



# UN PROYECTO DEL CORAZON

A PROJECT FROM THE HEART



Alex & Rita  
Teaching at UNM,  
Albuquerque



Rita Perez  
Teaching Traditional Medicine in  
Minneapolis



Alex, Emilie & Rita  
Blessing our Center  
Kansas City

As most of you know: many of the Traditional Maya Medicine techniques Alex has learned over the years would not be possible if not for the connections and teachings of wonderful people and healers from Mexico. His primary teacher for the last seven years has been Rita Navarrete Perez of Mexico and he is grateful for what she has taught him and for her open heart.

Emilie and I have received so much wisdom from her over the years. We are everyday thankful to pass on the knowledge of her medicine to our community in Kansas City.

If you want to help us support Maestra Rita and her efforts to heal a community where we get so much valuable holistic medicine please consider donate to her project. *See below the details of her initiative.*

## HELPING THE FORGOTTEN

In the aftermath of the **September 19th 2017 Earthquake disaster** in Mexico, Rita saw the real need to create a fund to help a community outside of Mexico City that never received help from the government.

The community is located in Coatetelco, State of Morelos and South of Mexico City. The community of 150 families has lost their homes and their jobs. Rita is in high needs to dispense supplies to this community.

### Goal:

Provide with basic food and hygiene supplies to 150 families affected by the earthquake in Coatetelco.

**Objective 1.** Provide tarps to families that have lost their homes by the earthquake to protect them from the weather.

**Objective 2.** Provide baskets with food and hygiene supplies to 150 families Coatetelco.

**Objective 3.** Providing care to the people in Coatetelco that are now suffering from PTSD after the earthquake.

# HELP OUR AFFECTED COMMUNITIES IN COATETELCO, MORELOS

"Rita's mission is to help 150 families affected by the 19th of September Earthquake create temporary "hogar" for them ..."



Rita in Coatetelco with people affected by the earthquake



Coatetelco, Map  
2 hours from Mexico City



Rita helping people create temporary shelters

"... Your donations will go directly to Rita's fund to buy tarps, food and other primary goods."



Rita helping people create temporary shelters



Inhabitants thanking her for her help in the community



Collapsed houses after the earthquake

"It will take time to re-build their home. But your help will make a huge difference"



Collapsed houses after the earthquake

"Alex & I will be in Mexico over Thanksgiving to visit Rita and help her."

Thank you for your support !



Collapsed houses after the earthquake

For more information please contact Emilie Jackson 816.225.9393

## Rita Perez, Curandera

Curandera (Traditional Healer), Temazcalera (Mexican Sweat lodge Guide), Sobadora (Energetic and Physical hands on healing), Consejera (Counselor), Yerbera (Herbalist), Nutricionista (Nutritionist), Quiropraxia (Traditional Chiropractor) Orador Motivacional (Motivational Speaker) Rita has been practicing Traditional Healing for over 28 years.

Rita started her practice in Mexico City, and has continued her practice in Cuernavaca, and Jilotepec.

Rita is also the director of Kapulli Mexico, **La Cultura Cura**, a school and clinic of Traditional Medicine in Jilotepec México. The school's goal is to empower survivors of domestic violence to first heal then learn to heal others. Her specialty is working with individuals with cronic illness, and life coaching. She will tell her patients:

“Curanderismo is not magic,  
I cannot heal you, but I will teach you  
how to heal yourself.”

— Rita Perez

Rita is internationally known as an educator of Rizaterapia (Laugh Therapy), and Temazcal (Mexican sweatlodge). She is a professor at Centro de Desarrollo Hacia La Comunidad, at the University of México, Morelos. She teaches clases in Temazcal, Massage, and Medicinal Plants.

Her motto is that she would like to *implant a seed of knowledge in as many people that cross her path*. Her belief is teaching others will allow her to help preserve traditional medicine.

She travels internationally giving lectures and consultations. Her goal is to educate people on how to bring balance to their lives, spiritually, physically, mentally, and emotionally.



- Rita Perez, Traditional Healer  
Teaching at the University  
of New Mexico



-Rita Perez,  
Ceremony of the four direction at the  
University of New Mexico