

Natemamu

with healer Miguel Chiriap

January 12 – January 25, 2016 in Ecuador



Introduction

The Natemamu-ritual is a deep cleansing ritual that invokes a healing process on all levels of your being.

The ritual has been part of Shuar cultural heritage for thousands of years and involves drinking large quantities of a tea made from Natem, for several days in a row.

It is accompanied by a trek into the rainforest to the sacred waterfalls of the Shuar and other activities that support your personal process.

Other plants, such as Tobacco, are also used in the process.

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Benefits

On a physical level the Natemamu-ritual will release toxins and tensions from your body. As a result your body becomes more flexible and more relaxed.

Your senses will become sharper and most people report that their eyesight, hearing and smell increases during the cleansing process.

On an emotional level stuck emotions get dissolved which results in more clarity about your life.

On a mental level you can release mental concepts that no longer benefit you, resulting in improved concentration and focus.

On a spiritual level you will become deeply connected with your essence of being.

The Natemamu-ritual is like a complete reset of your system which enables you to make progression in your daily life.

It also enhances other spiritual and life practices you may already be engaged in, such as meditation and yoga.



Program: Monday 11 – Sunday 24 January 2016

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| 11/1 | ✓ Arrival of participants |
| 12-1 | ✓ Opening ceremony with NATEM to send messages to the ARUTAM of the waterfalls |
| 15/1 | <ul style="list-style-type: none"> ✓ Walk to the waterfalls ✓ Leaving the house, 10 am ✓ Arriving at AYAMTAY(which means place to rest), 14 pm ✓ Taking tobacco to go to the waterfall, 15.30pm ✓ Ritual of TUNAKARAMAMU, 16.30 pm ✓ Drinking a bowl of tobacco at AYAMTAY, 18 pm ✓ Spending the night in the forest ✓ Going back home in the morning |
| 16/1 | <ul style="list-style-type: none"> ✓ First day of NATEMAMU ✓ Arriving at the house, 5.30 am ✓ Preparing the medicine for the night ✓ Drinking the medicine prepared as a tea in huge quantity, 17pm |
| 17/1 | ✓ Second day of NATEMAMU |
| 18/1 | ✓ Third day of NATEMAMU |
| 19/1 | ✓ Fourth day of NATEMAMU |
| 20/1 | ✓ Closing the NATEMAMU in the morning with tobacco, blessing the elements, day of resting |
| 21/1 | ✓ Ceremony at the beach with NATEM |
| 22/1 | ✓ Ceremony at the house with NATEM, YANTSAY,tobacco and other plants to completely purify all participants |
| 23/1 | ✓ Ceremony with NATEM, YANTSAY, tobacco and other plants |
| 24/1 | ✓ Ceremony with NATEM, YANTSAY, tobacco and other plants |

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Participants

Anyone who would like to make a profound change to his or her life using the Natemamu-ritual, and to share in Miguel's love for life and for nature, is welcome.

Because of the positive mindset and the perseverance required to participate in the ritual, especially the trekking, it is recommended that only those who are serious about bringing change to their lives come to visit.

In the Natemamu-ritual you will be busy most of the day with the preparations for the drinking of the tea in the evening.

Although the Natemamu-ritual is a very different ritual from normal Natem-ceremonies, where the concentrated form of Natem is taken, it is helpful if you have some experience with Natem-ceremonies before you participate in this Natemamu-ritual.



The Family

For ten days you will stay with the family of Miguel Chiriap. This indigenous Shuar family lives according to traditional values and customs.

Their role is to support you in your process by providing unlimited healthy foods in line with a specific diet, except during the waterfall ritual, and assisting in the Natemamu-ritual wherever possible.

Their way of living enhances the process that you are in by showing you an alternative way of living and relating to this world. Their support is an essential part of the Natemamu-ritual.

Additionally, other Shuar-shamans and Shuar from nearby villages will visit some parts of the ritual.

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What to bring?

Please bring at least a sleeping bag, a small mat to sleep on, a bathing suit, a pair of rubber boots (Wellington boots), a knife, a flashlight and a poncho.

The family will cook for you but if you have special dietary requirements, then please inform us beforehand. It is recommended to travel lightly.

The diet

The diet is good to keep one month before, or at least 2 weeks, this is minimum!

No sex, no red meat, no milk, no garlic and little onion, no alcohol, no drugs, no conservatives (means to keep away from industrial food).

Little spices (ginger is fine), little salt,! Little chicken, little fish.

One week before: All the diet and + no lemon! no chicken! no fish!

Directions

Miguel and his family live near Gualaquiza, in the south-east of Ecuador. From Gualaquiza you can take a taxi to the Shuar community Kupiamais.

All the taxi drivers in Gualaquiza know where the house of Miguel Chiriap is.

Phone 00593 989 79 34 93 to the house (Spanish only!)

Costs

The costs for participating in this Natemamu-ritual are USD \$ 1.150,- This includes basic lodging at Miguel's house, healthy food and participation in the ceremonies.

It excludes your own travel costs and additional lodging.

A group is traveling from Loja terminal station to Gualaquiza on January 11th 2016 - 11:00. If you want to join the group, meet us at 10:30 AM on the terminal busstation Loja.

More information

Questions & subscription via Roman: santiak.che@gmail.com

About Miguel Chiriap and his activities: www.tsunki-chiriap-ayahuasca.org/

