

SPECIAL INVITATION



# TREE OF LIFE

## MEDICINE RETREAT

A JOURNEY OF PROFOUND TRANSFORMATION  
WITH THE SACRED PLANT SPIRITS  
OF BLUE LOTUS, JUREMA AND ACACIA

AUG 16-20, 2024

EARTHSPRING SANCTUARY, VICTORIA HIGHLANDS BC  
PRESENTED BY FLOW PRIESTESS TEMPLE







# WELCOME

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# INTRODUCTION

I came across these sacred plant teachers after my first spiritual pilgrimage to Egypt in Dec 2022. My first ceremony with Fede was on the Sinai peninsula, the holy land between Egypt and Palestine. Although I had a decent amount of plant medicine experience up until that point, this sitting completely rocked my world. In short, my voice unleashed a powerful impulse of energy that opened up a portal between the cosmic and earthly realms. Something deep and primordial unlocked within me.

I finally understood my sacred mission and purpose.

A month later, I sat with the medicines again - this time on an island on the Nile in Aswan near the Isis Temple. The ceremony was a powerful reunion of ancestral and galactic bloodlines, returning to support Gaia on her ascension process.

Mother Isis guided me to continue the work of the priestesses of times past to re-establish the holy divine union hierogamic templates here on Earth.

This past January, I recently traveled to Morocco to sit a third time, which ended up being a heartfelt experience of supporting the deeper healing of the feminine, specifically the Arab feminine. Another powerful portal opened up, this time to inner earth, to connect humanity with our benevolent guides in the unseen realms.

After that ceremony, it was clear that I wanted to bring these medicines back to my home tribe, and so this retreat was born. My intention is that this work will unleash a tidal wave of consciousness and love into the world for the liberation of all beings.

And so it is.



*Leah Sonaria*



# INTENTIONS

**This retreat is an initiation into the art of living from the soul.**

In a world that constantly asks us to 'become someone', forces us to wear masks in order to fit in, to create personalities and identities that asphyxiate our Soul, it is easy to end up feeling drained, empty and without a meaning to our existence. We want to plug you back into the very essence of your being, that place of endless energy and vitality, your unique blueprint in this world, so that you can start truly living your life.

In order to do that, we need to descend into the depth of our subconscious and retrieve all the lost and forgotten parts of ourselves and allow all the inner voices to be heard and held in compassion. It is a journey of deep empathic listening and forgiveness, a journey of radical self-love.

We will create an intentional container to help you cultivate the presence and trust you need to go deep, to acknowledge outdated programs that are running your life and consciously choose to replace them with new, life-affirming, fruitful ones that will help you in your evolutionary journey ahead.

Nature has generously provided us with extraordinary gifts to access these depths, so that we can truly work for the healing of ourselves, the planet and the generations to come.

In this retreat, we offer plant medicines used by ancient cultures and traditions. The spirit of these plants help us see parts of ourselves buried deep in the subconscious and expand our consciousness to new liberated possibilities of being. During five days of retreat we will encounter the spirit of three sacred plants that will open the gates for our work of deep transformation.



# HEALING WITH MASTER PLANT TEACHERS

The ceremonies with master plants are sacred rituals of ancient traditions for the awakening of consciousness and divine union.

The sacred Blue Lotus of Egypt, Jurema of Brazil, Syrian Rue and Acacia from Ancient Egyptian and Esen traditions are ancestral medicines offered in a ceremonial context with the aim of initiating processes of self-knowledge, self-awareness and healing.

These ceremonies are important shamanic tools for the recovery of the fragmented Soul, to create reconnection with the Divine Self and step onto your personal soul path.

They are intended to restore harmony between the physical body, the soul and the Spiritual Self, leading to a profound sense of energetic balance and unification.

These traditional medicines are gifts of nature to reconnect with the source of life. The master plants guide us in the conscious vision of what we are and excavate our subconscious mind so that we can understand the blockages that limit us and the masks that we've created.

We can become aware of emotional imbalances and destructive thinking patterns, consciously overcome childhood traumas and break the chains that prevent us from being free and a full manifestation of our divine nature. Starting from this awareness, we can generate profound release, transmutation and transformation in our lives.



# BLUE LOTUS

## VISIONARY TRANSPORTER

For thousands of years, the Blue Lotus flower has long been highly treasured as a spiritual & physical remedy by the ancient Egyptians and other cultures for its massive array of therapeutic medicinal constituents, nutritive alkaloids, antioxidants, flavonoids, triterpenes, vitamins, and minerals. The alkaloid compounds work as alkalizing bitter agents, serving to move and detoxify our digestive and endocrine systems.

It is also known to help calm the mind, deepen meditation & expand awareness, activate flow-state for creativity & inner-knowing, regulate the nervous system, promote a peaceful heart-open presence, nourish the heart physically & energetically, enhance blood flow & aroused sensuality, reduce inflammation & pain and produce euphoric effects and enhanced dream states.

Blue Lotus offers an energetic medicine that helps to foster a deeper connection to the Divine and reverence for all life. It helps to move stagnant emotional energies and alleviates depression and anxiety, making it a wonderful tool for renewal and rebirth.

The water lily family, Nymphaeaceae, is an ancient, 'primitive' family, so they carry information from time before the existence of homo-sapiens, reminding us of our essential nature. Since Blue Lotus induces theta brain waves, it works very well with meditation, shamanic journeys and sound healing.





# JUREMA

## JOURNEY TO UNCONDITIONAL LOVE

The Jurema Tree has a very important value to indigenous people of northeast Brasil. This plant represents the "force of nature."

Traditionally the infusion of this plant produces a drink called "Jurema wine." Its ingestion allows a connection to the kingdom of the Enchanted elemental beings, which will reveal the secrets of the ancestors, teachings, guidance and healing of the body and soul.

Jurema helps to release emotional, physical, and spiritual illnesses and eases negativity and confusion, enabling a thorough grounding and purification on all levels.

It supports clairvoyance, connection to the spiritual realms, and cleansing of the mind. Jurema gives us the opportunity to be more who we are and help strengthen our communication and harmony with the spirits of nature and Madre Tierra. It is associated with the Egyptian Mother Goddess Isis.

We use this plant because it has the capacity to open the connection to our ancestral wisdom, to our soul. This ritual is the foundation for our self love. In this ceremony we have the opportunity to look at our past and see that everything that has happened to us was to help us evolve and grow. Shadows are just parts of ourselves that we have hidden. From the moment we allow the light to shine on them, they become our allies. To become whole we must integrate all of those hidden parts as well.



# ACACIA

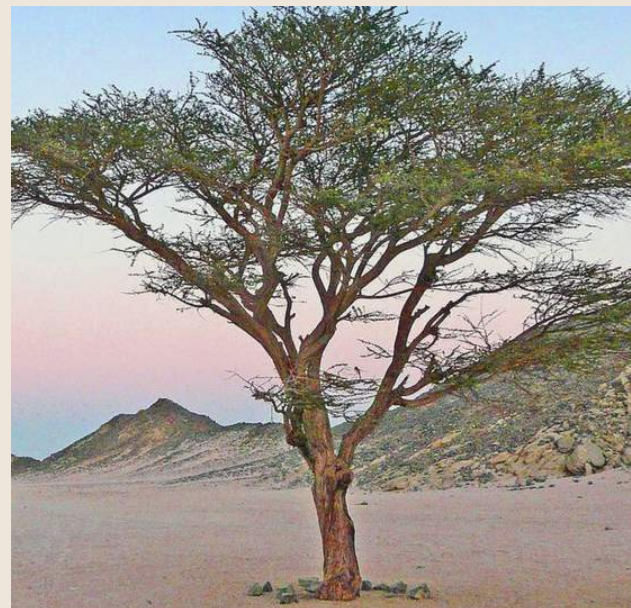
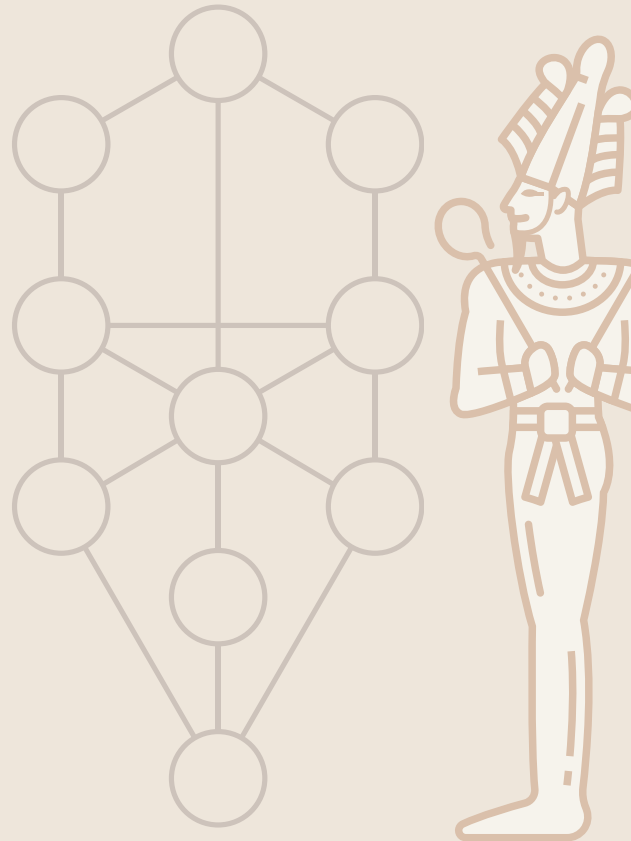
## DIVINE POWER & ANCIENT FUTURE ACTIVATION

Acacia, also known as the Tree of Life to the ancient Egyptians, was believed to be the bestower of eternal life and keeper of the knowledge of the cycles of time. Sacred texts state that the first gods were born under a sacred Acacia tree, while other members of their pantheon emerged fully formed from the trunk. It was believed that life and death were decided by the gods under an Acacia and it is linked with Osiris and Ra.

The plant grew outside of Egypt as well. It can be found throughout the world and is believed to have had incredible impacts on the births of Judeo-Christian religions, like Christianity, Judaism, and Islam. For example, the burning bush that Moses saw was an Acacia. It is believed that Jesus communed with the plant, and even that it was used in pharaonic initiations in dynastic times to attune the nobility to the frequency of the divine. Acacia links you to the Akashic realms.

In this ceremony we will bring our intention to reprogram the subconscious mind and rewire the brain to unlock our higher purpose and gifts so we can conduct our life with clarity and vision. In this work we will consciously fortify our inner power and authority from a place of reconciliation and love, releasing any victimhood and outdated belief systems to enter into a new way of Being that sees us as the Creators and co-Creators of our lives.

Acacia supports us in opening the doors to commune with the divine realms to activate our higher creative capacities for collective ascension and evolution.







# POWER OF THE CEREMONIAL CIRCLE

Ceremony celebrated in a group takes on a very high value: we will form a single energy body in the sacred circle. We will be each others' sacred witnesses and support each other in the process of self-knowledge and mastery. We will enter the dimension of the Soul and Spirit together, bringing our intentions for growth, healing and liberation.

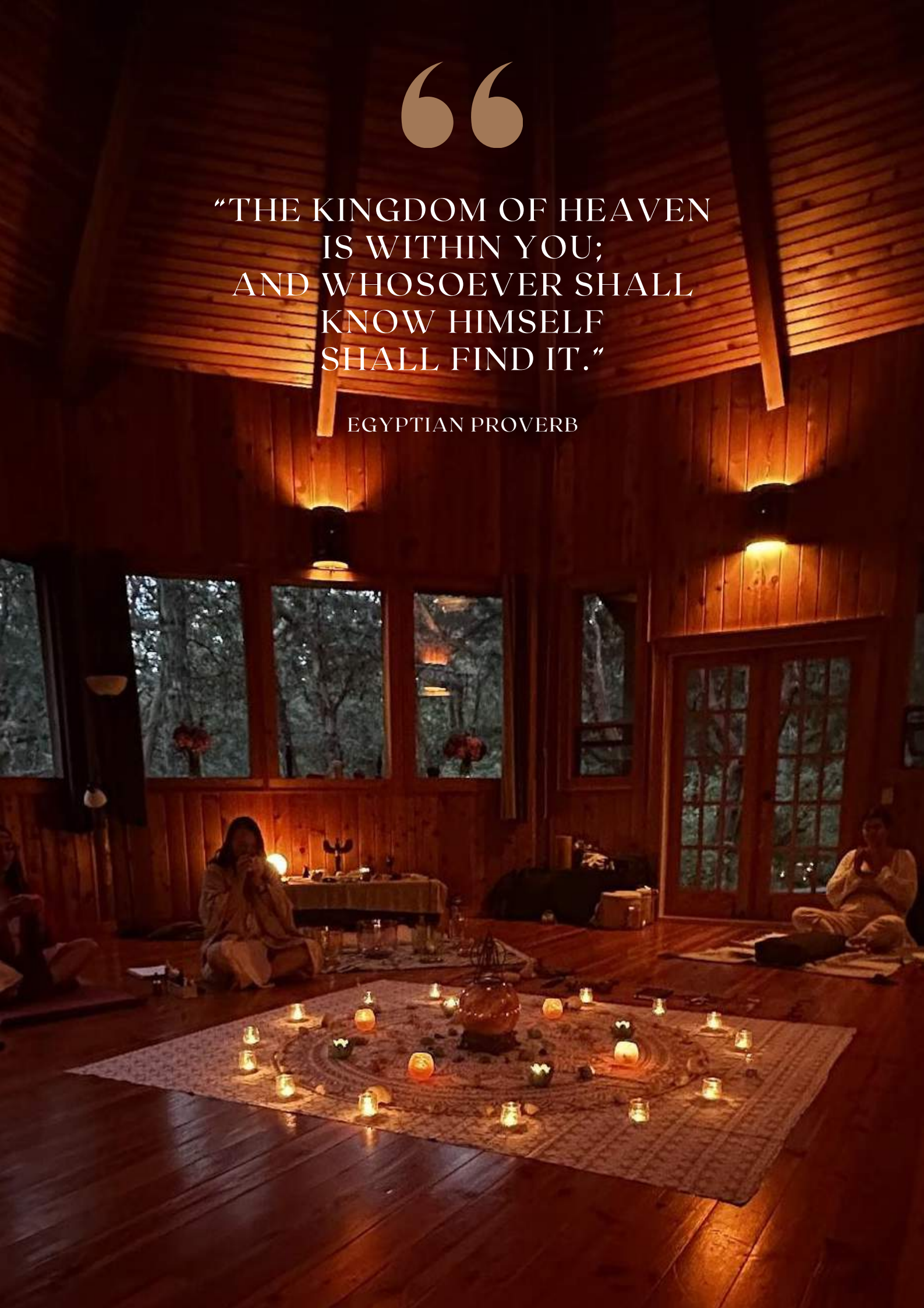
In the circle we become mirrors for one another, we accelerate our growth, potentiate and amplify the healing work for the whole group. In the safety of the circle we will see each other in our true authenticity, in our joy and our pain, together piercing through the veil of illusion so that we can really become and be seen for who we really are.

The sharing circle is a powerful space for each voice to be heard, for each experience to be held and celebrated. Together we will weave a fabric of trust and mutual support, a powerful container that will sustain our deep journey together and beyond.

“

“THE KINGDOM OF HEAVEN  
IS WITHIN YOU;  
AND WHOSOEVER SHALL  
KNOW HIMSELF  
SHALL FIND IT.”

EGYPTIAN PROVERB





# FEDE KARUNA

CO-FACILITATOR & ALCHEMIST

Fede has been practicing natural medicine for over twenty years and accompanies self healing, personal growth and awareness processes. He has been offering sacred ceremonial healing sessions for the past eleven years.

Sixteen years ago he was initiated in the Amazon forest and in the Himalayas for the use of ancestral remedies. After one year living as a monk in a monastery in the Burmese forest - practicing gnosis, meditation and the purification of consciousness - from an inner space of peace, reconciliation, he found himself pervaded by immense loving kindness and compassion and he took the decision to start sharing the overflow of his heart.

Fede has explored different areas of personal growth, shamanism, entheos-states of consciousness, natural medicine, and his mission is to transmit a return to Spiritual awareness to fully embody our divine qualities. Fede lives in Italy.



# GIULIA ISABEL

CO-FACILITATOR & EMBODIMENT GUIDE

Giulia is a somatic movement facilitator, sacred ceremony and ritual space holder and singer. She has travelled worldwide to study somatics for the past 8 years and offers body-based practices to decondition and repattern the nervous system, as well as eco-somatic rituals to reintegrate us in the wider family of Nature from a place of deep devotional presence.

She is passionate about women's health, the use of plants in relation to the natural cycles and about female self-care practices and embodiment. She has studied traditional Mexican medicine and ritual with indigenous mayan healers and has done long plant diets in the Amazon.

She facilitates processes of death and rebirth, transition and initiation. During ceremony she serves as a bridge between the worlds, offering the sacred chants she receives as a healing medicine. Giulia lives in Italy.

# LEAH SONARIA

CO-FACILITATOR & ORGANIZER

Leah Sonaria, aka Flow Priestess, is a transformational guide, sonic alchemist and ceremonial spaceholder. As a devoted Priestess of Isis and Hathor, she works as a medium for Neteru and ascended beings to facilitate deep healing and quantum shifts.

She has the unique gift of being able to sing and channel the language of the Egyptian deities, offering DNA activations, Egyptian Reiki and sound codes to help unlock higher capacities and powers.

She is a certified somatic movement guide, breathwork facilitator, Kemetic yoga teacher and spiritual coach, as well as a singer, flow artist, writer and designer.

Her mission is to support visionary creatives to activate their highest soul blueprints to birth their creative legacies with flow and ease. Leah lives in Vancouver.



# ASHLEY KIPPING

CHEF, FRESH COAST CULINARY

Ashley's bio coming soon (her food is the absolute best!)



# VENUE

EARTHSPRING SANCTUARY RETREAT CENTER  
405 HAZLITT CREEK RD, VICTORIA, BC  
[EARTHSPRINGSANCTUARY.ORG](http://EARTHSPRINGSANCTUARY.ORG)





# ACCOMMODATIONS



## PRIVATE CABINS

Cabins have a loft with a queen size bed, electric power, cook stove, compost toilets, drinking water, wood or propane heat and wrap around decks.

Stillness - Queen bed in loft w/ pull out couch (2)

Higher Ground - Queen bed in loft w/ pull out couch (2)

Deep Forest - Queen bed in loft w/ pull out couch (2)

Tree House - Sleeps 2 in single bunks (2)



## LODGE ROOMS WITH ENSUITE

There are four rooms in the main house with ensuite washrooms, some with views of the pond and some facing into the forest. An adjacent washhouse has a shower for guests.

Room 1: 2 Twin beds (2)

Rooms 2-4: 1 Queen Bed each (3 or couples)



## LODGE DORMS

A dormitory space upstairs provides six single beds. Guests share a private toilet and shower. (6)



## CAMPING

Camping spots are available with an outhouse. Options for tent and RV or car camping available.





# PROGRAM

## **Friday August 16th - Blue Lotus**

- 3pm Arrival
- Opening Ceremony
- Dinner
- Movement + Blue Lotus Sound Bath

## **Sat August 17th - Jurema**

- Morning movement practice
- Breakfast
- Preparation Talk
- Lunch (last meal)
- Nature walk
- Free time / prep for ceremony
- 9pm Jurema Ceremony

## **Sun August 18th - Acacia**

- Morning sharing circle
- Breakfast
- Resting / journaling
- Lunch (last meal)
- Embodiment practice
- Free time / prep for ceremony
- 9pm Acacia Ceremony

## **Mon August 19th - Full Moon**

- Morning sharing circle
- Breakfast
- Resting / journaling
- Lunch
- Embodiment practice
- Evening integration circle
- Dinner
- Full Moon Circle + Songs + Dance

## **Tues August 20th - Integration**

- Optional Morning Movement
- Breakfast
- Closing Ceremony
- Lunch
- 3pm Departure



# PRICING

Pricing includes accommodation (bedding included), all meals and ceremonial facilitation. Transportation not included but ride shares can be arranged.

All prices in Canadian Dollars.

## **PRIVATE CABINS AND LODGE ROOMS**

Early bird \$2200 (regular \$2500 after April 15)  
Couples Rate: \$4000 for two

## **LODGE DORMS**

Early bird \$1900 (regular \$2200 after April 15)

## **CAMPING**

Early bird \$1600 (regular \$1800 after April 15)

# MAX 18 SPOTS

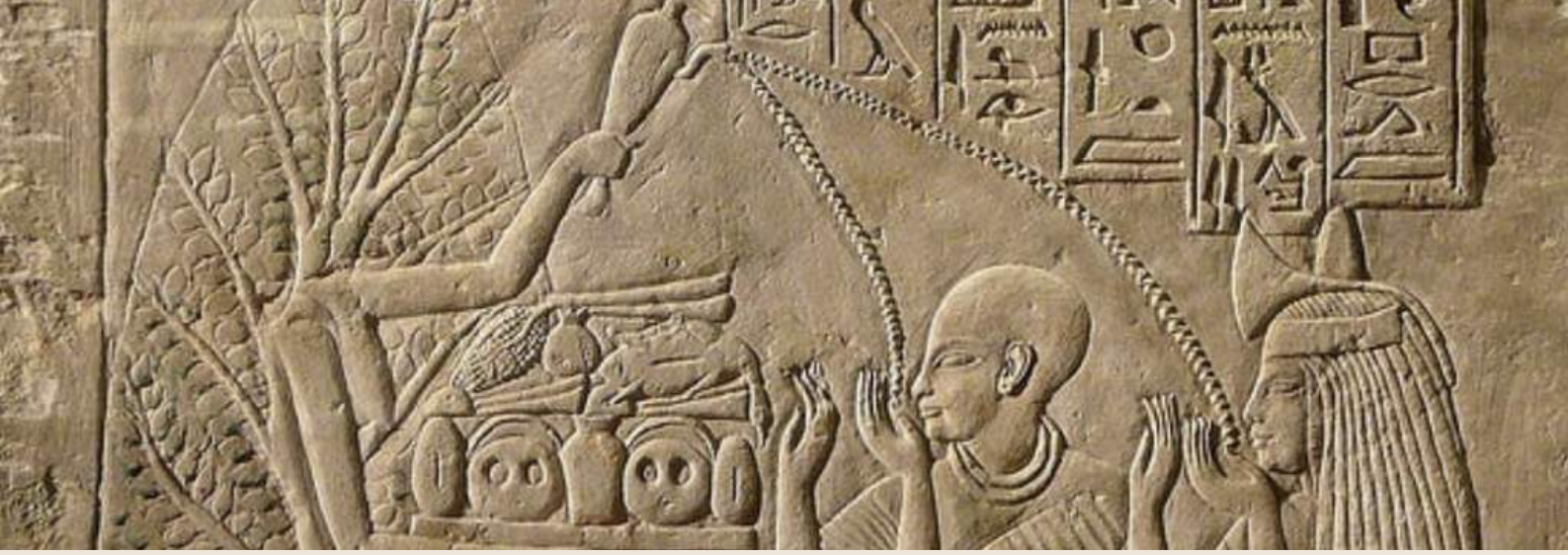
## **EARLY BIRD DEADLINE: APRIL 15, 2024**

First come, first served

Email Leah at [leah@flowpriestess.com](mailto:leah@flowpriestess.com)

to reserve your spot today!





# PREPARATION

## **Dieta - 7-10 days before - Eat clean, healthy, sattvic foods**

- No alcohol, caffeine, marijuana, mind-altering substances
- No refined sugars, salt, fried, heavy, processed foods
- No meat, dairy (eggs ok)
- No onion, garlic (esp raw)
- No bananas, cacao
- No fermented foods (ie: sauerkraut, kombucha)
- Avoid gluten if possible

## **Intake Form / Pre-Interviews / Liability Waiver**

- Intake form is required to be considered to participate
- Fede will be available for 1:1 appointments to answer any questions
- Liability waiver will need to be filled out prior to retreat

## **What to Bring**

- Mats (thick cushions), blankets, pillows for ceremony
- Yoga mat & meditation cushion
- Layers of clothing, shawl and footwear for walking in the forest
- White outfit for Blue Lotus Ceremony
- Pen and notebook
- Water bottle
- Altar items, crystals, oracle cards, books
- Drums, rattles, guitar, sacred instruments for Full Moon Jam
- An earth based offering for Full Moon Ceremony

# TESTIMONIALS



*“Words cannot adequately express the depth of gratitude we feel for the profound healing and spiritual growth we experiences during the shamanic medicine retreat. Your guidance, wisdom, and the transformative power of the medicine have touched our souls in ways we never thought possible. Your presence and unwavering support have brought about a profound shift in our lives, illuminating our path and awakening our spirits. We will forever cherish the profound impact you have had on our lives. Thank you from the bottom of our hearts for being a beacon of light on our journey.” Ada*



*“I clearly saw very surprising effects, the best is that I made peace with myself and got out of the cycle of addiction, thank you, thank you.”, Elnaz*



*“I am thriving with renewed trust in life, my heart wide open, ready to lead my life in the most beautiful way.” Saeed*



# TESTIMONIALS



*"I am living the best days of my life and the retreat was undoubtedly my best experience ever. I want to thank all of you for being with me and helping me out through this incredible journey. You are now in my heart and will remain there forever. I love you all with all my heart and wish you peace and joy." Mostafa*



*"I want to thank you from the bottom of my soul for serving the light and spreading the Love in such a pure, simple and yet extraordinarily high way. I found in your space and in your work the perfect conditions, the perfect frequency, the perfect alignment for me to feel at ease, for my heart to open fully and for my soul to expand infinitely. There is no end to this journey and it is a honour and a joy to walk it with you. Thank you for what you do and for the way in which you do it, it is sacred." Nisreen*



*"Lights of my heart, my dear family, I wanted to share the first news of my life change with you. After 12 years as a municipal employee, I resigned from a job that I did not like and was not on the path of my soul. And I am ready for what serves my soul. This was an event that was postponed for years and now I did it easily. I was so determined that nothing and no one could stop me. Thank you." Lida*



*"There is no better human experience than awakening." Lida*

# FAQ

**Q: How long do the ceremonies last?**

A: Blue Lotus will be an evening ceremony, Jurema and Acacia will go all night into early morning.

**Q: How do we take the medicines?**

A: Fede will prepare a brew from the plant roots that we will drink, similar to Ayahuasca.

**Q: Do these medicines make you purge?**

A: Yes, Jurema and Acacia commonly induce purging, although not always. This supports in purification on all levels.

**Q: How is this different than Ayahuasca?**

A: All DMT plant spirits work in unique ways with their initiates, so we prefer to allow each person to have their own experience with the medicine. That being said, these two plants when sat with together support in bridging polarities - divine feminine and divine masculine, above and below, inner and outer. Portals open for deeper collective healing, land activation and cross-dimensional communication. In short, it's a whole new level of magic!

**Q: Who is this not for?**

A: This medicine is not suitable for anyone with severe mental illness, psychological disorders, cardiovascular problems, and other major physical disease (certain medications are contra-indicated). Please ask to be in touch with Fede if you are unsure.







## WE WOULD BE HONOURED TO HAVE YOU JOIN US ON THIS SACRED JOURNEY

This is going to be a very special gathering unlike any other. As this is the first time Fede and Giulia will be bringing their work to North America, it is bound to be a truly unique experience. Get ready for some real magic!

If your body is feeling a full body YES, then please do not hesitate to reserve your spot ASAP. We do expect this retreat to sell out.

A \$400 non-refundable deposit is required to book your spot. If you are unable to make it, transfers are allowed (pending approval).

E-transfers can be sent to [leah.emmott@gmail.com](mailto:leah.emmott@gmail.com)

**Contact Leah via phone at 604.828.0698**

See you in the Temple!



*Much love,  
Leah, Fede and Giulia*