

# Ambi Alpa

*Earth Medicine*



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## Our Mission & Values

Four Visions began with the vision of building opportunity, sharing culture, and spreading a little more love in the World. Together, we have opened new doors connecting the Western Mind with Amazonian Soul Medicine.

We empower & support more than 30 different indigenous artists & their families through the fair trade purchase of their spiritual tools & art. We are honored to source high quality, made in prayer, medicines for our community. We are committed to being your ally, acting as a bridge to over 15 amazonian tribes, sharing their traditions with you. We operate in a beyond fair trade model, where 50% of the proceeds of your purchase goes directly to the tribes, artisans, and healers that we partner with. On top of this, we donate 10% of profits to our partner nonprofit, Movement for Amazonian Growth & Indigenous Cultures (Magic Fund) or other Amazonian organizations with missions that are aligned with our values.

Each tool we bring to the market is hand-crafted or wild harvested in sacred prayer

and love. You are receiving spiritual medicine, tools and art you can rely on. Our artisans weave, make, mold and craft while holding the prayers of their traditions; as taught to them by their ancestors. Each piece is created in meditation with the intention of bringing the end user a powerful prayer of light. You then carry these prayers into the world with you. You'll find within this journal extensive resources to help you better understand how you can use Amazonian plant medicines to support your healing & wellbeing.

Welcome to our worldwide Four Visions Market Tribe. A small, family run initiative blessed by Indigenous elders and backed by dozens of Indigenous communities throughout the Amazon.

We are committed to bridging your front door with the Amazonian spiritual tools your path requires. Together, we are building a thriving economy for indigenous communities and a flourishing future for our children and wisdom keepers.



## Our Artists & Medicine Makers

We are committed to forging long-lasting relationships of reciprocal support & abundance between our indigenous artists & medicine makers. We are honored to work alongside these wisdom keepers and to receive their blessings and spiritual endorsement of this project.



[Watch Our Wisdom Keepers Symposium 2021 Here](#)



# Our World-Renowned Hapé Apothecary



Sourced directly from the Amazonian tribes, we are proud to be able to guarantee our Hapé is the freshest, highest quality on the market, using traditional recipes the indigenous communities have used for centuries. This esoteric wisdom has been passed down for generations.

Not long ago, one had to travel deep into the Amazon Jungle to experience Hapé, a multi-day journey with planes, cars, boat rides, and hiking. Before that, only the tribespeople themselves had access to the healing powers of our beloved hapécito.

We are living in a pivotal time, when the medicines are coming out of the jungle to be shared with many more people, in order to facilitate the healing and awakening for humanity. Now, we can all experience the wondrous benefits that Hapé provides.

What an honor it is to be able to have access to this transformative spiritual tool. Each time you work with our hapé,

know that the medicine makers who made your medicine have infused the highest vibrations of healing prayers of strength & wellbeing into these medicines. They too are very happy to see their “younger brothers” in the west using these ancient medicines, for they know the plants hold the key to a better future for all beings.

Our world-renowned hapé apothecary carries the largest selection of the highest quality hapés from over a dozen different medicine makers. When you purchase your hapé from Four Visions Market, you can ensure that hapé was in the jungle less than 30 days ago, which means its connection from the forest remains intact and strong. Our hapé inventory is rotated out each month to ensure optimum freshness.

If you currently have a Hapé practice or feel called to connect to this plant ally, and value the importance of ethical sourcing, there is no better place to get it than Four Visions Market. Continue reading to learn about this sacred practice...





# What Is Hapé?

Hapé is a very sacred herbal snuff, made by the indigenous tribes of the Amazon. Hapé, or rapé, is pronounced 'haa-pay' in English and is applied using an applicator up the nostrils in prayer and meditation. It is used for deep connection to the plant and animal kingdoms and all of Mother Nature. This healing snuff has the ability to cleanse the mind, purify the thoughts, bring clarity, spiritual alignment, and clear negativity and heaviness from the body, mind, & soul.

The indigenous tribes have been working with this medicine for thousands of years to heal their communities and to connect with the Creator. This plant medicine takes days to make and is a very labor intensive process made in a ceremonial way, out of various Amazonian healing medicinal plants, leaves, trees and seeds from native lands.

## Benefits of Hapé

- Opens up the 3rd eye and decalcifies the pineal gland which naturally hardens and calcifies with age.
- Purifies and cleanses the sinuses and respiratory tract, helping to heal sinus issues and reduce mucus.
- Supports the digestive system by stimulating the bowels
- Offers energetic protection that comes from connecting with the plants as allies for strength, clarity, and focus.
- Connects you to the Earth, helping you to ground and center yourself for meditation and prayer
- Clears negativity and stills the mind

*Eucalyptus globulus*  
Labill

*Rosa rubiginosa*



*Mentha*

*Nicotiana rustica*



**Listen to Some of Our Favorite Medicine Music to Support Your Hapé Meditation**

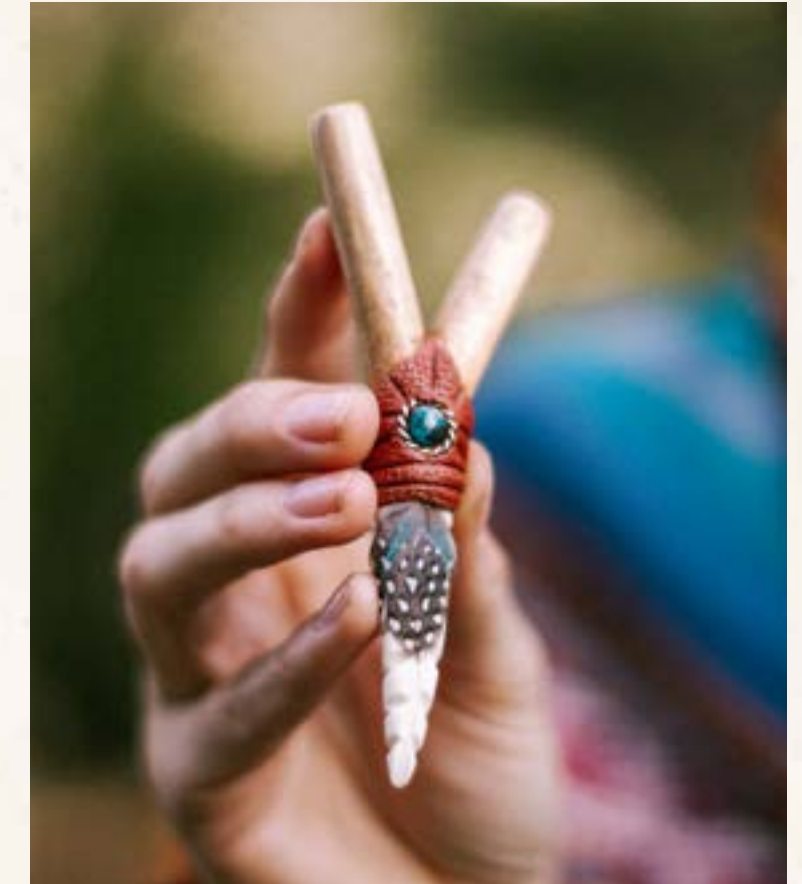
# What Is A Kuripe?

A Kuripe (KUR-EE-PEE) is a small, portable, v-shaped blowpipe traditionally used by the indigenous peoples of South America for the self-application of hapé snuff within a ceremonial setting. It is traditionally made of bamboo, bone, or stone, as well as other Amazonian hardwoods.

A typical Kuripe pipe consists of two hollow tubes joined together at an angle of between 30-50°. There is a shorter side that is taken into the lips to be blown and a longer side that is inserted into a nostril. The two pieces are joined together by beeswax, clay, or another type of adhesive and often adorned with beads, feathers, or crystals.



**View Our Kuripe Collection Here**



# What Is A Tepi?

The Tepi (TEH-PEE) is a shared applicator designed to administer hapé from one person to another in a ceremonial setting. The materials are similar to that of a kuripe, one side of the piece goes into the mouth of the person administering, while the other, smaller hole goes into the nostril of the person receiving it. Tepis vary in length, ranging anywhere from a few inches to up to two feet long!

Traditionally, the way hapé was applied was through a tepi, as it is a very shamanic exchange of energy passed from the Healer or Shaman to the patient. The kuripe came later, for convenience, to be able to serve oneself the hapé medicine in the case that there not be an initiated person available to serve the medicine.



**View Our Tepi Collection Here**



# How To Work With Hapé

1

## Create a ceremonial space

Hapé should always be worked with in a sacred environment. By your altar, or in nature. You may light a candle and smudge the environment with sage or copal before you begin to prepare the space. Having a bucket nearby in case you vomit (a normal cleansing reaction of this medicine) as well as tissue paper to blow your nose and water is recommended.

2

## Set An Intention

Always work with hapé with a focused, clear prayer or intention. You can sit with hapé for calming, grounding, centering, to gain clarity on a certain situation, or to enter into spiritual prayer. Let the intention come from the heart.

3

## Determine Dosage

A recommended beginner's dosage is a pea sized amount. However, traditionally, ceremonial doses given by the elders are much larger. Tune in to what you are needing and how much time you have to devote to this particular session. For example, larger, ceremonial doses can have effects lasting up to one hour and should only be taken when you have the space to go into a deep process. Pour or spoon the desired dosage into the palm of your hand and use the longer side of the kuripe (the one that goes in your nose) to flatten out the powder.

4

## Application

Next, scoop half of the hapé into the nose end of the pipe and gently tap it with a finger to settle the powder into the kuripe's v-shaped elbow. Bring the pipe to your heart or your third eye, in a moment of gratitude. With the Kuripe loaded, inhale a deep breath and hold it while placing the correct ends of the pipe comfortably into the left nostril and between lips. With eyes closed gently exhale the breath, blowing the hapé up the left nostril first\*, and then the right. It is important to apply both sides consecutively without much time in between. You can experiment with a strong short blow and a longer, gentler blow. In time you will discover how you prefer to apply the hapé.

5

## Prayer & Meditation

After you receive the hapé, allow yourself to enter into stillness. Let the plants calm the mind. Feel the opening to your breath and lungs. From this place of connection, allow yourself to meditate upon your intention and have a dialogue with the Creator.



*\*Why the left nostril first? Traditionally, applying the left nostril first is said to represent the letting go of negative energies. It is followed by the right nostril, symbolizing new beginnings.*

For those who are desiring more material and teachings from an indigenous hapé master, click below.



**Watch Our Online Hapé Practitioner Training Course with Chief Haru Here**

# How To Choose What Hapé Is Right For Me?

Each hapé carries its own unique properties and different healing herbs. Remember to trust your intuition, the plants will call you. Working with hapé is an intuitive process, helping and supporting us to find empowerment through nature. You'll find here a short guide with each hapé's strength rating & intention.



**Click On These Individual Hapé Blends To Learn More**



**Yawanawa Tsunu Bullet**  
Clearing Strong Energies  
STRENGTH  
★★★★



**Yawanawa Feminine Force**  
Strength of the Feminine  
STRENGTH  
★★★★



**Yawanawa Mulateiro Beautiful Thoughts**  
Rejuvenation & Relaxation  
STRENGTH  
★★★



**Nukini Sansara Songs of the Jungle**  
Earth & Nature Connection  
STRENGTH  
★★★★



**Nukini Divine Mother Rose**  
Sweetness & Gentleness  
STRENGTH  
★★★



**Nukini Parika Visionary**  
Deep Inner Work & Ceremony  
STRENGTH  
★★★★



**Nukini Ojo de Jaguar**  
Vigilance & Perseverance  
STRENGTH  
★★★★



**Huni Kuin Immunity Warrior**  
Physical Strength & Protection  
STRENGTH  
★★★★



**Shanenawa Caneiro**  
Harmony & Cleansing  
STRENGTH  
★★★



**Kuntanawa Origins**  
Grounding & Earth Connection  
STRENGTH  
★★★★



**Kuntanawa Mint Dream**  
Refreshing, Awakening, Uplifting  
STRENGTH  
★★★★



**Shawadawa Purification**  
Spiritual Cleansing & Liberation  
STRENGTH  
★★★★



**Katukina World Bridger**  
Respiratory Support & Cleansing  
STRENGTH  
★★★★



**Katukina Eucalyptus**  
Connection with the Breath of Life  
STRENGTH  
★★★★



**Apurina Force of the Waters**  
Calming, Cleansing, & Aligning  
STRENGTH  
★★★★



**Munay Cura Cacao**  
Courage, Heart Opening, & Joy  
STRENGTH  
★★★★



**Munay Cura Vine of the Soul**  
Ceremonial Use & Spiritual Practice  
STRENGTH  
★★★★



**Munay Cura Tree of Life**  
Connection to Your Ancestors  
STRENGTH  
★★★★



# The Story Of Our Propolis Hapé



**Click To Watch  
The Making of  
Our Propolis Hapé**

Bees lie at the heart of our survival. They pollinate 1 in 3 bites of food we eat and are essential to the health and prosperity of our ecosystems. Bees are vital for the preservation of ecological balance and biodiversity in nature, and thus, they are vital for the thriving of all life on Earth.

Deep in the Amazon jungle, the bees pollinate and sustain the sacred medicinal plants that we love and cherish. Without them, there would be no hapé at your doorstep, no sananga, no botanical tinctures, no ambil. That is why we have chosen to partner with the Kuntanawa Nation in an effort to preserve and sustain their beekeeping efforts, ensuring that the sacred bees continue thriving and maintaining the ecosystems of the forest.

The Amazonian bees are also the source behind an incredible substance known as Propolis. You may have heard of it and its amazing benefits. The propolis from the Amazonian beehives is a whole other realm of healing. This is because the plants that the bees are pollinating that serve as the substance that creates the propolis are in fact medicinal healing plants of the jungle. So, this propolis carries the ancient healing remedies of thousands of native Amazonian species and their unique healing properties.

For years the Amazonian people have used propolis to reduce inflammation, support the body's immune function, and prevent infections. Its unique anti-inflammatory and anti-fungal properties make it a rare and powerful healing remedy.

Chief Haru of the Kuntanawa brilliantly saw that propolis could be added to hapé, to create a one-of-a-kind snuff that carries all the physical healing benefits of propolis, to create a unique plant medicine that protects the body from damage and disease, strengthening the immune system and fortifying the physical body.

For us, we see healing as an interconnected process. Our healing is only as powerful as the healing of the lands and the peoples that these medicines come to us from. This is why we have chosen to sponsor the beekeeping preservation project of the Kuntawana Tribe.

Through our sponsorship, we are assisting in the development of new beehives, preserving and protecting existing hives, and encouraging research into other medicines that can be made from Amazonian bees. Your purchases directly benefit these conservation efforts.

Our signature Hive Nectar Propolis Hapé is the first medicine we are bringing to you from this new partnership. When we released our first batch of propolis hapé last month, we sold out in under 48 hours! So many of you asked us if we would be getting more, and your enthusiasm is what sparked this recent undertaking of bee stewardship with Chief Haru & his wife Hayra.

At this time, Four Visions Market is the **ONLY** place that you will find propolis hapé.

**With each bottle of the nectar of life hapé that you purchase, you are:**

- Sponsoring an entire day of care for the beehives of the tribe
- Providing the salaries to the members of the tribe who are caring for the hives
- Supporting additional research on this unique species of Amazonian honeybee
- Sponsoring the medicinal making studies & investigations of the beekeepers as they develop and create new healing remedies with the bees

This is a **HUGE** impact you are making with your purchase. And of course, all while you enjoy this amazing, one-of-a-kind hapé. :)



**Click To Purchase  
Our Propolis Hapé**





# The Hapé Lovers Club



## Your Member Benefits Include:

### Fresh Hapé Delivered

With no effort or action required on your part -Fresh, Fast, High Quality Hapé delivered to your door, on time every time.

### Monthly Shipments

Automatically get your favorite Hapé PLUS a new blend each month with every tier of membership.

### Priority Access

You see our new & unique products before they go on sale to the public.

### Receive Rare Hapé

Get access to rare and difficult to acquire hapé, available exclusively to members of the Hapé Lovers Club.

### Change Selection

The freedom to change your monthly selection whenever you want and try something new.

### 10% Discount

Being a member of the Hapé Lovers Club means you get 10% off on all items here at [fourvisionsmarket.com](http://fourvisionsmarket.com) while your membership is active.

### Free Shipping

Never pay for shipping on all your Hapé Lovers Club deliveries or any of your other Four Visions Market purchases.

### Hapé Resources & Online Gatherings

Get access to a members only Hapé Archive of incredible resources in the form of audio, video, & written material to support you in your hapé practice. Join our exclusive community of hapé lovers for meditations, workshops, & virtual gatherings to help you deepen in your studies, and get access to all past gatherings.

### Fair-Trade Source

Meditate and connect to your Hapé with confidence; knowing you are using a fair-trade source of Hapé available anywhere on the planet.

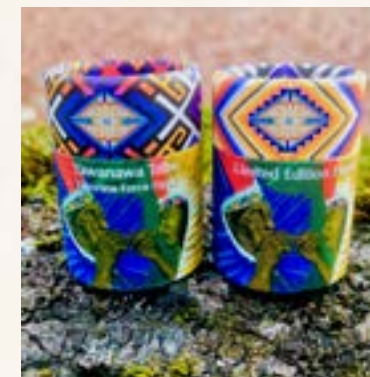
## The Three Tiers



### Hapé Lovers Package

- For those who like to connect with Hapé on a regular basis but perhaps not every day.
- 7 grams Hapé of your choice + 7 grams Hapé of the Month
  - 14 grams (0.5 oz) of Hapé/month
  - \$45 retail normally.
  - Save \$145 on Hapé Every Year

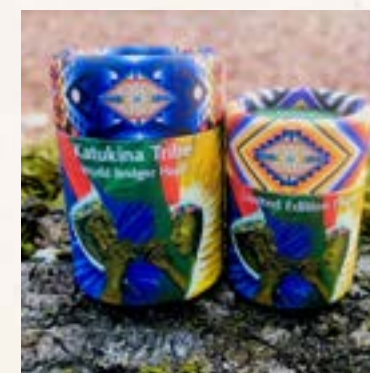
**\$30/month**



### Hapé Warrior Package

- For those who have a daily connection to hapé in their personal prayers, meditation, & daily use.
- 14 grams Hapé of your choice +
  - 14 grams Hapé of the Month
  - 28 grams (1 oz) of Hapé/month
  - \$80 retail normally.
  - Save \$245 on Hapé Every Year

**\$60/month**



### Medicine Carrier Package

- For those who are already walking with the medicine & share it with regular frequency with others.
- 1 oz Hapé of choice + 1/2 oz Hapé of the Month
  - 42 grams (1.5 oz) of Hapé/month
  - \$110 retail normally.
  - Save \$300 on Hapé Every Year

**\$85/month**





# Other Plant Allies

The Amazon Jungle is home to tens of thousands of species of magical healing plants. The Indigenous Peoples have been using the plants of their native land for centuries to heal themselves from physical, spiritual, and emotional dis-ease. Continue reading to learn about these allies and how you can incorporate plants into your wellness practice in order to heal yourself on all levels and form a deeper connection with Nature.

“Every molecule, every organism has its own prayer to the Earth...and the Earth listens.”

-Taita Juanito



# What Is Sananga?

Sananga is made from the roots and bark of the *Tabernaemontana undulata* shrub, a “milkwood” species in the family Apocynaceae, and comes directly from the Amazonian tribes peoples. The bark and root is ground into a very fine powder and then extracted into a liquid. It is applied as an eye drop to support physical AND spiritual vision. Sananga was used by the ancestors as a hunting tool to sharpen the eyes before going out into the jungle, to ensure a quick and successful quest.

Sananga cleanses the body and spirit, while strengthening your perspective of wisdom and allowing you to see your life with clear eyes. Sometimes, all we need is a fresh perspective. Sananga is just that, x100! Made in prayer to help you remember your inherent connection with nature.

## Benefits Of Sananga

### For Physical Ailment

The indigenous peoples have used sananga to treat eye diseases such as glaucoma, cataracts, farsightedness, nearsightedness, astigmatism, and blindness for milenia

### For Spiritual Healing

Sananga calms the central nervous system, clears negativity and long-standing inner anger and is an incredible tool in overcoming addiction, depression, & anxiety.

### For Heightened Connection with Source

Increases visual perception and enhances colors, opens the third eye and the intuition. Bringing absolute inner clarity & inner sight.

### For Energetic Clearing

Resets the body's emotional field and opens the heart

*For those interested in doing a dieta with sananga, which is a traditional in depth study where you work with sananga everyday for 21 days straight in order to form a profound relationship with the plant or to seek deep healing, these are the drops we recommend for the most profound healing therapy.*

## How To Choose A Sananga

We offer three strengths of Sananga from three different tribes in our Marketplace. Each medicine contains the powerful Sananga root and will offer incredible clarity and healing. Each Sananga we carry varies slightly in its energy as well as strength.



### Munay Cura Gentle Sananga

Designed for those beginning their sananga journey.. It is the gentlest variety (though you should be aware, all sananga stings a bit as it purifies and works its magic!). It is infused with the prayer of heart opening & complete nervous system reset. If you are drawn to work with sananga but are extremely sensitive to pain, these are the perfect drops to begin with. And if they are still too strong, you can always dilute them even more with saline solution or distilled water.



### Nukini Tribe Medium Strength Sananga

Made by the women of the Nukini Tribe, this sananga is designed to bring the healing of the Forest and the Force of Nature. These drops will help you connect to the Jungle, the Spirits of Nature and Pachamama for deep healing and inner wisdom. If you've never worked with sananga but feel a very strong call, we recommend starting with this one.



### Kuntanawa Tribe Strong Sananga

Made by the chief of Kuntanawa Tribe, our dear brother Haru. This is for those who want a strong experience. These drops will help you remember your inherent connection with nature and activate the inner warrior within you.



## Creating Your Sananga Ceremony

To start your Sananga Ceremony, begin by setting your intention and opening your heart to the guidance of the Sananga. Find a peaceful area, either indoors or outside, and create your ceremonial space. Light some sage or copal and cleanse the space. Light a candle in prayer to connect you to the light of the Creator. Put on some ceremonial music if you feel called.

We recommend sitting in meditation for at least 20 minutes before you work with Sananga, to still the mind and open your heart. This is very important in order for the Sananga to penetrate deeply.

Another incredible tool you can use in preparation before application is breathwork, which will help to align the spiritual, mental, and physical bodies and open the energy channels to receive the medicine. You may choose to work with hapé before or after your session in preparation or to close the ritual.

When you are ready, lie down in a comfortable position. Place one drop of Sananga liquid into the inner corner of your eye, either eyes open or closed (closed is a bit easier when applying yourself for the first time). You can also have an experienced practitioner apply the drops for you.

Offer this moment as a payment to the Creator and ask for spiritual resolution; connect with your intention. Blink often and breathe deeply as the Sananga goes into the eye.

The initial drops will burn, but this burn is part of the

Sananga's powerful healing and is necessary to relax the central nervous system and release negative energies from the body.

Breathe deeply as you feel the powerful medicine penetrating your eye and healing your physical and spiritual being.

Initial changes in vision and clarity can be felt within the first 15-20 minutes, yet subtle changes will be felt for days alongside lasting improvements in vision and eye health.

### Important Notes For Proper Use & Care:

TAKE OUT YOUR CONTACT LENSES before USE. Do not put on your contact lenses for at least an hour after applying the Sananga.

Only one drop per eye is required for a powerful Sananga session.

There is slight sedimentation that occurs at the bottom of the bottle, this is simply the separation of the bark and liquid; make sure to shake well before use.

Sananga has a 6 month shelf life when kept refrigerated. Please note your bottle should never be out of the refrigerator for more than 48 hours. If you ever open your bottle and it smells funky, do not use it. Also if there is ever any unknown objects or fungi floating around in your bottle, do not use it. Sananga is fresh plant matter with no preservatives and so it can go bad quickly.



[Click Individual Sananga To Purchase](#)



# Our Best Selling Ambil Paste

Ambil is an indigenous paste made up of Amazonian plants grown and harvested in prayer. It is prepared by taking fresh leaves and cooking them in fresh water over a wood fire for 12 to 20 hours till a paste is formed. This paste can be applied externally to cuts and wounds or placed in the mouth during prayer and meditation.

Ambil realigns our chakras, grounds us emotionally, and encourages positive, insightful conversation. Whenever there is a request for guidance, advice, ceremonies or taking from the plant, animal, or spirit world, ambil can be used as it acts as a vehicle to carry our prayers to the Creator. Ambil is a plant ally that carries the Divine Masculine, or Father Spirit, and helps to heal the father wound and align the divine masculine within.

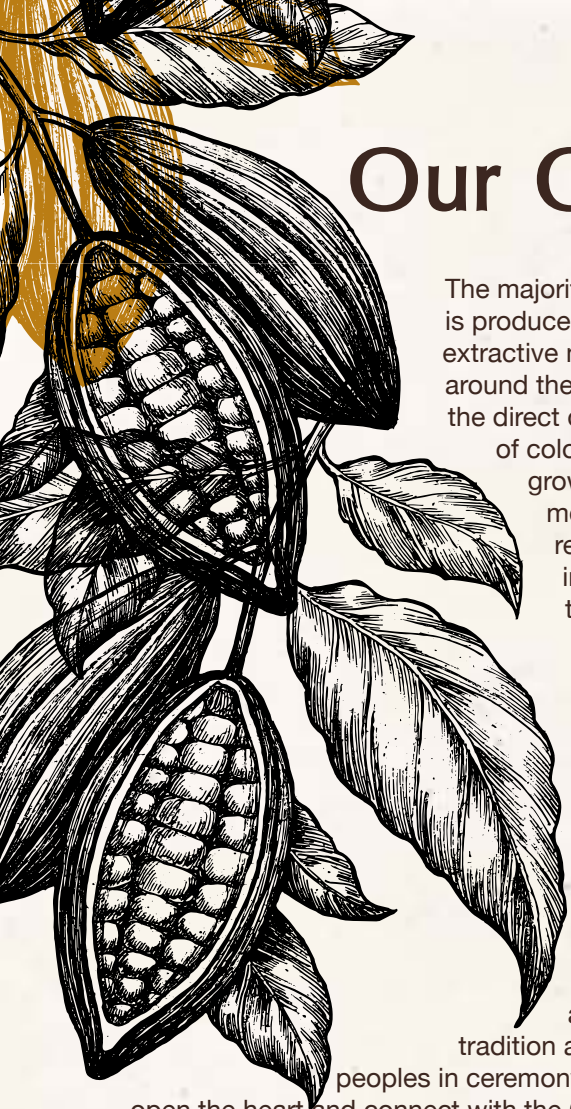
Ambil is often used amongst the tribes to clarify and sweeten communication, as it helps us to be more sincere in our dealings with one another and helps us to use intention and awareness in our words.



[Click To Purchase](#)







# Our Ceremonial Grade Cacao

The majority of commercial chocolate is produced through an exploitative and extractive model that keeps cacao farmers around the world in poverty. This model is the direct outcome of five hundred years of colonization of the world's cacao growing regions and peoples. This model operates in complete disregard for environmental impact, indigenous cultural heritage, and the health of the people consuming this chocolate. This model's pure goal is profit through globalized consumerism, and it completely misses cacao's true value as a profound medicine that can offer physical, emotional, and spiritual healing.

Cacao is not a commodity. It belongs not in the candy aisle, but in the holistic medicine aisle. It carries an ancient healing tradition and has been used by traditional

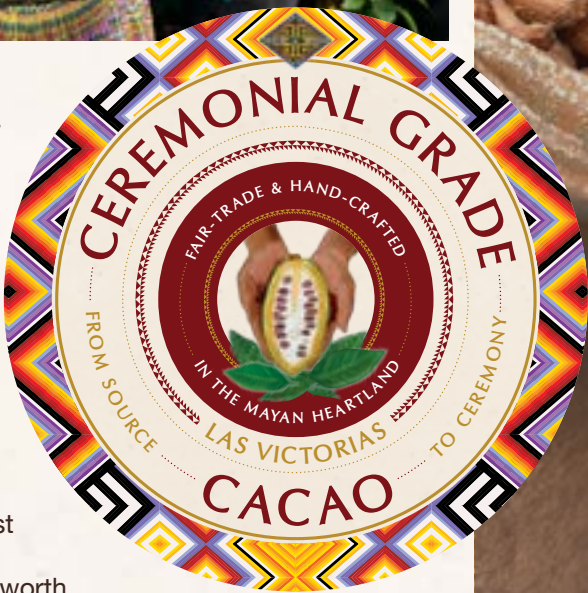
peoples in ceremony since the beginning of time, to open the heart and connect with the Creator. That is why we committed ourselves to connecting with the traditional communities and wisdom keepers that could not only share their healing cacao with you, but also be willing to share their tradition and culture that MUST accompany respectful and conscious consumption of this plant.

Our 100% pure ceremonial-grade cacao has been grown, harvested, toasted, fermented & packaged by Guatemalan natives. We work with various communities to source different types of cacao, each with their own uniqueness based on the region it is grown. Our partnerships are with primarily single mothers, all strong Mayan women that are cultivating and recovering practices once lost in their heritage & are rising up to give their families a different life.

It's practically impossible to speak about the ancient Mayans without discussing Cacao. This plant, its spiritual significance, its history, its energy and its powerful roles in sacred rituals are all key parts to honor and learn from. This Cacao is one of the most revered and honored plants for the Mayan people and now by many around the world. Cacao's scientific name "Theobroma" means "the food of the Gods" and it was once worth more than gold and utilized as a currency in ancient Mayan times for its sacred medicinal and spiritual powers.

Nana Marina, our Guatemalan Cacao Wisdom Keeper shares that it's not about how much we consume or how much our body physically feels the effects but rather what are we offering the plant in our prayer, in our intention. As we deepen our relationship with the spirit of the plant, we may need to consume less to connect.

**"We nourish the plants to nourish ourselves."**  
- Nana Marina



# Sample Cacao Ceremony

## Honoring The Mayan Tradition



[Click For A Traditional Mayan Cosmovision Ceremony With Cacao Guardian Nana Marina](#)

### Intention

Set a clear intention which honors the plant first, then your journey and experience second.

### Honor

Take a moment to acknowledge the Original Keepers of tradition, their efforts and sacrifices.

### Gratitude

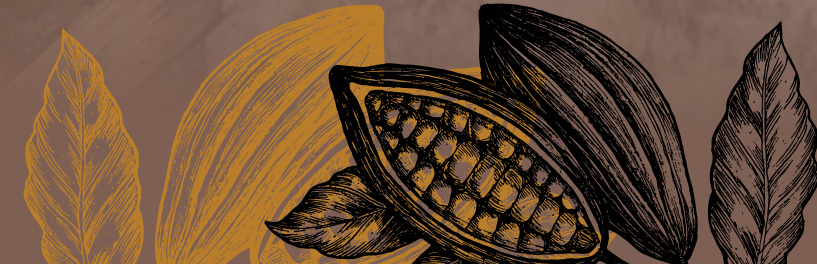
Gratitude is the most important part of our rituals. We give thanks to our ancestors, to the four elements, the four directions, the spirit of the plant, the sacred sites, etc.

### Offering

Make an offering, whether to the spirit of the cacao, the earth, the waters, etc. It's always good to give thanks by giving back in the form of an offering for all of which we receive. Your offering can be in the form of flowers, copal/herbs, songs, prayers, etc.



[Click Here To Purchase](#)





# Taita Juanito Inga

Taita Juanito is an Indigenous healer & traditional botanist from the Putumayo Region of Colombia. He is a leader, teacher, and guide to hundreds of people throughout the world. Eight years ago, when Four Visions was just a seed dream, Taita Juanito prayed over the vision for this project and has been a spiritual steward and guardian to Four Visions ever since. It was his blessings that gave us our logo and name. Our logo comes from one of the original beadwork weavings from his culture. Our name, Four Visions, is an homage to the 4 pintas, or visions, that one can encounter in the ancestral healing therapy of Taita's people, the sacred yagé ceremony.

“Our ancestors left this memory for us to remember the path home.”

-Taita Juanito



Learn More About Taita Juanito and the Ancestral Healing Therapies of the Inga Culture Here



# Ambi Alpa = Earth Medicine

SINCHI = HEALER

CAUSAY = LIFE

KVASIA = BALM

ALPA = EARTH

AMBI = MEDICINE

# Amazonian Botanical Tinctures

We offer a diverse and unique line of **Amazonian botanical tinctures** made by traditional botanists from the Ingano tribe. You will not find tinctures like this anywhere else. Carrying the blessings of the jungle, these sacred plant tools offer support in overall health and well-being, detoxification, cleansing, and purification of the blood & organs. Each recipe has its own unique function and prayer and will connect you to the healing wisdom of nature, allowing you to empower yourself, activate your own inner wisdom, and connect to the spirits of the plants.

All of our botanical tinctures are made in a base of organic cane alcohol with amazonian traditional plants. Our tinctures mentioned in the following section can all be worked with congruently and simultaneously with no adverse effects. Unless otherwise specified, the recommended serving size for our Ingano botanical tinctures is 1-2 dropperfuls, up to two times per day, on an empty stomach. You can dilute any of our tinctures in a glass of water if you find the taste to be unpleasant to take on its own. If you are currently pregnant or breastfeeding, please consult your medical provider before working with our supplements.

**SACHA = TREE**

Our Ambi Sacha Tincture for overall healing, like the tree of Life

**AGCHA = HAIR**

Our Seje Oil

**UISCA = STOMACH**

Our Uisca Ambi for Digestive System

**SUNGO = LIVER**

Our Lana Sungo Ambi for Liver

**YACO = WATER**

Our Ambi Yaco for Kidney Support

**AMBI = HEALING**

Our Causay Ambi for Nervous System Support (adrenals)

**WARMI = WOMAN**

Our Warmi Killa for Women's Support

**WASCA = VINE**

Our Ambi Wasca for Immune System Support

**IAWAR = BLOOD**

Our Yaguar Ambi for Blood Purifier

More Info On Our Tinctures...





# Ambi Sacha YAGÉ TINCTURE

Our best-selling microdose of the ayahuasca vine will help you open your heart on new levels and connect your mind to the infinite libraries of the Cosmos. Microdosing has been used by traditional peoples for centuries in the event that for whatever reason the patient was unable to take the full ceremonial dosage of the plant. Made in the Yagé tradition with fire, water, prayer and chants, our Yagé Vine Microdose offers both spiritual and physical benefits to regular treatment.

*Dosage: For spiritual study and dream journeying, take 6-10 drops before bed. For immunity strength, integration, & grounding, take 6-10 drops each morning to begin your day.*



## What Is Microdosing?

Microdosing often refers to the taking of minute doses of psychedelic substances, however it is important to note that many substances can be taken in this way and many people practice it with a wide array of substances. Nicotine, caffeine and CBD (a non-psychoactive component of the hemp plant) are examples of substances that people have reported positive effects from microdosing that do not contain any psychedelic substances. A microdose is typically considered 1/10 to 1/20 of a normal dose, or 10 to 20 micrograms. Microdosing is intended to unleash a better version of you with very subtle/sub-perceptual changes and not whole-body effects. In essence, you experience the positive effects of the substance without the visual trip or intense psychedelic effects.

## Is This Tincture Like Drinking A Cup Of Ayahuasca?

The tincture is made by a certified botanist with a vast knowledge of the plant kingdom, a traditional medicine doctor and recognized spiritual healer with over 16 years of experience who comes from the Amazon and is connected with a long lineage in the Yagé culture. In addition to working with the plants you are also being connected to the wisdom of the lineage as it is made with the traditional prayers of the culture and community. **This tincture is just the vine of the ayahuasca, and carries the vibration frequency of the master plant, but it is not the same as drinking a cup of ayahuasca.** In the case of our microdose, the elders have called forth the wisdom to activate the essence (or the spirit) of the plant to heal and offer support to the patient through the tincture rather than the traditional brew. This is a long standing practice since not everyone can take the actual brew.



*Banisteriopsis caapi*

The Grandfathers and Grandmothers of the Yagé culture say the Spirit of the plant and the prayers/chants sung when making the tincture are what matter most and that if the person has faith and an open heart, it works. This tincture is meant as a spiritual tool to help empower you and allow you to connect more deeply with your own essence and purity of nature. All dis-ease has a spiritual quality at its root, so this is offered for those that want to do the inner work in tandem with working with the frequency of the plants. It can be used for spiritual study and dream journeying as well as for immunity support, integration and grounding.

## Suggestions For Use:

Open your heart and connect with the plants. Pray with them and set an intention for what you would like assistance with in your life before you are about to use it. What are you calling in? What spiritual healing would you like assistance with? Ask the spirit of the plants to guide you and help you in this process.

For spiritual study and dream journeying start with 6 drops before bed. You can increase to 10 drops per night as you feel the call. For immunity support, integration, & grounding, take 6 drops each morning and increase to 10 drops over time as you feel called. A minimum of 15 days of continued use is suggested. If at any time you experience discomfort, pain or any unpleasant or unusual effects immediately discontinue use and call your physician.

Track your progress – maybe you decide to commit to using the tincture for 15 days or a full moon cycle. Keep a journal each day of how you are feeling physically, emotionally, spiritually. Keep track of your dreams. When we write down our dreams we are also co-creating with the dream architects so they know we are paying attention. And, when we write down our experiences in this way we are also entering into a deeper study with the plants.





## Yaguar Ambi BLOOD PURIFIER



Click Individual Tincture  
Photos To Purchase

A traditional recipe of Amazonian plants designed to purify the blood, fortifying your circulatory system with the medicine of the jungle, as well as offer intestinal health support, stimulate good metabolism, and healthy weight loss.

- Considered by many elders as the ultimate blood and body tonic
- Jungle medicine used to purify lungs, brain and all other vital organs while stimulating powerful blood circulation
- Cleanses your intestines and pumps out old waste stimulating bowel movements and an increased metabolism
- Recognized for its ability to build your Immune system, clean your blood, fight cholesterol build up and diabetes
- Known for its anti-inflammatory, anti-fungal and antimicrobial agents



## Ambi Yaco KIDNEY SUPPORT

A recipe of Amazonian plants designed to cultivate warrior strength, offer kidney support and boost urinary tract health.

- Ancestral recipe for awakening your Warrior Strength
- Helps you build a powerhouse immune system and reduce inflammation in joints and muscles
- Eliminates unwanted waste build up in your Kidneys and immediately removes acid with improved Kidney filtration
- Alkalizes your blood, balances Urea and Uric Acid while healing your Urinary Tract
- Assists in the reduction and elimination of Kidney stones
- Supports your Renal health



## Ambi Wasca IMMUNE SYSTEM SUPPORT

A recipe of Amazonian plants designed to support and nourish the body's immune system, because we know that the body functions its best when the immune system is strong, healthy, & vital. Consider this tincture to be your go-to WELLNESS FORMULA, to support your entire body in wellness and vitality.

- Recover from illness and common colds/flu's quicker than ever before with Amazonian plant technology.
- Regenerates your organs to full strength and optimal function
- Synergistic blend of Super-Herbs flush away toxins and restore organ health in the event of a bout of sickness.
- Unburdens your body's detoxification systems by stimulating your gut with better digestion and nutrient absorption giving your metabolism much needed support
- Will help your immune system to be strong and ready to fight off anything that may come your way...



## Warmi Killa WOMENS SUPPORT

- Secret of the Ingano Mamas and Abuelas to support the Divine Feminine in hormonal balance and feminine empowerment
- Regulates your female moon cycle for healthy menstruation and creates an easier experience with reduced pain
- Cleans and detoxifies your womb from unchecked imbalances causing cysts or endometriosis while restoring womb wellness
- Offers hormonal balance to promote mental clarity and increased feelings of balanced empowerment
- Anti-inflammatory mix reduces stress on ovaries allowing for smoother less painful blood flow during moon cycle
- Killer herbs destroy yeast infections and restore your healthy uterus
- Cleanses old menstrual blood stagnant from your past moon cycles and generates a balanced alkaline discharge
- Promotes fertility



## Uisca Ambi DIGESTIVE SUPPORT

A recipe of Amazonian plants designed to support and nourish the body's digestive system and stomach health...

- Take back your gut with healthy digestion and a healed stomach
- Cocktail of Amazonian herbs helps you say goodbye to excessive gas, bloating, heartburn and acid reflux
- Repairs your stomach flora and restores healthy organisms removing the feelings of a clouded mind and fatigue
- Unleashes an army of enzymes so you no longer suffer from weak digestion or unbearable constipation
- Benefit from healthy intestines and smoother excretion process with fortified stomach lining
- Soothes irritation and inflammation in the digestive tract and creates new protective stomach linings.



## Causay Ambi NERVOUS SYSTEM SUPPORT

A recipe of Amazonian plants designed to support and nourish the nervous system, strengthening both the stress response & brain function.

- Kicks stress hormones out of your body allowing you to be calm and relaxed
- Strengthens mental acuity and brain functions, you are chill and focused
- Settles the nervous system and eliminates irritated behaviors and bad moods
- Helps you remain calm and collected when facing stressful people or situations
- Aligns your emotions, mind and body resetting you to the natural rhythms of Heaven and Earth
- Nourishes your nerve cells with potassium, magnesium and phosphorus
- Replenishes your Endocrine System and dramatically improves your cognitive functions





## Lana Sungo Ambi LIVER SUPPORT

A recipe of Amazonian plants designed to support and nourish the body's natural detoxification system, our liver, because we know that the body functions its best when the liver is strong and working at its fullest potential.

- Recover your liver from a lifetime of abuse and poor life style habits
- Regenerates your liver to full strength and optimal function
- Synergistic blend of Super-Herbs flush away toxins and restore liver health with balanced blood flow to and from your liver
- Unburdens your liver by stimulating your gut with better digestion and nutrient absorption, giving your metabolism much needed support
- Will help your liver sustain healthy well hydrated cells to keep this vital organ fresh and at full power, preventing future damage



## Suma Causay SLEEP SUPPORT

The Jungle's Natural Sleep Aid. The two most prevalent ingredients in this tincture are Espingo & Coquindo. Espingo is a master plant for healing and energetic protection, used in many plant baths, tinctures, & traditional botanical remedies. It calms the nervous system and is a source of magnesium & potassium. Coquindo is a seed for sweetness & abundance which is also found in our healing lotions & in our coquindo essential oil. This is the first time we are offering a product that allows you to connect with the healing properties of coquindo by taking it internally. The coquindo can only be harvested once per year, during the dry season, and so it is rare and hard to come by. Together these two plants stimulate a powerful soothing process, quieting the mind, relaxing the physical and mental bodies, and supporting a quick and easy transition to sleep.



## Ortiga TINCTURE

Have you ever tried the Ortiga therapy? Ortiga, or King Nettle, is an incredibly healing plant therapy offered in the Ingano Plant Medicine Ceremonies as part of the healings. It is used to open the pores all over the body to help release stagnant energy, traumas, and painful memories from the body. King Nettle acts as a hemostatic, besides balancing the nervous systems, it stimulates the digestive system and helps the pancreas, gallbladder, and stomach work properly. In the form of a tincture, you get all the physical benefits while literally taking a part of the jungle home with you and having the opportunity to take this powerful medicine internally. Wonderfully healing for all blood issues, circulation problems, and nourishment of your cells.



## OTHER EXTRACTS & HERBAL SUPPLEMENTS:

Listed below are our other plant allies that are taken internally or applied topically to support the physical body.

## Dragon's Blood TINCTURE

Sap of the dragon tree, Dragon's Blood as it is known, is native vegetation and one of the many gifts of nature found in the Amazon Rainforest. With an intense red color, it is used by indigenous peoples to treat skin wounds, preventing them from becoming infected. It has many other therapeutic and medicinal purposes. Research indicates that the resin is effective against insect bites, itchiness and skin inflammation. In addition, Dragon's Blood has a high concentration of antioxidants that attenuate the signs of aging, regenerating cells.

### How To Use:

1. External use:
  - Prepare a spray with 30 drops diluted in 100 ml of saline solution and use as a spray on cuts & open wounds.
  - To combat yeast infections: Take 4 drops in half a cup of cold water twice a day.
  - Against pain, inflammation or as a cosmetic: dilute about 50 drops in 100g of neutral cream/body oil and apply to the skin once a day.
2. Internal use
  - Preventive treatment: take 15 drops in a glass of water, 1-3x a day, 15 minutes before or after meals.



## Chilcuague HEALING SPRAY

The word chilcuague has its origin in the Nahuatl because this plant was recognized as Chilcoatl (chil for spicy and coatl for the shape of its root that looks like a snake)...This the ultimate all purpose natural remedy. Known as raiz de oro, or root of gold, this plant carries many powerful healing properties. Its use dates back to the pre-hispanic indigenous cultures of central Mexico. This medicine comes to us from the Sierra de Alvarez in Central Mexico. This potent plant extract has antiseptic, antibiotic, analgesic, anti-microbial, anti-fungal, and digestive properties. Its uses are immense.

*Ingredients: chilcuague root distilled in organic cane alcohol.*

### How To Use:

1. External use:
  - Skin (Wounds/Rashes/Burns/Bug Bites): Use 1-2 sprays on skin 1-3 times per day to treat wounds and burns and to reduce inflammation.
  - Yeast Infections: Dilute 3 sprays in half a cup of cold water and apply on affected area twice a day.
2. Internal use
  - Respiratory System (Bronchitis, Laryngitis, respiratory infections, common cough): Take 1-3 sprays internally in the mouth & swallow saliva. To reduce strength, dilute in a glass of water.
  - Digestive System (elimination of intestinal parasites, equilibrate pH and alleviate candida): For parasites, mix three sprays in water and drink two to three times a day.
  - Mouth (Gingivitis, tooth pain, cold sores): 1-3 sprays in the mouth, on the gums or on the cold sore, after brushing teeth. Keep it in your mouth as long as possible and then swallow. To reduce strength, you can mix it with water and gargle/spit.





## Copaiba EXTRACT

The Copaiba is a large towering tree that grows in the Amazon Rain-forest. For hundreds of years, indigenous healers all over the continent have used copaiba trees for their numerous health benefits. With a pleasant, spicy, and woody aroma, Copaiba can help calm emotions and soothe anxious feelings. It is a wonderful oil to turn to at the end of a stressful day. The properties of copaiba have been studied and compared to CBD because of the similar chemical makeup, and similar effects it has on the body. Copaiba will become a plant ally that you turn to and call upon endlessly.

### How To Use:

#### 1. External use:

- As a muscle relaxant and to support cardiovascular health, kidney health, or to promote weight loss, infuse 1-2 drops of extract in coconut or sesame oil and massage all over the body once per day.
- For respiratory issues such as asthma or bronchitis, or for emotional support (anti-anxiety & calming), diffuse 2-3 drops in a diffuser two times per day.
- To combat blemishes and provide general beautification of the skin, infuse 1-2 drops in your favorite facial cream or in coconut oil and apply topically for a smooth complexion.
- Add 2-3 drops of oil to a hot bath to soothe sore muscles

#### 2. Internal use:

- For digestive support & to fortify the immune system, take 1 drop of extract twice per day. You can put it in your morning smoothie or coffee, or take it in a glass of water.



## Sejé EXTRACT

Our organic wildcrafted Sejé Oil is extracted from the fruit pulp of Oenocarpus bataua using the traditional method in which the fruits are first soaked in hot water to segregate the pulp from the seeds. Resembling a lot like its Amazonian cousin Acai Berries, Patawa (Sejé) fruits are deep-purple colored berries wild harvested from the very tall Ungurahui palms (upto 43 meters in height) naturally abundant in the tropical rainforests of the Amazon.

Our Magical Hair & Scalp Treatment: in treatment of dandruff, dry scalp, hair loss, and to offer shine and make hair follicles stronger, massage 1 dropperful into the scalp before bed and rinse out in the morning.



## Botanical Nasya Oil

It's said that the nose is the doorway to the brain, mind, and consciousness. And it's believed by ancient healers that the cleansing breath is the foundation of wellbeing. The Shamans of ancient India developed Nasya Oil Therapy over 5,000 years ago in their quest to develop techniques to eliminate toxins from the body.

Nasya (from the Sanskrit word meaning "of the nose") oils were used to soothe and nourish the nasal passages and even treat headaches, stress, and chronic sinus inflammation.

### How to Apply:

- With head tilted back, place 3-5 drops in each nostril and sniff.
- Traditionally used for soothing and lubricating the nasal passages, for allergy and sinus relief, and spiritually to promote awareness and improve concentration.



## Renewal & Rebirth FLOWER ESSENCE

This essence was made on the Spring Equinox 2022. Harnessing the power of renewal, the coming of spring, blossoming, and unfoldment from this sacred point on the Earth's cycle, we created our Renewal & Rebirth Flower Essence, an uplifting combination of daffodil, iris, & honeysuckle flowers, activated by selenite crystal and the spring equinox full moon light. This essence is designed to support in your own inner blossoming and awakening. Just as the spring flowers are beginning to blossom once again, you too can find the ease and grace in your own unfoldment with the aid of this special essence.

### What Is A Flower Essence?

Flower essences are the blossoms of plants prepared from a sun infusion in a bowl of water, then further diluted and then preserved with alcohol. These preparations embody the distinct imprint or energetic pattern of each flower species. In holistic healing, flower essence therapy is categorized under vibrational medicine. Vibrational medicine incorporates the use of chi energies within living organisms such as plants, gemstones and crystals, water, sunlight, and even the foods we eat.

Flower essences offer a wonderful way to heal and grow because they act as catalysts for change at a deep emotional level. The positive changes that can occur from using flower essences include feeling more confident and creative, experiencing more joy, being more forgiving, forging better relationships, having more clarity and focus, and even cultivating a deeper connection to your Higher Self.





## Surucuina THE SACRED POTATO

On a daily basis, we are exposed to toxins, synthetic chemicals, heavy metals, & processed foods that cause harm to our bodies and negatively affect our health...

Detoxification of our physical bodies on a regular basis is an important part of our spiritual path. By maintaining and cleaning our physical temples, we can prevent illness and disease in the body, spirit, and mind.

By cleansing the organs regularly, we can support our bodies in functioning at optimum vitality. When our physical bodies function at this level, our energetic and spiritual bodies do too, opening us wider to connection with the Creator and strengthening our communication with Spirit.

The Brazilian Pano Linguistic Tribes have used a powerful plant called Surucuina to detoxify their bodies for centuries. Surucuina is, in fact, a special Amazonian potato.

Yes, you read that right! It's a very, very special potato. :)

Surucuina is known as the virus eradicator. She cleanses the body on a very deep level, purging the organs of toxins, supporting our body's natural elimination systems to rid itself of waste.

Surucuina has been used to treat serious diseases like diabetes or cancer amongst the tribes. She has been used for parasite and virus elimination protocols. She is also used in general upkeep for healthy people, as a seasonal detoxification therapy.



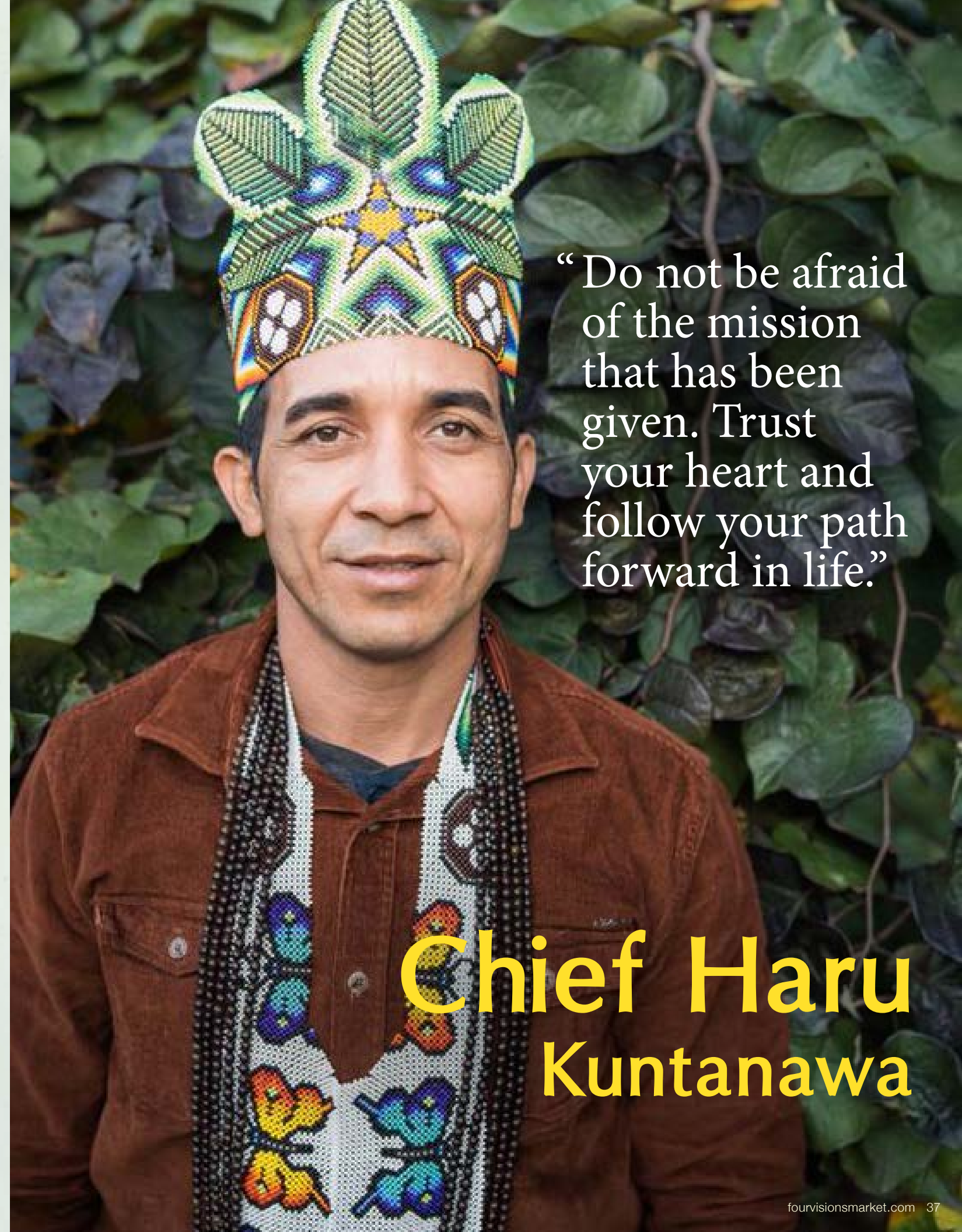
There is one more thing that the Surucuina brings which is perhaps the most important benefit of all...

For the Kuntanawa people, there exists one form of spiritual and energetic protection more powerful than anything. It is called a muka. Mukas exist in different plants and specific prayers and chants from the culture. Surucuina is a muka and offers a shield of spiritual protection to those who work with it, protecting you against all negativity and bad thoughts.

We are deeply grateful to be able to source and provide this sacred medicine. Now, more than ever, we are in need of the plants of the Earth that will call us home to our true selves and open the path for us to live our very best life.



Check Out This Video Where  
Chief Haru Shares More About  
This Powerful Plant Ally



“Do not be afraid of the mission that has been given. Trust your heart and follow your path forward in life.”

Chief Haru  
Kuntanawa



## Jenipapo BODY PAINT

Body painting is a ceremonial ritual to adorn and bless the body temple to present oneself to the Creator. Many of the Native Tribes have their ceremonial practice with Jenipapo (as well as with the red Urucum seeds, which we are working on sourcing as well!). They paint their young in their initiations into adulthood, for all plant ceremonies, and all sacred celebrations such as weddings and funerals. The jenipapo is considered sacred, holy, & very powerful. It is the Amazon's version of "henna" and lasts up to 2 weeks.

Jenipapo is the fruit of the jenipapeiro (*Genipa americana*), a tree that reaches twenty meters in height and belongs to the Rubiaceae family, the same as coffee. It is found throughout tropical America. In Brazil, there are native jenipapo plants in the Amazon Rainforest and in the Atlantic forest, mainly in wetter forests, or close to rivers...

In Guarani, Jenipapo means **"fruit that is suitable for painting"**. This is because, from the juice of the unripe fruit, a paint is extracted with which one can paint the skin, walls, ceramics, etc.

Jenipapo is used by many ethnic groups in South America as body paint and disappears after approximately two weeks. The beautiful dark blue color formed is due to the contact of the genipin contained in the green fruits with the skin proteins, under the action of atmospheric oxygen.

**Jenipapo is an AMAZING tool. It offers a protection against negative energy when applied over the body. It removes toxins through the pores, detoxifying the body and it even offers a natural SPF protection against the sun...It ALSO acts as a natural bug repellent. With so many incredible uses, its no wonder that the indigenous peoples have been painting their bodies with this fruit for centuries...**

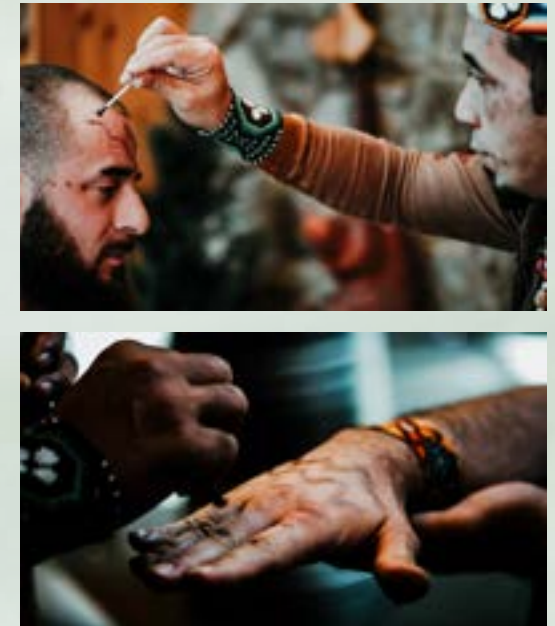


## Urucum BODY PAINT

Another plant used by the rainforest tribes for milenia to adorn their bodies is the achiote fruit, also known as Urucum. This sacred seed can be used in teas and herbal remedies for various diseases as well. In many cultures it is part of the daily routine after the morning bath to paint the face with Urucum. There are specific designs that are used as tribal identification and for aligning with spirit animals or the enchanted forces of the forest. There are also more individual designs that they paint on their faces that are particular to each person. The Ashaninka people paint their faces with urucum each morning to represent how they are feeling and what their intention is for the day.

### DIRECTIONS:

Use a toothpick to dip into the pot and apply the paint onto your skin. Paint from your heart. Let it flow! If the paint dries up a little coconut oil can be added. To remove, wash with warm water & soap.



**We welcome the Kingdom of Flowers with the sacred Red Urucum, paint extracted from the seeds of its flower.**

**We salute the Indigenous People who arrive bringing flowers through the ancestry of traditional paints, still used today to paint the body, clothes, and so many medicinal functions that are contained in this beautiful tree in the Amazon!**

**Long live all the flowers, all the seeds, all the fruits!**

**Long live the Peoples of the Forest!**

**Long live the ancestral wisdom cultures!**



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Watch Our Video  
Showcasing the Andean  
Textiles Here

# from seed to altar...

## Hilaria & Felipe Of The Chawaytiri Pueblo



Have you ever thought about the process of a hand-woven textile? Do you have a favorite textile that was completely made by hand? Perhaps a pillowcase, or a favorite clothing item?

We as consumers love the concept of “hand-made.” However, oftentimes, unless you are an artist yourself, it is nearly impossible to comprehend the process of handmade, handwoven textiles. That is why we sent a photographer to Chawaytiri, Peru, to document the labor of love our friends Hilaria and Felipe pour into each one of their traditional weavings.

“Chawaytiri”, the name of their pueblo (village) means “Eye of the Llama.” Their families have been caretakers and protectors of the llama for centuries. To them, the llama is life. The sacred alpaca animals literally provide their livelihood, and so they honor and revere these animals tremendously.

The process of making one of these textiles begins with the caretaking of their alpacas. Making sure they are happy, well-fed, and well taken care of is imperative to make sure their wool is silky soft.

As safeguarders of the weaving culture, everything is a prayer. The day that the wool is ready to be taken from the alpacas, offerings are made to the Earth Mother, with Mama Coca Leaves, as well as other seeds and plants, giving thanks to Pachamama for her abundance,



protection, and for her holy animals. Only after this offering is made does the wool get harvested.

Then, when their alpacas are ready for their haircut, they are lovingly sheared and go off to roam happily, free of the weight that is a full wool coat! Now, Hilaria and Felipe can begin their work.

The processing of the wool takes many days. First, it is washed, cleaned, and dried in the sunlight. Next, the family sits in song and prayer, hand spinning the wool into yarn (an incredibly lengthy process). While this is done, Hilaria’s daughters harvest the plants that will be used for the plant dye. They use the plants that are in abundance on their sacred mountain. This is very important because synthetic dyes are very harmful to the environment, creating tremendous pollution to the waters.

Some of the sacred plants that they work with are the cochineal, the kohli, the chilika, and the kakasungka. When the plant dyes are ready the white yarn is then dyed, dried, and spooled, ready to be woven into glorious works of art.

Then Hilaria and Felipe are finally ready to sit down to weave. Keep in mind, it’s already been about 10 days since the shearing of the wool. They sit and begin to pray, the looms click click clicking away, harmonizing the colors with the threads of life, taking the weaver on a journey to the origin of life, where all of Creation is singing the most beautiful song of life.

The symbols they weave into these pieces are of the mountains, the sky, the Earth. They call upon the spirit of the waters, the eagle, the butterfly. Every symbol has a meaning, every weaving its own prayer. Like this, after weeks of preparation, prayer, and hard work, these masterpieces are ready to be shared.

Then, of course, they take their long journey from South America to our tiny warehouse in California. Our most recent collection of textiles has arrived!

**So if you are inspired by the brilliant torch that Felipe and Hilaria are carrying, safeguarding the weaving traditions of their ancestors, you can support them by purchasing one of their incredible pieces.**



Purchase Textiles Here





# Medicine Woman

“When  
all women  
return their  
blood  
back to the  
Earth,  
the world  
will know  
peace.”

-Hopi Prophecy

**Within all women there exists a medicine woman.** A woman who is connected, empowered, and rooted with the Earth & walks in companionship with all life. Through the plant allies, we return to our origin & to all of nature. In our essence, women are made of the earth, the water, the moon & the stars. Through our connection with nature, we can use different tools, rituals, & practices to integrate this innate wisdom into our lives. *It is a lifelong journey, colored by the cycles & initiations of a woman's life.*

The time has come, to reclaim our power, our beauty, our brilliance, and to return to the wisdom teachings of our Earth Mother. She's awaiting us. For our Grandmothers & our Great

Grandmothers, we do this work, seeking justice, balance, & harmony.

In the indigenous cultures, the woman is very sacred, representing sweetness. The feminine energy is greatly revered for, the feminine body respected and cared for, seen as the lifegiver and nourisher of the tribe. In today's society, our wombs carry the pain and traumas of the collective feminine, after centuries of abuse and disrespect. There are many tools that we share in our marketplace to support in feminine healing. In the coming pages, you'll find an introduction to the feminine plant allies and how you can utilize them to support your healing journey.



# Yoni Steaming



Watch The Ceremony of Menstruation Workshop Here

The womb is a portal to the heavenly and earthly mysteries. She is a throne of cosmic wisdom and a doorway to our essence as women. Our wombs connect us to the womb of the Earth Mother and the womb of the celestial heavens. It is through our wombs that we can deepen into the feminine mysteries, connecting with our origin and our primordial wisdom as creators of Life and a particle of Goddess.

**Yoni**, from the sanskrit meaning “abode,” “source,” “womb,” or “vagina”. Its latin origins mean “to unite” or to “join”, for she is the home that receives and makes way for union.

A Yoni Steam, also known as a vaginal steam, or bajos, is the ancient practice of sitting or squatting over a steaming pot of water infused with herbs. It’s a powerful ally for female vitality in nourishing the womb, pelvic floor, hormone rebalancing, and cleansing the womb of toxins/trauma/female reproductive illnesses. It is supportive to overall reproductive health and fertility and works as a nourishing ritual for reconnecting a woman with her body and feminine center.

For women working to heal womb trauma, liberate and release illness or sickness, or working on a specific chapter in their healing journey, yoni steaming can be used daily for a period of 1-3 months, or for as long as needed to complete the healing (skipping the week of your cycle that you are menstruating). This practice is also highly recommended as a self-care and maintenance practice for womb health, fertility, and vitality, once or twice a month.

## What You Will Need:

- Yoni Steaming Herbs (see the following page to learn which blend is right for you)
- A metal/heat-resistant bowl
- A yoni steaming chair/stool/toilet seat, or bucket and towels

## Prepare the Space

If you don’t have a room in your home where you can perform this ritual, you may choose to use your bathroom for privacy. Either way, it is important to smudge the space with copal or sage before you begin to clear the energy and open your prayer. Light a candle and put on some meditation music. Put on a long skirt and a pair of socks to keep the warmth within.

## Prepare Your Steam

Place your selected herbs into a boiling pot of water, allow the herbs to boil for 2-3 minutes and then turn the flame to low allowing the herbs to simmer for another 5-7 minutes. While the herbs are steeping be in prayer, tuning in to your intention for your steam. Pour your steam into your heat resistant yoni steaming bowl, \*\*Make sure the bowl and the steam is not TOO hot as to not burn our sensitive tissues\*\*

## Take Your Steam

You can either place your bowl inside a traditional yoni stool, or make-shift one by placing a towel on top of a bucket and sitting on the bucket with your skirt on the outside holding in the steam. Another option is to place blankets on the floor for your knees and be on all fours hands-and-knees with your skirt enveloping the bowl of herbs. It is important to be comfortable as you will want to sit in meditation for 15-30 minutes to allow all the steam to enter into your womb.

## Meditation, Prayer, & Intention

This is a time to connect with the power of your womb, your innate wisdom and allow your own medicine to heal you, guide you, and empower you. Take the time during your steam to connect with the Divine Mother, to meditate on your lineage and the Great Feminine Principle, and to pray for your life, the healing of your heart and your womb.

This life changing practice will serve as a nourishing ritual reconnecting you with your body and feminine center. It is not recommended to steam if you have an IUD or during menstruation. Do not do a yoni steam if you are pregnant (or think you might be).



Listen To Our Feminine Healing Playlist Here

## Our Blends



Click Individual Blends To Purchase



### Womb Cleansing: Empowered Goddess

*“I release all that no longer serves, claiming my power in wholeness”*

Ingredients: 100% organic Jasmine, Lavender, Helichrysum, White Sage, Parsley, Sophora root, Cornsilk, Pink & Blue Lotus



### Menstrual Balance: Cycles & Rhythms

*“I balance in order to harmonize, remembering my essence & origin”*

Ingredients: 100% Organic Red Clover, Nettles, Motherwort, Mugwort, Tulsi, Calendula, Red Raspberry Leaf, Yarrow, Lemon Balm



### Fertility

*“I open wide to the power that resides within the eternal womb of creation”*

Ingredients: Red raspberry leaf, calendula, dong quai, pink rose petals, lavender, ylang ylang, rosemary, wormwood, tulsi, chamomile, red rose petals



### Menopause

*“I allow in order to become, faithful grace & limitless love”*

Ingredients: Jasmine, Pink and Blue Lotus, White Sage, Chamomile, White Rose Petals, Marshmallow root, White Peony root



### Postpartum: New Mother

*“I integrate transformation & rebirth with the ease & grace of the Great Mother of Creation”*

Ingredients: Comfrey, Lemon Balm, Borage, Aloe Vera, Lavender, Nettles



# The Story Of The Chumbe



The **chumbe** is a sacred ceremonial belt, typically woven from yarn of cotton or wool, used by both men and women to protect the second and third chakras. It has roots all across South American cultures. In the shamanic traditions, protection of the womb space or the second chakra for both women and men is extremely important. The navel is seen as a powerful portal where energy can leave and enter us. Belts offer a protection for this sacred space, by locking in the energy, giving us grounding and stability.

Traditionally, women would wear the medicine belt during their menstruation, as it is a time when we are very open energetically, and this thick weaving offers protection. They would also often wear one in pregnancy, to protect the growing baby, and in postpartum, to support the return of the mother's organs back to their respective places. Men would wear thick belts so that they could carry heavy loads from the harvest and their backs would be supported. For healers or those who work in the shamanic realms, the chumbe is a crucial form of energetic shielding that assists the healer in not taking on unwanted energies of their patients.

Each South American culture has their own stories surrounding the power of the chumbe, but they all carry common threads of protection, grounding, and spiritual centering. For the Ingano People of the Sibunduy Valley of Putumayo, Colombia, the colors of the threads in the belts create the lines of "capisayo", the rainbow, one of the greatest benefactors of the Ingano tribe.



Take A  
Look At Our  
Chumbes Here





# What CBD Product Is Right For Me?

## Our CBD Line

CBD is growing in popularity and use due to the incredible array of healing benefits. Santa Maria, or Marijuana, is an incredible master plant to be given great respect for its healing power. It very much complements all of the other plant allies we offer in our marketplace. All of our CBD products are made with organic CBD extract blended with whole plant hemp essential oils. Our Hemp essential oil is a steam distilled plant essence oil from freshly harvested sun ripened hemp flowers. None of our products contain THC. We are proud to guarantee our CBD products are of the highest caliber available.

### CBD Benefits

- Pain Relief
- Promotes a sense of calmness & wellbeing
- Reduces stress & anxiety
- Improves sleep
- Improves mood, can alleviate depression & PTSD
- Relief from inflammation
- Relief from dry itchy skin and other skin problems

### Hemp Essential Oil Unique Benefits

- Anti-inflammatory
- Anti-bacterial
- Anti-viral
- Hormone regulation
- Supports in activating all the benefits of CBD found above



**Body Butter**  
Skin related issues, general pain, inflammation and muscle soreness



**Pain Salve**  
For more serious muscular and tendon issues, perfect for neck tweaks or injuries or for the hard-core athlete



**Serenity Drops**  
Best to combat anxiety and stress, insomnia and sleep support

## Our Favorite Ways To Incorporate CBD into our Wellness Routine

African Rose Body Butter massages during the moontime or pregnancy  
Serenity Drops in our morning coffee or chai to begin our day calm & collected  
Massaging Serenity Drops into a teething baby's sore gums for relief



**Click Individual Products To Purchase**



# Healing Lotions & Ceremonial Oils

Healing lotions are plant mixtures infused and preserved in alcohol bases to allow the healing plants to be applied directly over the skin in prayer and meditation. These lotions are inspired from the traditional healing cultures who use these tools in their plant medicine ceremonies, often following or as part of the limpiezas, the cleansings, that take place during the ceremony. Our collection includes a variety of different blends, each one with its own uniqueness and potency. Read more about each one on the individual product descriptions to determine which healing lotion is right for you.

**How to Use:** Apply generously all over the body, allowing the plant technology to seep into the pores. The more skin that you can bless with the lotion the better. You can use this first thing in the morning or in your morning prayer and meditation to bless yourself for the new day. Can be used throughout the day to cleanse yourself of particularly dense situations or energies.

For those who work in the healing arts, or are coming into contact with many people throughout their work day, we highly recommend incorporating this tool into your self care to keep your energy clean and centered.

We provide a wide selection of ceremonial oils for anointing, cleansing, and physical healing. We have smudging oils like our best-selling palo santo and copal oils, for those who want to connect with the smudging agents but don't want the smoke. We also have interesting powerful anointing oils like our coquindo oil, a rare seed from the amazon jungle for heart opening, sweetness, and abundance.



Check Out Our  
Entire Lotions  
Collection



Check Out Our  
Entire Oils Collection





# 21 Day Recommended Protocol



## Preparing the Baths

All you need to do is boil a big pot of water and pour in the herbs, letting it simmer for about an hour. Take off the pot and let cool, and then strain the bath. To apply, use one cup of the bath every time you shower, you can use it multiple times in one day. Towel dry and then pour the plant bath over your body and let it air dry, allowing the plants to seep into your pores. Do this with prayer & intention, calling forth the power of the plants to heal & help you to release pain, trauma, and bitterness and bring sweetness, joy, and blessings.



To complete this 21 day protocol you should buy 2 sweet bath bags and 1 bitter bath bag. Each bath bag includes enough plants for 7 days of baths. Follow directions on label; for each bag of plants, expect about 1 gallon of plant bath. Use about 16 oz of liquid each day for a week.

# Plant Baths

Plant baths are a form of indigenous plant technology that works by creating a dialogue with your cells and the ancient plant wisdom, bringing deep healing, opening, cleansing, and release. We source the highest quality organic herbs to create these baths, prepared with prayer, love, & intention.



## Sweet Baths

Sweet baths are used to bring sweetness, strengthen your spiritual armor, and integrate after a powerful spiritual opening or plant medicine ceremony.

**Ingredients:** basil, tulsi (holy basil), rosemary, thyme, lavender, cinnamon, & lemongrass



## Bitter Baths

Bitter baths are used to extract bitterness, release pain and trauma, and to offer energetic protection.

**Ingredients:** tobacco, rue, white sage.

\*all cultivated organically and lovingly in prayer\*



# Smudging Agents

In the indigenous healing cultures, smudging, or, *the passing of smoke to energetically cleanse a person or space*, is a very common practice. Our sustainably sourced smudging agents are the perfect tool to cleanse and purify yourself, your loved ones, and all of your spaces. We take great care to harvest in integrity (taking our palo santo only from fallen trees, not over-harvesting our sage and copal) in order to provide you with the high vibrational smudge you can assure has come to you in a good way.



[Click Here To Purchase](#)

## When To Use Each Smudging Agent?

### Palo Santo

A lighter, sweet aroma for gentle upliftment, heart opening & cleansing.

### Sage

Great for bringing feminine energy; known as a woman's plant, great for the moon time.

### Copal

Sweet resin for powerful energetic cleansing, great for full moons, eclipses, and strong energies

### Sepá

The smudging agent used by the Hapé tribes to cleanse tepis, kuripes, and ceremonial gear and sacred tools.



# Made In Prayer Feather Fans



[Watch An Interview With Vanesa Here To Learn How To Form A Relationship With the Bird Tribes](#)

Four times a year, we get a very special collection of one-of-a-kind prayer tools made by our beloved sister and medicine woman, Vanesa. She is a weaver, a mother, and a talented artisan from Colombia who weaves her prayers of light and love into incredible prayer fans that can be used for healing, cleansing, and smudging.

Her arts collective, Taller Aluna, uses sustainably sourced ethical feathers from nature reserves that protect and rehabilitate injured birds, or sometimes feathers come from animals that have died

of natural causes in the wild. Her connection to the winged ones is profound, her love and devotion to the bird tribes are palpable and can be felt in each one of the miraculous pieces of art that she creates.



[Join Our Mailing List Here To Keep Up To Date On Future Collection Releases!](#)



# How You Can Help

## Leave A Review

Your powerful stories of transformation and growth are a vital part in helping us share the power of Amazonian healing with as many people as possible.

As a small business we rely on your reviews to improve the Four Visions experience and the products. Your genuine feedback means everything to us! Your reviews help tremendously in establishing our credibility in this up and coming niche industry.

Leaving a review is quick and easy. By taking a few moments to follow the instructions below, you are helping in a huge way to share these Amazonian tools with the world.



**Step 1** Make sure your logged in to your four visions market account

**Step 2** Go to your favorite product in the marketplace. Scroll past the product description to the review section.

**Step 3** Click “review this item” and leave your review!

## Join Our Ambassador Program



[Click Here To Apply](#)

Four Visions Market bridges your front door with the Amazonian spiritual tools your path requires and we would love for you to join us in bridging the tools, wisdom and healing powers of the Ancestors with the modern World. Becoming an ambassador gets you:

- 15% Commission on all sales referred for first time customers
- 10% Lifetime commission for all your customer referrals
- 10% Personal discount code good for all your purchases on Four Visions Market
- Exclusive early access to new products + access to Ambassador Only offers
- Generous incentives, monthly goals and other unique perks just for the Ambassador Council
- Ambassador Council programs designed for direct action to support our indigenous tribe members and Amazonian conservation
- Marketing materials, professional photos and promotional resources to help grow your referral business
- Personal contact and support from our dedicated FVM Ambassador Council Support Team
- Open door-policy, let us know what you need and we will help manifest it







MOVEMENT FOR AMAZONIAN GROWTH AND INDIGENOUS CULTURES

We recognize the Amazon Jungle as the lungs of the earth, and acknowledge that it is she who provides the Breath of Life to all of humanity. We are committed to the safeguarding of the Amazon and its people. We believe that within the resurrection of the Rainforest lies the ability for all humanity and all creatures of the earth to flourish and thrive.

When we started Four Visions Market, we knew we wanted to be much more than a business. We wanted to do more than create sacred commerce. **We wanted to be part of the greater initiative to preserve and protect the Amazon Rainforest and her peoples.**

That is why, under the leadership of Taita Juanito, Ingano Healer & Spiritual Leader, we created Magic Fund, a 501(c)3 organization. Magic Fund, which stands for Movement For Amazonian Growth & Indigenous Cultures, is our partner nonprofit. In addition to the 50% from your purchase that goes directly into the hands of indigenous artisans and healers, we donate 10% of all gross revenue to Magic Fund.

## Magic Fund's Focus Is Threefold:



Cultural exchange and reciprocity that encourages earth based connection and remembrance for all humanity.



Cultural Initiatives: to empower indigenous tribes to preserve their traditional ways of life and ancient wisdom.



Protection of flora and fauna of native species that are crucial to the biodiversity of the Amazon and the ecosystem of the planet.



[Click Here To Learn More](#)

“We no longer need warriors for battle, only guardians to heal the wounded in the war against humanity.”

- Chief Haru, Kuntanawa

## Projects You Are Supporting

Some of the projects your purchases at Four Visions Market are supporting this year are:

### La Siembra

The Launch of Magic Fund's upcoming campaign, "La Siembra", a planting of 33 different plant species throughout the native lands in the Colombian Amazon.

### Kuntanawa Tribe's Transform & Illuminate Project

This mission supports and empowers community members to plant trees and learn the ways of agroforestry planting, working in harmony with the system of the forest. Each hectare of the Amazon has about one million trees. Massive deforestation requires massive restoration. We are supporting the restoration of habitats for plants, animals and indigenous tribes found only in the Amazon.

### Women's Maloka at Sacha Wasi

Sponsorship of a Women's Maloka at Sacha Wasi, an Ingano Healing Center at the heart of the Colombian Amazon. This space will be dedicated to the preservation of the wisdom of the Grandmothers and a place for women to come and study with the Abuelas.

### Solar Panels & Satellite Internet

Renewable energy is important to support rainforest communities sustainably who are not on the grid, giving them an improved quality of life. We are working with various communities to provide solar panels and satellite internet. Having access to satellite internet can help indigenous voices be heard and give better access for education.

From the bottom of our hearts, THANK YOU for being part of this mission. Together we are ensuring the preservation, protection, & flourishing of the Amazon & her people.





[fourvisionsmarket.com](http://fourvisionsmarket.com)

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