



# SAMAKEI DIET GROUP

**YAWANAWA TRIBE,  
28 Nov to 28 Dec**  
LOCATION, MUTUM VILLAGE  
ACRE AMAZONAS BRAZIL

**Teresa  
Lundgren**

leading groups



# **SAMAKEI DIET GROUP**

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# Gregorio river

Acre Amazonas Brazil



# Understanding the Yawanawa tradition



The samakei diet is a traditional study of the Yawanawa spirituality. It is a more profound study and a deep dive into the tradition. In recent years, the Yawanawa have opened this traditional study to people from other cultures who wish to study their spirituality to continue planting the seeds of transformation throughout the world.

The diet opens with a prayer from the paje; for thirty days there is no fresh water and sweets consumed, and one does not engage in sexuality. The diet can be an opportunity for personal healing, to open the voice, to deepen the connection with the traditional medicines of Uni and Hapeh, amongst many other things. It is a time that one takes for a deep and sacred personal and spiritual journey within the powerful container held by the Yawanawa pajes.

# MATSINI YAWANAWA

Matsini is the spiritual leader of the Yawanawa village, Mutum. He is devoted to the continuation of the Yawanawa spirituality, passing on the knowledge to the youth of the village as well as his many students from around the world.

He studied with Paje Tata, one of the few elders of the Yawanawa who kept the knowledge of their profound spirituality, until Tata's passing. Today he continues to work towards the vision of strengthening the culture and spirituality of the Yawanawa. He has traveled around the world with the work, and many have experienced the depth and power of his healing.





## WITH THE EXPERTISE

# 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 lives and runs her bed and breakfast. Her space is a sanctuary for those entering and leaving the jungle, she is a bridge between the visitors and the indigenous, often coordinating the connection for both.

She has received the profound study of the Mamã 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.



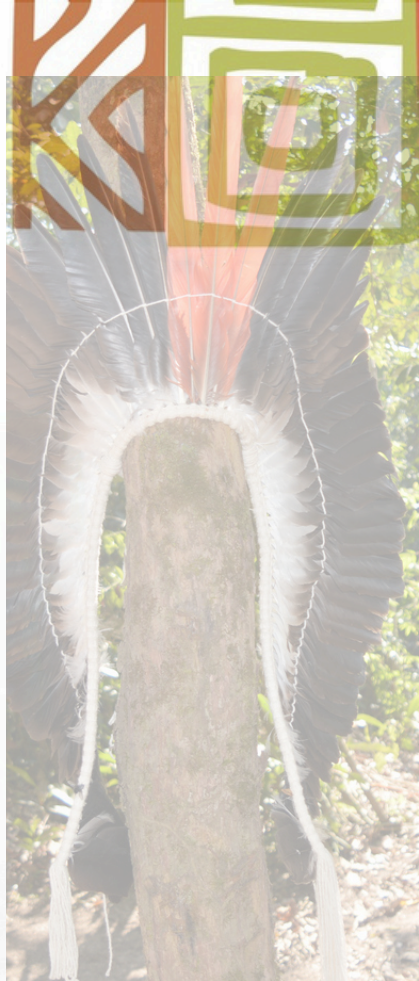
# SAYA OPENNING PREYER FOR SPIRITUALITY

There are different types of diet done by the Yawanawa people, depending on the person's

intention and existing study. Some of these diets are opened in Seya: a prayer made by a Pajé in a traditional clay pot called Shumu

Inside the Shumu a liquid is placed for the person's diet. This is Mamã (Caiçuma), a drink made with Cassava. Mamã together with Nane (Genipapo) or Mamã with Yutxi (Chilli pepper). Each type of diet connects with a different energy as it works with different medicine spirits. Each diet also sets an achievement time. For those who are going to have their first diet, the Yawanawá suggest starting with Mamã (1 month).

After we arrive at Mutum village together with the group we will have a moment to talk with our spiritual leader Matsini Yawanawá he will perform the Seya for each person. Before the prayer there will be a moment of conversation, where you can share and talk about your intention for the diet



# INTENTION OF DIET

This is the last part of the press release, where you will create a brief company background, what you're known for in the industry, and how long you've been around. Links to your website or social media channels may also go here.

The Yawanawá say that when a person drinks the medicine prayed into in the shumu, a seed is planted in their body/spirit. The person's practice is what will make the plant grow in the period of the Samakei.

When deciding to go on a diet it is very important that the person has a clear purpose of what they want to develop, learn and/or cure.

This purpose will guide all your practice during this period. Some examples of the purposes people seek when following Yawanawa diets:

- Opening the voice for singing; Firmness of mind and body;
- Saiti studies: Yawanawa chants;
- Study of the Yawanawa language;
- Studies of Yawanawá histories;
- Deepening in self-knowledge;
- Trauma cures and emotional/spiritual issues; or others





# ACTIVITIES DURING YOU DIET TIME



During the samakei period, different activities will take place:

- Body paintings, studies of drawings (kene);
- Ceremonies with Uni (ayahuasca), "Rapé" and Sepá (tree resin used as incense);
- Studies of Saiti (Yawanawá chants); Shenipahu, the traditional stories that will be told within the strength of the uni, and that bring teachings about the Yawanawá cosmology and spirituality, as well as their ways of life and thought .

During the samakei period, different activities will take place:

There will be free time daily for each one to study and be with themselves.



# ALDEIA -MUTUM - SAMAKEI CENTER

Aldeia Mutum is located in the Amazon rainforest, in the Yawanawa Indigenous Land of Rio Gregório, in Acre. There are two sacred spaces there, the Samakei Center in Mutum and Awavana built for people who want to deepen their spirituality through diets and traditional studies. This space is isolated in the forest, away from the rest of the village. Each person has a small individual house to accommodate them. There is a Shuhu (ceremonial house) which will host the ceremonies and collective studies.

During the period of the Diet other groups will join with other organizers in different centers. On ceremonial nights it may happen that all the groups will be together in the same ceremony coming from different centers.

To get to the village, you must buy an air ticket to the city of Rio Branco o (Acre). We will be driving for 8 hours from Rio Branco to Tarauaca the next day from Tarauaca 2 hours to the Port of São Vicente, from where we will embark towards the Mutum village for another 9 hours journey by boat.

# 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

There are people who prefer to buy a ticket one day in advance to Buy some items in Rio Branco before heading to the village.

## **NOT INCLUDES**

Aier ticktes, hotel, external lodigistic transport from Rio Branco to Tarauaca and Vila Sao Vicente whit tourn



# SAMAKEI DIET GROUP

Meet in Rio Branco city Return to Rio Branco City

## External Logistics

Paid via PayPal through Vivacre Retreat, covering transportation and arrangements leading up to your arrival in Vila São Vicente. with turn.

**See the details on the next page**

In addition to the Diet contribution, we at Vivacre Retreat manage the external logistics necessary for your journey to Vila São Vicente and beyond. This includes, hotels bookings, transportation, accommodations before the boat journey, and other essential arrangements outside of the village experience, which are **\*\*not covered by the DIET contribution\*\***.





# SAMAKAI FOOD AND RULES

Food is included in the diet period and will be done by a team present in the space. They will be simple meals following Samakei's recommendations. Samakei has dietary and physical rules such as: Do not eat any food that tastes sweet (or sweet fruits); Do not drink pure water. During this period, the person can preferably drink caçuma (cassava drink) Do not eat red meat; Not having sex; In the initial days, foods based on corn and green bananas will be preferably consumed. In the first weeks of your diet, the food is very strict but later you can eat popcorn, unsweetened tabasco pepper, lemon, unsweetened peanut butter, tapioca gum, dried spices like black pepper. These are some items that you can have with you during your diet.



# 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 ceremony
- 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: payment 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.







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**STARTING YOUR JORNY**