

THE GUIDE

2019



Curated by Babe Rainbow

SATURDAY 16th

SUNDAY 17TH 12:00 pm

BRADFORD & THE BALLOONS

12:45 PM

BIG SEARCH

12:00 PM TYLER PIATT 12:45 PM THE DELTAZ 1:30 PM RICH HANCOCK 2:15 PM FARMER DAVE 3:00 PM MASTON ANNA ST. LOUIS 5:00 PM COSMO RITMO DJS

(JAGWAR MA)

MAPACHE 2:20 PM CLAUDE FONTAINE 2:50 PM REVERBERATION DJS 3:10 PM MATT TAYLOR BABE RAINBOW 4:20 PM REVERBERATION DJS

WWW.MERCADO - SAGRADO - FAIR.COM

Thanks to our friends:



SIGHT+SOUND

CALIFORNIA STORIES

A screening of *California Stories*, an experimental documentary short exploring the lives and practices of two longtime Mercado Sagrado participants: John Dennis, artist, designer, and founder of Sam Roberts LA; and healing arts practitioner Amber Lee of Plant as Compass. Produced by Mercado Sagrado with support from Humboldt Farms and directed by Maximilla Lukacs with sounds by Maston.

MAXIMILLA LUKACS was born in Budapest, Hungary, and is a graduate of the San Francisco Art Institute. She is an awardwinning filmmaker and fine artist whose works have been showcased at prestigious galleries and film festivals around the globe, and featured in publications such as Vanity Fair, T Magazine, and The Huffington Post. She currently resides in Los Angeles.

WWW.MAXIMILLA.COM @MAXIMILLA Saturday, 11Am – 12Pm

COMPTON JR. POSSE WITH MAYISHA AKBAR, SUZE

RANDALL, & KATHY CLARK

In 1988, Mayisha Akbar bought a home with stables in the Richland Farms area of Compton, California, to help immerse her three children in a positive rural lifestyle in the heart of an urban setting. Shortly after, she founded Compton Jr. Posse, a non-profit youth equestrian program that provided inner-city kids with a healthy after school program amidst the crime, drugs, and gang activity that was rampant at the time. Mayisha taught the children everything there was to know about riding and taking care of horses, giving them tools for increasing discipline and selfesteem in the process, while providing an alternative to more destructive interests. She'll be talking about Compton Jr. Posse, and how the horses kept, and

continue to keep, many local youth off the streets. She retired in January of this year, but her legacy continues through Compton Jr. Equestrians, the new iteration of CJP managed by two former students including her nephew Randy Savvy, who is also the leader of the Compton Cowboys, and Riders United, founded by a former CJP horseback riding instructor. A slideshow of photos by artist Melodie McDaniel will accompany Mayisha's talk.

MAYISHA AKBAR is a retired volunteer program director and a real estate broker. She was born and raised in Southern California, and received a BA in Sociology and Education on scholarship from Loyola Marymount University. She was inducted into the National Multicultural Western Heritage Museum and Hall of Fame in 2009 and the National Cowgirl Museum and Hall of Fame in 2019. She has touched the lives of thousands of kids through her Compton Jr. Posse equestrian program.

WWW.COMPTONJRPOSSE.ORG Saturday, 12:15PM – 1:15PM





TRANSFORMATIONAL BREATHWORK

WITH CARLY JO CARSON & ADRIANA AYALES

In this breathwork journey, Carly Jo Carson will quide you into the unconscious through breath and experimental sound, allowing you to intuitively locate shadow aspects that may be paralyzing, and bring them to the light. It is, paradoxically, our shadow that leads us to our greatest gifts. Yet buried in our unconscious, it rules over us, surfacing again and again until we face it, know it, and transform it. This type of breathwork is a potent process of awakening, inspiring, finetuning, and shifting the authority from our minds to our hearts. With the breath alone we can heal trauma and chronic psychical pain, awaken our creative minds, and reconnect with our instincts. Adriana Ayales will provide a mystical concoction composed of herbs like bobinsana, blue lotus, and revered jungle plants known for their deeply meditative and spiritually activating properties.

CARLY JO CARSON, co-founder of Mercado Sagrado, is an artist and healer from Topanga Canyon.

ADRIANA AYALES is a rainforest herbalist from Costa Rica. She's the founder of Anima Mundi Herbals, a renowned herbal apothecary based in Brooklyn.

WWW.CARLYJOCARSON.COM @THECARLJUNGLE WWW.ANIMAMUNDIHERBALS.COM @ANIMAMUNDIHERBALS SATURDAY, 1:30PM – 3:30PM

THE LONGEVITY OF LAMA FOUNDATION

JODI WILLE IN CONVERSATION WITH HANS VON BRIESEN (SIDDIQ) AND CLIFTON COUGHLIN

The Lama Foundation is a spiritual community, educational facility, and retreat center near Taos, New Mexico, founded in 1967 and still thriving today. But why, when there were so many counterculture communities started in the 1960s, is Lama Foundation one of the few that has survived? This conversation will be a frank discussion about what attributes, both ideological and structural, can help make an alternative community successful, and in the case of Lama Foundation, highly influential (Lama produced and published Be Here Now with Ram Dass in 1971, and has served tens of thousands of people over its lifespan). Lama began with a dedication to awakening of consciousness. and, after originally relying on charismatic leadership, evolved into a consensus decision-making community that continues to flourish. More than 40 people have served as Coordinator (CEO) in Lama's 51 years. All these aspects of Lama Foundation will be discussed, as we try to convey a sense of how the Lama community now operates, after more than 50 years of community experience.

JODI WILLE is an American filmmaker (*The Source Family*), book publisher, and curator who has researched, visited, documented, and published books on intentional communities and alternative spiritual groups for 15 years.

Mercado Sagrado has collaborated with Lama Foundation to create a limited screenprinted poster series, inspired by the original Ram Dass drawings for Be Here Now. Proceeds will benefit Lama Foundation's Dome Rebuilding Project.

WWW.LAMAFOUNDATION.ORG @LAMAFOUNDATION WWW.THESOURCEDOC.COM @JODIWILLE SATURDAY. 3:45PM – 5:15PM

TIERRA SAGRADA

WIIH AMBER LEE

Arise and shine in sacred community for a morning of guided self-healing practices and earthen ceremony led by healer Amber Lee. With nature as our compass, together we will invoke the spirit of healing, as we honor ourselves, our human family, and our relationship with Mother Earth. Join us as we steep in the empowering beauty of intention and the sacred art of ritual. Bring a blanket for your comfort, and an offering for our healing altar if you desire.

AMBER LEE was born of mixed ancestry rooted in the Andes and in the Hawaiian Islands. Raised between South America, Hawai'i, and different cities throughout North America, Amber grew up with an intimate knowledge of how people and place are in relation. Early childhood experiences attuned her to the spirit of healing, and inspired her path of service and leadership. Nearly a decade of study and experience in the healing arts has resulted in her comprehensive practice known as Plant As Compass. With humility and from the heart, Amber has created a holistic career sharing her nurturing gifts of bodywork, spiritual counseling, and group facilitation work. Her mission is to be of service to healing in a beautiful and accessible way.

PLANTASCOMPASS.COM @PLANTASCOMPASS SUNDAY, 11AM – 12:15PM

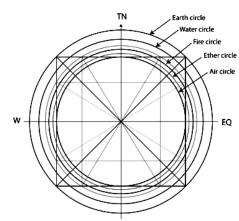
SECRETS OF SOLAR GEOMETRY WITH KAREN CROWLEY-SUSANI

The Art of Master Builders mixes tradition, science, and spirituality, transforming the energy of an environment by working with the rhythm of the sun according to a site's latitude. As they have for thousands of years, the Hindu-European Master Builders continue to work with the ancient tradition of elements-earth, water, fire, air, and ether—Karen will share the history of the Hindu-European Master Builders, the techniques they employ, and the remedies used to balance and build a sacred place. The extraordinary knowledge can also be used to create homes, offices, and other healing structures that are not only in relationship with the sun, cosmos, and the earth, but also with all life around us. After the presentation, experience the techniques in the on-site installation created by Master Builders from the Boulder Centre that Karen founded.

KAREN CROWLEY-SUSANI is a sacred geometry and earth energy expert. She is the

founder of the Boulder Centre for Master Builders, and co-author of: Secrets of Sacred Geometry: Solar Geometry for Health and Life, which shares how our ancestors used the patterns of the sun and earth to create their sacred structures and how you can use this knowledge to improve your environment. As a former Air Force pilot, her career trajectory changed after she became a mother, and wanted her children to grow up in a healthy environment. Karen found her teacher and calling when she began her studies with Dominique Susani, a European Master Builder, almost 20 years ago. She became determined to share this ancient wisdom to help heal the toxic energies of our modern world.

WWW.BOULDERMASTERBUILDERS.COM @BOULDER_MASTER_BUILDERS SUNDAY, 12:30PM – 2PM



SAILING A SINKING SEA

WITH OLIVIA O WYATT

Sailing a Sinking Sea is a feature-length experimental documentary exploring the culture of the Moken people of Burma and Thailand. The Moken are a seafaring community and one of the smallest ethnic minority groups in Asia, traditionally spending eight months out of the year in thatch-roofed wooden boats. Wholly reliant upon the sea, their entire belief system revolves around water. Sailing a Sinking Sea (Drag City and Documentary Educational Resources) weaves a visual and aural tapestry of Moken mythologies and presentday practices. As a viewer you will swim under the sea past fish and mermaids, sail boats across turquoise waters, land on 13 different islands, step inside sea shanties on stilts, delve into the minds of shamans, become possessed through the worship of sea gods, dance between lovers, and emerge drenched in Moken mythology. The film was executive produced by musician Will Oldham, aka Bonnie "Prince" Billy, and scored by Bitchin Bajas. The screening will be followed by a Q&A between director Olivia O Wyatt and Cinespia founder John Wyatt.

OLIVIA O WYATT is an award-winning filmmaker, TV producer, writer, and U.S. Coast Guard-certified captain. She makes ethnographic films that focus on preserving the traditions of communities that are on the brink of extinction as well as creating abstract works of a psychedelic nature. Sailing a Sinking Sea premiered at SXSW, won the Audience Choice Award at the Singapore International Film Festival, and recently screened at the Smithsonian Institution. Olivia spent five years as a multimedia journalist for Magnum Photos and has produced series for Viceland, NBC, Magnum Photos, ATTN:, and Lifetime. Olivia currently lives aboard her 34-foot sailboat, Juniper; this summer she sailed solo across the Pacific Ocean from San Diego to Hawaii. She was born and bred in Little Rock, Arkansas, and has traveled to more than 25 countries in search of passionate storytelling and adventure.

WWW.OLIVIAOWENSWYATT.COM @WILDERNESSOFWAVES SUNDAY, 2:15PM – 3:30PM

THE HARMONICS OF EXTRATERRESTRIAL CONTACT WITH ERIC RANKIN

There is a significant and previously unknown connection between geometry and harmonics, whereby geometric forms provide the information needed to build numerically perfect major chords, the most melodic form of music. By extrapolation, the research that will be presented here offers a certain type of proof that our geometric universe is a symphonic system functioning in literal harmony with itself. This lecture will also introduce a monumental moment in human history—one that, though it challenges logic, also happens to involve a helping nudge from extraterrestrial visitors. If we are to believe any of what our first ancestors wrote as fact, we are currently living in a matrix put in motion more than 6,000 years ago by a technologically advanced race of "sky-people." This presentation will explore this "alien-assistance" theory, and the closest thing yet to smokinggun proof that humanity has indeed been contacted by extraterrestrials in the past.

ERIC RANKIN'S Sonic Geometry videos have been viewed millions of times and translated into numerous languages. He, along with his research and findings, have been featured on Gaia TV, as well as radio and podcast interviews all over the world. Eric is a featured speaker at conventions including Contact in the Desert, Portal to Ascension, and Star Knowledge, and he is the only regularly featured lecturer at the world-famous Integratron in California's Mojave Desert.

SUNDAY, 3:45PM – 5:15PM





MODERATED BY JERICO MANDYBUR

A tarot reader, spiritual coach, speaker, and writer, Jerico is the author of Neo Tarot: A Fresh Approach to Self-Care, Healing & Empowerment, and Daily Oracle: Answers From Your Higher Self (out December 3, 2019). With a background in journalism, Jerico was the host of the hit podcast Self Service and the founding editorial director of Girlboss. Now, she advocates for self-care, intersectional healing, plant medicine, and liberating the witch within. Her work has been featured in Vogue, Elle, The Guardian, Refinery29, and more.

IN PURSUIT OF DIVINE UNION

WITH MARK GROVES, JENNA PENNROSE, & AMBER L'ESTRANGE

Participate in a live podcast recording featuring both the male and female perspectives on romantic dynamics, with Mark Groves (from the Mark Groves Podcast) and Jenna Pennrose and Amber L'Estrange (from the Mother Loving Future Show). Hear personal stories about how to decode different relationship archetypes as we search for Divine Union in a chaotic global atmosphere. Get insight into both the male and female points of view with practical tips to understand, forgive, and evolve from our romantic relationships into the best versions of ourselves.

MARK GROVES is a Human Connection Specialist and speaker whose purpose is to help individuals and companies step into their most authentic, effective, loving selves by way of his bold, no-BS relationship guidance.

WWW.MARKGROVES.TV @CREATETHELOVE

JENNA PENNROSE AND AMBER L'ESTRANGE are co-hosts of the Mother Loving Future Show, a podcast focused on mystery, adventure, and changing the world for the better, where they discuss self-healing, connection to spirit, deeper relationships, mindful parenthood, and everything cosmic.

@JENNA.PENNROSE @LESTRANGE_LAND @Themotherlovingfuture Saturday, 11am – 12PM

HOW TO FEEL GOOD About feeling good

WITH AMANDA SHAPIRO FROM HEALTHYISH, MEL NAHAS, LALAH DELIA, & TERO ISOKAUPPILA

The pursuit of wellness can easily become a full-time job. We find ourselves asking: What to eat? How to move? What products to buy? What to put on our skin? What experts to trust, what books to read, what routines to follow? Sometimes it feels like the stress of so many decisions is making us less well. In our current Western cultural climate where holistic health, aka "wellness," has become mainstream, how do we seek wellness in a way that's more personal, pleasurable, and authentic? How do we balance our desires for selfimprovement with acceptance of where we are in the present? How do we remind ourselves that being in joy, in peace, and acting in service are perhaps the most potent means to elicit the deepest satisfaction and a greater sense of wellbeing for ourselves and the larger community?

AMANDA SHAPIRO is the editor of Healthyish, a site from *Bon Appétit* that covers wellness through the lens of food. Before that, she was a freelance journalist covering gender and health for publications like Vice, BuzzFeed, and the Oxford American. She was born in San Francisco, home to the best farmers' markets, and raised in New Haven, Connecticut, home to the best pizza. Her dream meal consists of salmon, sweet potatoes, and tahini in any configuration.

WWW.BONAPPETIT.COM/HEALTHYISH @HEALTHY_ISH

MEL NAHAS is CEO and co-founder of Conscious City Guide, a global community of intentional experience creators and seekers, whose events have attracted more than 80,000 attendees in two years. With more than a decade of music industry experience, Mel now translates her amassed knowledge of live experiences, media, and the creation of music culture to the culture of consciousness, producing festivals, retreats, workshops, and gatherings (including Mercado Sagrado).

WWW.CONSCIOUSCITYGUIDE.COM @Consciouscityguide @Nahaste

LALAH DELIA, is an author, spiritual writer, wellness educator, and the founder of www.vibratehigherdaily.com. She is engaged in pushing wholeness, harmony, transformation, self-empowerment, and healthy lifestyle forward, through the message and practice of vibrating higher daily. Lalah's core message is that vibration plays a contributing, and very interconnected, role throughout our everyday lives, our experiences, manifestations, doings, being, and becomings. And, that our vibration governs how we show up in the world and how we perceive it. Her forthcoming book Vibrate Higher Daily, Live Your Power, with HarperOne publishers, will be available December 10.

WWW.VIBRATEHIGHERDAILY.COM @LALAHDELIA

TERO ISOKAUPPILA is the founder of Four Sigmatic, a wellness company helping people nourish their bodies inside and out. Tero's roots (or mycelium, if you will) are in Finland, where he grew up foraging for mushrooms and other wild foods on his family's farm. He later earned degrees in Chemistry and Business, and a Certificate in Plant-Based Nutrition at Cornell University. In 2012, Tero, an expert in all things related to mushrooms, superfoods, and health, founded Four Sigmatic with the dream of bringing a little Everyday Magic™ to the lives of all. He currently resides in sunny Southern California.

WWW.FOURSIGMATIC.COM @FOURSIGMATIC @IAMTERO SATURDAY, 12:15PM – 1:15PM

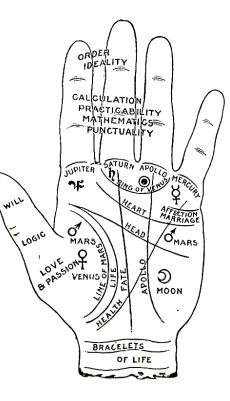
DECIPHERING YOUR LIFE PURPOSE FROM YOUR FINGERPRINTS WITH RICHARD UNGER

Unique, unchanging, and formed five months

before birth, fingerprints have been an accepted and infallible means of personal identification for more than a century. Combining the study of fingerprints with the ancient wisdom of palmistry, the LifePrints system is a groundbreaking method of self-discovery that provides a profoundly accurate means of mapping one's fullest potential and life purpose.

RICHARD UNGER is the founder and director of the International Institute of Hand Analysis and is one of the foremost authorities on hand analysis in the world today. His unique system of Life Purpose Analysis is the culmination of 50 years of intensive research including the reading of over 60,000 pairs of hands. Richard is the author of *LifePrints: Deciphering Your Life Purpose from Your Fingerprints.*

WWW.HANDANALYSIS.NET Saturday, 1:30PM – 2:30PM



SEEDS FOR A NEW BEGINNING

Explore the traditions, wisdom, and spirituality of the Maya people touching first on the prophecies and the power of I'x (Iche), or the Sacred Feminine, and focusing on the importance of seed conservation and environmental preservation, and how these different teachings of living in respect with our Mother Earth are being passed on within generations. We are in a pivotal time in history—the actions we take today will have an impact on the next seven generations to come, which is why it is essential that we begin to take the necessary steps towards living a more sustainable and mindful life. We must reconnect with nature and learn to respect the planet that we live on once again because this is the only home we have. The session will begin and end with a short prayer or meditation.

GRANDMOTHER FLORDEMAYO grew up in the highlands of Central America in a family of Mayan healers, raised by her mother, who was a midwife. She travels the globe offering healing and prayers, fostering a more spiritual understanding among humanity. She is a founding member of the Confederation of Indigenous Elders of the Americas, Institute of Natural and Traditional Knowledge, International Council of Thirteen Indigenous Grandmothers. and is the founder and director of The Path, a non-profit that preserves and distributes heirloom and sacred seeds and provides education on the importance of conservation.

KYA-XE' ZELAYA DUDNEY is Grandmother Flordemayo's firstborn granddaughter, learning the wisdom from her grandmother that has been passed on for three generations. She is Ambassador and President of The Path, a non-profit founded by Flordemayo to preserve and protect sacred heirloom seeds.

Mercado Sagrado will be donating a portion of the proceeds from this year's fair to The Path, to help support their conservation of sacred seeds.

WWW.GRANDMOTHERFLORDEMAYO.COM WWW.FOLLOWTHEGOLDENPATH.ORG @GRANDMOTHERFLORDEMAYO SATURDAY, 2:45PM - 3:45PM

BECOMING LIMITLESS: UNLOCKING YOUR BRAIN'S FLOW STATE POTENTIAL

ITH LUKE STOREY

In this immersive lecture, Luke will quide the audience through a lesson in achieving a rapid elevation of creativity, cosmic consciousness, and flow state brain entrainment. Using modalities ranging from ancient breathwork, meditation, and movement practices to the most cuttingedge nootropic, herbal, smart drug, and psychedelic microdosing supplementation, Luke will instruct the audience how to combine the forces of nature, spirit, and science to achieve the highest possible states of mind and mood. You will learn how to stack the application of the most effective internal transformative tools, with the latest external brain training biohacking technologies to radically and permanently upgrade your consciousness and performance.

LUKE STOREY is a motivational speaker, kundalini yoga and meditation teacher, world-class biohacker, host of The Life Stylist Podcast, and founder of the world's premier online fashion school for stylists, School of Style, which he founded in 2008. Luke's spent the past 23 years developing and refining the ultimate wellness lifestyle, based on the most transformative principles of primal health and ancient spiritual practices, while at the same time embracing the most cutting-edge natural healing and consciousness expanding technologies.

WWW.LUKESTOREY.COM @LUKESTOREY SATURDAY, 4PM – 5:15PM

COLLECTIVE QUICKENING IN THE TIME OF THE RAINBOW BRIDGE

WITH JANE ANNE THOMAS

As we prepare to leave 2019 and enter 2020, Jane Anne Thomas of House of the Standing Moon offers a heartfelt translation of the energetic signature and totemic themes within the profound transits taking place according to the sidereal zodiac. Seen through the integrated lens of ancestral, terrestrial, and celestial intelligence we are living out the signature of a time of great liberation. We are witnessing the unfolding of a shared, mass assemblage shift-a true opening into a new way that comes at deep cost. Freedoms, abilities, and gifts previously unimaginable peer at us like waves rippling across primal oceans. What is asked of us in order to greet them?

Join Jane Anne in examining this question through the eloquence of vedic astrology and the fluency of the natural world. With these ancient tools she posits that the psychological growth at play in these cycles offers a deep salve at its center; that the challenges mystery confronts us with in this moment can be transformed into alchemical gifts when we are willing to meet them. Here the symbols open, hidden forms come to life, patterns emerge, and creatures of our dreams raise up to dance with us—welcoming us to explore and even to exalt in the transformational invitation at the core of this powerful moment in time.

As an artist and mystic practitioner, House of the Standing Moon's JANE ANNE THOMAS stands at the intersection of nature and the supernatural; a mediator between worlds seen and unseen, possible and impossible. As a reader, Jane Anne is a supremely compassionate, gifted, and dynamic seer with an especially strong bond to the animal kingdom and a profound knowledge of mystical traditions informed by a lifetime of intensive study. She is an artist whose work spans not just multidisciplinary form but paranormal experience itself.

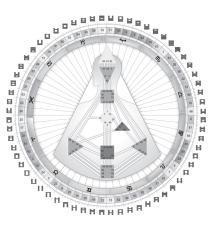
WWW.STANDINGMOON.COM @JANEANNETHOMAS @Houseofthestandingmoom Sunday, 11PM – 12PM

SHADOW WISDOM: ENERGETIC PORTALS IN HUMAN DESIGN WITH LAUREL HILL

Human Design is a science ahead of its time, combining ancient and contemporary modalities including the I'Ching, astrology, Kabbalah, the chakras, quantum physics, genetics, and biochemistry to produce a grid of your personal energetics. Each unique grid contains nine energy centers, portals to higher and lower expressions of mental and adrenal pressures, fear, awareness, willpower, emotional intelligence, life force energy, and love. With an awareness of the energetics of each portal, we can take a holistic look at the bodygraph and begin to shift energy into alignment. Pull up your free chart before the session at www.mybodygraph.com.

LAUREL HILL works with energetics and Human Design to facilitate transformative shifts. The goal is to get out of our own way so we can take the ride our soul intended. She lives in the mountains of western Montana, where she enjoys practicing Kundalini yoga, energy work, watching British television with her husband and cats, and keeping up to date on conspiracy "theories."

WWW.LAURELHILLWORKSHOP.COM @LAURELHILLWORKSHOP SUNDAY, 12:15PM – 1:15PM



INTRODUCTION TO DAMANHUR WITH JESSICA JACOBSON

North of Turin, Italy, built into the foothills of the Alps, is a massive subterranean series of ornate and stunningly decorated structures known as The Temples of Humankind. These temples are the heart of Damanhur, a federation of spiritual communities founded in 1975 by Falco Tarassaco (he and his followers built the temples by hand). With a dream of creating a new world, in which every human being can thrive and be in service to the higher good, Damanhur is an intentional community with its own constitution, currency, and university. It's a place where spirituality, science, and technology are studied and revered, and everything resonates at the highest vibration. Jessica Jacobsen is Damanhur's U.S. representative who will be talking about this dynamic place—what Damanhur is and why it's important. She'll also offer a meditation with Selfica. an ancient technology that connects us to cosmic intelligence.

JESSICA JACOBSON is the U.S. representative for Damanhur. She graduated from Vanguard University with a degree in Liberal Studies, Psychology, and Religion. She is currently working on a Doctor of Psychology degree at Sofia University. She has graduated from Damanhur's School for Spiritual Healers, Alchemy School, Mystery School, and is now in their Initiates Path, which is a lifelong journey. Jessica is the founder of Fhortruss, which offers people a chance to learn about evolutionary workshops, teachings, and personal awareness. She is also a clinician at holistic wellness center The Creation Agency where she practices different forms of therapy and alternative healing.

WWW.DAMANHUR.ORG WWW.FHORTRUSS.COM/JESSICA-J @DAMANHUR_SPIRITUAL_COMMUNITY SUNDAY, 1:30PM – 2:30PM

THE MIRACLE CLUB

Join historian and widely known voice of esoteric ideas Mitch Horowitz to explore both the history and practical insights of the radical notion that thoughts are causative. Based on Mitch's book, The Miracle Club. his presentation examines the widespread spiritual belief that our thoughts and mental images concretize into reality. He considers where these ideas arose from and how they stand up. Most important, Mitch asks: What among the vast catalogue of mind metaphysics methods really work, and why? He offers practical techniques for experimentation, including: the imperative of possessing one definite aim, the power of sex transmutation, the 10-Day Miracle Challenge, why prayer is a neglected and misunderstood practice, metaphysical steps that can help with depression and anxiety, and how to cope with barriers to your advancement.

MITCH HOROWITZ is a PEN Award-winning writer-in-residence at the New York Public Library, lecturer-in-residence at the Philosophical Research Society in Los Angeles, and the author of books including Occult America, One Simple Idea: How Positive Thinking Reshaped Modern Life, and The Miracle Club: How Thoughts Become Reality. Mitch (endorsed by David Lynch as "solid gold") has written on everything from the war on witches to the secret life of Ronald Reagan for The New York Times, The Wall Street Journal, The Washington Post, Salon, Time, Politico, and a wide range of zines and occult journals.

WWW.MITCHHOROWITZ.COM Sunday, 2:45PM – 4:15PM



ALL WORKSHOPS ARE HELD IN THE ARTIST'S SPACE. CHECK THE MAP FOR EACH INDIVIDUAL'S LOCATION

BOTANICAL CHROMOTHERAPY: PAINTING WITH PLANT SPIRITS

WITH MARIA CALDERON OF AMARU

This installation and community painting and drawing station by Maria Calderon will offer drawing paper and various fibers allowing attendees to intuitively work with plant-based color from her Plant Spirit collection, a color spectrum of paints and inks that uses both California natives and internationally prized dye plants to achieve a traditional painter's palette. The line of hues includes traditional artist inks as well as protein paint, which is mainly intended for use on wool and silk. Plant Spirit color is preserved in a blend of organic essential oils and the inks are anti-bacterial, anti-fungal, and anti-inflammatory.

MARIA CALDERON has a BA in Fine Art focusing on painting, color theory, and international folk art history from North Park University in Chicago. Over the years, mixing color from pigments and painting with toxic materials aggravated Maria's immune system and in 2012 she began to focus on natural dyes and an eco-friendly, sustainable art practice. She's committed her creative journey to researching the ancient color technology of her current biome along with the traditions of her indigenous Andean relatives.

WWW.KUYCHICAULDRON.COM @MARIACAULDRON SATURDAY & SUNDAY, ONGOING

CALM + CLEAR WITH OLIVIA CLEMENTINE

Olivia Clementine will lead a guided meditation experience that supports pacifying and clarifying the mind, heart, and body through breath, attention, and awareness.

OFTVIA CLEMENTINE is an herbalist and a relational and meditation guide. Her main interest over the last 15 years has been to understand what brings meaning and true happiness and, on the flip side, how we create further suffering. She has explored these queries through study, relational mentorship, and a longtime Nyingma Buddhist practice. Her skill is getting to the root of issues and offering pathways and practices that create greater connection, satisfaction, and alignment.

WWW.OLIVIACLEMENTINE.COM @OLIVIA_CLEMENTINE SATURDAY, 12PM – 1PM

PLANT MEDICINE IN THE MODERN ERA WITH EMILEE DZIUK OF GARA

Learn more about the sacred plant medicine Cannabis sativa, its ancestry and historical use. We will explore current medical research to learn more about its healing potential and discuss the ecological impacts of its growth and harvest. We will also look at dosing protocols, methods of ingestion, absorption rates, and what to look for in a quality product.

EMILEE DZIUK is cofounder and head formulator at GARA, Grass And Root Apothecary. Primarily self-taught, she works with herbs from many medicinal disciplines and focuses on sustainable growing practices and preserving traditional healing knowledge.

WWW.GARASKINCARE.COM @GARA_SKINCARE SATURDAY, 2PM - 3PM

HERBS FOR THE EXHALE: NOURISHING THE NERVES WITH LAUREN HAYNES OF WOODEN SPOON HERBS

In 2019, everyone has anxiety. It's become second nature. But what does our true nature feel like? We're meant to live in a blissful state, not entirely free from conflict, but able to cope with what life throws our way. Let's guide ourselves through this existence leaning on the plant friends that have evolved with us for millennia. We want the herbs for the exhale, the ones that nourish us and hold us as we return to our true nature. These are the nervines, the adaptogens, and all those nourishing foods we use as medicines. Let's circle up and talk about building our lives around nourishment. Fortify to free.

LAUREN HAYNES is a clinical herbalist, writer, and the founder of Wooden Spoon Herbs who has been communing heavily with the plant realm for the last eight years. She's based in the mountain woodlands of northern Georgia.

WWW.WOODENSPOONHERBS.COM @WOODENSPOONHERBS SATURDAY. 3PM – 4PM

BOOK CRAEFT WITH ERICA EKREM OF LOOMBOUND

Delve into the art of folk-style bookbinding and make a leather pocketbook by hand. Together, we'll explore tools and materials and learn how to bind using a twined pamphlet stitch. Discuss the nearly lost art of handwriting and share your inclination for putting pen to paper, which Erica believes is a potent method for grounding emotions and navigating life's multidimensional experiences. Depart with a journal in your hands and the inspiration to make another.

ERICA EKREM is a folk-style bookbinder, author of two international tutorial books, and devoted skill sharer, actively breathing life into the revival of this nearly lost art. During workshops, she urges participants to contemplate their impact on the world, to honor those who have come before, and to choose environmentally sustaining practices. Her signature piece, Book of the Sea, was featured in The Metropolitan Museum of Art's Paper Project.

WWW.LOOMBOUND.COM @LOOMBOUND SATURDAY. 3PM - 5PM SUNDAY, 3PM – 5PM

CLEARING THE PATH FOR AN AUTHENTIC RELATIONSHIP

WITH ANNE LOYD

In this honest and unique workshop, London-based coach Anne Loyd brings a fresh perspective to how to prepare for and find love. She will share everything she discovered on her journey in finding love including how to create the vision of the relationship you most desire and why many of your beliefs about yourself and love may need upgrading. You will discover past conditions and patterns that may be blocking you in love, and how filling your world with love is an important component in finding love. Expect honest conversation, a few heartfelt stories, and a number of exercises that will help you prepare for love.

ANNE LOYD is a London-based professional executive coach who supports big dreamers, soul seekers, and the movers and shakers to live extraordinary lives. She specializes in career development and relationships and has been coaching directors, executives, entrepreneurs and creatives around the world for 18 years. She's particularly passionate about empowering her clients to get grounded and back into their body so they can reconnect with their innate intuition and follow their heart. Her workshops are featured in Europe and the USA and she's delighted to be back at Mercado Sagrado this year offering individual private sessions.

WWW.ANNELOYD.COM @ANNELOYD SUNDAY, 11AM – 12:30PM

THE MAGIC OF MACRAME WITH JO ABELLERA OF KKIBO

Learn the magical, age-old craft of knotting, passed down through many generations and many cultures. Work with your hands to create a leather hatband, cotton rope owl, or rope planter.

Trained at Parsons School of Design, JO ABELLERA works with textiles in much the same way a sculptor might work clay. She approaches KKIBO—her line of handmade knitwear, accessories, and homewareswith an inspired artisan's eve. Natural fibers (wool, alpaca, jute, and rope) are transformed into work that exudes a deep individuality and an easy, sensual beauty.

WWW.KKIBO.NET @KKIBO.JO SUNDAY 2PM – 4PM

TAROT AS A SPIRITUAL PRACTICE WITH CASEY ZABALA OF THE WANDERER'S TAROT

The ancient book of tarot is a deep well of transformation, insight, and manifestation. Learn about the occult roots of the tarot, and how to use your tarot deck for mystical revelation and heightening your magical practice. This workshop will include guided meditation with the tarot archetypes, suggestions for how to incorporate tarot into your life as a spiritual practice, and will end with a tailored tarot spread to help you tap into your inner magician. Bring a tarot deck to use during the workshop.

CASEY ZABALA is an artist, tarot reader, practicing witch, intuitive mystic, and the founder of Modern Witches Confluence. Her self-published tarot deck, Wanderer's Tarot, is a feminist tarot deck for modern witches. With 16 years of tarot experience, Casey has a studied and intuitive approach to her readings, while incorporating elements of natural magic and manifestation techniques. She believes the tarot is a tool for personal empowerment and healing, and hopes to empower others to use the tarot as a vehicle for self-discovery.

WWW.WANDERERSTAROT.COM @WANDERERSTAROT SUNDAY, 12PM – 1PM

PRACTICE OF PURIFICATION WITH EBEN STERLING

Ride along through the practices of purification, Bhakti yoga, and Karma yoga while mining the jewels of gratitude, love, and forgiveness. Join author, Eben Sterling, as he journeys to the Magic Kingdom of the heart, as depicted in his book Yogi In Disneyland, a collection of short stories and illustrations documenting a personal spiritual awakening via the rides and rituals of the Happiest Place on Earth. For grown-up kids and young ones too.

EBEN STERLING has worked at *Thrasher* skateboard magazine since 1993. He resides near Linda Mar Beach in Pacifica, California, where he enjoys a life of long-term sobriety and daily meditation.

@YOGIINDISNEYLAND SUNDAY, 1PM – 2PM

HOLISTIC HEMP HEALING

Join Onda Wellness founders Stephen Smith and Annie Sicard to learn how to heal yourself and the planet with hemp. They will share their experience and passion working with biodynamic and regenerative hemp agriculture in the U.S. to produce the cleanest and purest whole hemp CBD products possible. Onda will be serving refreshing and uplifting CBD mocktails, and gifting packs of their CBD capsules to all workshop attendees.

ANNIE SICARD AND STEPHEN SMITH teamed up in early 2017 to form the whole hemp CBD infusion company, Onda Wellness. The Onda collection of premium, whole hemp CBD tinctures, capsules, and topicals are created using organically and biodynamically farmed hemp.

WWW.ONDAWELLNESS.COM @ONDA.WELLNESS SUNDAY, 2PM – 3:30PM





SINGING GARDEN

Experience the high strangeness of plant music—plants that "sing." For the past three years musician Nico Georis has been using biofeedback instruments to connect a variety of flora to analog synthesizers, letting their biodata create music that is strange and breathtaking. This year, in an outdoor space meant for relaxing and experiencing nature, Mercado Sagrado features Nico's interactive sound environment where plants generate the soundtrack. The singing plants reveal the living, evolving compositions generated by the flora itself. Although we don't understand the science behind plant music yet, time spent in this mind-opening installation offers a tangible experience of the mysterious life force within plants, and may raise some eyebrows as to the potential intelligence of our leafy friends.

NICO GEORIS is a musician in Big Sur, California. His musical works span from solo piano to cosmic synth, FM radio experiments to interspecies collaborations involving plant-generated music. He also plays in the band Platoon with guitarist Matt Baldwin, as well as his local community rock 'n' roll ensemble, Sky Country. This year, Nico's been performing new piano and synthesizer pieces based on evolving cloud formations. Recent shows have also been delving deeper into improvised duets with plants, and the creation of "singing forests"—interactive, plant-generated sound environments.

WWW.NICOGEORIS.COM @MILKYWAYRADIO

69 Sacraditos

NATURE CONNECTION WORKSHOPS FOR CHILDREN

WITH EVERWILD & FRIENDS

EverWild is providing Sagraditos with a series of nature connection workshops that will deepen each child's relationship to the natural world. A variety of workshops will be provided for children ages 3-12 including Plant Potions, Forest School Field Games, Tea Making, Wildcrafting, Map Making, Primitive Skills Practice, Woodland Whittling, Trail Adventures, Woodland Pendants, and Nature Crowns. LA Nature Kids and Adventure Seedz will be joining EverWild in the Sagraditos area. Single and multi-workshop packages will be available at the entrance of the Sagraditos area. Parents are welcome to attend all workshops with their child. Parents are free (materials not included for parents). Space will be limited.

EverWild provides unique mentorship experiences for children in L.A.'s most wild spaces, the Santa Monica Mountains and beaches. The 501(c)3 nonprofit was born of the belief that all children deserve a childhood in nature, where learning is self directed, mentor facilitated, and takes place in an organic environment—their backyard. Collaboratively EverWild, their sister school LA Nature Kids, and outdoor program Adventure Seedz, mentor children ages 3-12 for up to 70 hours per week. This communal effort of rewilding the Los Angeles child through deep nature connection is proving to create Earth-conscious stewards of the land. A quick peek into these programs and you're likely to see children creating shelters with one another, building fairy houses, stomping in puddles, exploring

tide pools, and tracking the local wildlife. A closer look will have you witness children initiating countless beach and canyon cleanups, monitoring and engaging in the health of our waterways and wildlife, interacting mindfully with the local flora, and exploring in such a way that protects and preserves the wildness they've grown to love.

EverWild is joined by the pioneer of L.A.'s connecting-children-to-nature movement and LA Nature Kids owner, Christopher Pierre. Also joining EverWild and LA Nature Kids is Jessika Hudson, a local herbalist, children's nature quide, and founder of the outdoor children's program, Adventure Seedz.

WWW.EVERWILDLA.COM @EVERWILDLA

FOREST PRESCHOOL TEEPEE

HAIR WRAPS + WILD TEA CRAFTING + JR. GEOLOGIST EXPLORATION

Visit LA Nature Kids founder Christopher for a personalized hair wrap. Visit local herbalist and LA Nature Kids preschool teacher Nicole Bertholet and brew a wild tea concoction with a personalized arundo cup. Explore the rocks that make up the Santa Monica Mountains, find a geode, crack it open and take it home!

THE TEEPEE IS LIMITED TO 5 CHILDREN AT A TIME. SATURDAY 10:30AM – 5PM | AGES 3-5

TREASURE MAPPING

Follow an ancient map in search of buried treasure. Navigate the local trails of King Gillette Ranch as you identify landmarks and explore with a compass. Each child goes home with a compass and treasure (if you can find it!).

SATURDAY 10:30AM - 11:30AM | AGES 6-8

PLANT TRIVIA, WILD TEAS, HERBAL NOTEBOOKS

Create magical herbal potions such as comfrey salve and elderberry syrup, make your own herbal notebooks, and become familiar with local plants and their usages as food and as healers. Curated by local herbalist and children's nature guide, Jessika Hudson.

SATURDAY 10:30AM - 11:30AM | AGES 6-12

CLAY PINCH POT

Using locally sourced clay, join Jessika in creating your own pinch pot to take home!
SATURDAY 11:45AM - 12:45PM | AGES 6-12

WILD SUN GRANOLA

Using wild and locally foraged buckwheat and black walnuts, follow the EverWild recipe to bake homemade granola in our solar oven. (Vegan & GF)

SATURDAY 12:45PM - 1:45PM | AGES 6-12

HERBAL SALVE MAKING

Learn how to prepare your very own comfrey salve, a natural skin-soothing remedy for cuts and abrasions. Curated by local herbalist and children's nature guide, Jessika Hudson.

SATURDAY 1:45PM - 2:45PM | AGES 7-12

NATURAL PAINT MAKING

Create natural paint using organic earth pigments made from clay and minerals. All ingredients are created sustainably and delivered from certified green American business, Natural Earth Paint.

SATURDAY 2:45PM - 3:45PM | AGES 6-12

COOLING HERBAL BODY MISTS

Craft your own relaxing mist from simple essential oils—learn how peppermint keeps you cool! Curated by local herbalist and children's nature guide, Jessika Hudson.

SATURDAY 3:45PM - 4:45PM | AGES 6-12



FOREST PRESCHOOL TEEPEE

CLAY BODY PAINT + ALCHEMY FOR KIDS + YOGA AND SOUND BATHING

Visit LA Nature Kids founder, Christopher to give yourself natural body paint made with clay from the canyon. Visit local herbalist and LA Nature Kids preschool teacher Nicole Bertholet for a sensory experience with infused plant oils and take some home. Join yogi and preschool teacher Kylie Gilbert for a mind-body journey through movement and sound. Practice yoga poses and create music from the sound bowls!

THE TEEPEE IS LIMITED TO 5 CHILDREN AT A TIME. SUNDAY 10:30AM – 5PM | AGES 3-5

MAKE AN HERBAL NOTEBOOK

Make your own herbal notebook, and become familiar with local plants and their usages as food and as healers. Curated by local herbalist and children's nature guide, Jessika Hudson.

SUNDAY 10:30AM - 11:30AM | AGES 6-12

FOREST GAMES

Awaken your senses through play in nature. Create new friendships, alliances, and memories. Transform into animals both predator and prey. Be the keeper of the fire and become one with your surroundings. Bring home new games to play with your neighborhood friends at a nearby park or woodland forest.

SUNDAY 10:30AM - 11:30AM | AGES 6-12

WILDFLOWER SEED BOMBS

Create a wildflower seed bomb to take home—a hands on dirt experience! Curated by local herbalist and children's nature guide, Jessika Hudson.

SUNDAY 11:45AM - 12:45PM | AGES 6-12

WILD SUN GRANOLA

Using wild and locally foraged buckwheat and black walnuts, follow the EverWild recipe to bake homemade granola in our solar oven. (Vegan & GF)

SUNDAY 11:45AM - 12:45PM | AGES 6-12

HERBAL INFUSED LEMONADE

Make a batch of refreshing lavender-infused lemonade. Curated by local herbalist and children's nature guide, Jessika Hudson.

1PM - 2PM | AGES 6-12

WOODLAND WHITTLING

Get to know a few of the trees in our local environment and their useful properties. Learn how to whittle safely for craft or survival. Create a wand, spoon, or woodland treasure. We will practice whittling and carving with a variety of tools. Led by EverWild co-founder Amanda Caloia.

1PM – 2:30PM | AGES 9-12

ELDERBERRY SYRUP

Create elderberry syrup, a magical potion that is used as a natural remedy for coughs and colds. Curated by local herbalist and children's nature guide, Jessika Hudson.

SUNDAY 2:30PM - 3:30PM | AGES 7-12

AFTERNOON FOREST GAMES

Awaken your senses through play in nature. Create new friendships, alliances, and memories. Transform into animals both predator and prey. Be the keeper of the fire and become one with your surroundings. Bring home new games to play with your neighborhood friends at a nearby park or woodland forest.

SUNDAY 3:30PM - 4:30PM | AGES 6-12



sight+sound	fireside	fireside workshops		music stage	sagraditos	
		Botanical Chromotherapy:				Plant Trivia, Wild Teas. &
5 California Stories	In Pursuit Of Divine Union	Maria Calderor	ı			Herbal
80 Maximilla Lukacs 45	Mark Groves, Jenna Pennrose, & Amber L'estrange	Saturday & Sunday Onging				
)0		Calm & Clear		Tvler Piatt	Clay Pinch Pot	
15 30 Compton Jr. Posse 45 Mayisha Akbar, Suze	How To Feel Good About Feeling Good	Olivia Clement	-	lyter riatt		
10 Randall & Kathy Clark	Amanda Shapiro, Mel Nahas, Lalah Delia & Tero Isokauppila			The Deltaz	Wild Sun Granola	
30 45 Transformational	Deciphering Your Life			Rich Hancock		
DO Breathwork DO Carly Jo Carson & Advisor Avalue	thwork Purpose From Your Fingerprints		ine In The		Herbal Salve Making	
O Adriana Ayales 5	Seeds For A New	Modern Era Emilee Dziuk		Farmer Dave	Natural Paint Making	
0 5	Beginning	Herbs For The Exhale:	Book Craeft	Maston	Natural Pai	nt Making
0 5	Grandmother Flordemayo & Kya-xe'	Nourishing The Nerves	Erica Ekrem Of			
0 The Longevity Of Lama Foundation	Barris II and	Lauren Haynes	Loombound	Anna St Louis	Cooling Her	bal Body Mists
5 Jodi Wille, Hans Von Briese	Becoming Limitless: Unlocking Your Brain's			Anna St Louis		
5 (Siddiq), & Clifton Coughlin	IS Flow State Potential		1			
0	Luke Storey					
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SUNDAY

sight+sound	fireside	workshops		music stage	sagraditos	
		Forest Games				
Tierra Sagrada Amber Lee	Collective Quickening In The Time Of The Rainbow Bridge				Notebook	
	Jane Anne Thomas				Wildflower	Wild Sun
Secrets Of Solar	Shadow & Wisdom: Energetic Portals In	Tarot As A Spiritual Practice Casey Zabala		Bradford And The Balloons	Seed Bombs	
Karen Crowley-susani	Human Design	Practice Of Purification Eben Sterling		Big Search		
	Laurel Hill				Herbal Infused	Woodland Whittling
	Introduction To Damanhur Jessica Jacobson			Mapache	Lemonade	
		The Magic Of	Holistic Hemp			
Sailing A Sinking Sea Olivia 0 Wyatt	The Miracle Club Mitch Horowitz	Jo Abellera	Healing Onda Wellness	Claude Fontaine	Elderberry Syrup	
		Book Craeft Erica Ekrem Of Loombound		Reveberation Djs		
	100 C			Matt Taylor	10 E	
The Harmonics Of Extraterrestrial Contact				Babe Rainbow	Afternoon Fo	rest Games
Eric Rankin				Reverberation Djs		

