

A GUIDE TO ...



MEDICINES OF THE RAINFOREST

For thousands of years the indigenous tribes of the Amazon have been guided by the rainforest's sacred medicines. They are delighted and grateful for the opportunity to share some of these medicines with the world. And we are honored to serve and facilitate this exchange.

QUEEN of the FOREST Natural Products

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A hand holds a long wooden spoon over a bowl containing a vibrant green powder. To the left, a traditional rapé basket, made of woven reeds and wood, sits on a rustic wooden surface. The background is a close-up of the wooden table, showing its natural grain and texture. The title '1. RAPÉH' is overlaid in a large, bold, dark brown font.

1. RAPÉH

Rapéh, pronounced “ha-pey”, is an all-natural, powdered mix of very finely ground tobacco, tree ash and select herbs.

It is always taken through the nose, and used for balancing, clearing and/or grounding energies.



A DEEP-CLEANSE FOR THE MIND

There are many blends of Rapéh, each with its own, slightly different experience.

Some may help you with clarity or focus, others with mood, connection or relaxation; all of them will help realign your energy centers (chakras) and rid your body and mind of unwanted energies.

Long-time users describe taking rapéh as a mental deep-cleanse and a way to restore your energetic balance.

A SACRED ENERGETIC MEDICINE

made with care & intention



We work closely with the Kaxinawa, Kuntanawa, Puyanawa, Shawādawa and Yawanawa tribes, and ensure that both they and our customers benefit from this exchange.

Each blend of rapéh is handmade by tribespeople whose love and prayers flow into the medicine.

In a ceremonial preparation lasting up to three weeks, plants are gathered fresh from the forest, sun-dried or roasted, and pounded and mixed into fine powders.



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Taking rapéh is both grounding and stimulating, and can feel a bit shocking the first few times. Your eyes may water and you may feel lightheaded; this is normal, the rapéh is resetting your bodily system. As this initial reaction subsides you will feel relaxed, calm and centered.

Rapéh clears anxiety, negative thoughts and other 'stuck' energies. If you are confused by an issue, you may receive a message or insight; if you are overwhelmed, the medicine will relieve your stress.

With large doses (or if your body has toxins to be released) you may feel nauseous or the need to purge. The discomfort will be momentary. Wait for it to pass; you will feel cleansed and rejuvenated afterwards.



Taking rapéh decalcifies the pineal gland and could be effective in preventing neurodegenerative disease. It is also said to aid circadian rhythms, hormone regulation and endorphin release.

In a traditional rapéh ceremony, the medicine is administered through a bamboo pipe called a Tepi. With this pipe, the shaman (healer) will blow a serving of rapéh into each of your nostrils and say a short prayer. If you have access to a shaman or trusted medicine-person, this is a beautiful way to experience the benefits of rapéh.

Whether alone or with a shaman, set and setting are important to the use of rapéh.



a ceremonial Tepi

A DEEPLY PERSONAL & INTENTIONAL MEDICINE

Your intentions powerfully mediate the effect of rapéh on yourself and others.

Please be sure to use this medicine with clear intent and respect for the long traditions from which they are a gift.

May it guide you towards a life filled with inner peace and purpose!

You can also take rapéh by yourself using a short, V-shaped pipe called a Kuripe.

Pour/ tip a pea-sized amount of rapéh into your palm. There is no proper dosage; the medicine knows how much you need and whatever spills out will be a good dose.

Feel free to adjust your dose based on your experience level and intention.

Fill the longer end of the pipe (nose-piece) with half of your serving; tap the end to push the rapéh down and remove air pockets.

Take a deep breath, close your throat, place the nose-piece into one of your nostrils, and blow on the mouth-piece (shorter end).

Close your throat to stop the rapéh from dripping down



After you have inhaled the powder, breathe out slowly through your mouth while still keeping your throat closed.

When you are ready, repeat the same steps for the other nostril.

The sensations usually last a minute or two.

Keep the rapéh in your nostrils for about three to five minutes to allow the medicine to enter your system.

After that, you may blow your nose if you like.

AN INTENSE SENSATION THAT CLEARS THE MIND OF ALL CHATTER

Whether alone or with a shaman, set and setting are important to the use of rapéh.



2. SANANGA

Sananga (“sa-nan-ga”) is a liquid medicine extracted from the roots of *tabernae-montana undulate* (Mata Heins in the Huni Kuin dialect), an Amazonian shrub.

It is taken as eye-drops and powerfully resets your energetic field, clearing negative & stagnant energies.



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NIGHT-VISION AID FOR INDIGENOUS HUNTERS & A POWERFUL PSYCHOSOMATIC DETOXIFIER

The Kaxinawa people grind the bark from the shrub's roots into a fine powder which is then strained several times through a mesh with fresh water to create a pungent liquid extract.

Sananga's main active ingredient is ibogaine. It is used to sharpen visual perception before night-time hunts, and also spiritually to clear out accumulations of low vibrations that are the root of bodily dis-ease.

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for the Kaxinawa THE SPIRIT OF SANANGA IS AN ACTIVE INTELLIGENCE



The eyes are windows into our souls and where all that we see, outside and within, is stored.

Panemas are build-ups of negative energy from bad thoughts and habits that weigh down our energetic bodies and manifest as various physical and psychic ailments.

The Spirit of Sananga audits (if you will) the energetic patterns related to the eye, finds what is out of balance, and acts to dilute the forces that constitute the Panemas.

Taking sananga enhances both our inner (subtle energies) and outer (ocular physiology) vision. Regular use is said to strengthen the spiritual force associated with one's Ajna chakra or third-eye.

HOW TO TAKE SANANGA:

Sananga's benefits come from regular (daily) use. You can make a small ritual out of taking it either at the start or the end of the day.

A calm, quiet setting is recommended. Lie on your back or sit so you can tilt your head back comfortably.

Sananga helps prevent & treat several eye conditions. It is antioxidant-rich and also a known antimicrobial, antifungal, anti-cancer and anti-inflammatory agent.

If you have someone helping you, hold your eyes open, one after the other, and ask your helper to administer 1-2 drops in each eye.

If alone, lie back or sit with both eyes closed and place 1-2 drops in the corner of each eye.

When ready, open both eyes to let the sananga in, and breathe deeply.

Once the burning effect subsides (2-3 minutes), you will feel profoundly peaceful and relaxed. You will perceive colors & visuals more vividly.



**A SHORT BUT
INTENSE BURNING
SENSATION ...
THEN, CALM, CLEAR
& GROUNDED**

These sacred eye drops cause a sharp burning that usually lasts a few minutes.

This pain is part of the healing.

Shamans advise you to breathe deeply into the burn to gain the most from sananga – it is by leaning into the pain that we cleanse not only our eyes but our minds and spirit as well.



3. COPAIBA oil

Copaiba (“co-pa-ee-ba”) oil comes from the resin of the copaiba balsam, a leguminous tree which can grow over 100 feet tall in the Amazon rainforest.

It can be taken in many ways, and is a recognized antiseptic, anti-inflammatory and anti-hemorrhagic.

A VERSATILE OLEORESIN WITH CENTURIES OF USE AS A NATURAL MEDICINE TO FIGHT INFLAMMATIONS & INFECTIONS

Copaiba oil is naturally produced by the *Copaifera* genus of tropical trees, over 70 species of which have been identified in South & Central America.



These trees offer many renewable, non-wood resources for the communities that protect and care for them.

Copaiba resin is harvested from the tree's trunk (vs. being extracted from seeds or fruits) without damaging the tree. A hole is punched into the tree trunk and a pipe is inserted to let the resin flow out. A single tree can yield up to 40 liters of resin a year.

The essential oil is steam-distilled from the resin, is safe to ingest as well as apply topically, and is a popular ingredient in medicines and cosmetics.

The people of the rainforest have used copaiba oil for centuries to treat wounds and other conditions associated with inflammation and infection



Copaiba oil has no known toxic effects, but dosage matters.

SOME COMMON USES OF COPAIBA OIL

- **Burns & Wounds:** mix 12 drops of Copaiba oil, 1/2 oz. Aloe Vera gel, and 1/2 oz. Jojoba oil in a 1 oz. squeeze bottle; shake well before using a Q-tip to gently dab the wounded area with the mixture
- **Acne:** add 6 drops of Copaiba oil per oz. to face-cleansers/ moisturizers/ lotions and apply topically as usual
- **Headaches & Migraines:** add 15 drops of Copaiba oil to a diffuser or inhaler (for kids 6+, add only 6 drops at 1% dilution); can also be applied topically by mixing with a carrier oil
- **Muscle Pain & Arthritis:** mix Copaiba oil with 1 oz. carrier oil and apply topically to the affected area (for kids, only add 6-10 drops; for adults, up to 30 drops depending on pain-intensity)

Always follow guidelines for dilution, and stop using immediately if you experience any adverse effects like an upset stomach, redness of skin or itching.

Can be used safely during pregnancy and labor to ease bodily & mental discomfort; use aromatically in an ultrasonic diffuser, or apply topically with a carrier oil (1% dilution).



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DRAGON BLOOD

Healer Power of Nature

In the of Amazon region of Peru, Ecuador and Brazil in the tropical forests, there is the Dragon's Blood (Croton Lechleri) tree, the healing power of its latex has been well known since ancient times by the native inhabitants.

"Unlock the Ancient Power of Dragon's Blood: Nature's Potent Elixir for Healing, Protection, and Radiant Skin Care"



Dragon's Blood is a powerful, bright red resin derived from the *Croton lechleri* tree in the Amazon Rainforest and other species like *Daemonorops draco* in Southeast Asia. Revered for centuries, it boasts a wide range of benefits, from accelerating wound healing and soothing gastrointestinal issues to offering potent antioxidant and anti-aging properties in skincare. In addition to its medicinal uses, Dragon's Blood holds a significant place in spiritual practices, where it's believed to ward off negative energy and enhance protection rituals. This versatile resin continues to be cherished for its ability to promote both physical and spiritual well-being.

more soon...



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