

ALQUIMIA

THE UNIVERSE
IS VIBRATION

Personalized healing
therapy with Tibetan
singing bowls.



Tierra Faro | 1:1 Session | Alquimia

*A return to your
inner radiance.*

Personalized therapy | 1:1 Sessions

A space for release and deep reconnection

Sound Healing Therapy

Individual harmonization session for relaxation and healing of body, mind, and soul with Tibetan singing bowls, based on the Peter Hess® method.



Tierra Faro | 1:1 Session | Alquimia

ALQUIMIA | the universe is vibration

A therapy designed to restore coherence between the mental, emotional, spiritual, and energetic bodies, releasing tension and restoring balance.

It is called **Alchemy** because it recognizes your innate capacity for transmutation. By elevating your frequency and releasing stagnant energy, your system reorganizes itself, allowing you to shift your mental, emotional, and physical state from within.

Through subtle vibrations and the sound of Himalayan therapeutic singing bowls over your body, the session travels through each energy center, harmonizing and activating the natural flow of your energy. It is a deep and structured process that guides you back to yourself, to your center, and to your own capacity for self-regulation.

Benefits:

- Deep relaxation and improved sleep
- Reduced stress and anxiety
- Holistic wellbeing and emotional balance
- Greater mental clarity and focus
- Relief from physical discomfort (joint, muscular, and headaches)



Integrative Sound Harmonization Ritual

Each session is a unique and tailored experience, guided with respect and conscious intention, designed to promote deep relaxation, energetic balance, and inner connection.

The session includes:

- **Energetic cleansing** with copal or palo santo, accompanied by a conscious intention of connection with the Earth.
- **Therapeutic aromatherapy** to create a space of calm and well-being.
- **Sound massage with Tibetan singing bowls placed on the body**, using vibration and frequency to induce deep relaxation.
- **Gong** work to move energy, release tension, and harmonize the brain hemispheres.
- **Guided meditation** to integrate the experience through presence and conscious breathing.
- **Cup of ceremonial grade native cacao** as a ritual of opening and integration.
- **Intuitive oracle** message as a closing of the session.





Tierra Faro | Sesión 1:1 | Alquimia



What is Tibetan Singing Bowl Sound Therapy?

Tibetan Singing Bowl Sound Therapy is a wellbeing and deep relaxation practice that uses vibration, frequency, and sound resonance to support states of calm, presence, and holistic balance.

Tibetan singing bowls are ancestral instruments that have been used for centuries in Eastern traditions. They emit subtle vibrations that can be perceived both auditorily and physically, creating a deeply sensorial and restorative experience.

During the individual session, the bowls are used around and on the body, allowing the sound frequencies to invite deep rest, release physical and mental tension, support nervous system relaxation, and promote a sense of harmony and overall wellbeing.

Each session is personalized and adapted to the emotional, physical, and energetic needs of each person.



“The *universe* is energy,
frequency, and vibration.”

— Nikola Tesla



Tierra Faro

Your heart is a lighthouse.

Welcome to a space carefully created to remember, through everyday rituals, the love that you are — and to live from the coherence of the heart, that meeting point between the human and the sacred.

Tierra, represents the earth that roots us.

Faro, the inner lighthouse that illuminates the path towards self.

Born in the Sierra Nevada de Santa Marta — the heart of the world — Tierra Faro honors the courage of the heart: the bravery to remain open, to inhabit uncertainty, and to walk with faith into the unknown.

Tierra Faro | 1:1 Session | Alquimia



My name is
María Mónica,

For ten years, I have dedicated myself to exploring different paths of self-knowledge in the search for meaning, happiness, and inner peace.

Through experience, I have discovered that within our heart lives a higher intelligence — one capable of connecting the human with the divine and freeing us, once and for all, from the feeling that something is missing.

I invite you to walk this path toward self-love with your own steps.
I will be — if you choose — only the means. And more than anything, you will gift yourself your own homecoming.

María Mónica
Mexican and Colombian
Guardian and guide of
sacred spaces. Creator of
@tierrafaro_ and @lyla.cacao

*“Care, listening, joy, deep
feeling — joy is also
medicine.”*

Tierra Faro | 1:1 Session | Aquimia



An intimate and honest mentorship for curious seekers who wish to integrate what they've lived into a personal and sustainable path.

+ 10 years of lived experience

Integration of ancestral and contemporary technologies

Practices and rituals for everyday life

Accompaniment oriented toward personal empowerment

Safe, honest, organic, and sensitive processes

My path

Trained in Business Administration and Finance (MBA), with international experience in Switzerland, Germany, France, and Spain, I integrate professional rigor with the sensitivity of conscious accompaniment.

My approach weaves ancestral and contemporary wisdom — Buddhism, Yoga, Astrology, Kabbalah, Ancestral Medicines, and more — along with my path as a dancer and obsidian pipe carrier in the Dual Moon Dance.

Today, I share — with responsibility and care — the practices that have supported my own process and invite reflection, deep connection, and a full life.

Tierra Faro | 1:1 Session | Alquimia



¿What does Alquimia include??

- **Personalized 1:1 therapeutic singing bowl session (approx. 90 min)**
- **Includes a ceremonial cup of cacao and energetic cleansing.**
- **Bonus: Access to exclusive wellness resources.**

*In-person modality (depending on location)
Available in Spanish and English*

Alquimia — ¿Who is this ritual for??

This space is designed for people who:

- Experience stress, anxiety, or emotional overwhelm.
- Wish to reconnect with their body, emotions, and inner well-being.
- Need to restore vitality, calm, and energetic balance.
- Seek a moment to pause, release tension, and rebalance.
- Are going through changes, personal processes, or transitional periods.
- Want to gift themselves a space of deep rest, presence, and self-care.
- Wish to explore the therapeutic power of sound, vibration, and meditation.

⚠ *This space is not recommended for individuals with physical or medical conditions that may be affected by intense sound vibrations or the consumption of ceremonial cacao (100% pure cacao), such as hypertension, heart conditions, pregnancy, use of antidepressants, sensitivity to natural stimulants, active oncological conditions, or severe injuries. In case of doubt, it is recommended to consult a healthcare professional beforehand.*



***Alquimia* is gentle return to your inner radiance.**

A space to cultivate the inner balance that allows your energy, creative force, sovereignty, and natural sense of wholeness to shine.





Exploration Call

FREE ·
20 MIN

A brief meeting to get to know each other and assess whether this space is right for you.



Investment in yourself.

cost per one or two people

1 session 110 EUR
2 sessions 200 EUR
4 sessions 400 EUR

Payment plans available. Credit card payments subject to a 7% surcharge.

With all my love, I place at your service the tools and experiences that helped me live a fuller life.



Contact me [here](#) to schedule your free exploration call and discover whether this space is right for you.

contact

☎ +57 311 692 46 79
✉ hola@tierrafaro.love | tierrafaro.love
➤ @tierrafaro_



Tierra Faro | 1:1 Session | Alquirmia



The lighthouse is the
light that conquers
your inner territory.

A safe space to be and to feel.
A place that is yours, without judgment.
Taking responsibility for your process is a sacred act.



Terra Faro | 1:1 Session | Alquimia