

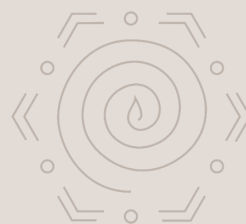


SOULALIGNMENT RETREAT  
TRAUMA-INFORMED  
GRANDMOTHER & KAMBO RETREAT



FRIDAY 10.00AM 22.II.2024 - MONDAY 4PM 25.II.2024

A RESIDENTIAL RETREAT WITH KAMBO  
& GRANDMOTHER MEDICINE



## OUR INTENTIONS FOR THIS WEEKEND

**We welcome you to this transformative weekend,  
including preparation and integration calls.**

**This is an invitation to explore the pain holding you back in life.  
With these sacred medicines, we will guide and intend for you to find  
compassion, love and forgiveness.**

Morten and Paal want to share their profound experiences  
of their plant dieta with Noya Rao in the jungles of Peru.  
Noya Rao, often revered as the "enlightened" tree, can illuminate  
our inherent gifts and facilitate the healing of our shadows.

With the support of Grandmother and Noya Rao,  
we aim to guide you to the core of your heart and soul alignment.

Join us on a soulful odyssey, beginning with a pre-dieta preparation.  
Immerse yourself in a deep residential retreat with Grandmother and Kambo  
Ceremony.

There will also be complementary practices that provide unwavering support.  
Conclude this transformative journey with a post-retreat integration,  
ensuring a holistic and harmonious synthesis of the experience.

Welcome to a sacred voyage of self-discovery and alignment.



## MORE THAN A CEREMONY WEEKEND

### **The Trauma-Informed Soul Journey:**

To ensure a thoughtful and holistic preparation, we delve into your life, medical history, background, and childhood experiences through insightful inquiry questions. Both the painful and uplifting aspects of your journey offer valuable insights on safely returning to your essence.

Our collaborative process extends to **two preparation call's** involving all participants, fostering connection and intention-sharing while crafting a personalised preparation and integration plan.

For those seeking a deeper somatic experience, a dedicated call with Paal provides an opportunity to explore personal and professional facets more intimately.

### **During the retreat**

We set the container on Friday with a Kambo ceremony led by Morten.

Paal leads a preparation workshop on Saturday, delving into working with Grandmother, enhancing your understanding of your nervous system, and navigating defence mechanisms during the ceremony.

Sunday will be an integration day with possible walks in nature, mixing with different embodiment practices, sauna, fire rituals and songs.

### **After the retreat**

We would like to encourage you to make an integration plan with practices after the weekend.

It will support you to embody the changes in your daily life.

We end with an integration call one week after the retreat.

The Trauma-Informed Soul Journey is a comprehensive exploration, guiding you through preparation, ceremony, and integration for a meaningful and transformative weekend.



JOURNEY WITH EARTH MEDICINES  
& EMBODIMENT PRACTICES



We work with Earth Medicine allies  
as we guide you from restlessness to profound relaxation,  
inviting a deep exploration of your soul.

Our allies, carefully curated for your well-being,  
encompass a Grandmother Ceremony, Kambo, Cacao, essential oils,  
and nourishing meals complemented by herbal teas.

In addition, immerse yourself in supportive practices such as meditation, self-inquiry,  
kundalini yoga, mantra/icaro singing, gentle massage, and a purposeful fire ceremony  
tailored to the group's unique needs.

**The medicine journey will take place in an intimate group (under 7 people).**

**Investment: £850 - Payment Plans Available**



## HOW TO COMMIT YOUR PLACE



Trauma-informed [Form](#) - if you would like to join please fill in this form and state which ceremony you would like to attend and we'll be in touch.

Please communicate on Signal, and don't pass on information without our permission. We will create a Signal group for this event to share all the information you need once your place is confirmed.



## ABOUT PÅL CHR. BUNTZ



Pål is a Norwegian who has been a deep diver in his consciousness for over 27 years. He educated himself as an NLP & Journey, Non-duality & Tantra practitioner & teacher. He founded the Wildman Program for men and co-founded a Tantric Sexology Training. The Grandmother came into his life in 2015 and changed many areas of his life.

He went to the jungle of Peru in 2017 for a 10-week shamanic initiation course held by the Ayahuasca Foundation and Shipibo shamans.

It was the most challenging journey Pål had taken.

But it also opened his heart to the healing gift of the masterplant Noya Rao.

Since then, Noya Rao has been his teacher. Noya Rao is the Queen of the jungle and gives Pål the confidence to hold ceremonies.

His deepest intention is to share her light, love and wisdom.

Pål also went for dietas in the jungle of Peru in 2021/22 and 2022/2023 where he also did dietas with Chullachaqui and Bobinsana.

Pål has educated himself into a trauma-informed plant medicine facilitator to understand better the risk factors and how to create a healing container for the sacred medicine.

## ABOUT MORTEN HAUGEN ØSTHUS



In Ceremony, I am a highly intuitive facilitator, offering a strong, gentle and loving presence. The Wheel of Life is my guide, and I practice living harmoniously with the elements, seasons, moon and the sun.

I have a passion for myths, stories and the ways of our ancestors.

Since 2018, I've been a facilitator and director of Garden of Alchemy, with my beloved Annabelle, and we hold a strong feminine and masculine container together. Together, we work with our allies Kambo, Cacao and Fungi.

Grandfather Fire has initiated me, and I work in harmony with the wisdom and guidance of my ancestral team. Born into Norwegian lineage, I have experienced many openings in consciousness throughout my lifetime.

Always drawn to explore the edges of my being, my journey started with the practices of communication, sexuality, and relating. Later, I was called to practice meditation, yoga and tantra.

I am passionate about our natural world and deeply interested in trees, plants, fungi and animals. I'm a certified advanced Kambo Practitioner with IAKP, with origins from the Amazonian Matses lineage. I'm currently apprenticing with the Norse tree language of Runes. I regularly sit in the presence of the great mystery through the divination of Runes.

I've been apprenticing in Q'ero lineage with Grandfather Huachuma for three years, and my recent calling has been to initiate with Grandmother and Shipibo lineage.

WITH BLESSINGS & LOVE ON YOUR MEDICINE JOURNEY



[Kambo Health Form](#) - if you would like to join please fill in this form and state which ceremony you would like to attend and we'll respond. Please communicate on Signal and don't pass on information without our permission.

#### **Disclaimer**

You are advised to take full responsibility for your own health. All information provided is for informational purposes only and is not intended to be taken as healthcare advice, medical diagnosis, treatment or prescription. None of the information should be regarded as a promise of benefits, a claim to cure any illness, disorder or discomfort, a legal warranty or a guarantee of results to be achieved. Neither is this information intended as a substitute for advice from your physician or other healthcare professionals. You are advised not to use this information for the diagnosis or treatment of any health problem or for prescription of any treatment, including medication. Before altering or stopping any current medications, courses of treatment or medical care, starting any diet, exercise or supplementation program, you should consult with a healthcare professional. If you have, or think you might have, a health problem, your healthcare professional should be consulted.