

I enter into this Agreement with MAKHOSI FOUNDATION and its founders Nicole Damiba and Chiquita Montgomery, also known as Makhosi Himi Gogo Thule and Gogo Ekhaya (hereinafter collectively referred to as "MA Sanctuary"), to confirm in this Agreement the conditions of my participation in the events/divination/reading/healing/clearing/ritual assistance hereafter referred to as 'service' to be performed by the MA Sanctuary. I acknowledge that MA Sanctuary is not a licensed physician. That the treatment is alternative or complementary to healing arts services licensed by the state. And that the services to be provided are not licensed by the state.

I acknowledge that I have voluntarily agreed to participate and request MA Sanctuary to perform this service. I am aware that my participation in this service is not a substitute for psychiatric treatment, psychotherapy, therapeutic counseling, medical treatment or any other form of professional therapy. I am voluntarily participating in this service and I accept complete responsibility for my own psychological, mental, emotional, physical and spiritual well-being. I acknowledge that it is my responsibility to ascertain my own need for professional counseling and to seek such professional counseling or treatment, as needed. For and in consideration of my voluntary participation in this service, I, on behalf of myself and my assigns, heirs, executors, guardians and other legal representatives, release, discharge, waive and forever relinquish MA Sanctuary (including MA Sanctuary's agents, employees, officers and directors) from any and all claims, known or unknown, arising out of or in any way connected

with my participation or involvement in this service including, but not limited to, any information provided to me or statements made during such reading and/or healing.

Further, I, on behalf of myself and my assigns, heirs, executors, guardians and other legal representatives, release, discharge, waive and forever relinquish any actions or causes of action whatsoever which may later arise, and I agree that under no circumstances will I or my assigns, heirs, executors, guardians and other legal representatives, prosecute or present any claims against, sue or seek to attach the property of MA Sanctuary (including MA Sanctuary's agents, employees, officers or directors), and that I waive all actions, claims or demands that I now or hereafter may have, for any injuries suffered by me during my participation or involvement in the reading and/or healing, resulting from any acts or omissions of MA Sanctuary, or any agent, employee, officer or director of MA Sanctuary, or resulting from the acts or omissions of any other participant in the service. I, for myself and my assigns, heirs, executors, guardians and other legal representatives, hereby agree that in the event any claim for damages shall be prosecuted against MA Sanctuary (or MA Sanctuary's agents, employees, officers or directors) as a result of my acts or omissions, that I, or my estate, shall indemnify and save harmless MA Sanctuary (including MA Sanctuary's agents, employees, officers or directors), from any and all claims or causes of action by whomever and wherever made or presented for damages, including the cost and expense of defending the same. I further acknowledge and understand that any information provided during this service or any other



statements made during same shall be considered confidential and shall not be disclosed except as required by law.

I have carefully read this Agreement and fully understand its contents, terms and significance and understand the legal consequences of signing this Agreement. I am aware that this Agreement contains a release of liability and a contract between myself and MA Sanctuary and I sign this Agreement of my own free will. Please check this box to indicate you have read, accept and agree to abide by the terms and conditions listed above (required).

Full Legal Name

Signature

Ubungoma is a diverse web of ancient and cultural practices traditionally used by Southern African people. As a tradition, it has been passed down from generation to generation through experiential learning, art, song, dance, oral stories & cosmology, rites of passages, and a sustainable relationship to plants and nature. We consider these diverse set of activities: Cultural Rituals because we have come to know that “the culture is the healer.”

We can't point to one thing because Ubuntu (Oneness “I am because, you are) speaks to the connection of these points. This interconnectedness or web of practices help you go into a heightened state of well-being, mindfully grounded with

responsibility. This allows for us to have a spiritual awakening that doesn't take you into unhealed & unresolved psychosis. You are witnessed, held, and supported by the web.

Our ancestral and indigenous traditions of healing use a mixture of plants that are invigorating to the energetic fields of the body and allow us to connect to a higher consciousness rooted in our familial lineages, nature, and creation. This offers us a way to cleanse or release dense toxins, protect or strengthen the body, and/or attract well-being.

The ancient or indigenous way of healing recognizes that all sufferings, imbalances, blocks, gifts, and blessings have a spirit or origin in the spirit realm thus the frequency of plants can help us peel the energetic layers in order to transform our day to day life experiences. We use a holistic, energetic, root-cause based approach to healing.

The core plants that we use are indigenously sourced from Southern Africa or grown in our garden in Southern California; include simple local herbs such as lavender.

There are five main cultural rituals that use plants to support our healing journey.

- **Ritual Baths** - The most common method amongst many if not all indigenous ways of healing is through a spiritual bath either through immersion in nature (river, waterfall, ocean) or made in a basin from a mixture of herbs with water. Spiritual baths are invigorating to the aura/chakra/energy field of the body. Depending on

the mixture, regular ritual bathing can open up certain channels in the body and help us align with our higher consciousness.

- **Ritual Steam** – the traditional sauna or sweat lodge. Steaming or Futha is a powerful way to shift life's circumstances. Inhaling and sweating the mixture of herbs this way releases toxins and stagnant energy in the physical and spiritual bodies. Pores receive the communication with the plants; Our ritual steams act more an a treatment than a traditional Native American ceremony
- **Vomiting Tea**– an intense ritual where a specific mixture of herbs is used to induce vomiting. We vomit the energies or entities that no longer serve us. This method offers a deep shift in consciousness by working the digestive system moving through every chakra and thus clearing or opening the crown (mind) chakra.
 - This ritual offers deeper vibrational transformation. Some people feel lighter and ready to eat afterwards while others need to rest and urinate often a few hours after the ritual
 - Those with heighten senses or sensitivity may enter an altered state of consciousness due to the plants being mildly psychoactive and from the release and opening into what a person's natural body has the ability to do with their sober instincts.

- **Snuff** – a mixture of herbs taken through the nostrils. Snuff helps clear the mind, release bad headaches, or allow the mind to enter a meditative state. Through sneezing medicines allow toxins to be released.
- **Prayer Teas (Brew)** - A mixture of plants are soak in water and whisked for prayer. The foam is ingested and act as a dreaming enchanting tea as well may enhance a personal meditative imagination or vision. Since these plants allow us to retrieve dreams or memories that offers a way of ritual through conversation and counsel.

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