



Retiro chamanico

Dieta ancestral de plantas maestras

SHAMANIC RETREAT
Ancestral diet with master plants

The Retreat / Diet (commonly referred to as "diet" in traditional medicine), is the most profound therapeutic work of traditional Amazonian medicine.

This creates a space in contact with nature and with itself. It is dedicated to physical and energy purification to remove toxic substances at different levels, as well as poor nutrition that blocks sensitivity. The process helps expand perception, connect with pent-up emotions, cleanse and strengthen the body, and connect with the sacred.

It is a very sacred tool that we use to find deep resolution since we can access information that comes from the soul. We agree to understand the movement of the soul and from here on a psycho-energetic level we learn to produce changes in consciousness in order to integrate everyone at their own pace into daily life.

The shamanic diet is a process of rebalancing through the ingestion of Power Plants. It is associated to the desire for learning, healing and personal growth

These plants function at all three levels: physical, mental, and spiritual.

This work is carried out in an isolated natural environment, in charge of a Yachac (Shaman)

The Yachac that performs the diet must, on those days, keep a very exhaustive diet and behavioral restrictions.

- The *dietador* is installed in a shelter or cabin where it must stay throughout the diet. It will feed exclusively on boiled brown rice, eggs, cooked green banana, hen and toothless fish
- These foods cannot contain oil, salt or sugar
- The leftovers of these foods will be buried avoiding being touched by the surrounding animals
- During the diet process the person is very receptive and sensitive to any type of energy due to the absence of salt and sugar; so, it is important that you do not come into contact with strong odors; such as colognes, perfumes, or chemicals.
- In the same way, it should be avoided that people of the female sex who are menstruating or people who have had sexual relations recently and who are not dieting at the time; approach him
- You should also not be exposed to the sun, water, fire and smoke.
- During the diet process, the plants will work the energy of the dieter, whether their desire is for healing or learning.
- The spirit of the plants that are dieting will be presented during dreams. It is here where they will expose their virtues and teach them how to heal through them.
- It is also, during dreams, that the master *icar* (*sing*) of the plant is usually received; with which his spirit-energy will be invoked when necessary.
- The process period is determined by the level of illness or, in the case of a learning diet, by the level of evolution of the apprentice.
- Normally the minimum period of duration of a diet is eight days, and can last up to 1 year.