



Aloha

Aloha!

How wonderful that you found us online and are interested in our Sunday Evening "Hawaiika" Sacred Plant Ceremonies! We look forward to having you join us when that feels right.

Below is a brief outline of a few logistics.

• LOCATION

Muaisa Hale Pule ("As I Aum" Sanctuary) is located on the healing Kona Coast of the island of Hawaii. This is the Big Island, the "real Hawaii" with a population of only 45 people per square mile; it is not to be confused with Honolulu, which is a tropical New York City on the island of Oahu where the population is over a million. Rather, our serene location is at approximately 1600 ft elevation, only 3 miles above the shoreline. Kealakekua Bay below us, "The Pathway to the God," is the #1 marine life preserve in the State of Hawaii. It is where Captain James Cook first discovered the island in 1778 and where dolphins continue to come almost daily to feed, play, rest and nurture their young. **You will want to be sure you are flying into Kona International Airport (KOA)**, which is about 19 miles (30.5 km) north of our locale.

• INTER-ISLAND FLIGHTS

From neighboring islands, you can conceivably fly to the Big Island on Saturday -- or early in the day on Sunday -- and stay overnight for a night or two for the ceremony, flying out again anytime on Monday. Best of all worlds, if it's within your timing and budget, you can stay for a private 2.5-hour session with Shaman on Monday, see a bit of the Big Island, and fly out that evening or later in the week. Both Southwest and Hawaiian Airlines fly inter-island with airfares starting as low as \$39 O/W with advanced planning. Please do not secure flight arrangements until we have received and approved all your application materials. (i.e., completed application form, signed waiver, proof of current health insurance, selfie and scan of your photo ID). See more below.



• SUNDAY CEREMONY OUTLINE

The ceremony schedule looks something like that below. ("Family & Friends" Charitable Contribution Threshold to be granted participation = \$375 per person. ***Times may vary up to 30 minutes in either direction*** depending on number of participants and/or season, i.e., the time of sunset).



- 6:00 PM : Arrive on property Sunday evening
- 6:15 - 6:45 PM : Labyrinth Walk (weather permitting)
- 6:30 - 7:00 PM : Ceremony opens with group share and consecration of space
- 7:00 - 8:30 PM : Sacred Plant brew is poured (approx 4 rounds of 2 ounces each)
- 8:30 - 10:00 PM : Everyone relaxes, lays out and "soaks" in their own inner realm
- 10:30 PM : Ceremony closes, and all-organic GF oat porridge is served
- 10:30 - 11:30 PM : "Talk Story" (Processing & Integration) in the "twilight" of the brew
- 11:30 PM - 12:00 AM : Drivers walk a straight line, and everyone is generally free to leave

• SELF-EMPOWERMENT

Throughout the entirety of the ceremony we will emphasize the fact that you are in the driver's seat of your own experience, not in the trunk. Although we may offer guidelines, there are only two hard, fast rules: #1 That you do not leave the ceremonial grounds until the ceremony is over, and #2 That you do not disturb any other participant's ceremony. Shaman will be present "holding space" throughout the entirety of the ceremony should you want or require assistance of any kind.

For example, we offer everyone (truck drivers and ballerinas alike) all 4 rounds of brew. Just because we offer it doesn't mean you have to take it. "No" is a perfectly fine response. You can take drinks #1 and 2, for example, and pass on drink #3 if you wish, or you may put aside drink temporarily to wait and better assess your physical/emotional state. No one knows your body and digestive system better than you, and we trust your inner wisdom about you over anyone else's.

• 2-DAY AND LONGER RETREATS

Choose to work more deeply with your own inner alchemy on any weekday (Mon through Fri) either before or afterwards with a **2.5 HR PRIVATE, ONE-ON-ONE, INDIVIDUALLY-DELIVERED, SHAMANIC "DEEP DIVE" WITH CHIEF 'GOLDEN FEATHER.'** This substance-free session is designed, not as a "one-size-fits-all" event. Rather, it is to assist you in personally assimilating the work you do in ceremony by diving more deeply into your own inner ecology and unique imagery; so that you may discover and better come to terms with that which is hidden below the surface in your personal unconscious.

Sacred Plants aren't a quick fix or a magical cure and won't, in and of themselves, solve your problems or transform your life. Rather, they open the opportunity for you to experience an altered state of consciousness in which you can perceive and address your issues from a different perspective. Shaman works with you from this point forward; so that you may recognize and free yourself from your own self-defeating symbolism and blind spots.

As Viktor, one of our previous guests, shares online at <https://retreat.guru/centers/893-1/muaisa-hale-pule#reviews>:

***"Sacred plant ceremony and private session it's a game changer
Don't even think about take only one of them
Only together, only true experience to real self"***

- 4:00 - 6:30 PM
- Do not eat for at least 2 hours before before "Deep Dive" sessions,
- Be sure to have a pen with you for taking notes,
- Bring along a fully-charged iPhone or other recording device for recording the entire 2.5 hours.
- "Family & Friends" Charitable Contribution Threshold = an additional \$375 per person

We also offer a private and semi-private weekday (Mon through Fri) **SHAMANIC ART AWAKENING** to assist you in accessing your emotional body, opening your Third Eye, exploring your inner landscape and processing your Sacred Plants experience through the use of crayon oil pastels on paper.

- 12:00 - 3:00 PM (No previous art experience necessary; art materials provided)
- "Family & Friends" Charitable Contribution Threshold = \$425 + \$150 for each additional person

An all-day **MYSTIC TOUR/ECO-ADVENTURE** in the majesty of Hawaii may also be arranged any Monday - Friday, starting at 9:00 or 10:00 AM. (Come prepared with sturdy walking shoes/hiking boots, a wide-brimmed hat, sunscreen, shorts, long- or short-sleeved shirt, a towel and a protein snack.) The day begins with breakfast and a world-class view.

- Shared "Family & Friends" Charitable Contribution Threshold = \$750 for one person; \$150 for each additional participant

• CEREMONY FAQ AND GUIDELINES

This paragraph as well as buttons on the webpage will link you to our [**Frequently Asked Questions \(FAQ\)**](#), our [**Ceremony Guidelines**](#), and blank copies of our [**Application Form and Waiver**](#). We recommend that you read the FAQ and Guidelines thoroughly and follow the advice therein in the days leading up to your arrival. The FAQ explains about the pharmacology of our plants; the Guidelines tell you how to dress, what to bring, and what to eat or avoid leading up to the ceremony.

If all else fails, it will be important to remember the following:

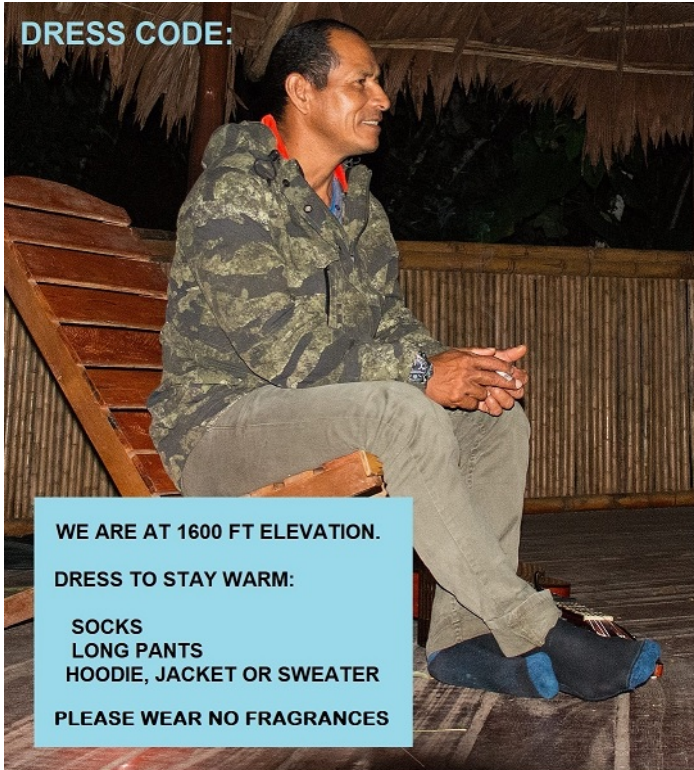
1. You will get from the ceremony what you bring to the ceremony. ***The more you "empty your cup" in advance, the more transformative and enjoyable your experience of the plants will be.*** Do your best to follow the advice in the Ceremony Guidelines link above, make an effort to relax and to avoid emotionally-charged involvements on the day of ceremony, and come prepared to work on yourself during the experience.



2. No alcohol, tobacco, nicotine, or recreational drugs (including kratom, ceremonial tobacco and snuff, liquid nicotine, vaped nicotine, micro-dosed psilocybin and/or raw/smoked/vaped/edible/ tinctured marijuana/THC/cannabis) for at least one week -- preferably two weeks -- before ceremony;

3. No meat, salt, greasy foods or salty foods for two (2) days before ceremony;

4. ABSOLUTELY NO ALCOHOL, TYLENOL OR GREASY FOODS FOR 24 HOURS BEFORE AND/OR AFTER CONSUMING THE BREW AND ABSOLUTELY NO AYAHUASCA OR OTHER MASTER PLANTS AT LEAST 2 WEEKS EITHER BEFORE OR AFTERWARDS;



5. Dress in layers to stay warm (*think long pants, yoga pants, high socks, a long-sleeved sweater, hoodie and/or jacket*); we are only 3 miles (4.8 km) inland, but at 1,600-foot (.49 km) elevation, and it tends to get chilly here in the evenings;

6. Electronics are not allowed in the ceremonial space, but *many people benefit from having a pen and journal or note pad with them*;

7. Take care to *wear no fragrances perfumes, colognes or deodorants to ceremony* and no commercially-prepared insect repellents (unless organic oils from the health food store) as other people in attendance may be sensitive to ingredients and chemicals in commercially manufactured scented products;

8. Eat a light lunch/brunch (fruit, veggies, fish, soup, grains, like that) **no later than noon or 1 PM on the day of ceremony.** You do not want to be ravenously hungry; you also want to have a fairly empty stomach.

If you have transportation, and can get to "Cultivate/Good Food," Jaelyn, the owner, knows exactly what to give you in terms of fresh, cold pressed juices, wraps and salads. (Pre-order for fast pick up.)

CULTIVATE GOOD FOOD

79-7411 Mamalahoa Highway (aka: Hawaii Belt Rd)

Kealahou, HI 96750

www.cultivategoodfood.com

tel. 808-461-3183

HICO Hawaiian Coffee (across the street from Pineapple Park) has some coffee/matcha drinks, a couple of wraps and various chia/oat/fruit/granola puddings that would be appropriate for Sunday morning before ceremony as well.

10. If you are without a vehicle and you stay **within 2.5 miles (4 km) of our land** -- i.e., within the area of the 8 locations shown on the Accommodations Map we send you once you are on our calendar -- you may contact us in advance of ceremony to arrange for pick up and return transportation to and from ceremony.

11. If you stay **more than 2.5 miles (4 km) from our land**, you will need to either have a rental car or else make Uber arrangements in advance. There are no Ubers, Lyfts or Taxis in our neck of the woods at midnight. Zero! Zilch! Zippo! Nada! Period!

12. Please do not attempt to find us using our Google-listed address. Our physical location is private and unpublished and will be shared with you (along with driving directions) as soon as you are on our calendar.

• RECOMMENDED UBER DRIVER

Taxis on the Big Island are expensive, and Uber/Lyft is generally unreliable. At midnight after ceremony in our rural area, all three are non-existent unless previously arranged.

If you need an Uber driver at any point of your stay, we recommend that you text or phone **DOMINIC CASTELL AT +1-808-896-1391** in advance of your trip. With advanced planning, unless you're going to have your own rental car, Dominic can pick you up at the airport, drive you to your place of lodging, and drive you back and forth to ceremony and anywhere else you need or want to go. A former taxi cab driver in New York City, Dominic is competent, courteous and reliable.

PLEASE MAKE ARRANGEMENTS IN SUCH A WAY THAT YOU DO NOT GET YOURSELF STRANDED IN THE MIDDLE OF THE JUNGLE WITHOUT TRANSPORTATION AT MIDNIGHT

• DRIVING DIREX, GROUND TRANSPORT & ACCOMMODATIONS

Upon receipt of your completed application package and charitable contribution* submission, we will email you ground transportation tips, driving directions to our locale from Kona International Airport (KOA) and a list of nearby affordable lodging options. There is no camping or lodging on the shamanic grounds. Nearby rooms (.8 to 2.4 km / .5- to 1.5-miles from us) generally have kitchenettes and/or access to restaurants, grocery stores and a well-equipped shared kitchen for preparing meals and snacks. You are also free to find your own accommodations elsewhere, if you prefer, and to commute back and forth to our area.

A few generally available nearby room rates are posted as follows.

- SINGLE BUNK ACCOMMODATIONS IN FEMALE OR MIXED DORM
\$65 - 70 US per night
- SINGLE PRIVATE GUESTHOUSE ROOM / SHARED BATH
\$120 - 135 US per night
- SINGLE PRIVATE GUESTHOUSE ROOM / PRIVATE EN SUITE BATH
\$150 - 170 US per night
- SINGLE PRIVATE HOTEL ROOM / PRIVATE EN SUITE BATH
\$82 - 87 US per night; DOUBLE ROOM OPTIONS (add \$3 per night)
- SINGLE PRIVATE B&B ROOM / SHARED BATH
\$129 US per night (includes fresh, healthful, home-made breakfast)
+ \$25 Cleaning fee / + \$95 Booking fee
- PRIVATE COZY COTTAGE ON COFFEE FARMS W/OCEAN-SUNSET VIEW
\$159 US+ per night, 1 bed/sleeps 2, kitchen and private bath

If you're looking for more of a resort experience, **OUTRIGGER KONA RESORT** is about 7 miles/11 km away from us (15 minutes by car). <https://www.outrigger.com>

Should you plan to stay at a resort or location that is **more than 2.5 miles from us**, you will need to either rent a car for the night of the ceremony, make arrangements ahead of time with an Uber driver who can pick you up at midnight, or arrange to stay for the night at one of the nearby, affordable accommodations on the list we provide.

• NEXT STEPS & SCHEDULING

After perusing our website to familiarize yourself with who we are and what we do, the next step in joining us is to send us the items listed below. There is no obligation to send us the first four items on the list in order to have your application approved and to keep it on file with us for up to a year in advance of reserving space.

1. Your completed application form (blank form at <https://www.muaisa.org/join-us>),
2. Your signed consent/waiver (blank form at <https://www.muaisa.org/join-us>),
3. A scan of your photo ID (drivers license, passport, etc.),
4. A scan of your health insurance card or proof of current health insurance coverage;
5. A real-time, in the moment head & shoulders 'selfie' that you take specifically for this purpose (nothing from your files, please) with eyes exposed -- no glasses, looking directly into the camera lens,
6. Your "Family & Friends" submission, which may be made to our charitable donation "Gifting Fund" via instructions at this link:

https://www.muaisa.org/_files/ugd/c75e94_b73401ef029a463ea00ea4cec8417993.pdf

Be sure to list your preferred dates on the application form and to send along the required supportive materials. Dates can be secured only after we receive your completed application and you meet the charitable contribution threshold for participation.

• HEALTH INSURANCE

If you do not already have a health insurance plan in place, International Volunteer Card at the link below offers a suitable, effective, 60-day plan to anyone taking a trip for the purpose of non-profit organization projects (that's us!)

The plan costs only \$30 US and covers everything from accidental medical, dental and illness to trip delay and baggage loss or delay. Moreover, IVC donates a significant portion of their proceeds to humanitarian projects.

<https://www.volunteercard.com/compareplans/>

Should you book lodging via Airbnb, you will also be given the option of purchasing Generali travel insurance, including medical coverage, on the Airbnb checkout page.

<https://www.airbnb.com/help/article/3231>



For questions about Airbnb travel insurance, contact Airbnb or Generali customer support via tel. 866-757-0010 or email: help@generalitravelinsurance.com.

• YOUR "FAMILY & FRIENDS" CHARITABLE CONTRIBUTION

Muaisa Hale Pule is an official 501(c)(3) Chapter of New Haven Native American Church (NHNAC). As such, we do not engage in commerce and rely instead on volunteerism and charitable contributions* to make ends meet. The money you give us goes into no one's pocket; rather, it is deposited into the church account where it belongs to the public interest.

In consideration for meeting certain free-will gift thresholds," donors are granted admission to our programs and ceremonies for the intangible spiritual benefit they provide. None of these programs are sold in commercial transactions outside the donative context; all are offered at no charge and without admission fees.

• REFUND POLICY

Please be clear in your intention to join us as CHARITABLE CONTRIBUTIONS* ARE NOT PURCHASES and are not in exchange for goods or service. They are governed by Charitable Contributions Tax Law and are NON-TRANSFERABLE and NON-REFUNDABLE unless the ceremony is canceled on our end for reasons beyond our control.

If you reserve a spot in ***a ceremony for which there is no immediate space available, or for which the minimum 2-person quota has not yet been met***, your monies will be held in abeyance and not deposited until space clears and we can assure you of placement. Should any ceremony be canceled due to lack of quota or any other reason beyond our control, ***we will immediately refund all funds to you in full.***

On the other hand, should you reserve space in a ceremony and then cancel, every attempt will be made to reschedule you for a later date. Requested refunds of charitable contributions, however, are generally 0% with a courtesy extension in similar value of charitable contribution credit toward future events or offerings.

• ADVANCED PLANNING

We encourage advanced planning as our calendar and guest list tend to morph unexpectedly, and we operate on a first-come-first-served basis. Because we prepare the plants fresh, starting 2 days ahead of time for each ceremony, there can be no last minute add-ons. All application materials must be received far enough in advance to be reviewed and approved with time for unexpected follow ups regarding health issues, dietary concerns, substance questions, and/or any missing or illegible documents. We recommend that you plan as far ahead of schedule as possible.

• WEB SITE ACCESS

For more information on any of the above, please refer back to our website at www.muaisa.org and click on the "Ceremonies" drop down menu and then the "Sacred Plant Ceremony" tab at the upper edge of any page.

• HAVE QUESTIONS?

Please be sure to let us know, preferably by phone, if we've forgotten anything or if you have any specific questions or concerns that are not addressed in this email, on our website, and/or on the attached pdfs, all of which are also downloadable on the website. We can best be reached at **+1 808 323 3238 BETWEEN THE HOURS OF 1 - 5 PM**, almost any day, Hawaii Standard Time (HST).

• **MUAISA HALE PULE DOES NOT TEXT**

Because there are only so many hours in the day, we prefer that -- before emailing us a bunch of personal questions about yourself and your particular needs -- you either consult the website for general information and send us a completed application package and waiver form with a photo, health coverage info and more details about yourself, or else you **CALL US ON THE PHONE NUMBER PROVIDED** to discuss specifics which may or may not otherwise be addressed on the website. We are happy to answer any and all your concerns by phone (Hawaii Standard Time) and **WE APPRECIATE YOUR CONSIDERATION IN LIMITING EMAILS.**

• **UNTIL WE MEET**

If we have forgotten anything, please let us know at once -- preferably by phone.

Till then becomes now. . .

Great Spirit blessings,



Jack and ZZ 🐻 🐼 🐾 🙌 🌸 🍷 🌺 😊 🦋 🌸
Shamanic Support and Guest Care
tel. +1 808 323 3238

Muaisa Hale Pule
81-990 Haleki'i St, Suite #2334
Kealahou, HI 96750
<http://www.muaisa.org>

*Muaisa Hale Pule is a Hawaii-based, shamanic venue with neither walls nor religious dogma. All services under our auspices are spiritually-focused and are offered for the intangible, spiritual benefit they provide. As an official 501(c)(3) Chapter of New Haven Native American Church (NHNAC), we do not engage in commerce and rely instead on charitable contributions and volunteerism. In exchange for meeting certain charitable contribution thresholds, donors are offered the intangible spiritual benefit of participating in our programs and ceremonies, none of which are sold in commercial transactions outside the donative context, and all of which are offered at no charge. Given expenses and the number of people we serve, our minimum contribution thresholds reflect the free-will minimums we must receive to break even. Like all tax-deductible, charitable contributions to Muaisa Hale Pule are non-transferable and non-refundable. Genuine appreciations to all who contribute their time, love and resources to our just cause! Mahalo nui loa!

DISCLAIMER: All information provided in our emails, in any subject email attachments, on our website, and in our chat or telephone conversations is intended for educational purposes only. It has not been evaluated by the Food and Drug Administration and is not to be misconstrued as medical advice or as cure, diagnosis or treatment for any condition or ailment. Please consult a physician before taking any ethnobotanicals. Decisions relating to the prevention, detection and treatment of any physical or psychological health concern should be made only after taking into account your personal medical history, and discussing the risks, benefits, and your unique situation with your qualified health care team.