

# INTIMATE WHOLENESS

## PSYCHEDELIC-ASSISTED GROUP RETREAT

FROM THE MOUNTAIN TOP TO THE DEEPEST OCEAN



[www.birthinganancientfuture.com](http://www.birthinganancientfuture.com)

AUGUST, 14-18 2024  
ALGARVE, PORTUGAL



This **Birthing an Ancient Future - Psychedelic-Assisted August Group Retreat** is dedicated to an intimate process towards wholeness in a profoundly personal and interconnected way. The journey from the mountaintop to the deepest ocean symbolises the integration of the sky, the heavens, spirit into matter; the Earth body, the human body, and all life. It is a transformational journey, representing the many different landscapes and experiences that shape our soul's journey of self-discovery and growth.

The eagle is known for its remarkable vision from far above – but also at the same, able to see details on the ground, which allows it to see beyond the surface, gain insights into situations, and perceive truth and clarity. They are a symbol of freedom and fearlessness. In many indigenous cultures, the eagle is considered a sacred and wise messenger because of its ability to navigate the skies with grace. The eagle symbolises the masculine energy.

The depth of the ocean represents the womb of all life in indigenous wisdom, and in these depths, like in the uterus, the conception of life happens through the sacred union of masculine and feminine energies, when our soul is born. The ocean and the water symbolise the feminine energy. All life is born from the female womb. The depth of the ocean also represents the deepest layers of our soul – our individual and collective unconsciousness.





At the **Intimate Wholeness Group Retreat: From the Mountain Top to the Deepest Ocean**, our focal point is the journey towards our inner essence, fostering connections guided by the wisdom of the heart. Rooted in the shrine of our beings, we pay homage to the sacred waters that flow within us, mirroring the rivers of life. This sacred pilgrimage of the soul delves into the intricate layers of our authentic selves as we traverse the passage from our egoistic selves into expanded states of consciousness. Awakening to the interconnected web of life, we can develop a conscious way of living in harmony and balance with all life - as Stewards of a New Earth - caring for all relations.

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. 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 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 - 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 creative ways are achieved by different medicines such as music, art, dance, dreamscapes, psilocybin-containing mushroom ceremony, fire ceremony, ocean ceremony, organic food delicacies, healing bath and other various outdoor rituals within a sacred land retreat centre, located in the heart of pristine nature. These are all practices which complement each other to support the development of a conscious and cyclical way of living with all; including levels of body, mind, spirit, sexuality, culture, and nature.





INTIMATE  
WHOLENESS

YINYANG  
INTEGRATION  
FOR HARMONY AND  
BALANCE



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.





# CYCLICAL WAY OF LIVING





Our August group retreat work is enhanced by staying in the Sacred Land Retreat Centre. Located on an ocean facing mountain top, it is here that we will weave our program into the landscape of this fertile region. We will undertake pilgrimages to the ocean, and back up to the mountain top retreat centre - enhancing the inner process of creating an intimate wholeness, as inside so outside.

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 to across all dimensions, 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.







The circular sacred ceremony temple gives clear 360 degree views, which allows participants to swirl like a dervish within the sacred circle of our existence, expressed through the uniqueness of our human body. We dance through the many layers of interconnected intimate wholeness, in alignment with the cycles of nature, synchronised with our rhythms, to experience expanded levels of harmony and balance - like becoming Yin and Yang.

Our retreat is situated in a serene, off-grid mountain plateau, in the South Algarve Region of Portugal. It offers a perfect escape from the chaos of urban life. Our location is surrounded by lush green hills and forests, and it's just a stone's throw away from the pristine Algarve beaches, with their stunning rock formations, which are considered to house some of the world's most beautiful beaches. Get ready to be mesmerised by the breathtaking views and immerse yourself in our unique permaculture design that blends seamlessly with the natural environment. Welcome to a sacred sanctuary where tranquillity meets natural beauty.

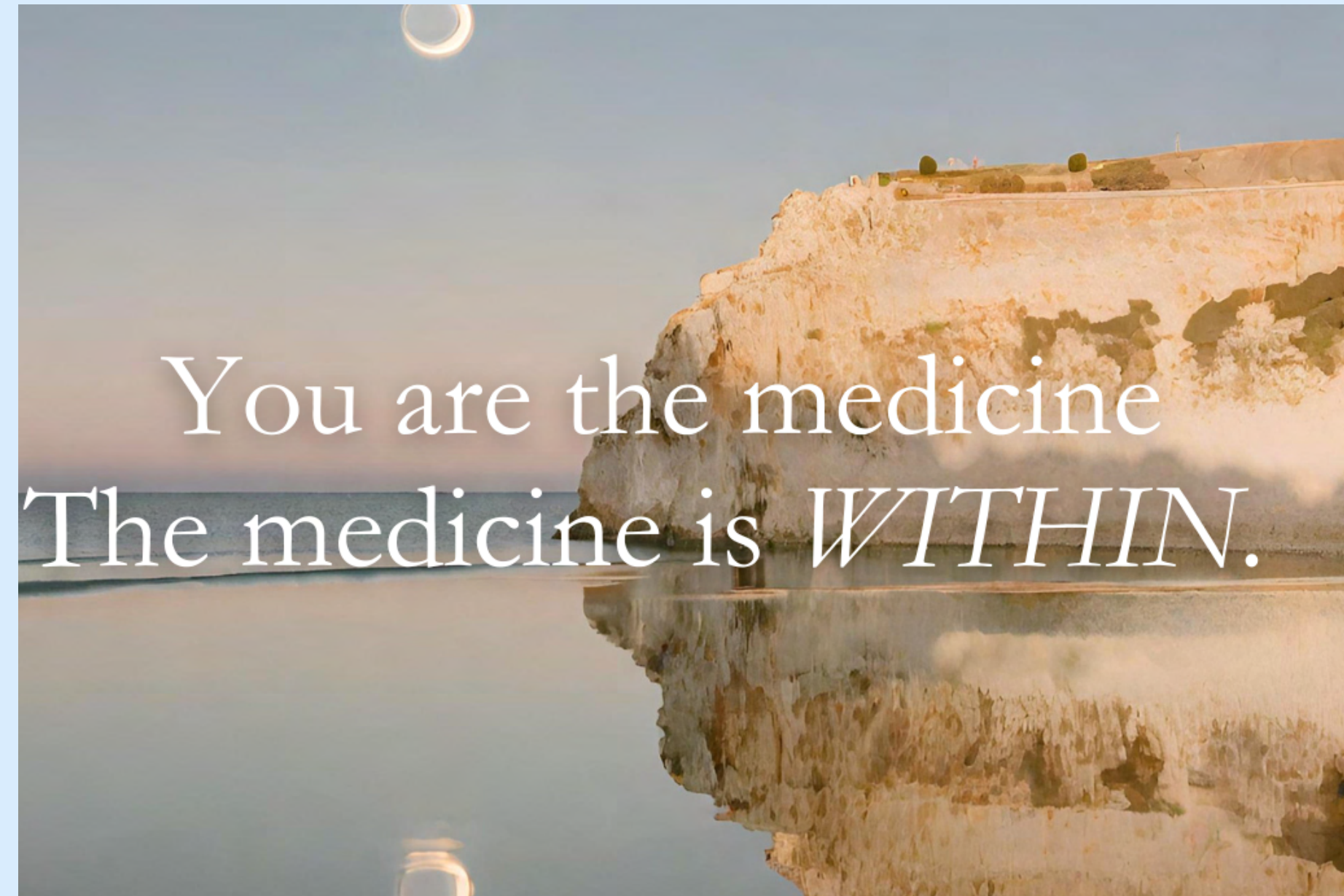




The venue's allure lies in its panoramic sea vistas and the natural ambiance which is cultivated through permaculture - evoking a sensation akin to Mother Earth's embrace. The luxurious yet minimalist rooms are thoughtfully crafted to offer the utmost comfort, enhancing your transformative and healing journey within this sacred landscape and architectural design, inspired by nature. With a strong presence of all elements and forces of nature, the venue creates a powerful connection to the Earth's innate energies.

The Birthing an Ancient Future - Psychedelic-Assisted Group Retreat – Intimate Wholeness - From the Mountain Top to the Deepest Ocean is orchestrated as a journey towards healing and a sacred pilgrimage of self-discovery and empowerment. As Stewards of a New Earth, we will create strong connections, share transformative insights and awaken our limitless potential which is dedicated to individual, collective and planetary healing, to engage in a profound journey of love and service.





# PROGRAM

At the core of the gathering are different unique ceremonies and rituals, 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, singing and voice, movement and dance, a movement / dance / voice ceremony, an ocean ceremony, a healing bath ceremony, a legal plant medicine ceremony, and a fire ceremony.

The group retreat is held in a sacred circle, drawing upon 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, along with 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.

Throughout the retreat, guided integration processes are interwoven, guiding transformation and teaching holistic integration skills - including 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.



## Wednesday 14th

**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

**18.00-20.00** Live healing sound ceremony

**20.00-21.00** Dinner

**21:00-22:00** Dreamscape ceremony

## Thursday 15th

**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 live music

**01.00** Midnight celebratory snack and chill out

## Friday 16th

**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



## Saturday 17th

**7:30 – 8:30** Movement and Meditation

**8.30- 9:30** Breakfast

**10.00-13.00** Dance, Art, Contact Improvisation, Tantric Rituals

**13.00-14.30** Lunch

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

**16.00-20.00** Excursion Pilgrimage from the mountain to the ocean

**20.00-21.30** Sunset Beach Picnick

**22:00** Arrival back

## Sunday 18th

**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.



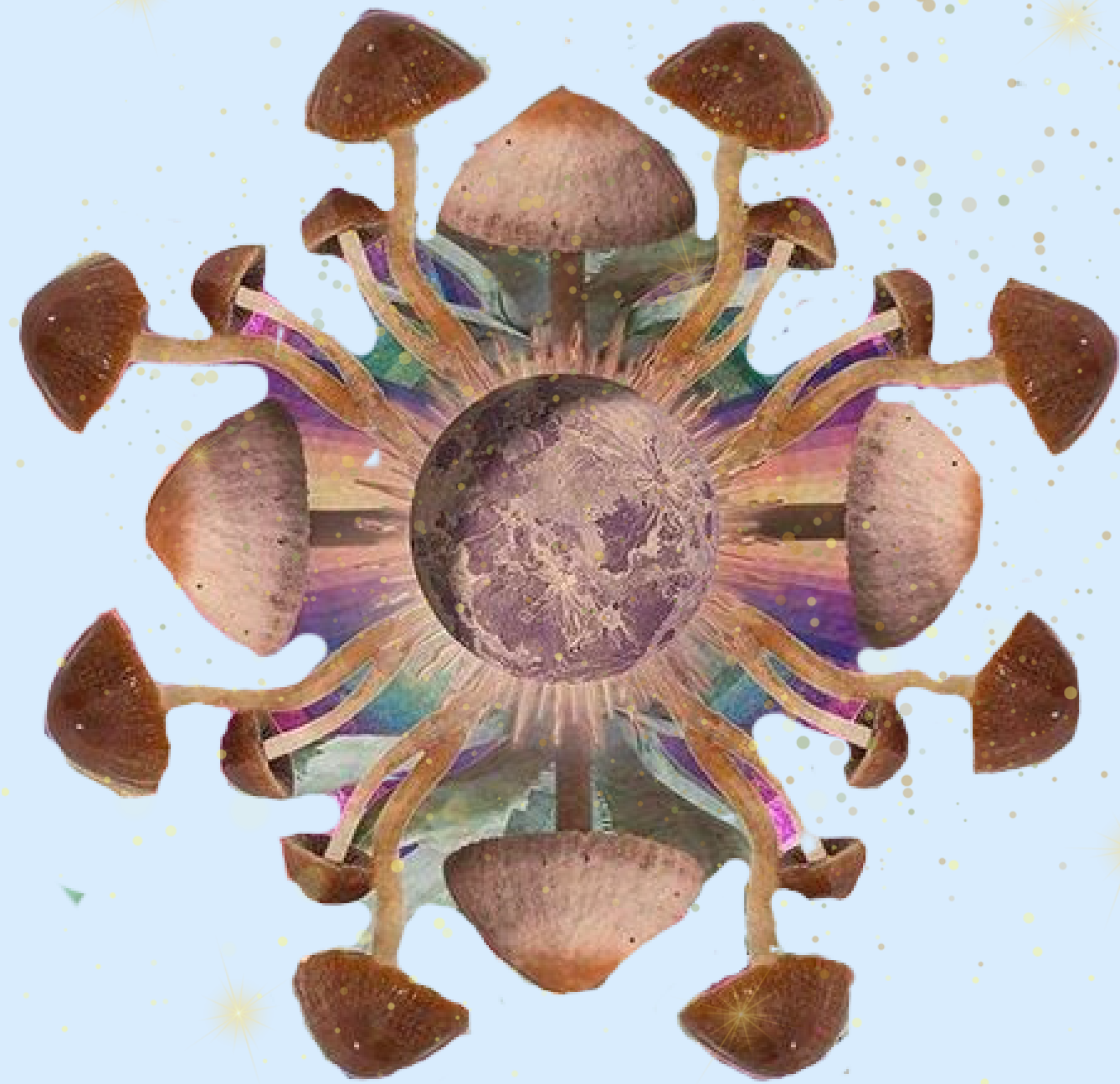


If you wish to stay longer in the area (you will have to find different accommodation) to enjoy the fantastic nature reserve, coast, and national parks, you are welcome to do so.

The accommodation provided during the retreat provides space for 2 or 3 people, with rooms which are beautifully decorated, with terrace views, and have shared bathrooms and toilets. The venue is near some of the most stunning beaches on the south coast of the Algarve and has extensive mountain-top views overlooking the whole region - up to where the hills blend into the sea. The retreat centre is close to Lagoa's stunning wild beaches and the city of Faro.

Please remember to come prepared for mosquitos. We will perform plenty of outdoor exercises and work within the elements and the medicine wheel. Be mindful of clothing that is suitable for outdoor activities and different weather conditions; including rain, sun, and wind – however, in August, it should be very warm / hot and sunny.





# 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.

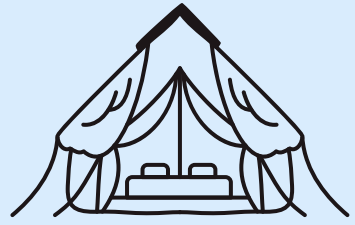
[APPLY NOW](#)

## 3. **Registration and Buy your Ticket Application Procedure**

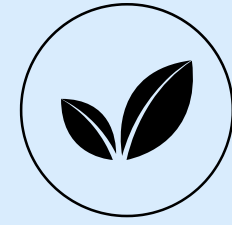
When accepted for participation, you must register for the event, including purchasing your ticket to reserve your place. Further information and instructions will be forwarded over to you once your registration and ticket payment details have been received.

[GET YOUR TICKET](#)

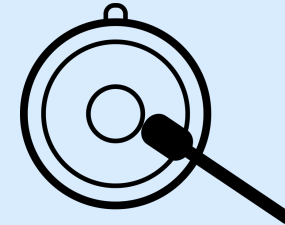




- 4-night accommodation in a shared room with bathroom / toilet



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



- Live music with transcultural medicine songs



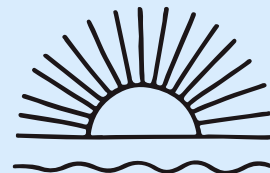
- Movement, dance, and art. Sound healing ceremony with live music



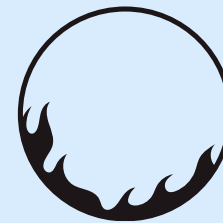
- Nature meditations and vision quest rituals



- Psylocybin ceremony



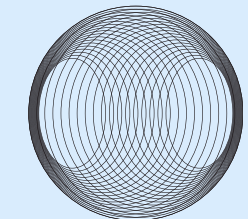
- Ocean ceremony and cleansing healing bath



- Guided Integration Process and Fire Ceremony



- Intimacy and Slow Sex Ceremony.



- Closing Group Work Circle and Fire Ceremony.





# PREPARATION

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.



- 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.





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](#)





# SACRED LAND

OF THE WILD COAST OF  
THE WEST ALGARVE  
IN THE NATURE RESERVE  
OF THE ALENTEJO  
REGION, PORTUGAL



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 of Birthing an Ancient Future - Multidisciplinary Psychedelic Council - to weave the Temple of the Peoples further, as only together can we!





Our retreat unfolds in the sacred landscape and around the centre's spiral built land - housing a unique, sacred geometric temple, 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.



Outside the city of Sines on the West Coast is the retreat centre which is nestled off-grid in the Alentejo Nature Reserve. The area sits on a hill-top overlooking the whole plateau, close to the coastal gem that is renowned for its stunning beaches which are bordered by golden cliffs, and the serene azure waters of the Atlantic Ocean. This region boasts a remarkable natural beauty, with expansive beaches and secluded bays, nestled amidst picturesque rock formations that are unique to this area. The mountainous terrain offers breathtaking vistas, where locals co-exist harmoniously with nature, preserving and celebrating their cultural heritage.





# VISIONARY LEAD

DR REGINA U HESS, PHD

[www.birthinganancientfuture.com](http://www.birthinganancientfuture.com)





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](http://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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**Publications:**

<https://independent.academia.edu/DrReginaUHess>

**YouTube:** [Birthing an Ancient Future](https://www.youtube.com/channel/UC...)

**Instagram:** [@birthinganancientfuture](https://www.instagram.com/birthinganancientfuture)

**Facebook Page / Group:** [Birthing an Ancient Future](https://www.facebook.com/birthinganancientfuture)

**LinkedIn:** [Dr. Regina U. Hess, Birthing an Ancient Future](https://www.linkedin.com/company/birthinganancientfuture)

