



Shamanic  
Heart Healing  
Center

# DESPATCHO CEREMONY



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# ABOUT

This ceremony was taught to Kari by the Q'ero, the medicine people of Peru. It is traditionally used for a variety of reasons:

- To restore balance and harmony,
- Heal physical and emotional conditions,
- For the birth or death of a loved one,
- As an expression of gratitude or a request of spirit.

There are hundreds of different kinds of Despachos. The bundle is a reminder of all connections we share with the sacred places, elements, ourselves, our families, communities, the world and the universe. This is an opportunity for you to enter into a space of balance, love, and gratitude for all the blessings life holds. It is an act of reciprocity that allows us to come into Ayni (Quechua word meaning balance or harmony) and true abundance.

Ceremony begins with an opening prayer aligning ourselves with humility, gratitude, and an open heart. Together we add ingredients (usually biodegradable) onto a white piece of paper making a mandala or sacred creation. The bundle is wrapped up and each participant is cleansed and blessed. We take it to the fire and offer it.

The length of time depends on how many participants, but usually lasts approximately 2 hours.

This gathering is open to anyone who is interested. Kids must be of age to stay for the whole ceremony as the circle cannot be broken once we begin.

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