

ANCESTRAL WISDOM

What is a Temazcal?

A sacred space for purification, connection with the elements, and ancestral memory.

The Temazcal is a sacred space symbolizing the womb of Mother Earth. It is a ceremony of physical, emotional, mental, and spiritual purification. It connects us with the elements and ancestral wisdom. The facilitator and team hold the space with respect, love, and clarity, guiding the process safely.

Preparation and welcome

Preparing the altar

- Water: vessel with plants.
- Fire: place to heat the “grandmothers” (stones).
- Air: incense, copal, palo santo, and tobacco.
- Earth: flowers, seeds, corn, etc.
- Instruments: drum, maracas, and rattles.

Welcome

- Talking circle: each person introduces themselves and shares their intention.
- Participants are invited to write down what they wish to release and offer it to the fire.
- Brief meditation.

The ceremonial journey

Initial teaching

- Origin of the Temazcal.
- Symbolism as a womb.
- The four doors.
- Benefits.

Group practice

Creating a mandala with flowers and seeds in connection with the four elements.

Preparing the fire and the grandmothers

- Ritual lighting of the fire with a song.
- Offerings.
- Each participant approaches to place their intention.

The four doors

- Childhood: opening song and deep breathing. Intention: return to the origin and cleanse.
- Adolescence: joyful song and emotional release. Intention: release emotional memories.
- Adulthood: pagamento, song, and silence. Intention: mental clarity and purpose.
- Rebirth: closing song. Intention: transformation and spiritual renewal.

Benefits described in the guide

Physical

- Detoxification.
- Stimulation of the immune system.
- Improved circulation and oxygenation of tissues.
- Relaxation of muscles and joints; relief of pain and tension.
- Improved respiratory process.
- Regulation of metabolism and support for weight loss.
- Cleansing of the skin.

Emotional and psychological

- Release of tension, anxiety, and stored emotional memories.
- Expression of contained emotions.
- A sense of lightness, peace, and clarity.
- Support during grief, closure, and life transitions.
- Strengthening self-esteem and self-confidence.

Spiritual and energetic

- Symbolic rebirth in the womb of Mother Earth.
- Purification of the energetic field.
- Connection with the elements.
- Opening intuition, vision, and spirituality.
- Working with personal and collective intention as living prayer.
- Experiences of unity, community, and fellowship.

Community and social

- Strengthening community bonds through the shared circle.
- Listening, empathy, and mutual respect.
- Spaces of trust and collective healing.
- Recovering ancestral memory and connection with the earth.

Guidance

The guide presents the Temazcal as a facilitated practice held by a team that accompanies the process with respect, love, clarity, and safety.

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