



MPANDE ETHNOMEDICINE PRESENTS

THE HEART OF THE HUNT

SCELETIUM MICRODOSING FOR CALMING THE MIND,
OPENING THE HEART, & SHARPENING AWARENESS

4-Week Online Journey

✧ THE HUNTING MEDICINE ✧ OF SOUTHERN AFRICA

In the old ways, The Hunter took Sceletium to track with spirit and walk in harmony, move with stillness, listening beyond words — kanna supports this inner quiet.



Therapeutic benefits of kanna in this journey

- Calms anxiety and emotional overwhelm without sedation
- Enhances focus, mindfulness, and intuitive insight
- Opens the heart for compassionate relating and emotional healing
- Supports nervous system balance and emotional resilience
- Amplifies dreamwork and subtle inner communication

WALK THE PATH OF THE HUNTER ARCHETYPE

The Hunter walks 'Die Dowwe Spoor' – The Faint Trail.

Sceletium Illuminates The Way through Grace.

The Hunter is not one who chases, but one who listens deeply, tracks with patience, and moves with quiet intention.

This is a journey of inner tracking: Learning to read your own emotional landscapes, relational patterns, and spiritual signals with reverence and clarity.

In this course Sceletium is revered with a pre-colonial mind-set and paired with Authentic Stories that acts as true Record Holders that allows us to peer into a way of navigating our Internal Landscape and shows us the way to wholesomely relate to One and All.

This unique journey weaves together: The San Creation Story, The Relational Wisdom of Talks With Relations, and Sceletium – a sacred plant traditionally used by the San people to calm the mind, open the heart, and heighten awareness.

✧ JOURNEY FACILITATION ✧

This is a **4 week Microdosing Journey** where we **honour The Phases of The Moon from New Moon to New Moon**. There are **12 Microdosing days** in total with days in between to *Listen, Look and Feel*.

Sceletium invokes Grace and interacts in a gentle yet powerful way with our **Emotions, Mind & Spirit**. It is most useful to journey with experienced facilitators and knowledgeable guides, who can help you to attune to The Frequency of Sceletium, answer questions and assist in Navigating the Shifting Internal Landscape.

The Medicine will be couriered to you before the course starts and **guidance** with regards to The Microdosing Process will be **articulated clearly**.

There are 3 Live Zoom Calls to support connection and growth:

- ✧ • Opening Call
- Midpoint Check-In
- Closing Call

You'll also have access to:

- ✧ • A private WhatsApp Group
- All content through an Online Classroom



THE JOURNEY OUTLINED



Opening Call

- Introductions
- Setting Intent
- Sceletium Protocols
- Introducing The Stories|
- Q&A



New Moon – Primordial Ocean

Therapeutic Uses of Sceletium: Settles the nervous system, invites inwards turning.

Hunter Archetype Activation: The Hunter sits quietly by the water's edge, observing and feeling the rhythm of the land.

Talks With Relations: The Mother of Nature, Keeper of Rhythm, Weather and the Seasons.



Waxing Crescent – Honey Bee

Therapeutic Uses of Sceletium: Elevates mood, reduces social anxiety – opens the heart connection.

Hunter Archetype Activation: The Hunter is lifted from solitude by relational instinct – tracks life not just with eyes but with Heart.

Talks With Relations: How to understand unspoken the Languages of Nature.

✧ THE JOURNEY OUTLINED ✧



First Quarter – The Half Open Flower

Therapeutic Uses of Sceletium: Enhances motivation, reduces depressive fog, encourages productive clarity.

Hunter Archetype Activation: The Hunter bring form to what was sensed. Tracks become Choices. Intent becomes Trail.

Talks With Relations: The Maker of Relatives. The Keeper of Earth's Needs. The Mother of The Planetary Family.



Waxing Crescent – Honey Bee

Therapeutic Uses of Sceletium: Aids in Trauma processing, releases emotional contraction.

Hunter Archetype Activation: The Hunter learns to walk through fire – pain as teacher, the ash as message.

Talks With Relations: Connecting with The Eternal Flame of Love that burns in every Heart.

☀ THE JOURNEY OUTLINED ☀



Mid Point Check – In Call

- Guidance & Frequency Updates
- Q&A



Full Moon – Eland

Therapeutic Uses of Sceletium: Support gentle opening of the heart, encourages self-love and caregiving.

Hunter Archetype Activation: The Hunter observes without interrupting – respect for mystery and growing life.

Talks With Relations: Honoring Sacred Points of View.



Waning Gibbous – The Feast

Therapeutic Uses of Sceletium: Soothes grief, opens the heart to both loss and deep gratitude.

Hunter Archetype Activation: The Hunter honors Death with Prayer – every taking is marked by a return.

Talks With Relations: Accepting that everything in our world is alive in order to revive our own aliveness.

☀ THE JOURNEY OUTLINED ☀



Last Quarter – Creation of The Moon

Therapeutic Uses of Sceletium: Enhances clarity and cyclical insight.

Hunter Archetype Activation: The Hunter is also The Moon Watcher. Tracks time, meaning and cycles via The Sky.

Talks With Relations: How to honour cycles and rhythms and seasons.



Closing Call

- Recollection and Reflection
- Q&A



Waning Crescent – The Dancing Sister

Therapeutic Uses of Sceletium: Helps with Emotional Synthesis, Gratitude and Embodiment. Invites Joy, lightness and reconnection with movement.

Hunter Archetype Activation: The Hunter dances too – not only after the hunt, but before it. He listens to the lands rhythm.

Talks With Relations: Learn The Truth – by opening ourselves up to the vast worlds within worlds.





MEET YOUR GUIDES



Chantelle Van Outeniqua was born at the feet of The Honey Mountains, known as **Outeniqua**. As someone who has made the connection with her Ancestors through a few different paths, She stands Rooted from The Stars.

Opening The Rainbow Bridge through subtle awareness and with guidance from The 13 Original Clan Mothers – Keepers of The Whirling Rainbow Dream Prophecy of Peace. **Chantelle has been in service to The 13 Original Clan Mothers for the last 7 years via a 13 Moon Course that she facilitates to women around the world as well as honouring these Wisdom Teachings in day to day life.** The 13 Original Clan Mother's biggest gift to us is The Gift of Wholesome Relating.

As someone who attended the Womb Awakening Apprenticeship and is currently in an a Shamanic Apprenticeship with Lyn Spirit Eagle of The Crows Nest, she brings a unique softness and depth in her guiding presence.

**Mother of 1 and Devoted to The First Circle.
Mundane and Super Natural. Admirer of The Veil.**

✧ MEET YOUR GUIDES ✧

Klinton Whitehead, known by his medicine name **/Ae /Uib** (Fire Stone), is a descendant of the **Outeniqua** (Tribe of the Honey Gatherers).

As a **modern-day hunter-gatherer**, he walks in the ancestral footsteps and path of the Bushman from Southern Africa, guided by a deep relationship with nature, spirit, and the great story of his people.

Klinton carries the medicine bundle of divination passed down to him by his grandfather, entrusted to continue the sacred work after his elder moved on. **His path blends traditional insight with contemporary practice – offering kanna not only as a plant of healing, but as an ally for awakening, clarity, and inner alignment.**

Through this course, he shares the ways of his lineage: **to listen, to gather meaning, and to walk with purpose** – rooted in the wisdom of the land and the ancestors.



✧ JOIN THE JOURNEY ✧

Come walk The Old Path with Sceletium.



Fee: R2400 or \$287

- Includes enough Sceletium for The 4 Weeks
- Guided Support and Wisdom Teachings provided by Chantelle and Klintin through out the process via a structured layout through Online Classroom, Live Video Calls and a Private WhatsApp Group.



WHAT OTHERS SAY



"I highly recommend working with Chantelle and Klintin. The way they weave their skills together is masterful – the gentle container they create allows the plants and the archetypes from the stories to work their power on participants in subtle but deeply significant ways. I liked the pace of the course with the live calls, and appreciated the weekly updates in the group and the prompts in the online classroom. My existing relationship with the plant spirit of Kanna has deepened in a gorgeous way, and I will be learning from the course, especially the stories, for a long time to come. Chantelle and Klintin are exquisitely careful and generous gatekeepers to an ancient but evergreen world of wisdom in Nature that I hope more will have the honour of meeting in the future."

Dr Saskia von Diest, founder of Ecofluency, South Africa

"I recommend this course and these guides and this indigenous wisdom with complete confidence. I was part of all 3 Sceletium Microdosing Pilots with Chantelle and Klintin and it was my great honour and privilege to witness the development of this course. This was at a time of great introspection and transformation in my personal and professional life and being guided by these 2 experts in my subtle reclamation of myself and advancing towards a greater understanding towards my inner and external perspective was truly one of the greatest gifts that I have given myself."

Liesl Haasbroek, Elementor and Founder of the Fab Lab Water School.

JOIN US IN WALKING THE FAINT TRAIL THAT LEADS TO THE HEART OF ALL KNOWING

Here I Am / Né ta a - Awen / Divine Inspiration



To Join in on this journey or for further enquiries,
please **Whatsapp Chantelle: 027 76 946 7247**