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Psychedelic-Assisted Summer Solstice Celebration Retreat



JUNE 27TH-30TH, 2024.

West Algarve, Portugal.



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 basic structure is the sacred circle with a centre, the most potent form with which to stabilise, protect, and give orientation. The centre is the most stable point of the circle, and at the same time, it is also assumed to be the most vulnerable point - seen as the most feminine part, similar to a yoni. The outer circle is the most masculine form, giving structure and protection. Integrating the divine feminine and masculine energies and expressions happens 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 within each other.





This June retreat is dedicated to the Summer Solstice and represents the direction of the south - signifying the abundance of summer, including the celebrations of the summer solstice and the influence of midsummer across cultures. The south holds the feminine element of water, and we honour the water element's vital presence within the summertime celebration of gratitude and abundance. Let us celebrate the interconnected dance of creation as we bask in the warmth of summer and honour the eternal cycle of life and growth.





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 sacred water within, allowing it to course through our being like flowing rivers. This exploration delves into the intricate layers of our authentic essence as we transition from youth to adulthood. This journey involves a profound integration of the principles embodying the Divine Feminine and Masculine, embracing the expansive heart connection that extends beyond, to a profound connection with the world and the sacredness inherent in all aspects of life.

As we enjoy the plentiful waters of summer and move from our younger years to adulthood, we journey towards our inner selves and the sacred union within. From this deep connection, we expand our consciousness to include all beings within the natural world, and we start living in a way that respects the planet we inhabit as responsible Stewards of a New Earth.





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, honouring our ancestors, and nurturing 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 playful ways and by different medicines such as music, art, dance, dreamscapes, Psilocybin-containing mushrooms, organic food delicacies, healing bath 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.





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 a spiral

Our location is in the serene, off-grid mountain plateau of the Sacred Land Nature Reserve of the North Alentejo region, far away from the hustle and bustle of the city. Lush green hills and forests surround the reserve, which has a close proximity to Cercal / Sonega. The stunning surf beaches of Porto Covo and Malao are just a short distance away. At our venue, you will be welcomed by breathtaking views and a unique permaculture design that blends seamlessly with the natural environment.

Our retreat work is enhanced by living in a spiral shape, symbolising cyclical processes, evolution, and interconnectedness.

A great ceremony temple is located at the venue's sacred land nature reserve. The cyclical way of living can enhance our alignment with the cycles of nature, synchronised with our rhythms, to experience expanded levels of harmony and balance - both inside and outside.

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The venue's unique charm emanates from the temple's sacred geometry and the landscape's spiral-shaped natural ambiance, evoking an atmosphere akin to being cradled in Pachamama's womb. Integrating glamping tents as shelters enhances the transformative and healing experiences within this pristine, sacred nature architecture. With a strong presence of all elements and forces of nature, the venue creates a powerful connection to the Earth's innate energies.



The psychedelic-assisted summer retreat's sacred choreography is designed as a rite of passage, transitioning from spring into summer within a sacred gathering for individual, collective and planetary transformative healing and empowerment for the greater good. It is a path with a magnetic heart(h) of rising, like a phoenix, as human beings - deep stewards in intimate service with the earth - love in the making.



June 27th-30th

Retreat Program Content Summary

** YOU ARE THE MEDICINE *
* THE MEDICINE IS WITHIN **

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, creativity and artwork, live music and soundscapes, singing and voice, movement and dance, a movement / dance / voice ceremony, a sunrise water seaside ceremony, a sweat lodge sauna healing bath ceremony, 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 four days / three nights in the retreat centre, which allows us to further dream together, during sleep. This technique is used in dream incubation within the Temples of Delphi, group work processes during the daytime, and ceremonies.

The dosages will be in the moderate range. The organisational 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 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.





Program Highlights

Thursday 27th

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 Temple

20.00-21.00 Dinner

21.00-23.00 Dreamscape Ceremony & Live Healing Sound Ceremony

Friday 28th

6.30-8.30 Sun-Rise Seaside Water Ceremony and Healing Bath Ceremony

9.00-10.30 Breakfast

11.00-12.00 Morning sacred circle medicine wheel meditation

12.00-13.00 Shamanic Journey 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 29th

9.00-10.30 Breakfast

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

13.00-14.00 Lunch

16.00-19.00 Slow Sex Ceremony I – Intimacy – Into-me-See

19.00-20.00 Dinner

20.00-22.00 Slow Sex Ceremony II – From Erotic Self to World as a Lover



Program Highlights

Sunday 30th

7.00-8.00 Movement &
Meditation

8:00 – 9:00 Breakfast

09:30 -12.00 Outdoor Ritual and
Closing Fire Ceremony

12.00-13.00 Wrapping Up and
Farewell with Finger food Lunch

13:30 Departure

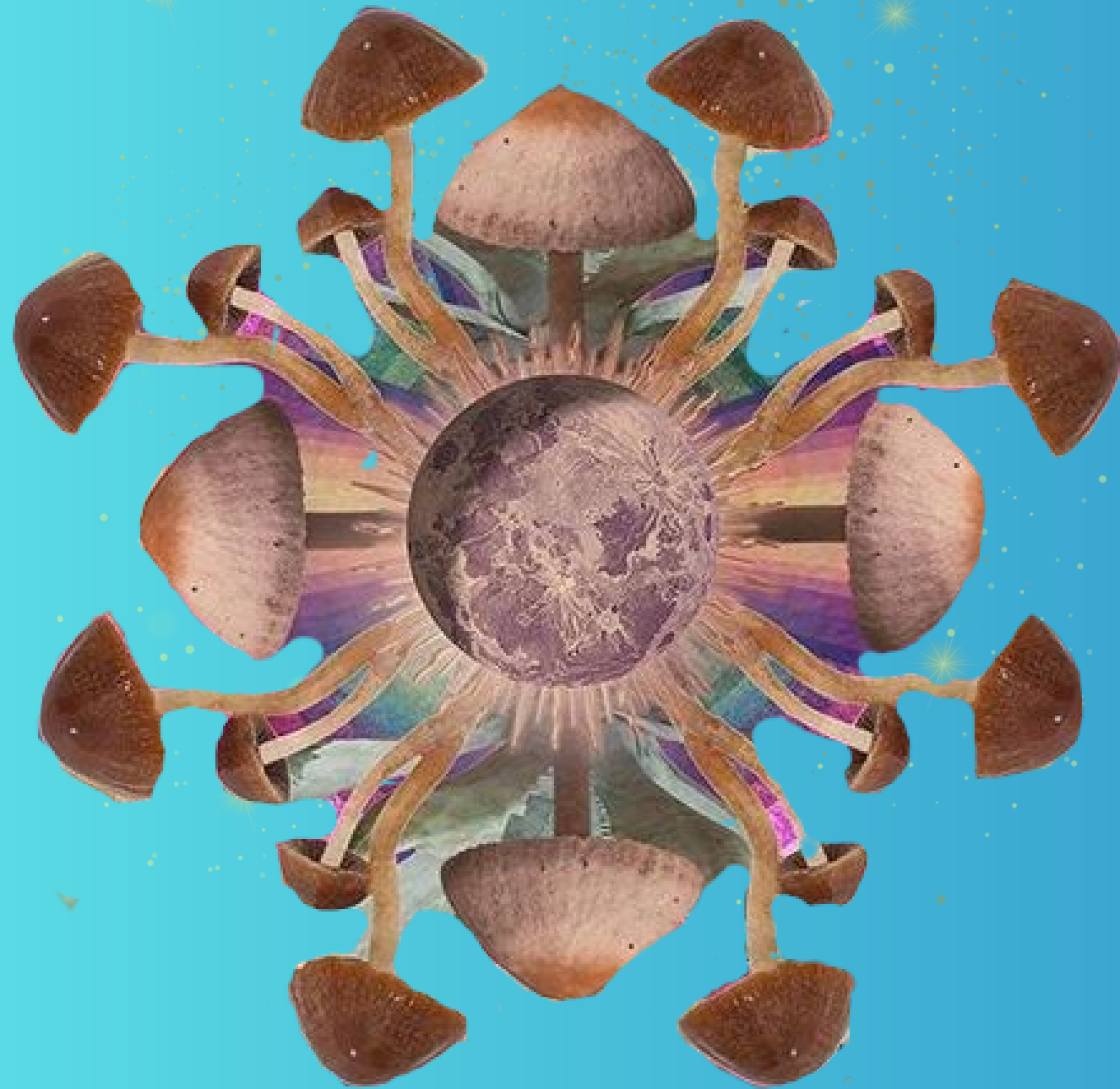
*** Small changes may appear in the program, subject to climate conditions. To reach the venue you will need to self-organise transport from the airport in Lisbon or Faro.**

The closest city is Sines, and the closest village is Porto Covo, which is about a 2.5 hour drive from Lisbon or Faro. Car rental is comparably cheap in Portugal - we recommend car rental and sharing. We also 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 fantastic nature reserve, the coast and national parks then you are welcome to do so. The accommodation provided during the retreat is glamping tents for 2 or 3 people, which are beautifully decorated with shared bathrooms and toilets.

The venue is near some of the most stunning beaches on the West Coast of the Algarve and has an extensive mountain-top views overlooking the whole region, up to where the hills melt into the sea. The retreat centre is close to Porto Covo's stunning wild beaches and the city of Sines. 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 June, it should be presumably warm and sunny.

Application Procedure



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 intention for participation.

2. Short Online Pre-screening:

We will offer a short online dialogue, 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 organizing team.



[APPLY NOW](#)

3. Registration and Buy your Ticket Application Procedure

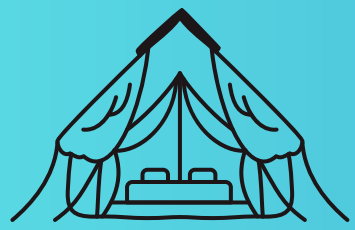
When accepted for participation, you must register for the event, including buying your ticket to reserve your spot. Further information and instructions will be forwarded once your registration and ticket payment details are received.



[GET YOUR TICKET](#)



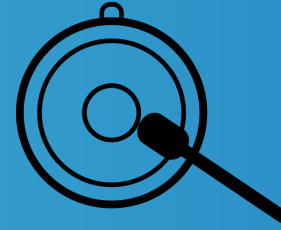
Price Details



- 3-night Accommodation in a shared glamping tent.



- Full-Board Vegan-Vegetarian Organic Delicacies (Thursday to Sunday).



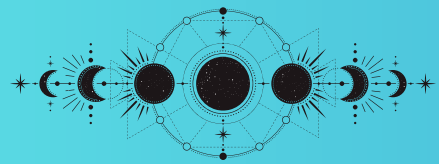
- Live Music Transcultural Medicine Songs and Trance Soundscapes



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



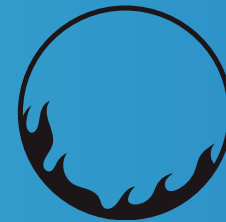
- Nature Mediation and Sound-Healing Ceremony.



- Movement and Vision Quest, Plant Medicine Big Ceremony.



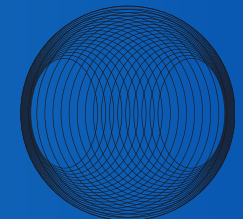
- Sunrise Seaside Ceremony and Cleansing Healing Bath.



- Guided Integration Process and Fire Ceremony



- Intimacy and Slow Sex Ceremony.



- Closing Group Work Circle and Fire Ceremony.



Guided meditation Stewards for a New Earth



by Dr. Regina U. Hess
visionary founder/director of
Birthing an Ancient Future



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 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 or like 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



Countdown: Two weeks before the Retreat and What to Bring



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.

- **A light diet of a minimum of 2 weeks** before 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** from natural materials, light colors, and a long dress or skirt (recommended for women).
- **Bring clothes suitable for different weather conditions** and outdoor rituals and a **professional blindfold—such as the brand Mindfold** — where you can have your eyes open inside to enhance the impact of darkness meditation. You can 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 a deep interaction with nature, spacious outdoor rituals with all elements, and a safe, peaceful ceremonial space in a sacred 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!

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Sacred Land Porto Covo

Porto Covo in Portugal is a coastal gem renowned for its stunning beaches which are bordered by golden cliffs and the tranquil, azure waters of the Atlantic Ocean, which are often warm and serene. This region boasts a remarkable natural beauty, with expansive beaches and secluded bays nestled amidst picturesque rock formations unique to this area. The mountainous terrain offers breathtaking vistas, where locals coexist harmoniously with nature, preserving and celebrating their cultural heritage.

Our retreat unfolds in the sacred landscape of Porto Covo, nestled within a nature reserve which fosters a profound communion with the natural world. Here, expansive outdoor rituals amidst the elements and tranquil ceremonial space of a sacred geometric temple provide a sacred haven for spiritual exploration and growth. Nourish your body and soul with freshly prepared, organic vegan cuisine - ensuring a grounded and holistic experience throughout your stay.



Visionary Lead - Regina U. Hess, PhD



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 within humanitarian fieldwork and research on global (mental) health issues. Regina is a faculty member at international universities such as the Alef Trust (UK) and additional transpersonal educational institutes, as well as being an independent researcher. She sits 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, retreats, and a variety of educational programs such as the 2023 Global Hybrid Symposium and International Plant Medicine Ceremony www.birthinganancientfuture2023.com.

Her 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-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 promoting the co-creation of harmony and a balance for the greater good.

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<https://www.youtube.com/channel/UCtu1YRta-1aV6-MIfs9e9Ww>

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Facebook page / group: Birthing an Ancient Future

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