

TEO<sup>SM</sup>





**TEO<sup>SM</sup> is a deeply transformative process that spans two months and integrates a powerful shamanic healing ceremony with somatic practices and coaching.**

It leverages profound states of adaptive brain plasticity and nervous system recalibration to bring about lasting personal and collective change.

TEO<sup>SM</sup> is medicine. TEO<sup>SM</sup> is movement. TEO<sup>SM</sup> is a contemporary approach to healing ceremonies with roots in the ancient Peruvian wisdom practiced for thousands of years. We integrate modern trauma theory, neuroscience, developmental psychology, somatic practices for preparation, trauma (and entity) release, and integration. It is a powerful and beautiful journey through healing states guided within the safe space of a mesa (shamanic altar).

Held in complete darkness and structured through ritual and sound, our healing ceremonies engage the senses and heal the mind, heart, and body.

We are profoundly committed to providing comprehensive preparation protocols and integration support. We provide all participants with a daily practice program to follow for four weeks before the ceremony\*.

This program includes various somatic protocols as well as dietary recommendations, aimed at increasing nervous system resiliency to deepen the work achievable during the session while prioritizing safety. As part of the preparation process, we conduct an in-depth intake to explore the participant's past, developmental background, challenges, and goals. After the ceremony, we remain available as needed for a month of integration, during which we highly recommend continuing the daily practice.



Safely held within the sacred rituals of ancient Peruvian lineages, TEO<sup>SM</sup> ceremonies are profoundly transformative journeys. We are experienced paqos (shamanic priests) formally trained in a blended lineage that combines the ancient traditions of coastal Peruvian curanderismo and the Andean traditions of the Q'ero people. Honoring sacred practices of indigenous wisdom, we respectfully offer these powerful modalities through our unique approach.

For many years, TEO<sup>SM</sup> ceremonies were hosted at the beloved Maryposa Healing Center in Atlanta, GA, and served as the heart of a vibrant healing community. We have since relocated to San Antonio, Texas and are offering this powerful modality to people around the world who are on a committed healing path. If you are coming from out of town, we can help you plan your trip.

*\* Due to safety concerns and our desire to provide the most benefit from this work, we are choosing to not perform ceremonies for people who cannot commit to a daily practice routine.*



## WHAT TO EXPECT

First, we would need to schedule a discovery session with you to discuss your background, experience, intent, and current challenges to determine if this type of work is right for you. If it is, we will ask for a 50% deposit to secure the ceremony date and provide you with the preparation protocol to follow four weeks prior to the ceremony. This protocol will include guidelines regarding your diet and mental and physical preparation. We will also set a date for the intake session, which typically takes several hours (this can be done in person or remotely).

One ceremony requires a minimum of three days without any distractions. The day of the ceremony should be restful to ensure you have more energy going in. A nap or non-sleep deep rest is recommended in the mid to late afternoon.

On the night of the ceremony, we will gather around 6:00 pm to get settled, clarify logistics, engage in breathwork, and perform Earth-honoring rituals before entering the mesa. The journey begins by opening the sacred space and invoking our spiritual allies and elemental forces. Once the field is open, all lights in the space are turned off, candles are blown out, and the “shadow” work begins. Deep clearings and empowerment rituals are performed to restructure ourselves from the inside out. Emotional processing, trauma healing, cord-cutting, and revitalization are common themes of this work.

Often, we are up until 3 a.m., depending on the processes necessary to close the ceremonial portal after deep and extensive work. A meal or light snacks help to ground us before we rest for a few hours at our residence, and we reconvene around 10 a.m. to debrief the experience and share some recommendations based on the visionary work.



We strongly advise against having a busy schedule for the following 24-48 hours to aid with integration. We will follow up with all participants a week and two weeks afterward, and we will make ourselves available for any questions or additional guidance. We are firm believers in the power of proper integration, so we take our after-care seriously.

The promise we hold is that of a powerful and deeply transformational healing experience where you will be held with safety and love.

Please contact the person who provided you with this information to reach us with any questions you might have or to schedule your intake call. Testimonials are available upon request.

**INVESTMENT:** \$2,000

*10% of profits are donated to support indigenous villages in the Andes.*





## **FREQUENTLY ASKED QUESTIONS**

### **What is the significance of the “mesa” (shamanic altar)?**

The mesa serves as a sacred space where the healing journey takes place. It holds symbolic and energetic significance, acting as a focal point for the ceremony and connecting participants to the spiritual realms. Certain sacred objects are used for powerful clearings and empowerment processes.

### **What are the specific benefits of participating in TEO<sup>SM</sup> ceremonies?**

TEO<sup>SM</sup> ceremonies aim to bring about profound personal and collective transformation. Benefits may include mental and physical healing, increased self-awareness, manifestation, emotional processing, trauma release, and revitalization. They are powerful modalities with an exceptional success rate at treating PTSD, complex trauma, depression, anxiety, overwhelm, and lack of purpose or connection.

### **What is involved in the preparation process?**

The preparation process includes daily somatic protocols, dietary recommendations, and an in-depth intake session. These aspects aim to increase participants' nervous system resiliency, ensure safety, establish healthy habits, prepare them for the ceremony, and aid with integration. A customized daily practice might include breathwork, cold exposure, exercise, bioenergetic release exercises, meditation, and journaling.



**Can you provide examples of the modern trauma theory, neuroscience, and developmental psychology integrated into TEO<sup>SM</sup>?**

Examples of this integration include trauma-informed practices, insights from neuroscience on adaptive brain plasticity, and developmental psychology principles to address participants' past experiences and challenges.

**What are the safety concerns mentioned, and why is a daily practice routine important?**

Safety concerns relate to the potentially intense nature of the release of stored emotions. Daily practice routines are important for increasing participants' resilience and readiness for the deep work undertaken during the ceremony. They also play a crucial role in ensuring proper integration and lasting change.

**What happens during the discovery session and intake session?**

The discovery session involves discussing a participant's background, intent, and challenges to determine their suitability for TEO<sup>SM</sup>. The intake session is more in-depth and explores past experiences, developmental background, and goals.

**What is the nature of the "shadow" work during the ceremony?**

Shadow work often involves confronting and processing hidden or suppressed aspects of oneself, such as unresolved emotions or traumas. In the ceremony, it also involves clearing and empowerment rituals.



**Can you provide more details about the Earth-honoring rituals and practices before the ceremony?**

Earth-honoring rituals include acknowledging and paying respects to the natural world, invoking spiritual allies, and creating a sacred and safe space for the healing work.

**What is the schedule for follow-up and integration support after the ceremony?**

Follow-up and integration support are provided for a month after the ceremony, with specific details regarding the timing and nature of this support available upon participation.

**How do I get in touch to schedule a discovery session or ask questions?**

Readers can contact the person who provided them with the information to initiate the process, schedule sessions, and ask questions.

**Are there any prerequisites or specific requirements to participate in TEO<sup>SM</sup> ceremonies?**

A commitment to a daily practice routine and to self-healing, abstinence from any recreational drugs and some pharmaceuticals prior to the ceremony, no history or family history of psychosis or schizophrenia, and a healthy heart. As part of the preparation protocol, we recommend avoiding sexual activity and certain foods before the ceremony.





**Can you provide more information about the charitable aspect of TEO<sup>SM</sup> (the donation to indigenous villages)?**

10% of the profits from TEO<sup>SM</sup> are donated to Golden Threads. This partnership ensures that the charitable aspect of TEO<sup>SM</sup> directly benefits the indigenous villages in the Andes, fostering reciprocity and mutual respect while helping these communities thrive. It reflects our commitment to ethical and culturally sensitive practices, as well as our acknowledgment of the invaluable wisdom and heritage of indigenous peoples.

**How are TEO<sup>SM</sup> ceremonies different than other shamanic ceremonies or healing journies?**

Our mesa is a lineage-activated sacred space that anchors specific healing energies and aids in transmuting energy throughout the ceremony. The space is balanced through the work of a male and a female facilitator, following the Andean concept of yanantins or complementary opposites. We respectfully honor ancient rituals but have adapted them for contemporary culture while staying abreast of the latest scientific research on brain plasticity and trauma healing. Our ceremonies are very active, and we engage somatically with the space, as opposed to a musically-guided session where participants lie down with their eyes covered. The exception to this is during a soul retrieval (shamanic regressive hypnotherapy).



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