

**MINDFULNESS**

**KEYNOTE &  
PUBLIC SPEAKER**

**TOLTEC ENERGY  
HEALING**

**LIMPIAS &  
TRADITIONAL MEDICINE**

**ANCESTRAL HEALING**

**WORKSHOPS &  
RETREATS**

**FACILITATION**



*It is only in the Sixth Sun that this  
information can come to light again in  
order to illuminate the consciousness  
-both in waking and dreaming state-  
and thus awaken the dormant abilities  
which human beings are endowed with.*

*And the Sixth Sun is rising right now."*

*Sergio Magana, in 2012-2021  
The Dawn of the Sixth Sun -  
The Path of Quetzalcoatl*



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**WE WERE BORN  
TO THRIVE**

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**GET IN TOUCH**

Brenda Salgado  
[brendasalgadoasst@gmail.com](mailto:brendasalgadoasst@gmail.com)  
[www.nepantlaconsulting.com](http://www.nepantlaconsulting.com)

*Nepantla  
Healing &  
Consulting*



# INDIVIDUALS

## TOLTEC ENERGY HEALING

Master Energy Healing in Toltec Tradition.  
Session 1: Breath and energy work to clear negative patterns from ancestors, parents, and auric fields; psychic surgery for negative energies/contracts from others.  
Session 2: Clearing/aligning Totonalcayos (chakras); setting new contracts; clearing negative karmic energies; closing old cycle and opening new cycle to align with time of Sixth Sun to begin in 2021.

## TRADITIONAL ROSE LIMPIA

Harmonization and Healing with Roses Ceremony, Cord Cutting, Spiritual Counsel.

## MINDFULNESS

Mindfulness training and book *Real World Mindfulness for Beginners: Navigate Daily Life One Practice at a Time*



# ABOUT

Brenda Salgado is founder of Nepantla Consulting and is in the process of establishing the Nepantla Center for Healing and Renewal. She holds degrees in Biology, Developmental Psychology, and Animal Behavior and has 20 years of experience in leadership development, nonprofit management, spiritual teaching, movement building, women's health, and social justice. Trained by teachers in the Purepecha, Xochimilco Toltec and other indigenous lineages, Brenda draws on the healing powers of the natural world to guide her work. She is committed to co-creating a society filled with wholeness and beauty, and is grateful to her ancestors for the values that have led her to spirituality, healing, and leadership development work.

# GROUPS / ORGS

## MINDFULNESS TRAINING

Offer an interactive online workshop on mindfulness for beginners for your employees, members or community. Print and ebook available as well.

## ONLINE WORKSHOPS AND TALKS

Workshops on coping with grief in time of COVID, somatic and mindfulness practices, health and well being, and more.

## TOLTEC ENERGY & BREATH WORK

Workshops and trainings on breath and energy work; indigenous perspectives on health and wellness; and indigenous prophecies surrounding this time of shift.

"Family dysfunction rolls down from generation to generation,  
like a fire in the woods, taking down everything in its path  
until one person in one generation has the COURAGE  
to turn and face the flames.

That person brings PEACE to their ANCESTORS  
and spares the CHILDREN that follow."

TERRY REAL

