its unique features, at the nature reserve land. Nestled in the hills like in the Earth's womb, with a natural ambiance nurtured through permaculture and a design that echoes Mother Earth's embrace. The luxurious yet minimalist rooms testify our commitment to your comfort, enhancing your transformative and healing journey within this sacred landscape. Inspired by nature, our architectural design and strong connection to the earth's energies create a unique experience.

The Birthing an Ancient Future - Psychedelic-Assisted Group Retreat: New Year Sacred Pilgrimage of the Soul is orchestrated as a journey toward healing and a sacred pilgrimage of self-discovery and empowerment. As Stewards of a New Earth, we will co-create strong connections, share transformative insights, awaken our limitless potential dedicated to individual, collective, and planetary healing, and engage in a profound journey of love and service.

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Our sacred retreat is situated in the serene, off-grid mountain plateau of north Portugal. It offers a perfect escape from the chaos of urban life. Our location is surrounded by lush green hills and enchanted forests bordering the nature reserve land. It is oriented to the ocean with its breathtaking beaches; akin to one of the giant ocean waves, on Earth in Nazarene. Get ready to be mesmerised by the stunning views and immerse yourself in the unique permaculture design that blends seamlessly with the natural environment. Welcome to a sanctuary where tranquillity meets natural beauty.

Our retreat work is enhanced by living in communion with Earth's embrace and cycle, understanding Earth as a sacred and living entity, and symbolising the interconnectedness of all living beings. A beautiful ceremony temple is at the venue's sacred land nature reserve. This rite of passage for the new year enhances our alignment with the cycles of nature, synchronised with our rhythms, to experience expanded levels of harmony and balance - both inside and outside.

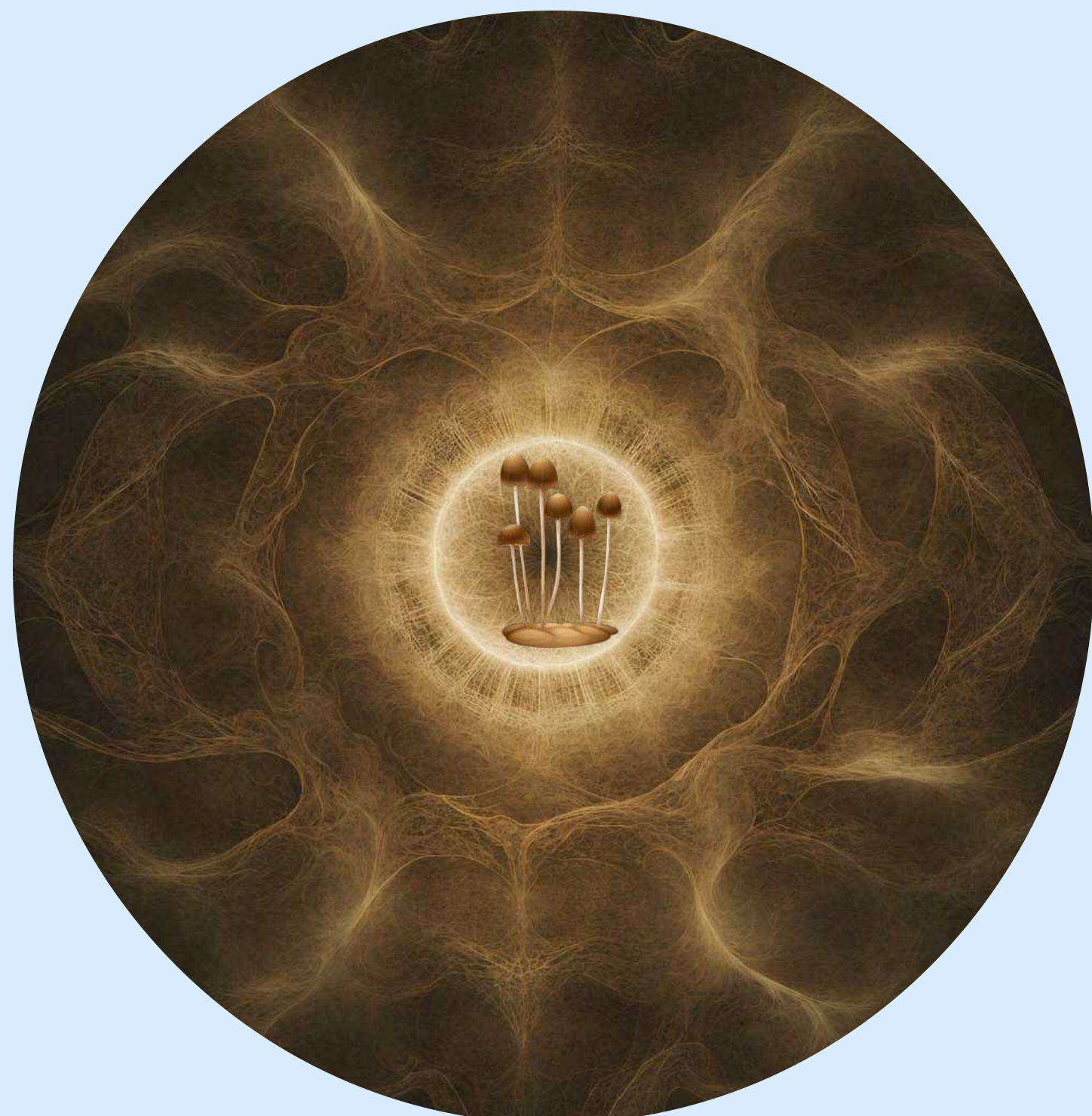




The group retreat will be held in a sacred land nature reserve, providing a deep interaction with nature, spacious outdoor rituals with all elements, and a safe, peaceful ceremonial space in a holy ceremony temple. The full board provides a solid grounding with freshly crafted organic / vegan food delicacies. The address details of the venue are provided for approved 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 do so!

The North and Central Portugal region is a hidden gem, celebrated for its rich cultural heritage and stunning landscapes. Nestled amidst rolling hills and picturesque countryside, this region boasts remarkable natural beauty that captivates the soul. From quaint villages to ancient vineyards, the Evora region offers a unique blend of a prehistoric sacred site, history, tradition, and tranquillity. Explore charming cobblestone streets adorned with historic architecture, where time seems to stand still. Discover secluded bays and hidden caves nestled amidst unique rock formations, offering moments of serenity and reflection.





APPLICATION PROCESS



1. Short Online Questionnaire

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

2. Short Online Pre-screening:

We will offer a short online description, to include your previous psychedelic experiences, knowledge, and any specific wisdom and interests that you will bring as a participant to co-create within this gathering. An eligibility of participation will be required to create a safe and ethically sound setting. All data is confidential and collected by our organising team.

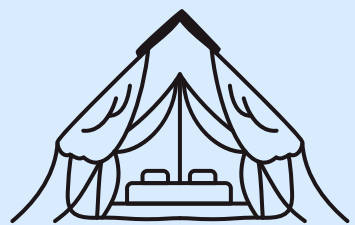
[APPLY NOW](#)

3. Registration and Buy your Ticket Application Procedure

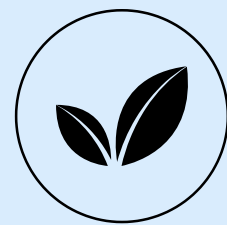
When accepted for participation, you must register for the event, including purchasing your ticket to reserve your place. Further information and instructions will be forwarded over to you once your registration and ticket payment details have been received.

[GET YOUR TICKET](#)





- 4-night accommodation in a shared room with bathroom / toilet



- 5-days / full-board vegan-vegetarian organic delicacies (Wednesday dinner to Sunday lunch)



- Live music with transcultural medicine songs



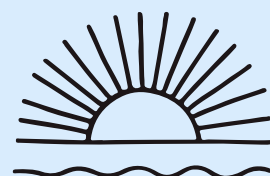
- Movement, dance, and art. Sound healing ceremony with live music



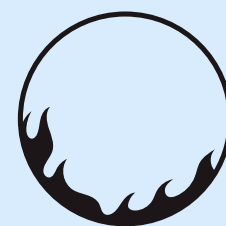
- Nature meditations and vision quest rituals



- Psilocybin ceremony



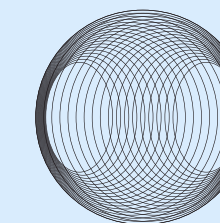
- Ocean ceremony and cleansing healing bath



- Guided Integration Process and Fire Ceremony



- Intimacy and Slow Sex Ceremony.



- Closing Group Work Circle and Fire Ceremony.





P R E P A R A T I O N

COUNTDOWN:

TWO WEEKS BEFORE

THE RETREAT

AND WHAT TO BRING





Please take time for contemplation as preparation for this psychospiritual nature journey. The more you prepare and immerse yourself, the more you can contribute to and get out of this initiative. It needs your dedication, determination, passion, surrender, and pro-active participation- It is not something 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 particular objects related to your contemplation, so it can become like a constellation of objects, a collage or a sculpture.

We offer a free **guided meditation** (Dr. Regina U. Hess, Birthing an Ancient Future) to support your preparation process. You can access this by the link below, to download from YouTube and add to your devices if required.

[WATCH NOW](#)



A small moment of contemplation, meditation, mindful walking, self-compassion and gratitude that is implemented in your daily life will make a difference in your preparation process. A gentle focus on healthy nutrition, physical fitness, well-being, and tending to your emotional and mental states can assist in making some space to connect and enhance your processing of the experience. 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.



- Following a light diet for a minimum of 2 weeks before the retreat is highly recommended.
- Bring a 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 beautiful ceremonial clothes made from natural materials and with light colours, plus a long dress or skirt (recommended for women)
- Bring clothes which are suitable for different weather conditions and outdoor rituals, plus a professional blindfold - such as the brand Mindfold - where you can have your eyes open inside to enhance the impact of darkness meditation. It can be found on the Internet. This is essential, and I wish that you bring the mask in order to go deeper in the process.





VISIONARY LEAD

DR REGINA U HESS, PHD

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Dr. Regina U. Hess lives between 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, transpersonal psychotherapist, and supervisor. Regina has broad experience in humanitarian fieldwork and research on global (mental) health issues. She is a faculty at international universities such as the Alef Trust, UK transpersonal educational institutes, and is also an independent researcher. Dr. Regina U. Hess 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. This bridges ancient wisdom traditions and modern psychedelic science with art and nature immersion, along with global events, retreats, and different educational programs, such as the 2023 Global Hybrid Symposium and 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 a conscious way of living, based on heart-centred 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.



CONTACT



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