

INSTINTO

CACAO AND
SOUND
(GONG)
CEREMONY

Tierra Faro | Ceremonia 1:1 | Instinto



TIERRA
FARO

A return to your innate intelligence.
The language of a free, sacred, and wild heart.

Personalized Ceremony | 1:1 Sessions

A ritual created to invite freedom and joy.

A sensory experience guided by cacao and the sound of the gong — ancestral medicines that balance the mind, open the heart, and cultivate presence.

This intimate encounter is a reunion with the medicine that lives within you.

A return to sweetness. An invitation to come back to the body, to the breath, and to the truth of your heart.

To the voice of our ancestors, the grandmothers and grandfathers, and the guardians of the Earth, who remind us of the value of presence and silence.

I create a space especially for you, integrating ritual, breath, gentle movement, silence, medicine music and ancestral sounds, and shared presence.

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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.

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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.”*

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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.

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Intimate Ceremony

INSTINTO: *cacao and gong ceremony*

A space to reconnect with love through the seed of cacao, the smoke of copal, and the universal frequencies of the feng gong.

Here, in this ceremony, we pause to listen to the body, emotions, vibrations, silence, and the environment.

We allow these sweet and ancient medicines — with all their healing intelligence — to settle within us, so tenderness, vulnerability, joy, and compassion may arise.

Nature, the Earth, reveals to us her intelligent way of flowing with life, beyond the noise of the restless mind.

This encounter allows us to root ourselves in the present moment, to return to life — to our families, to ourselves — with a more loving gaze.

Because, in the end, the only thing each of us needs is to **remember that everything vibrates in love.**



Heart Medicine · Cacao

Cacao is a beverage of the gods, an edible treasure that nourishes the body, strengthens circulation, and feeds the soul.

It elevates serotonin, awakens endorphins, provides phenylethylamine, and offers a gentle, sustained energy thanks to theobromine.

It opens feeling and
generates a deep sense
of home and well-being.
**That is the magic of
Cacao.**

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Like the sun, the **Feng Gong** transmits the vibrations of the cosmos, bringing order and alignment to our body, mind, and heart.

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ABOUT THE CEREMONY

The ceremony has an approximate duration of two hours. Each gathering is a personalized journey or an intimate group experience, guided with respect for ancestral medicines and the wisdom of the Earth.

The journey includes:

Energetic Cleansing

Opening of the space and purification of the field before beginning the circle.

Pagamento Ritual

Offering and prayer to give thanks, ask permission, and plant the intention.
Optional rapé soplo.

Ceremonial Cacao

Medicine that awakens the heart and invites coherence.

Medicine Songs

Activation of the medicine and the frequency of the heart through the voice and the drum.

Sound Therapy — Gong Feng

Vibrations that accompany the inner process and harmonize the energy of the physical, emotional, mental, and spiritual bodies.

Meditation in Silence

Integration through stillness and breath.

Sharing Circle

Closing of the ritual, a space for reflection, listening, and shared presence. Oracle message.



What does the ceremony include?

- Personalized ceremonial session 1:1 (approx. 120 minutes)
- Includes ceremonial cacao and ritual elements
- Access to exclusive online wellness resources

Online or in-person format (depending on location)
Available in Spanish and English

What transformation can you expect from *Instinto*?

Through Cacao and Sound, you may:

- Return to inhabiting your body and heart with greater presence.
- Ground your spirituality: make it body, make it earth.
- Connect with yourself and others from tenderness, compassion, and love.
- Welcome the parts of you that do not yet feel at home.
- Reconnect with your intuition and instinctive wisdom.
- Open yourself to joy and the simple pleasure of being alive.

⚠ This ceremony is not for you if:

You are taking your first steps on the path of self-knowledge or are going through an emotional or mental moment that requires specialized therapeutic or clinical support.

Participation is also not recommended if you have physical conditions that may be affected by the consumption of ceremonial cacao (100% cacao concentration), such as hypertension, heart conditions, pregnancy, use of antidepressants, or sensitivity to natural stimulants.





Exploration Call

FREE ·
20 MIN

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

If you wish to experience the ceremony, I will send you a questionnaire to design your experience in a completely personalized way.



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Instinct is the natural wisdom of the body —
an intelligence that guides without reasoning.

Instinct is the root,
consciousness is the flower.



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**Obsidian
Pipe**

Prayer tool · Lakota
tradition



Investment in yourself.

cost per one or two people

600,000 COP

200,00 €

Payment plans available

Credit card payments subject to a 7% surcharge

Additional person: 220,000 COP / 80 €

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.

contacto

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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.

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