



Sacred Mushroom Ceremony: A Journey

Back to Wholeness



Date: Saturday, 20th September 2025



Arrival: 12:30 PM | **Ceremony:** 1:00 PM – 8:30 PM



Location shared upon sign-up

Please keep time to allow proper respect and flow of the day's energetic flow

You are warmly invited to an intimate ceremonial space — a return to the sacred, guided by the ancient spirit of ancestral wisdom, magic mushrooms and the elemental wisdom of the earth. This is a safe, nature-held circle for deep exploration, self-trust, and renewal.



In the Energy of the Season

September in East Africa carries the grounding pulse of earth and water in harmony. It is a season of balance — to cleanse, to root, and to plant seeds as well as prepare for harvest of stability and inner strength.



Moon Energy

The ceremony takes place under the **waning gibbous moon**, a phase of release and integration. It is a time to let go of what no longer serves, to turn inward, and to embody the lessons gathered during the fullness of the moon. Together with the mushroom spirit, this moon phase opens a pathway for shedding old layers and embracing clarity.

What Awaits You

Flow of day:

✨ Yoga

A flow comprising Afrikan Yoga and Hatha Yoga; to ground us and raise the frequency of the body in preparation for the ceremony.

✨ Immersion Spiritual Bath

A deep salt and herbal bath to cleanse and prepare body and spirit. *Bring a change of clothes and a towel.*

✨ Herbal Integration

Sacred herbs offered before and during the mushroom journey to ground and align your energy.

✨ Smudge & Grounding

Opening ritual with herbs and intention to clear the space and call in protection.

✨ Sacred Mushroom Journey

Guided with reverence in nature, supported by silence, sound, and safe holding — an invitation to feel, to release, and to listen within through the sacred mushroom communion.

✨ Acoustic Journey, Art therapy & Fire Support

Integration through sound, symbolism, and introspection, held beside fire. The fire will accompany the art session, during meals, and afterward — a steady, supportive presence for grounding and release.

✨ **Communion Meal by the Fire**

A shared Ital plant-based meal, nourishing the body while fire holds the circle in warmth and presence.

✨ **Meditative Flow**

Breath, grounding movement, and stillness woven throughout, with fire as a witness and ally.

🌱 **Who Is This For?**

For those seeking clarity, healing, reconnection, or deeper self-trust. Open to both first-time and experienced participants.

🌍 **Location**

A nature-based open space in Kenya (details shared upon sign-up). Ceremony held outdoors in communion with land, water, and fire.

🌸 **Preparation & Integration**

- **Clothing:** Wear **loose, white, and warm clothing** for comfort and ritual alignment. bring extra kikoi or blankie for the evening
- **Diet:** Follow a **plant-based diet** at least one week before and after to prepare and support the body-mind, as well as support integration.

- **Silence** :consider dedicated alone time,in-silence moments during this preparation time.this is will be one of the focus point during ceremony
 - **Bring**: Change of clothes, towel, and an open heart.
 - Available for exchange: **spiritual bath salts, smudges, microdose mushrooms, and plant medicine blends** for integration at home.
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Exchange & Sign-Up :

Sign up to receive preparation details and location.exchange is per person

sh 26,999

The ceremony has a max capacity for 6 person.

Sh 43,333

For Solo-journey

Open Invitation

You are welcome as you are. There is no requirement to give, we mention this here as we have received inquiries on how to offer but aren't sure if it is acceptable or will be well received.If your heart calls you to offer support – through resources, gifts, or energy – it will be received with gratitude.

✨ *Come as you are. You are always you, accept and trust.* ✨

With love, reverence, and the earth, fire, water, and moon as our guides.

See you there !

