



SHAMANIC CEREMONIES

Group Shamanic Ceremonies with Luminous Living Transformative Rituals for Healing, Connection, and Growth

Introduction

At Luminous Living, we are dedicated to creating sacred spaces for transformation and connection. Drawing on ancient wisdom and therapeutic expertise, our shamanic ceremonies offer powerful tools for personal healing, community bonding, and spiritual alignment.

Our team combines traditional shamanic practices with a deep understanding of modern challenges, ensuring every ceremony is accessible and impactful. Whether you're an individual seeking healing, a couple marking a milestone, or a group striving for deeper connection and healing, we provide ceremonies tailored to your unique needs.

Our Ceremonies

- Sacred Fire Ceremonies, with optional shamanic journey.
- Limpia Water Ceremonies.
- Ceremonial Grade Guatemalan Cacao Ceremonies.
- Despacho Ceremonies – over 200 to choose from.
- 24 hour Vision Quest in Private Forest connecting to nature, spirit and ourselves ceremony.
- Soul Binding Shamanic Love Ceremony (Shamanic spiritual marriage blessing ceremony).
- The Bridge Introduction to Shamanism. Six healing ceremonies over 2 days. Deeply healing group training retreat.

1. Fire Ceremony

Duration: 1.5–2 hours

Purpose: Release, transformation, and empowerment.

Overview: The Fire Ceremony invites participants to let go of old patterns and welcome fresh beginnings. Through symbolic offerings to the fire, guided by ancient practices, this ritual promotes clarity, renewal, and inner strength. Cacao and shamanic journeys can also be facilitated at the fire, if desired.

Ideal For: Corporate team-building, wellness retreats, festivals, personal healing, or marking life transitions.

Benefits:

- o Releases emotional and energetic burdens.
- o Invites clarity and focus.
- o Strengthens bonds within groups or families.





SHAMANIC CEREMONIES

2. Water Limpia Ceremony (Summer Only)

Duration: 2 hours

Purpose: Emotional cleansing and renewal.

Overview: This cleansing ritual uses sacred water infused with herbs and intentions to wash away emotional heaviness. The Water Ceremony is perfect for reconnecting with the flow of life and rediscovering inner peace.

Ideal For: Wellness retreats, festivals, or group healing during warmer months.

Benefits:

- o Clears emotional stagnation.
- o Invites calm and balance.
- o Deepens connection to nature and self.

3. Shamanic Soul-Binding Wedding Blessing

Duration: 45 mins – 2 hours (depends on what couple would like).

Purpose: Celebrate and sanctify the sacred union of two souls.

Overview: A deeply personal and spiritual ceremony to honor the commitment and love of a couple. This ritual includes blessings, symbolic offerings, and the weaving of energetic bonds in a sacred and memorable way. Wedding guests are invited to join in with parts of this ceremony and will be smudged, space cleared etc.

Cacao ceremony can be incorporated into the Love Ceremony, if desired.

Ideal For: Couples seeking a unique, spiritual wedding ceremony.

Benefits:

- o Strengthens the spiritual connection between partners.
- o Creates a meaningful and memorable experience.
- o Honors love and union through ancient practices.

4. Cacao Ceremony

Duration: 1 – 3.5 hours

Purpose: Heart-opening, removing blocks, connection, and joy.

Overview: Using ceremonial-grade cacao, participants are guided through a journey of self-reflection, connection, and joy. This heart-centred ceremony is perfect for personal healing, team bonding, or deepening group connection via journeying, ecstatic dance, despacho ceremony, fire, limpia – any time is a good time for the healing benefits of cacao ceremony.





SHAMANIC CEREMONIES

Ideal For: Corporate well-being events, yoga studios, retreats, or private celebrations.

Benefits:

- o Encourages emotional openness.
- o Enhances creativity and connection.
- o Promotes inner peace and joy.
- o Increases serotonin and endorphin production
- o Powerful at removing blocks and opening the heart.
- o Increases mental focus and promotes clarity.
- o Increased vitality and energy when choosing bigger measures.

5. Despacho Ceremony

Duration: 1.5–2.5 hours

Purpose: Gratitude, intention setting, and alignment with nature.

Overview: A Despacho Ceremony is a sacred Andean ritual where participants create a mandala-like offering made of natural elements (e.g., flowers, seeds, sugar, nuts, offerings). This symbolic gift is offered to Pachamama (Mother Earth) to honor nature, express gratitude, and set powerful intentions. The ceremony ends with the offering being burned, buried, or released to the elements. Despacho ceremony can easily be combined with fire ceremony.

Ideal For: Individual and group intention setting, corporate goal alignment, seasonal changes, or honoring life milestones.

Benefits:

- o Aligns participants with nature's rhythms and cycles.
- o Strengthens intentions and manifestations.
- o Fosters a deep sense of gratitude and harmony.
- o The magic really happens in the months to follow a despacho ceremony as the blessings begin to manifest or that which needed releasing slips away.

6. Vision Quest: A 24-Hour Shamanic Nature Experience

Connect with Spirit and Your True Self in the Heart of Nature

Overview: The Vision Quest is a profound 24-hour journey into the depths of your soul, set within the sacred embrace of a private forest in Hertfordshire. This transformative shamanic experience offers you the opportunity to step away from the distractions of daily life and connect deeply with nature, Spirit, and your higher self.





SHAMANIC CEREMONIES

Guided by ancient traditions and practices, this sacred time in solitude will help you:

- Seek clarity and vision for your life's path.
- Release old patterns and welcome new insights.
- Deepen your relationship with nature and Spirit.

A Vision Quest is a rite of passage, offering healing, guidance, and spiritual awakening. It is an honor to hold this space for you as you embark on this sacred journey.

What to Expect

The Vision Quest unfolds over 24 hours, beginning with group preparation and teachings before your solo time in nature.

Phase 1: Preparation

- **Sacred Opening:** Gather as a group to open sacred space, set intentions, and smudge yourself and your belongings.
- **Shamanic Guidance:** Learn techniques to ground yourself, connect with Spirit, and stay present during your time in nature.
- **Ceremonial Preparation:** Create your personal altar, receive guidance on offerings, and craft a sacred space to use during your quest.
- **Ritual Blessing:** Participate in a group blessing ceremony, empowering you with courage and protection for your time alone.

Phase 2: The Quest

- **Solo Time in Nature:** Spend 24 hours in solitude, surrounded by the healing energies of the forest. This time is yours to connect with nature, reflect, and listen to Spirit's guidance. You may fast, journal, pray, or sit in quiet meditation.
- **Connecting with Archetypes:** Call on the spirits of the Medicine Wheel (South, West, North, and East) to guide and support you. Use tools like rattles, feathers, or crystals for deeper connection.
- **Vision Seeking:** Ask for guidance on specific questions, or remain open to the messages Spirit and the Earth have for you.

Phase 3: Integration

- **Sacred Closing:** Rejoin the group to share your experiences, if desired, and receive grounding support.
- **Food Share Ceremony:** Group food share and sharing circle for group together.
- **Next Steps:** Discuss how to integrate your insights into daily life, with practical tools and guidance for continued growth; integrating the wisdom and visions you received during your quest.

What You'll Receive

- A deeper understanding of your life's purpose and direction.
- A renewed sense of connection to nature, Spirit, and your higher self.
- Guidance and tools to integrate the Vision Quest experience into your everyday life.
- Support and connection with a like-minded group of seekers.





SHAMANIC CEREMONIES

7. The Bridge: Introduction to Shamanism

A Transformative 2-Day Retreat with Luminous Living

Overview: The Bridge is a dynamic 2-day retreat designed to introduce you to the world of shamanism. Rooted in the ancient teachings of the Medicine Wheel, this course offers an immersive journey into shamanic practices, guiding participants through deep healing, spiritual growth, and self-discovery.

During this retreat, you will:

- Explore the Medicine Wheel's archetypes and elementals.
- Navigate alternate states of consciousness and shamanic realms.
- Receive the powerful Bands of Power rite from the Munay-Ki lineage.
- Learn practical techniques to raise your vibration and integrate shamanic practices into daily life.

2 Day Bridge Ceremony Highlights

Day 1: South & West Directions

Theme: Shedding the old, releasing fears, and healing shadows.

- Open sacred space, smudge yourself and others, and learn how to bless spaces and belongings.
- Introduction to shamanism and the art of altar creation.
- Learn to open your personal sacred space (Wiracocha).
- **South Teachings:** Clearing, balancing, and illuminating the Luminous Energy Field (LEF) using rattles, drums, feathers, sage, and intent.
- Perform Black and White Stone Healing to extract heavy energy (hoocha) and trauma.
- Learn tools for protection, including house gridding, black salt, and creating medicine pouches.
- Participate in a **Guatemalan Cacao Ceremony** for heart-opening and connection.
- **West Teachings:** Work with Jaguar medicine to face the shadow, stalk the ego, and release what no longer serves.
- Experience a **Death Stone Ritual** to release heavy burdens, with 28-day integration homework.
- End the day with a Limpia Shamanic Bath, chakra cleansing, and energy renewal techniques.

Day 2: North & East Directions

Theme: Stepping into possibilities and co-creating with Spirit.

- Open sacred space and smudge as a group, setting intentions together.
- **North Teachings:** Embrace Hummingbird medicine, connecting with destiny and tasting the nectar of life.
 - Group Destiny Despacho Ceremony to set powerful intentions.
 - Power Retrieval and Destiny Retrieval Journeys.





SHAMANIC CEREMONIES

- **East Teachings:** Work with Eagle and Condor medicine to gain higher perspectives and co-create with Spirit.
- Create your own shamanic tools, including a **Prayer Stick** for future ceremonies.
- Conduct a **Fire Ceremony** with real guests present, honoring reciprocity (Ayni) and Great Spirit through drumming, singing, and releasing.

What You'll Receive

- Certification of completion.
- Hands-on experience performing healings, ceremonies, and energy work.
- Practical tools to integrate shamanic practices into your daily life.
- Profound personal transformation as you step into your highest potential.

Why Choose Us?

Our ceremonies are thoughtfully crafted to provide a unique and transformative experience. By blending traditional shamanic practices with therapeutic insights, Luminous Living ensures every ceremony is impactful, accessible, and deeply meaningful.

1. **Authenticity:** Rooted in traditional shamanic practices taught by indigenous elders, we bring the essence of ancient wisdom into every ceremony, whilst making it accessible and relative to those for whom this ceremony may be their first experience.
2. **Holistic Approach:** Our ceremonies integrate therapeutic elements to ensure accessibility and effectiveness for all participants.
3. **Custom Experiences:** We tailor each ceremony to align with your unique intentions and needs.
4. **Inclusive Practices:** Our ceremonies welcome individuals and groups from all walks of life, creating a safe and sacred space for transformation.

Who We Work With

At Luminous Living, we collaborate with:

- **Corporate Clients:** Enhance well-being and foster team cohesion.
- **Retreats & Festivals:** Offer deeply transformative experiences.
- **Schools & Mental Health Organisations:** Support emotional resilience and healing.
- **Addiction Recovery Centers & Refuges:** Provide grounding and nurturing spaces.
- **Weddings & Celebrations:** Create sacred, meaningful moments.





SHAMANIC CEREMONIES

Ceremony Pricing

We offer transparent pricing tailored to the time, resources, and preparation required for each ceremony. As each client's ceremonial requirements, location, duration, number of participants, mix and match of possible ceremonies varies so much, all packages are tailor made according to these variations and budget.

We like to work with you and consider all options with you so you can make an informed decision on which ceremonies best suits your needs.

Please note travel costs, any overnight accommodation fees, additional facilitators (if required) will be incorporated into these tailored Ceremonies depending on your needs, the amount of equipment, consumables, tools and kit required for your group size etc. Setting up and packing away time will vary depending on above factors too.

Group Online Ceremonies

These sessions are approximately 1.5 - 3.5 hours and include opening sacred space together, a sharing circle, a cacao ceremony, and the facilitation of a deeply healing space. Dancing Sun Woman will guide participants with reflective journaling questions to help them explore conscious and subconscious issues, drawing on her extensive counselling background to assist in uncovering root patterns, beliefs, and obstacles. Following this, participants will enter a 35-minute shamanic journey, after which another sharing circle will take place.

Additional shamanic teachings, homework, and Q&A may follow before closing sacred space. These group sessions may include shamanic journeys, despacho ceremonies, cacao ceremonies and other relevant ceremonies based on the session's topic. Prices range from £75 - £125 per session depending on the type of ceremony being held. With over 200 despacho ceremonies and cacao shamanic healing journeys to choose from, we often ask our clients what they would like and give a varied selection of online healings and ceremonies via online sacred circles and events.

It is possible for corporate clients and retreats to request tailor made journeying and shamanic healing ceremonies for larger groups in person or online for invite only guests. Please contact us for more information and customised pricing on how we can facilitate private group sessions and ceremonies tailor made for your group, employees, friends, retreats or business needs.

The facilitators and shamanic healers at Luminous all have extensive experience working with people totally new to Shamanism and healing and with those already on their personal journey of healing, as well as working with other practitioners, healers, therapists and professionals. Package deals for corporate clients or those wishing to share these ancient wisdoms and teachings will need to contact us directly for Package opportunities for corporate use.





SHAMANIC CEREMONIES

How to Book

Booking a ceremony with Luminous Living is simple. Get in touch to discuss your needs, and we will design a transformative experience for you or your group.

Contact Us:

Email: Luminousliving.led@gmail.com

Phone and Whatsapp: 07377936886

Testimonials

"The Fire Ceremony was truly transformational. We left feeling lighter, focused, and deeply connected." – Corporate Client

"Our cacao ceremony was a heart-opening experience. The team at Luminous Living holds such a beautiful, safe space." – Retreat Participant

Conclusion

At Luminous Living, we believe in the power of ceremony to heal, connect, and inspire. Whether you're looking to release old patterns, celebrate milestones, or deepen connections, we are here to guide your group through a sacred journey of transformation.

