

**RITMO**

THE NATURAL  
STATE



Terra Faro | Mentoria 1:1 | Ritmo

A return to who you truly are.  
Inhabit a freer, more real state of being.

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# Personalized Mentorship | 1:1 Sessions

*A toolbox for your everyday life*

**An intimate mentorship designed to integrate your inner path into everyday life, cultivating clarity, coherence, and presence.**  
*And embodying your natural state.*

**Ritmo is movement — the dance of life and its cycles, the pulse of the heart.** It is the natural rhythm of existence: expansion and rest, inhalation and exhalation.

When mind, body, and soul come into sync, life regains its order and flow. And within us, a natural state of trust and peace is reborn.

**My inspiration is to support you in recognizing that inner pulse,** where spirituality stops being an idea and becomes a living experience in your daily life.



# RITMO | the natural state

**RITMO is a process of four personalized sessions where ancestral wisdom and contemporary practices intertwine.**

Together, we co-create a practical and sensitive toolbox to support you in living at the rhythm of your heart.

Rooted in ancestral wisdom and contemporary approaches to self-knowledge, I have carefully created this space for those who feel the call to move from searching to remembering — from understanding to integrating.

Through holistic tools and rituals such as:

*Native cacao ceremony · Sound therapy · Conscious movement · Smoke offering · Guided meditations · Breathing practices · Natal chart and numerology · Mantras and medicine music · Yoga of attention and energy · Oracle messages and birth angel*

Tierra Faro | Mentoría 1:1 | Ritmo



# 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 | Mentoría 1:1 | Ritmo



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

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Integration of ancestral and contemporary technologies

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Practices and rituals for everyday life

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Accompaniment oriented toward personal empowerment

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Safe, honest, organic, and sensitive processes

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## PROFILE

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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# What does *Ritmo* include?

- 4 personalized 1:1 sessions (90 minutes each)
- One bonus session with an allied therapist
- Holistic toolbox
- Access to exclusive online wellness resources

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

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## What transformation can you expect?

- Grounding your spiritual awakening and embodying it in daily life, without losing depth or meaning.
- Reconnecting with your intuition and inner voice, learning to listen with honesty and compassion.
- Exploring practical wellness tools that support clarity, balance, and presence.
- Recognizing parts of you that don't yet feel integrated.
- Remembering the joy of inhabiting yourself.
- Bringing spirituality down to earth, placing your process in service of something greater than yourself.
- Transforming how you perceive and relate to the world, carrying that coherence into your closest relationships.

**⚠ *This space is not therapeutic or clinical.***

It is designed for those who have already begun a path of self-knowledge and wish to integrate it consciously into everyday life.





## How do our sessions look?

### Exploration Call

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

Book your call [here](#)

### Session I: Self-knowledge

We explore your **current life moment and personality design** to identify the gifts and challenges your soul chose for this lifetime, and determine which tools best support your path.

Natal chart · Numerology ·  
Enneagram · Ayurvedic  
profile · Human Design





## Session II: Energetic Cleansing

We harmonize your physical and energetic bodies, and the spaces you inhabit.

Pranayama and breathing techniques ·  
Copal and Palo Santo smoke offering ·  
Dynamic meditation · Sound therapy

## Session III: Reconnection & Purpose Seeding

With **cacao medicine**, music, voice, and dance, we open a ritual space to prepare the intention you wish to manifest, planting purpose from your heart.

Cacao ceremony · Voice activation ·  
Medicine music · Free dance · Guided  
meditation





## Bonus Session: Deepening & Integration

We integrate learnings and strengthen your self-discovery toolbox.

A **therapeutic guidance session with an expert** aligned with your process to bring clarity, direction, and concrete steps for integration.

*May include Akashic Records reading, natal chart, angelic channeling, Reiki, or sound bath, among others.*

## Action plan • Tool integration

In our closing session, we design the **final version of your personal toolbox**, integrating the practices and resources that truly resonate with you and your daily routine.

Session with an expert •  
Toolbox integration •  
Action plan



# AN INVITATION TO GO BACK TO YOUR NATURAL STATE

From this state of harmony, the way we see and interact with the world transforms.

In this mentorship, **we walk together toward returning to that inner state of deep equanimity that allows life to flow naturally in everyday living.**

My commitment is that you find clarity.  
I accompany each person where they are — in stillness, movement, or the unknown.

My guidance is intuitive, instinctive, and adaptable. I do not offer a single path, but walk alongside you as you discover your own.

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# Investment in yourself.

\*cost per person\*

2,500,000 COP  
600,00 €

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

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@tierrafaro\_



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# testimonials:

## *Calamity*

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**Lucas Andrés,  
Medellín, CO.**

“Meeting María Mónica changed the way I see life.

Our conversations always invite me to look beyond, to question the obvious, and to connect with something deeper.

She has a very special way of understanding spirituality, speaking about the universe and the soul from such a human, close place that everything begins to make sense. Listening to her inspires.”

## *Post-medicine Integration*

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**Laura,  
Hamburgo, AL.**

“What marked me most about being accompanied by María was her presence.

Every detail is thought through with so much love that you feel held, seen, and safe.

I came from very deep therapies, from looking into darkness, and through this process I remembered that love also heals.”



# 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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