



30 DAYS YAWANAWA DIET

**A SPIRITUAL JOURNEY
TAPPING INTO THE WISDOM OF
THE RAINFOREST**

**LOCATION: ACRE - AMAZONAS - BRAZIL
YAWARANÍ VILLAGE**

November 5th to December 5th

With: Pai Nani

info & registration:
lundgrenpastrana@gmail.com



DEAR FAMILY, BROTHERS, SISTERS AND FRIENDS, WELCOME

A Beautiful Invitation

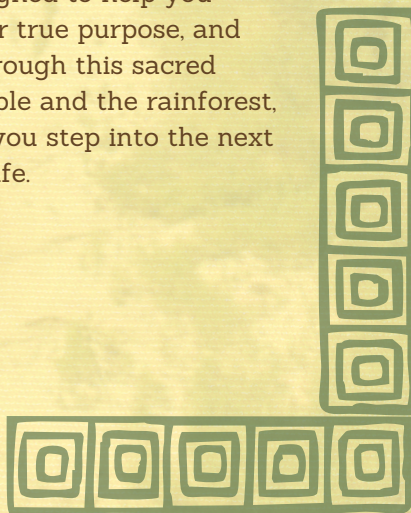
We are honored to extend this heartfelt invitation from Pai Nani (Nani Kateyuve) to join them in Acre, Brazil, deep within the Amazon rainforest. You are invited to discover the magic of two villages: Yawaraní. This journey offers an inspiring experience, connecting you to the sacred medicines of the forest, kindness, simplicity, and a life dedicated to spiritual work.

Ancient Wisdom and Sacred Medicines

The elders in these villages carry profound wisdom, rooted in ancient Yawaraní lineage and the knowledge of their ancestors. Through their teachings, prayers, healing chants, and ceremonies, they offer a deeply transformative experience. This spiritual work is designed to strengthen our individual paths through the practice of Dietas—a cornerstone of Yawanawá spirituality. These practices allow us to connect more deeply with ourselves and the sacred.

Purpose and Transformation

This journey is more than just a retreat—it's a transformative experience designed to help you overcome obstacles, discover your true purpose, and expand your consciousness. Through this sacred connection with the Yawanawá people and the rainforest, you will find healing and clarity as you step into the next chapter of your life.



About the Yawanawa Tribe

The Yawanawa people live along the Gregório River in Acre, Brazil. Their history is marked by a deep connection to their ancestral lands and a strong commitment to preserving their cultural traditions.

The Yawanawa made their first contact with non-indigenous people in the 14th century, enduring conflict with rubber barons and missionaries who tried to suppress their language, culture, and spirituality.

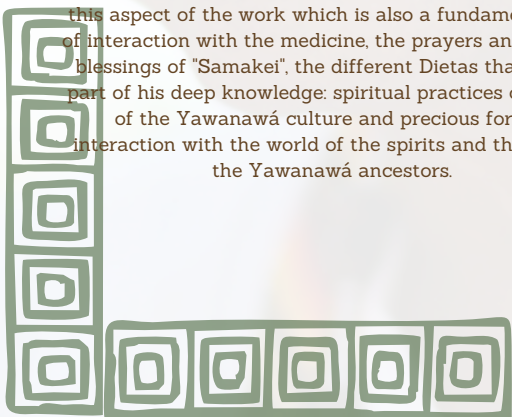
In the 1980s, Chief Biraci Nixiwaka Brasil led his people in a successful struggle to regain their ancestral lands, becoming the first indigenous group in Acre to secure official land rights.

Since then, the Yawanawa have reclaimed their sacred medicines, rituals, music, dance, festivals, body paintings, and traditional arts, embarking on a profound journey of cultural revival.

NANI KATEYUVE "PAI NANI"

Nani Kateyuve, (or Pai "father" Nani as he is often called), is the spiritual leader of the Yawaraní village. He is 60 years old and was initiated into the Yawanawá spirituality by his ancestors. Son of Antonio Luis, strong leader of the Yawanawá tribe, Pai Nani learned about Yawanawá spirituality with Pajé Yawaraní who lived until the age of 106 and was his father-in-law: the father of Dona Fátima (Pai Nani's wife). Pai Nani is an elder, a teacher and a medico curandero of his tribe, who carries ancient knowledge passed along from generations, he is actively working to keep the Yawanawá's traditions alive, supported by Fatima in the vision and the growth of a village which is an example of functional, autonomous and sustainable community: Yawaraní, a village which takes the name from the Pajé that passed away and is continuing his spiritual teachings.

There, Pai Nani dedicates his life to his family, to the forest and to spirituality: planting different species of trees, harvesting, cultivating medicinal plants, creating Tepi and Curipies. He shares stories from the Yawanawá culture to his people and the numerous amount of people that come in the village to receive his healing treatment, Dietas, teachings and blessings. Pai Nani is a keeper of the authenticity of the Yawanawá culture, focusing especially on the language, the prayers, the songs and a very deep understanding of the world of the ancestors. The indigenous language is an intangible heritage of all humanity, a foundations of identities through which knowledge has been transmitted from immemorial time, Yawanawás are people of oral tradition. Pai is forming a school and teaches the Pano family language which is currently spoken by very few, although many Yawanawás understand the language or part of it, only 20% of them is fluent in it, mostly older people, among the youngest, very few are bilingual. Pai Nani is particularly dedicated to this aspect of the work which is also a fundamental way of interaction with the medicine, the prayers and with the blessings of "Samakei", the different Dietas that are big part of his deep knowledge: spiritual practices of healing of the Yawanawá culture and precious form of interaction with the world of the spirits and the path of the Yawanawá ancestors.



THE DIETA ADN ALL THE MEDICINES & HEALING WORK

During your stay in the village you will learn about these medicines that are used during your diet

HEALING SESSION

The „Vekushi/Rakushi“ individual sessions takes from 30 minutes until 1-1,5 hours, are good for cleansing of the energetic body, for receiving guidance and for physical, mental & spiritual clarity. The pajé asks for the blessing and the guidance of great spirit into people's life for accompanying their path and support their processes. If someone wishes to receive healing sessions there is a chance to go deeper with the elders.

SEPÁ

During the ceremony there will be the usage of Sepá, a resin that is made to purify and regenerate air and energies, it establishes a grounding order in the space and clarity. It will be generally served when the pajés will tells us to support them with that, especially during personal healing sessions, but also when the altar feels that the space is in need of it.

It calms, ground and gives protection.

RUME - RAPÉ

Sacred tobacco from the jungle usually from the bark of a tree called Tsunu, of which burned ashes are going to be mix with tobacco in the ancestral traditional way of preparation. Rapé it has infinite uses and it's a medicine that can really heal a lot into people, it's a spirit to establish a connection with. A powerful strong allies that need to be honoured and respected. It cleans the pineal glans and the connection with with people's inner guidance, it cleanse also from energy that are not belonging to the body of the person, to work with accompanied by precise intention rapé can open doors for growth, healing and liberation from obstacles.

SANANGA

It is the spirit of an amazonian root, once extracted from the earth one must rub her skin and mix it with water. According to the mixture and the the quality of the plant (age, size etc.) this medicine is an amazing tool to improve eyesight, get rid of panema (negative thoughts or dark aurea) and it is beneficial for the body, giving a sort of muscular shakiness that helps to ground and come back in the physical body. It is possible to have visions and clarification through the spirit of Sananga but it is not a must. As all the other medicine from the Rainforest, it is a strong and powerful spirit: some might find it painful. The truth is that Sananga's teachings touch the heart and the vision of the person who naturally must be ready to receive and connect with the spirit.

KAMPUM

The medicine of Kambo is a traditional healing method of the indigenous people in the Brazilian Amazon. The secretion of the giant lemur frog (lat. Phyllomedusa bicolor). The treatment strengthens the immune system (it can be used as a "vaccination", although it is not an immunisation), heals inflammation and causes a highly effective cell and organ cleansing. (More information on a separate pdf).

PLANT BATH AND CLAY BATH

To connect with the spirit of the plant of the amazon can occur with different practice, one of this are definitely related to the plant bath and the bath with clay. This traditional healing methods are extremely beneficial for the body, energetically and physically: to find peace relaxation and to ground and protect the body. Plant bath are healthy especially after ceremonies, clay bath are traditionally also the way to close a Dieta and in general the spirit of the clay with carries with it a very ancient story to be listened.

THE DIETA (Samakei)

(FROM 1 UP TO 3 MONTHS)

The Dieta is a moment of reconnection in the life of a person that want to go deeper in oneself and open a door to the spiritual realm. It is a time of the duration of at least one month, starting after the Pajés act of praying into a pot made out of clay. It is a time of growth and introspection, a time to enter with intentions especially with the purpose of healing welcoming this practice as a transformative experience and as the possibility to receive the connection with the spirits. (Vana Tkiwa).

In the Yawanawá traditions the first Dieta consist in drinking Caiçuma, It's a soup cooked with corn (in Yawanawá: *Sheki*) which gives to this spiritual practice the name of *Mamá*. For the Yawanawá there are different kind of Caiçuma commonly known as Cassava)

the *Mamá* (the corn) is the one, participants usually start with, in order to cleans and prepare the body for opening the spiritual path with Yawanawá.



Mamá it's a good chance to remove obstacles or topic that are blocking the spiritual growth of the aspirant, it represents like the resonance of the name a feminine energy, protects the body and rises people's awareness on their life-path.

The pray, or rather ceremony is something very special, to which other people might join in a small group, drinking medicine, listening to the prayers, the songs and the stories that the Pajés are sharing. It can go from 1 to 3 hours (sometimes longer) and in general the Pajés are praying up to two people for night.

According to the intentions and the opinion of the Pajé the Dieta can have other plant treatment, work with Sepá or plant bath involved. The Caiçuma is served in a special blessed pot (Shumu) after the Raná: the prayers that are making the "request" and welcoming a numerous number of spirits that have the goal to support and strengthening the spiritual path of the participants.

The Yawanawá have 3 major Dietas which are *Mamá* - *Nanê* - *Múka*, along with *Uxi* (red pepper) and the saliva of a Snake this are the most important steps for the world of their inner wisdom and for personal/spiritual growth.

Understanding the diet process

A student of medicine needs to receive the prayers to discover personal growth, authorisation to make this work and to connect with the strength of the spirits of the plants. It is a practise to profoundly understand the mission of becoming a *curandero*. As well for many other purposes this practice is to be seen as an act of sacrifice to the spirits, in order to receive healing, protection and alignment of our actions for the common good, for the benefits of mother earth and all sentient beings.

After receiving the prayer, you will enter 10 days of strict fasting, only 1 L Caiçuma and one green banana ball a day. Afterwards participants can open for a variation of specific food as vegetable, salad, different variation of corn food, rice and basic nutrient portions just to support or to sustain oneself, so the meals will be kept in very small portion without salt, sugar in all forms - means also no sweet fruits.

For the meat, it will be possible to eat only specific animals from the forest as a spiritual connection (our elders are used to share that with the participants in specific moments, of course it's hunted meat from the forest).

During the Dieta there will be no plain water involved, since it's about drinking Caiçuma and connect with the power of the plant; water, as it is a medicine as well, it washes that away. After a couple of day one can also drink other juices or tea, keeping totally the 1L of liquid a day between Caiçuma and the other liquids.

You can keep the time of Caiçuma and banana-ball for longer time if you feel to keep your prayers and you are determinate. It is also allowed to put on the food a natural chili sauce which is helping in case of dizziness.

The Yawanawá ancestors used also not to take a bath during this entire time. Now there is more flexibility on this sacrifice, but participants are free to do so if they feel the call. In the Dieta one cannot share Rapé or food with anyone else who is not on a Dieta.

Rampoo is also not allowed, since it take out the energy that are connecting with us during the praying act of the first night, yet it's an individual decision of the Pajé to let use this medicine according to the individual process.



The key rules to adhere to DIET

The first night of the pray is very important, when the ceremony ends, is important to take as much time as you can with yourself, especially cultivating the connection with your dreams. In the Yawanawá culture dreams are a strong key for healing. We advise to keep writing and sharing them with the Pajé in your regular meetings with them, where you have also the chance to keep them updated about your work and your processes.

The Pajé will most probably ask you about the dreams you had before the night of the pray. The activities during the Dieta (Samakei) can be dedicated to trauma-healing, self- liberation, discovering your talent, as well as the deepening of the Yawanawá culture and cosmology: the music, the language, the chanting, art craft and the history.

In the village though there will be regular sharing of medicines such as Uni (Ayahuasca) - Rapé/Rume (Sacred tobacco) - Sepá (incense cleansing resin) - Herbal cleansing bath - Sananga - Kampoo.

The Dieta in itself is not necessary related with Uni, but the medicine helps a lot to bring processes in the surface. One can decide to take the chance to go in the Dieta for a time window of a month or even longer (this needs to be agreed with the Pajé Shaman).



The main rules to be follow, in order to fully enter the spiritual practice

- must avoid:
 - - sweet food
 - - pure water
 - - meat
 - - sex (also with oneself)
 - - salt
- Before registering for the Dieta, it will be mandatory to talk with our team and open the
- space for sharing about the intentions, studying this way the situation of each one
- individually, so that we can prepare you to the time in the jungle informing the Pajés
- about the participation and finally confirm with them together.
- You can send us an email or contact us personally to share about you and your intentions.
- Before you start the Dieta it's also recommended to arrive some days before and have an
- at least an application of Kampoo: it's good to receive the prayers with a cleansed body
- therefore we recommend to keep a bit of food discipline also before going to the journey.

LOGISTICS ACCOMMODATIONS & VENUES

SAMAKEI DIET GROUP

Meet in Rio Branco city Return to Rio Branco City

We aim to leave from Rio Branco city to Tarauaca.

The return from the village will be one month later

Once in Yawarani, a place to sleep and regular food will be provided.

The housing offers a wooden cabin shared with two or four people in which you can put your hammock. If you have the need to be in isolation, there is a chance to be alone, but this depends of how many people are in Dieta or present in the village.

Yawarani is constantly improving the infrastructure and the capacity of hosting visitors: very soon the village will be ready to host more people in isolation, yet at the same time it is in our intention to create a sustainable ways for this growth, respecting the ancestral prayers, building traditional houses to keep the tradition and energy level of the place. Separated from the houses, there are showers and dry toilets, people also use to bath in the river. Electricity coming from solar panels is available in some houses, or a month.

During this time it is your responsibility to keep the rules and consciousness towards your process.

There are constantly indication from people that have knowledge and experience in guiding you through the process, it's a personal responsibility to be aware and not to brake the Dieta



The Yawanawá culture traditionally focuses on a diet.

The Yawanawá culture traditionally emphasizes a diet rich in no meat and fish, complemented by staples such as rice, banana bol, soup, corn, and beans. As a result, individuals adhering to vegetarian diets may find their experience less accommodating, and it is essential to approach this aspect without preconceived expectations. However, for those not on such diets, a variety of simple traditional dishes is available.

Additionally, we are promoting a culture of planting within the village. One of our primary objectives, in collaboration with the leaders of Yawaraní, is to foster greater sovereignty and independence from urban resources, thereby cultivating a process of autonomy supported by the resources of the forest.

We recommend utilizing the village's resources, as this fosters a proactive mentality within the community, promotes the discovery of authentic flavors, and motivates the preservation of indigenous traditions, particularly in agriculture and local food cultivation. For example, there are exquisite "vines," such as Açaí and Burití, which, although non-alcoholic, are referred to as "vines" by the Yawanawá people. These beverages embody the rich and vibrant flavors that define sweetness in the jungle. Ultimately, embracing a diet requires a profound understanding of the local food culture, particularly in relation to the practices of fasting and the consumption of water and food.



vivace



THE SPIRIT BRIDGERS

With deep humility, respect, simplicity, warmth, and love, we extend a heartfelt invitation to join us for these truly unique and transformative retreats. Our mission is to create a sacred space where individuals can embark on profound personal healing journeys, while also contributing to the greater collective transformation. Together, we support the Yawanawá family with love and intention.

As part of the Vivacre Retreat Organizer, we are dedicated to sowing the seeds of unity and empowerment globally. We strive to embody the values of mutual support, living consciously, and honoring both Mother Earth and Great Spirit. Through our work, we aim to support indigenous tribes, strengthening their traditions and the families within them.

Our prayers serve as bridges, connecting us to ancient wisdom and reminding us that we are all one family. We are natives of planet Earth, each with our own cosmic origins, coming together in unity, love, and healing. Join us on this sacred journey.

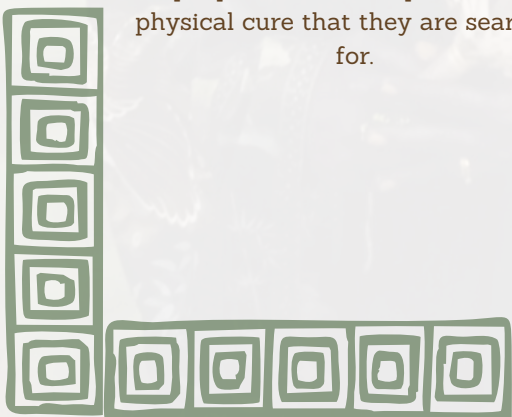


WITH THE SUPPORT OF TERESA LUNDGREN

Teresa is a mother to two children; she lived in Sweden for 18 years before returning to her native Brazil to answer to her spiritual search.

In 2016, she received an invitation from Tashka Yawanawa, to visit Mutum for the Festival Mariri. She came in contact with the medicine the first time there, and entered into this spiritual path. After this first contact, her relationship with the tribe has deepened; she has visited other territories of the Yawanawa and also receives members of the tribe in the city of Rio Branco where she where she has lived for 9 years. She is a bridge between the visitors and the indigenous, often coordinating the connection for both.

She has received the profound study of the meme diet with Matsini, and is committed to supporting the continuation of this work for more people to find the spiritual and physical cure that they are searching for.



SAMAKEI DIET GROUP

Meet in Rio Branco city November 2nd or 3rd
Return to Rio Branco City December 5th or 6th

The 30-Day Yawanawá Diet: A Transformational Journey

Contribution Value:

R\$18,000 reais for 30 days

What is the 30-Day Yawanawá Diet?

This sacred journey is a deep immersion into the healing practices and spirituality of the Yawanawá people. It's a 30-day diet designed to cleanse the body, mind, and spirit, guided by the wisdom of the indigenous shamans. During this time, you will engage in ceremonies, rituals, and teachings aimed at deep personal transformation.

Key Points to Consider:

1. Individual Participation

- You can choose to embark on this diet on your own, even if you do not speak Portuguese. However, please be aware that communication may be a challenge. There is a possibility that someone in the village might speak English, but this is not guaranteed.
- It is your responsibility to have basic Portuguese language skills to ensure smooth communication with the shamans and villagers.

2. Contribution to the Shaman

- The value of R\$18,000 is a direct contribution to the shaman and his services throughout the 30-day diet.
- This contribution includes all the ceremonies, spiritual guidance, and teachings by the shaman, but does not cover external logistics or transportation.



3. Group Participation & Organizer Fee

- If a group of participants is interested in undergoing this experience together and requires me as an organizer and guide for the full 30 days, we can discuss an additional fee. This will depend on the group's size and the need for my presence as a facilitator during the diet process.

4. What is **NOT** Included:

- External logistics such as transport to the village, hotels, flights and airport transfers are not included in the R\$18,000 contribution.
- Participants are responsible for arranging their own transportation and accommodation if needed.
- contact us

Interested?

If you feel called to take part in this unique and transformative experience, or if you have questions about organizing a group diet, feel free to get in touch for a chat. Let's schedule a conversation to discuss how this journey could change your life.

This 30-day diet offers a rare and powerful opportunity to connect with ancient traditions and embark on a journey of deep personal healing and growth. Make sure you're ready for the challenge, and take this step towards transformation!



WHAT TO BRING

Hammocks with mosquito net or tent
Mosquito net
Water bottle with filter
Flashlight
Candle
Lighter
Organic repellent,
Personal hygiene products,
Pillow, warm clothing and blanket for the cold nights of
Safe and comfortable shoes for the forest.
Dark clothes, earth and forest colors.
Chargers for electronic devices.
Musical instruments.
alcohol 70%.

Note: try to get everything in advance, before arriving at Tarauacá, due to the short time available, and the possibility of lack of stock in the trade. There are no shops in the village, everything comes from nature Ps: paymente by dollar are not acceptable only Brazilian Real bring some Brazilian real in case you would like to buy crafts from the indigenas.



MORE INFORMATION

The Ministry of Health recommends vaccination against yellow fever and COVID19 for all travelers entering endemic areas in Brazil, which is the case for the entire Amazon.

Navigation periods may vary according to weather conditions and water volume in the Gregório River:

The canoes on the way from Vila de São Vicente to the villages are not covered, so it is necessary to protect yourself from the sun and the possibility of rain;

As it is a diet, the activities in the villages do not have a route to be followed, which may vary according to local dynamics and weather conditions; There will be several moments of free time, with no activities scheduled so that people can study, connect with the forest, meditate, bath in the river, etc.



IMPORTANT

To register, each participant must undergo an anamnesis conversation and fill in the registration form. The group will be limited and we recommend It is recommended to have a vaccine card or take a test covid 19 in the week prior to the diet for the safety of all participants.

Contact Us

For more information, inquiries, or to schedule a conversation, please get in touch through:

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STARTING YOUR JORNY

