

# Kambô Spirit Medicine Retreat

Rebirth - Renewal - Transformation - Magic

May 20-27, 2012

Eden Hot Springs & Linden, Arizona



We invite you to gather with us for a truly unique encounter. For us this week is the culmination of many strong forces that have come forward in our own lives. We bring together a group of our closest friends, in an extraordinarily beautiful location, with an alchemy of healing traditions. This was a long time in the making; we feel it is just the beginning.

Our time together will be at Eden Hot Springs in southeastern Arizona, and optionally at our home in Linden, Arizona for an additional 3 days. Eden has 7 natural geothermic pools on a 40+ acre property. It is truly one of the most healing and naturally beautiful places we have ever been.

We will participate in several different healing traditions including a Lakota inipi ceremony (sweatlodge purification) and 3 sessions with the Amazonian animal spirit medicine called kambô. We will be serving meals of delicious raw living organic food and experience nature's first medicine ... Food!

***'Let food be thy medicine and medicine be thy food' - Hippocrates***

Because of the diversity of people who will be attending this gathering, we have created two participation options:

## **4 Nights Eden Hot Springs – \$600.00**

- 3 kambô medicine sessions
- Lakota inipi (sweatlodge) ceremony
- Eden Hot Springs entrance fee
- Food, snacks, juices – raw organic meals for 4 days
- Transportation to/from Linden or Phoenix
- One 60 minute massage

## **7 Nights (4 Nights Eden Hot Springs, 3 Nights Tunatyava) - \$900.00**

For a small group of people (10-12) we offer to add an additional 3 night stay at our home and retreat location Tunatyava in Linden, AZ, about 2 hours north of Eden. Lakota shaman Willem Wout will be joining us to build an inipi ceremonial space on our property. You are welcome to join. This option includes everything for the 4 nights at Eden plus:

- Use of Tunatyava spa facilities (hot tub, steam shower, yoga)
- Second Lakota inipi (sweatlodge) ceremony
- Food, snacks, juices – raw organic meals for an additional 3 days
- Transportation from Eden to/from Linden or Phoenix

We will have other fun activities including daily yoga, music, community with some extraordinarily interesting people, nightly viewing and meditation to the sunset high up on the mesa. ***We hope you will join us! :)***

### **Booking & Information**

Art of Transformations  
www.artoftransformations.com  
info@plantthink.com

**Ralph Miller** (720) 837-0215  
**Peter Richardson** (720) 234-6324

*Please contact us immediately if you are interested in this event, limited space is available.*

## Eden Hot Springs

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Eden Hot Springs is a very special retreat location with a long interesting history. The stories go back to when Geronimo himself, the Apache warrior, would visit the healing waters of these hot springs. Today there are 7 geothermic pools, including the large pool, roughly 200' long by 40' wide. The water temperature of these pools range between 100-118 degrees and has varying levels of salt/mineral content. They are truly wonderful to soak in and people feel a depth of healing from the land and these thermal waters.

The property is a rough and rustic setting with remnants of its past. There are structures more than 100 years old with horse tie-ups and wrought iron fixtures. There used to be an old hotel and saloon where guests would be brought in by horse and buggy.



Today the property is a camping only facility with roughly 40 acres to explore. Feel free to discover the many features of this property such as the natural mud baths and table top mesa with 360 degree view of the surrounding mountains. It is a perfect setting for this retreat.

Eden Hot Springs is closed to the public and a place that few people know about. It is literally *not on the map*. It has become dear to our hearts and we always look forward to visiting this beautiful place.

## Raw Living Organic Foods

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We will enjoy extraordinary raw living organic foods prepared by our friend Joy Love Light and her kitchen angels. For the past six years, Joy has organized life transforming retreats at Eden Hot Springs for thousands of guests, bringing together top speakers, educators, healers and chefs from around the globe.

We incorporate the philosophy that a raw, uncooked living vegan diet can transform a person's physical state of wellness and energy no matter what their current diet is. We believe that living food is for everyone!

The importance of consuming uncooked fruits and vegetables cannot be overstated. Cooked food is depleted of enzymes (the 'living' aspect of raw food) and phyto-nutrients, the natural bio-active compounds essential for healthy living. Simply put, viable enzymes in uncooked food naturally support digestion, nutrient transport to the cells, and are literally the energy conductors to our body. Cooking food destroys the natural enzymes found in raw food.

The food prepared will be from the freshest organic fruit, vegetables, nuts, sprouts, micro-greens, sea vegetables, and the many delicious spices that bring explosive flavor to the raw food palate. In addition to meals we will have fresh juices, smoothies and snacks throughout the day. You will not go hungry!





Willem Wout is a Dutchman and close friend who brings a very special energy wherever he goes. He's spent the last 18 years connecting people from many traditions, from many countries to the medicines which he carries.

In 1994 he had a chance encounter with a Lakota man names Charles Chipps, great grandson of Woptura medicine man to Crazy Horse, who invited him to Pine Ridge, South Dakota. He began to participate in Sundance ceremonies and learned to carry forward the Lakota medicine including hanbleceya (vision quest) and the inipi (sweatlodge), ultimately bringing traditions like these to his home country of the Netherlands.

In 2004, Ralph made his first trip to Colombia to participate in shamanic medicine ceremonies. Interestingly, Willem had already begun to teach these south American shamans the traditional Lakota inipi. Although Ralph did not meet Willem at this time, an unseen connection was formed and Ralph experienced his first inipi through these shamans. Over many years our own retreats in south America have incorporated the Lakota inipi tradition.

In December 2011, Ralph and Willem finally met in person after many years of near misses and hearing many stories of each other. In this first meeting Willem introduced Ralph to a second medicine called kambô, the secretion of an Amazonian green tree frog.

On this visit to Arizona Willem and his assistant Catalina will bring both medicines, the Lakota inipi and kambô, to share and offer healing at our group gathering.

### Ceremony of the Inipi

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*"By bowing low in order to enter this lodge, I am remembering that I am as nothing compared to You, O Wakan Tanka, who are everything. Help me to become pure, before I send my voice to You! Help us in all that which we are about to do!" – Black Elk*

The traditional Lakota ceremony of the inipi (sweatlodge) utilizes all the elemental powers of the universe: earth and the things that grow from the earth, water, fire, and air. When we use the water in the sweat lodge we should think of Wakan Tanka who is always flowing, giving His power and life to everything. We should even be as water which is lower than all things, yet stronger even than the stones.

The willows which make the frame of the sweat lodge are set up in such a way that they mark the four quarters of the universe; thus, the whole lodge is the universe in an image, and all the things of the world are contained within it. The stones (grandfathers) represent the father, which through the water receive the reflection of the earth mother's love. The masculine and feminine are united in the undifferentiated form of Wakan Tanka (Great Spirit). The fire which is used to heat the stones represents the great power of Wakan Tanka which gives life to all things.

When we enter into the lodge we enter back into the womb of the mother, of the earth. We enter in for purification through the heat and steam. We are reborn again into this world as small children.

## Kambô

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*"Kambô circulates in the heart. When we take kambô it makes the heart move accurately, so that things flow, bringing good things to the person. It is as if there was a cloud on the person, preventing the good things to come, then, when they take the kambô; it comes a 'green light', which opens its ways, making things easier." – Kaxinawá kambô shaman*

Kambô is both the name of the Amazonian green frog (Phyllomedusa Bicolor of the Hylidae family) and also the name of the medicine ceremony using the resin secreted from this frog's skin. The resin contains peptide substances (dermorfine and deltorfine ) that are analgesic and that strengthen the immune system provoking the destruction of pathogenic microorganisms. The substances in the frog's secretion also have antibiotic properties, and strengthen the immune system through the body's production of antibodies against the poison.



During this ceremony a series of brief superficial burns (dots) are made to allow just the outer layer of skin to be exposed. The kambô resin is placed on these burned spots and goes directly into the lymphatic (immune) system. During this process one experiences a purgative effect, detoxification of the liver, of the intestine and of the entire digestive system. The experience lasts usually about an hour. Afterwards many people say they experience an increase in their vital energy and overall sense of wellness.

In the indigenous communities they believe kambô helps remove spiritual blockages, creating a psychological reorganization. From this place a person changes their attitude and changes their future patterns of health. They believe the mission of kambô is to protect the health of those who defend the forest.

## Massage

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On staff with us is Marina Jessop who will be offering her services of bodywork and massage. Included for each participant is one 60 minute massage session with Marina. She brings over 15 years of experience in many different healing modalities and has a true kindness in helping people reconnect with their body. Marina offers a variety of different massage and bodywork techniques and will discuss with each person the best way to work on their body.

The importance of massage and human touch can't be overstated. Human touch is vital to growth and development. It helps us to feel connected with each other and with our own body. Health benefits include increased circulation of blood and lymph fluids of the body, relief from generalized tension, acute stress relief, enhanced immunity, regulation of blood pressure and a significant decrease in muscular tension.

Take the opportunity to feel truly comfortable in your own body. Your overall health and well being will improve while your stress levels decrease. You become a more productive, happier person. Massage therapy will improve the quality of your life!

## DJ Dexx

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Envision floating in a 8000'sq geothermically heated pool under a canopy of stars listening to some of the best ambient, techno, and house dance music you have ever heard ... then you will get an idea of the scene on our last two evenings together.

DJ Dexx plays some serious tunes on even more serious equipment. He performs for 200+ person camps at Burning Man for four days out in the middle of the desert. They have to haul in two power generators just for the equipment. It's gonna be fun.

## Tunatyava Retreat

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**Additional 3 Nights At Tunatyava:** For a small group of people (10-12) we offer to continue through to a full week at our home and retreat location Tunatyava in Linden, AZ, about 2 hours north of Eden Hot Springs.

Willem Wout will be joining us to build an inipi ceremonial space on our property. You are welcome to participate in these ceremonies, use the spa facilities (hot tub, steam shower, massage), inipi sweatlodge, and continue to eat, juice and wheatgrass your way to better health!

We have been in the White Mountains of Arizona for 7 years creating a special place we call **Tunatyava**, which is a Hopi word meaning 'hoped-for-coming-into-reality.' Tunatyava is a word representing the concept of dreams and reality as 'present-now-becoming'. The underlying thought is that of life as a conscious passionate vision in a continuum of dynamic manifestation. We felt this was symbolic of the vision and passion that we feel for our home.

We have a fully equipped raw foods kitchen and organic farming operation. Many of the foods that we eat during our stay grow right here on our property. Enjoy full use of the spa facilities and healing therapies that are available to all retreat participants.

Our home is our ongoing exploration of the potential of how people can live ... it comes alive when we have others here to share this with. We welcome you to our home!

