



SUNRISE SPRINGS

AN OJO SPA RESORT

SANTA FE

NATIVE AMERICAN CEREMONIALIST: CONCHA GARCIA ALLEN



Concha Garcia Allen is a native *Curandera*, licensed massage therapist and, traditional body trauma counselor who has been practicing for more than 30 years. She was trained by Guadalupe de La Cruz Rios, a *Marakame* from Tepic, Nayarit and her four great aunts in Oaxaca, Mexico.

Concha is Zapoteca from Oaxaca, Mexico and came to the United States as a child with her parents who were farm migrants. She has been living in Northern New Mexico for over forty years, and frequently travels home to Mexico to continue to learn new traditions and for prayer. Concha is an Aztec Dancer and the leader of *Danza Mexika, Tonantzin de Analco* in Santa Fe, New Mexico.

Concha travels with with her *Huichol Familia* on their annual pilgrimage to Wirikuta. She walks three ceremonial paths, each honored yet integrated into her heart and her spirit.

At Sunrise Springs Concha leads a range of ceremonies that are based on relationship: to ourselves, to our communities, to our planet, and to the natural elements and spirits whether seen or unseen. Two specific offerings that Concha facilitates are a traditional Sweat Lodge and Four Directions Ceremonies.

SWEAT LODGE

The Sweat Lodge is said to be the first sacred ceremony to be given to the Native people. It symbolizes going into the womb of Mother Earth to renew oneself and engage with the four elements: water, fire, earth and air. Guests experience four rounds or phases of the Sweat to symbolize the four seasons, and the four stages of life. Concha incorporates a variety of traditions, and invites her ancestors into the ceremony to offer blessings of introspection, cleansing, gratitude, and renewal.

FOUR DIRECTIONS CEREMONY

This ceremony has its roots in the dances of the Native Indians of Mexico. At Sunrise Springs, Concha guides participants with the *Nahui Ollin-Four Movements (nawee oleen)*. These traditional movements symbolize our integration with the planets and star. By doing these steps, we mark our place and time on Earth to promote harmony with the Universe.