



# Ceremony Prep

LOVE - TRUST - SURRENDER  
Hapeh' & Rahpeh 'Sacred Snuff'

## Ceremony Preparation

Hello wild heart, I am truly honored that you are ready to join the upcoming sacred ceremony. Please read this **ENTIRE** document, slowly and carefully as you will find it answers almost all questions you may have.

### Rapeh' or Hapeh'

Hapeh', Also known as Rapeh is traditionally known as a powerful medicine and one of ancient use. It is an Amazonian Medicine that comes to us from Central and South America. It is made primarily out of pure Tobacco leaf, Ceremonial Ash, and Various sacred selected herbs. The powder snuff is placed in a pipe and then blown up the nose of the receiver in either non-traditional ways, self-application, or in ceremonial experience. The medicine can have stimulating and psychoactive effects and can be profound for spiritual relief and expansion. It is offered in both a sacred ceremony and for your personal practice.

Nowadays, hapeh'/ rapeh is making its way across the world through increasing cross-cultural friendships between natives and non-indigenous friends. The Rapeh offered is directly from Peru, handmade with prayer, song, and love. Many Natives use this medicine before hunting for better clarity, focus, and a clear mind during the hunt.

Each blend of the Rapeh medicines is different and made with a lot of intention to heal, cleanse, and purify the physical and energetic body. The Natives created it to heal the dense energies around the head, unwanted thoughts, spirits, and thought forms, clear negative thought patterns, and even immediately heal sicknesses and colds. Rapeh' and Hapeh' ceremonies are offered in a sacred space with sacred intention and the medicine will last approximately 20-40 minutes. All Rapeh' and Hapeh' Ancestral medicine ceremonies are offered with love, energy healing, witnessing, prayer, blessings, and sacred sound Medicine.

### The healing properties:

- Cleanses the mind
- Releases unwanted thoughts
- Purifies and detoxifies the bodies
- Stimulates & Activates the pineal gland
- Grounds you into the body to be present
- It amplifies intentions
- can induce the purging of unwanted energies
- can also create visions for some

*Private Rapeh' and Hapeh ceremonies are offered in a sacred space with intention. Ceremonies can last 1-2 hours in length, and the medicine will last approximately 20-40 minutes for most. Some may continue to feel the medicine for days or hours post-ceremony.*

Rapeh' and Hapeh' ceremonies are offered in sacred spaces with sacred intention. Each person will be served individually and usually takes approximately 20-40 minutes per person. All Rapeh' and Hapeh' Ancestral medicine ceremonies are offered with love, energy healing, witnessing, prayer, blessings, and either silence or medicine songs. Sometimes during a Hapeh ceremony, it is accompanied by Sananga Medicine. A powerful amazonian eye drop that offers incredible healing, cleansing, purification, and activation of psychic sight and pineal gland cleansing. All ancestral medicine ceremonies are offered with love, energy healing, witnessing, prayer, blessings, and either silence or songs to support you in grounding, clearing, opening your vision, supporting your spiritual journey, and embodiment of your highest expression.

For any ceremony, intentions are everything. Take time before the ceremony to write your intentions out. ). This means writing out what you are seeking from the ceremony and the medicine spirit. Intentions are the prayer that you are asking the spirit of the hapeh'. The great power of the tobacco spirit is here to listen and support you in all that you are seeking. Take your time with this and write your intentions out (clearly and concisely, and written as though it has already come to pass. Bring these intentions with you to the ceremony.

#### **Preparations for the ceremony:**

- Stay hydrated days prior with good water, I can't emphasize this enough. Water is life, drink it.
- Clean eating is recommended before any ceremonial work; No meat, no milk, no sugar, no sodas, and no packaged or processed food. Eat clean living organic food like veggies, fruits, etc.
- Intentions are everything. Take time before the ceremony to write your intentions. Intentions are like the prayer that you are asking the spirit... See if you can write your intentions as though it has already come to pass.

#### **What to bring:**

- bring a journal & pen to record any experiences,
- water bottle for hydration,
- any personal items that you would like to set at the altar space.
- change of clothes
- blanket or mat to sit on.
- The medicine can be considered a purgative, meaning you may purge, so please bring a change of clothes just in case
- The ceremony is a powerful experience. This medicine is considered the grandfather of all medicines. Amazing shifts can happen and I have personally witnessed profound healings take place in people's lives, especially those who work with this spirit.

#### **Day of Preparations for the Hapeh Ceremony:**

- Fasting: Don't eat for at least 2-4 hours before the ceremony (make sure all food is fully digested).
- Limit water intake 2-4 hours before the ceremony. (don't abstain, just limit to a minimum)
- Come with your intentions written out, or have clarity on them in your heart

- Avoid perfumes, jewelry, and deodorants. (as natural as you can)
- Come with honor, respect, cleanliness, humility, an open mind, and a heart to receive the prayer of this medicine.

*For group ceremonies, you are asked to wear all white. Please bring a journal, pen, water bottle, and any personal items that you would like to set up at the altar space.*

Some other healing properties that are known to be gifted by the medicine of Hapeh / Rapeh are that this medicine;

- Increases focus, presence and intuition
- Offers clarity of thought and purpose
- Opens up body and mind to higher
- communication and Holistic thinking
- Produces feelings of freedom, liberation, and lightness.
- It helps with grounding into the body for being more present and focused.
- It helps relieve stress and anxiety

I, Sak Nikte' am an Initiated Medicine Woman and Board Certified Holistic Health Practitioner. I walk the spiritual path of the Sacred Wheel known as the path of medicine.

Reach out for any questions

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WITH WILD LOVE,

*Keia Lavine*

