



paititi INSTITUTE



Work-Study Service Program

As a work-study service member at the Paititi Institute, you will be coming to be a part of our community and should consider it your home for the time being. Paititi is a labor of love and grows through the contribution of its residents, short and long term. Here, our work is our prayer and as a community we practice presence, compassion, selfless service and hard work for the benefit of all beings. We work together to cultivate the highest view – a perspective where the welfare of all is considered from the wish that all beings will be free from suffering.

Our center is off the grid in the remote jungle and designed for simplicity. It gives us what we need and not always what we want. Many of the luxuries found in the modern world you will not find here. The reality is that through fulfilling our needs and wants, we have caused great destruction and imbalance to the environment and our communities. Instead we choose to live here in a basic way, learning to cultivate a deep peace and joy in living within our means with each other. We are here drawing together diverse ideas, skills and ways of living, ancient and modern, in order to empower us to move from being culturally conditioned and dependent consumers to becoming productive conscious citizens of the earth. In this way it is our wish that those who stay with us in service will not only depart with hands on experience and deeper understanding of the Permaculture practices and healing traditions we are working with, but even more importantly with a renewed humility in front of nature and a deeper understanding of what it means to take true responsibility in our lives.

By being in the Amazon you will become more in tune with nature inside and out. This environment can stimulate inner growth and this means you may feel ups and downs more strongly and at times it can become uncomfortable. We often use the distractions of the modern world to avoid looking at ourselves. This is not a place to escape reality but rather a place to face ourselves and ground in truth. This is an essential piece if we truly wish to bring benefit and healing to this world.

In the following pages we will cover many frequently asked questions and important info we would like to share with you before your arrival. Please take the time to read through all the information carefully and email info@Paititi-Institute.org with any questions.

We welcome you into our community and look forward to your arrival!
The Paititi Institute

The Work

Work at Paititi Institute greatly varies with the seasons, but there is certainly plenty of it all year long and of different interests. All service participants become part of our family and are expected to participate in the day-to-day running of the community and farm. For long term participants we work to create special projects based on the needs of the institute and the participants interests and skills.

Common activities include Permaculture work (soil building, planting, maintenance and development of the agroforestry system, bee keeping, weeding, mulching, watering, food processing, data collection etc), and helping care for existing infrastructure (cleaning banana trees, maintaining greywater systems, construction and repairs, water management, clearing, cleaning, etc). Participants with special skills and background in natural medicine may be involved in helping with our natural medicine clinics.

All work-study service participants have the opportunity to learn hands on skills in Permaculture as well as the indigenous healing traditions of the Amazon.

Be prepared to have your comfort zone challenged. It usually takes new arrivals a couple weeks to acclimate into this environment so give yourself the time to ground. Work can be hard, sweaty, dirty but enjoyable and a great way to gain knowledge and a deeper connection to nature.

Community Consciousness

As a resident (short or long term) it is important to remember that you are part of a community. The following are important ways of being which allow the community to create a harmonious space and transcend it's challenges.

- **Clean up after yourself.**
- **If you see a problem, be part of it's solutions.**
- **Consider others as much as you consider yourself...** Even better, consider others more.
- **Look at yourself first.** If something is not working, take 100% responsibility and look at how you contributed to the situation first before pointing fingers at others.
- **Practice transparency.** If something triggers you, bothers you, is not clear or does not makes sense practice confronting it from a grounded non-emotional place directly. Often the stories we create about what we experience are interpretations based on our personal filters. Take some time to see if the situation brings up any personal disturbing feelings and emotions and once you release the identification with it bring it up with the people involved directly in a calm and balanced way.
- **Don't gossip, go to the source.** If challenges and confrontations do arise in the space it is important to handle them responsibly and go directly to the source of the challenge rather than pulling others into it. Venting to others does not solve anything and instead only creates a larger drama.
- **Practice the art of listening.** True listening is listening without filters and interpretations. Practice listening to everything with fresh ears as if you are hearing everything for the first time. True listening requires a silent mind without thinking of our response.
- **It is up to you how much you want to gain from being here.**

Contribution

Everyday is different depending on the work. The following is an example of a good day at our center and the basic expectations regarding your contribution of energy and service on a daily basis.

6:30 - 8 am: Recommended Personal Practice (yoga, meditation, Qigong, ect)
8 - 9 am: Breakfast
9 - 12:30 pm: Work Session
12:30 - 2 pm: Lunch
2 - 5:00 pm: Work Session
6 pm: Dinner and free time

In general we work 6 to 8 hours a day, 6 days a week but essentially it is important to understand that living in our community is not like being in society where we clock in and out. We take Sundays off as a free day except for daily chores and food prep. Here our life, work, prayer, and fun are woven together. We expect community members to be ready and willing to be in active contribution supporting each other and the work that needs to be done. Some days will require more and others will require less.

The work-study service rate is \$20 a day for the first three months. Payment options will be discussed once your application is accepted and your schedule is arranged. For those interested in long terms stay we are happy to consider sponsoring your stay without monetary contribution after 3 months if you show up as a self motivated, resonate, selfless, inspired, contributing member of our family. For those who fit this description and are inspired to become a long term partner in manifesting a pure realm together for the benefit of all beings, we are actively working to create ways in which these individuals can have financial abundance.

The daily contribution Includes:

- Food: We supply 3 vegan (+occasional fish) meals a day and plenty of fruit to snack on depending on what is in season.
- Lodging: Work-study service lodging is communal.
- Instruction and Permaculture Classes: We make an effort to share context and instruction to our work-study service participants. All of our staff and residents share a wealth of knowledge and experience including extensive knowledge of Amazonian medicinal plants, Permaculture, nutrition, etc. There will be a weekly Permaculture class offered most weeks which all work-study service participants will be offered.
- Basic Supplies: laundry soap, toilet paper, candles, etc.
- Indigenous ceremonies of Ayahuasca once every two weeks. Additional ceremonies may be offered as a bonus for motivated and inspired effort when available.
- Medicinal Plants available on our land.

Not Included:

- Airfare and transportation
- Trips to Iquitos: If work-study service participants wish to go to the city of Iquitos for internet or personal needs they must pay for their own transportation (which is about \$4-6 US round trip) and any personal spending in the city. If you are traveling to the city for a Paititi Institute project your transportation will be covered.
- Personal food outside of what we offer on site.
- Personal hygiene products such as toothpaste and shampoo, etc.
- Laundry should you choose to take it to the city for washing at the laundry mat.
- All expenses and costs caused by or associated with illness or injury including, but not limited to, medical expenses, hospital bills, medications and emergency transportation.

Why a Contribution

The daily contribution covers the basic expense for food, lodging, education and ceremonies. We do not charge service participants in order to make a profit. This charge allows us to continue to have the possibility to welcome people into our community and support the growth of our center and the transformation of each person who enters our gates.

It has been our experience that coming into the rainforest requires quite an adjustment for most and participants do go through a period of detox. Even those with the best intentions are often not able to sustain a balanced exchange during the first month or two.

Our community is a community of individuals who are coming in service to benefit others and to co-create a place that expresses and nurtures the true potential of human beings and Mother Nature. The work that you are contributing is going to support this space that offers profound healing to others both physically, spiritual and emotionally.

We are not a Permaculture farm seeking labor. We see this place as a lighthouse and its purpose is to guide humanity to it's true nature. This work in our opinion is priceless and everyone who is involved in the work does not make a penny at this point, but offers every breath and bead of sweat to this purpose. For us we give everything we have for this vision and we are looking for partners who wish to devote themselves to a greater purpose, seeking not what they can get but what more they can give to humanity to create the enlightened society we all dream of in our hearts. Together our potential is unlimited. This is basically the major criteria we seek in those we are able to sponsor for long term residency.

We suggest that participants view our documentary, "The Sacred Science" prior to your visiting in order to gain a deeper perspective on some of the work we do at the institute and what your service will support. You can view the preview and purchase a copy at:
www.thesacredscience.com

Accommodation Details

The Paititi Institute is located on 100 acres off the grid in the Amazon Rainforest about 61.5 km from the Iquitos Airport. While in the process of planning and installing solar panels, at this time we run a generator periodically in order to fill water into our storage tank and charge electronic devices. In the evenings we use candles for light and all cooking is done over a traditional fire tulla.

Sleeping Arrangements: As a service participant you will be housed in an open communal space. All guests will be provided their own mattress, mosquito net and bedding. You will not need a heavy sleeping bag in the jungle. All structures at the center are screened in for protection against mosquitoes.

Water: There is running water for showers and a deep artesian well on the property with filtered drinking water. We are currently in the process of installing a few rainwater catchment systems which will be used for drinking water as well.

Food: As a community we eat a whole foods based natural diet. Most of the meals are vegan with the addition of local fish at times. In addition our local guardian will occasionally offer some wild meat he hunts. For those who absolutely feel they need meat, we can provide chicken or duck on occasion but you must be willing to kill, clean and prepare it yourself. Our local workers will happily teach you. We discourage community members to bring in packaged processed food both for health reasons as well as the waste produced from the packaging.

Laundry: There will be soap and basins available to hand wash your laundry on site. Unfortunately we are unable to provide organic soap at this time as it is not available in Iquitos. If you prefer organic soap please bring it with you. If you wish, there are laundry mats available in the city of Iquitos. This is not included in the service rate.

Bathrooms: We use dry composting toilets as part of the Permaculture program.

Internet Service: The nearest internet service is in the city of Iquitos or the village of Nauta. Please try to set your affairs up in a way where you can keep your internet trip down to once a week or less if possible.

Phone Service: There is no cell service at our center. The closest pay phone is in our neighboring village about 5km down the road, otherwise the best place to make calls is in Iquitos or Nauta. We have a satellite phone on site for **emergency** use only. We are able to receive text messages to our Satellite Phone from your loved ones in case of emergency as well.

To send a message go to this website:

<http://www.isatphonelive.com>

Then you click on the link on the top right: send a free message to IsatPhonePro

Enter this phone # (behind the prefix 87077) **6407631**

There is a 160 character max length.

Trash

Being off the grid means we do not have services such as trash pickup. As a community we consider this a blessing because it really has forced us to become accountable for the waste that we consume and produce. We ask that as a guest of our community that you help us to keep our waste to a bare minimum.

Together we practice a Leave No Trace Ethic. It is very simple: leave the place you visit the same or better than you found it; leave no trace of your having been there, so that others – both human and animal – can enjoy the land. The following are some guidelines that we ask you to follow:

1) Leave all packaging at home.

If you are bringing new products of any sort please take them out of the package before you pack your bag. Beyond that, consider the amount of packaging when making your purchases.

2) Carry out the waste you produce.

If you do bring in plastic or other waste please do not leave it with us when you depart. (For example, if your flashlight breaks and you decide to throw it out, please do not throw it out in our trash.)

3) Please do not bring packaged food.

If you do decide to buy packaged food please dispose of the wrappers in the city before returning to our center or carry them out with you.

4) Use a reusable water bottle.

Do not buy bottled water in the city. Instead you can bring a reusable bottle and fill it up with our filtered well water.

5) Bring a cloth shopping bag to use instead of plastic bags.

When you depart we gladly accept donations of these bags as we are in need of more cloth shopping bags at this time.

6) Ladies, please bring 100% biodegradable feminine products.

We ask that you bring products that can be composted such as 100% cotton tampons or pads. Health food stores should have these. Even better, can also look for reusable cloth pads.

7) Please take used batteries home with you to recycle.

Please do not throw them in the trash (ours or yours) as they are very corrosive and toxic. It is important to recycle them and most cities in 1st world countries have battery recycling as part of their recycle programs. There is no battery recycle program in Iquitos so we will ask you to take some batteries back with you when you leave.

What to Bring

The Amazon Rainforest averages from 60° F to around 90° F. The dry season is from June through October and the wet season is from October/November till June. Of course every year is a bit different and you can expect rain year around.

In general bring lightweigh and comfortable clothing which you don't mind getting dirty. It is best to wear lightweigh long pants, socks and long sleeves at night for comfort against mosquitoes. While walking in the jungle we also recommend rubber boots which we will have available.

If you forget something, most things can be purchased in Iquitos, but it is next to impossible to find any natural soap or toothpaste here so be sure to bring enough.

Include the following items on your packing list:

- Passport
- Flash light with extra batteries (a good **head lamp** is recommended)
- Lightweight long pants
- Lightweight long sleeve shirts
- Shorts
- Tank tops and/or T-shirts
- Comfortable Yoga clothes
- Comfortable walking shoes
- Tall socks to wear with rubber boots
- Plastic flip-flops
- Journal and/or notebook
- Water bottle
- Towel or travel towel
- Bathing Suit
- Biodegradable soap
- Personal toiletries
- Rain coat or poncho
- Sun hat
- Work gloves
- Natural Mosquito Repellent
- Crisp new bills (It is difficult to change money that is ripped, folded and worn looking)

Other recommended items:

- Yoga mat (we will have some available)
- Small day pack or waist pack
- Camera and battery charger
- Lighters (the lighters here break in a day)

Great items to contribute to the community if you wish (which are hard to find in Iquitos):

- Sea Salt
- Yerba Matte
- Sea Weed
- Good Chocolate

Substance Policy

Paititi is an alcohol and substance free zone. Alcohol and drugs are prohibited on site nor are community members permitted to return to the property intoxicated.

As a community we work with sacred plants for physical healing, spiritual growth and transformation, as well community council. Plants can be powerful tools in healing and transformation within the proper context and understanding, but these tools are easily misused and misunderstood. We work with plants and plant spirits within a container of intention, guided by the ancient transmission lineages of the Amazon, Andes, and Tibet, under the supervision of qualified medicine men and women.

Indigenous Ceremony Overview

As part of your time with us in service you will have an option to partake in ancient indigenous Amazonian ceremony of Ayahuasca. During some times of the year participants may also be able to participate in the Andean ceremony of San Pedro and Coca. All of these plants have been declared to be a national heritage and cultural treasure of Peru.

The ceremonies associated with these sacred plants have been known for thousands of years to reconnect people with Mother Nature, heal from all ailments and clear all confusions, doubts and obscurations of consciousness. We encourage our community to connect with Nature inside out and this is a very beneficial way to tap into the source of life in the universe as we know it. For more background on the sacred shamanic traditions of Peru we request you download and listen to a lecture given by Roman Hanis titled "Knowledge of the Amazon" prior to your arrival and write with any questions you may have. Here's the link...

<http://www.paititi-institute.org/audios/INFOSESSION.mp3>

In addition, you can visit <http://www.thesacredscience.com> to view a documentary film about our work.

Ceremony Diet Preparation

In preparation for ceremonies there is a specific diet that must be maintained 3 days prior to the ceremony. During the ceremony times we will facilitate this diet and will only be serving the appropriate foods for those participating.

IMPORTANT INFO REGARDING MEDICATIONS: Many pharmaceuticals are contraindicated with the Amazonian plant medicines and must be avoided 3 days to 6 weeks prior depending on the drug and the duration of use. Every situation is unique and it is IMPORTANT that you contact us as soon as possible so that we can research your specific situation. We do not recommend that anyone quit medications without the guidance of their doctor.

Regarding Vaccinations and Medications

There are no required shots for travel in Peru. The Center for Disease Control and Prevention makes some recommendations regarding vaccinations at the following website. It is up to you and your health care provider to determine what are the best steps for you. All participants are responsible for their own health decisions and travel at their own risk.

<http://wwwnc.cdc.gov/travel/destinations/peru.aspx>

Being in the Amazon Jungle there is a potential for Malaria and Dengue carrying mosquitoes. Our institute is taking preventative measures against malaria which include planting vegetation that repels mosquitos, screening in houses and providing mosquito nets. We also advise that participants bring natural mosquito repellents. Should you choose to take a malaria pills please make note that **Choroquine is NOT an effective antimalarial drug in Peru and should not be taken to prevent malaria in this region. Also, please note that while taking malaria pills you will not be able to participate in ceremonies.**

Taking any pharmaceutical medication will affect the ability of the participants to partake in medicinal plant work. It is important that you report to us any pharmaceuticals you have taken in the 6 weeks prior to your arrival.

We were recently recommended a homeopathic remedy called **Ledum Palustre** which is supposed to deter mosquitoes from biting you and apparently it really work. We have not tried it ourselves yet. If you would like to test it out let us know how it works for you!

Travel & Getting Here

Work-Study service participants are responsible to book their own flights. When purchasing your flights it is usually cheaper to buy an International flight to Lima and then buy a separate local flight from Lima to Iquitos. When buying your local flight to Iquitos you should purchase it directly from the local airlines as it is much cheaper this way (the discount sites are often about 3x more expensive for these local flights). The local airlines that fly from Lima to Iquitos are Peruvian Airlines, Star Peru or LAN.

There is however a newly added international flight that flies directly to Iquitos (via Panama) with Copa Airlines which is worth looking into.

Depending on your arrival date we may be able to pick you up at the Iquitos airport. Please let us know your arrival details and we will coordinate travel with you. If we are not able to pick you up for some reason, we will let you know and then you can follow these directions to travel to us on your own...

Traveling to Paititi via Shared Taxi:

There are buses and shared taxies that travel directly in front of our property regularly. The easiest way to travel here on your first visit is to catch a shared taxi directly to our land. There is one road that leaves Iquitos and it travels about 95 kilometers to the village of Nauta. Our land is directly on this road at kilometer 61.5. This is how to get there:

From the airport or from anywhere in Iquitos tell the motor car taxi driver that you want to go to, "Sancho Churro, donde autos sale a Nauta." It will be about a 15 to 20 minute ride from the airport.

The motor car will drop you off next to the shared taxies. Chances are they will jump on you before you even get out of the taxi asking if you are going to Nauta. These are the shared taxies. You will not be going all the way to Nauta but will get off at our place which is at kilometer 61.5 (sesenta uno y medio).

It is easy to know when you are approaching because every kilometer on the road is marked with the kilometer number. The markers are concrete numbers painted black and white on the right side of the road. We are a half km past the 61 km marker on the right side of the road. At our entrance you will see a wooden bridge and a gate. There is a sign that says Fundo Dshati, (depending on when you come this sign may say Fundo Paititi as we will be changing it in the near future).

Passport and Visas

A valid passport is required to enter and depart Peru.

In Peru a tourist visa is issued upon entering into the country automatically for citizens of the United States for a stay up to 180 days. The amount of time for the visa **needs to be requested** at the time of entry at the Peruvian immigration check point, especially if you wish to stay for the full 6 months. Visit the Embassy of Peru Website: <http://www.peruvianembassy.us/en.html> for the most current visa information and details on visa requirement for citizens of other countries. Peru does not require any immunizations for entry at this time.

Most destinations, including Peru, require that you have adequate unused pages in your passport, allowing for necessary stamps upon arrival and departure. It is recommend that you have at least two free pages in the Visas section of your passport before any international travel. For more passport information and resources visit <http://travel.state.gov/passport/>

Staying in Lima

Depending on your flight times, you may have to stay overnight in Lima. There are many options for places to stay in Lima. For those looking for a safe, clean and inexpensive recommendation here are a couple options:

Miraflores House
Av. Comandante Espinar Nro. 611, Miraflores
Lima, Perú, South America
<http://www.alberguemirafloreshouse.com/>

La Quinta Allison
28 de Julio 281, Miraflores,
Lima, Peru
<http://www.hotelbarranco.com/system.html>

We have no affiliation with either of these hotel, but this is where we stay when in Lima. You can also find good recomendations from the Lonely Planet guide or other travel sites.

The taxi from the airport to this hotel takes around 30 minutes with no traffic and up to an hour with traffic. The ride should cost around 30-50 soles and the rooms will be between 50 - 120 soles per night depending on which option you choose.

Note: The neighborhood directly around the airport is not very safe. If you decide to stay closer to the airport for convenience, we recommend that you stay in your hotel after dark. Most hotels will arrange transportation to the airport for you.

We look forward to welcoming you in the rainforest soon...

As you prepare for your trip feel free to contact us at any point for advice, guidance or further questions.

Info@Paititi-Institute.org

Many blessings,
The Paititi Institute