

A photograph of a large, ancient tree with thick, gnarled roots and lush green foliage. The roots are prominent, spreading out from the trunk and resting on the ground. The background is filled with dense green leaves, and the lighting is bright, suggesting a sunny day. The overall mood is serene and natural.

SPIRITUAL PATHS

THE ROOTS
PROGRAM

The Threshold of Becoming

There is a point in every developmental path, spiritual, psychological, or therapeutic, where acquiring knowledge stops producing meaningful change.

At earlier stages, learning creates expansion. We learn new concepts, new perspectives, new states of awareness. However, beyond a certain point, the limitation is no longer what you know, but what your system is capable of holding.

A lot of us, easily reach the point that we understand the emotional patterns but still react to them, we recognize trauma responses but cannot regulate them, we access expanded states in ceremony or practice but cannot sustain them in daily life. This gap between awareness and embodiment is where most paths stagnate.

The Roots Program is designed specifically to address this gap.

This phase shifts the focus from understanding to integration, from experience to stabilization, from insight to behavioral and energetic change.

It is not an extension of spiritual learning. It is a restructuring of how the individual functions internally.

WHY THIS? WHY NOW?

A large percentage of people engaged in spiritual or therapeutic work remain in a prolonged “seeker” stage. This is characterized by continuous consumption of knowledge without integration, reliance on external guidance or authority, avoidance of deeper emotional or somatic processing, cycling between expansion (workshops, ceremonies) and contraction (daily life). Specially from an energetic perspective, it becomes noticeable a porous or dysregulated field, difficulty maintaining boundaries and inconsistent access to clarity and intuition.

This program is designed for you to develop the ability to remain present under stress, discomfort, or emotional activation. Rather than being constantly influenced by external environments or other people’s states, participants learn to stabilize their own energetic field, recognize when they are being affected, maintain boundaries without shutting down. Participants begin to rely less on external validation and more on direct perception. Including distinguishing intuition from projection, making decisions without dependency and trusting internal signals while remaining grounded.

THE SHIFT

From someone who understands themselves to someone who can hold themselves.

The Roots Program is designed to build the internal capacity required for real, lasting change.

This is not about becoming “healed.” It is about becoming capable. And in the current moment, that capacity changes everything.

**From June to December
2026**

The Roots Program

14 Online Zoom Sessions

- 1H Theoretical + 1H Practice

(2 Sessions a month)

+Ebooks, + PDF + Audio Meditations

600€ or 120€ / Month

Groups are max. 8 - 10 people to ensure better quality and enough time for personal follow-up

SUMMER SOLSTICE

21 & 26 of June

Symbols - Purification, Emotional Heart

Litha & The South Medicine - Fire & Water offerings

The Path of the Warrior

Sexual and Sacral energy

SUMMER

14 & 29 of July & 12 & 28 August

Symbols - The Moon, The Animals, Distance Healing

Snake and Wolf Medicine - Ego Death

Chakra Harmonization - Flow & Burn Out

The Divine Masculine - Healing

Arquetype - The Lover, The Hero, The Sovereign

Goddesses - Aphrodite, Sekhmet, Bridgid

Gods - Apollo, Ra, Lugh

AUTUMN

10 & 23 of September

Symbols - Earth, Sickening Patterns

The West Medicine

The Path of the Healer

Pattern tracking - what repeats and why

Family constellation principles

SAMHAIN

8 & 26 October

Symbols - Emergency, Dreams

Ancestral Work - Ritual 6 candles, the gift of life

The Bear and the Panther Medicine

Archetype - The Alchemist, the Hermit, The Shadow Keeper

Goddesses - Persephone, Hecate, Morrigan

Gods - Hades, Odin, Cernunnos

WINTER

9 & 24 of November

Symbols - Spiritual Allies, Spiritual Vision

Medicine of the North - Silence and Discernment

The Owl and Buffalo Medicine - Purpose and Mission

Divine Feminine - Silence as a Practice, The Creation Void

Higher Knowledge - Planets and Houses

WINTER SOLSTICE

9 & 21 of December

Symbols - Birthday, Protection

Emotional detachment v.s. Higher wisdom - What am I
pretending not to know?

Essence, Integrity and Protection

Archetype - The Sage, The Initiate, The Mystic

Goddesses - Kali, Sophia, Coatlicue

Gods - Shiva, Chronos, Osiris