

Hawa Runanchiq: Re-solving your path

Ukhu Runanchiq (Internal Action)

First comes laying the proper foundation for all the work:
Necessary Action / Physical Action / Self directed benefits

Our old patterns will show up and this is natural too, don't feel discouraged and don't lose faith in your experience and connection to yourself.. What happened is YOUR higher reality. However, like we mentioned: Growing is not easy otherwise the whole planet would be enlightened by now.

Understanding that you first have to address yourself and your established biology in a grounded way is the first step.

Understanding your biochemistry and most importantly, your neurochemistry is vital for change. I suggest the book by Dr. Daniel Amen "Change your brain, change your life". It is important to give the brain the right setting for new neural-pathways to establish. Otherwise we could be wasting time and energy in a consistent fight with the old.. This book also will help you with any degenerative ongoing brain problems.

Dr. Amen is the world's leader in SPECT scans and has a clear, concrete and concise understanding about the brain and the need to address brain health as indispensable for fast subconscious reprogramming, Identity work and behavioral changes to be able to take place effectively.

I dearly recommend him because he helped our family with bringing certainty and clarity to take specific steps for healing a situation with my son Andres

You want to offer Yourself the right Neurochemistry and biochemistry! otherwise you will keep operating from the limbic system and you will keep operating from the 4 Survival F's (Feeding, Fearing, fighting and fornicating). Enveloped in this primal/animal instincts, nothing will change.

You must start with balancing your excess sugar, excess protein intake and detoxifying the brain. Here are a few suggestions:



- Upgrade your gut Biome (Flora) with the right set of probiotics to create the proper and necessary 7 layers of bacteria (Glutathione is my favorite). 85% of your immune system is regulated by your gut flora. Avoid parasites forever, viruses and other harmful bacteria. Mind, BODY and spirit are all needed for true well-being and for supporting a process of becoming. Take care of yourself and life will respond easier and faster. The universe will support everything you do in life
- Intermittent fasting
- Take epigenetic modifiers like nrf2 promoters. Cats-claw, Shihuahuaco, ginseng. Turn on your longevity genes (SIRT-1 Genes). NAD, NMN, Berberine, Fisetin. etc
- Avoid Sugar as much as you can (A brain steeped in sugar is sluggish and dull). All neuron-degenerative diseases and conditions nowadays are linked to Sugar.
- Take S. Boulardii for flushing candida out (if needed of course)
- Focus on calming and regulating the nervous system, which naturally supports balanced hormones and neurotransmitters like serotonin and dopamine.

There are many other suggestions to deal with leaky gut, increasing metabolism, providing quality fuel for your higher brain (neocortex), lowering levels of insulin, increasing detox baseline in your body, preventing cancer and protecting the brain through ketosis. If you are interested please reach out and I can reply with other suggestions. We first address the Symbolic and then the physical aspects always.

1 Suggestion we have liked is to not eat after 6PM and fast until 11AM or 12PM the next day (Intermittent Fasting)



It is also important to detox and alkalize the body regularly:

- Water/juice fast,
- Coffee enemas, Epsom salts enemas (with proper guidance and when needed)
- Consistent breath work.
- Nourishing (ALIVE) foods.

Remember to clean and maintain the body which is spirit's temple

More specifically, to summarize all of this, is that you have an established and ingrained **neurochemistry setting** that is used to specific pathways of feeling and thinking, which keeps you in the patterns which have been causing some difficulty and heaviness in your life (unintentionally, unconsciously. So for changing these, it takes determination to create new pathways: The pathways we Now Choose! And for these, we want to use all the resources available to us! Take care of your brain just like you would take of your skin with body lotions or the same way you take care of your teeth or personal hygiene.

Moving forward with The work:

Now is the challenge! the present moment of Now is when you have to show yourself and the universe how much you really believe and know that these changes are what you really want. Meaning, this experience of connected-ness and freedom is what you want.. That you believe that releasing attachment (actively) is what you want. That embodying deep Awareness, Deep Gratitude and humility is the right way of your heart. That abundance, Joy, prosperity, Well-Being is what you want! Focus on this.

You show up, in each moment, each situation, heart open (accepting the feeling and emotion) and staying present to deal with the situations in a more balanced way.



The Merchant. Noticing the signals and messages from every moment, via sounds, nature, conversations, situations or just feelings and thoughts. Understanding them and growing gradually from these signals, which are actually signals from that higher reality/god/universe/ however you choose to call "That"

Storms of Heaviness

One of my teachers shares a metaphor and compares the world's heavy Density to a storm:

Storms come and go, and as long as you are alive this is the case because storms are part of nature, human nature and they too have a divine purpose: Growth and expansion.

There are many reflections that I can elaborate on, about but to summarize, I like to say: **Smile to the storm!** By smiling genuinely, you will have a few things accomplished.

- 1.- You embrace the moment and you stop fighting, consciously. You allow the flow and release tension.
- 2.- Because of this openness, you now can receive the message that the storm has for you
- 3.- By smiling sincerely, you are Choosing to be unconditionally accepting (and joyful) to the now, despite however it may feel or look
- 4.- By Choosing this principle of unconditional acceptance, you grow from it more effectively and efficiently, becoming strong and bigger than the storms around you

Stand there! with your arms open and say: Come storm, I am here! YOU are now here

Obviously, you are not conjuring storms out of nowhere, you are simply communicating to that 1 storm (that might or might not come) that you are here present to experience life fully with you mind grounded in the values of truth (Love, Joy, compassion, contentment, forgiveness, acceptance, peace)



Smile Sincerely :) And other higher-frequency feelings and situations will start manifesting in your life.

For me personally, 1 great way to deal with density, (other than genuinely smiling) has been the daily Pratismarati Bodhi Kriya (included in your membership)... Deep breath-work energizes and relaxes to have more clarity and stronger will to deal with your situations in a better way. High prana manifests harmony by allowing you to know yourself clearly. Prana is the only thing you can rely on to eliminate doubt.

Some practical suggestions:

Sometimes the visions of Ayahuasca, padre San Pedro, grandfather Peyote, Niños Santos or the experiences with padre Sapo do not have a direct meaning. For this we have to start decoding the messages, lessons and teachings you received... How? be aware for the signs and synchronicities you will experience in this period of time. Give them a meaning and commensurate, in other words, give the signs - which will come in different ways for each one of you, an interpretation that will benefit yourself. Be honest and practice humility when doing this, otherwise you risk falling into mystical delirium.

Make time / **Take time** to reflect on everything what happened: Internally and Externally during this circle. During the ceremonies and during the time you talked-share with people. Memories, flashbacks will come:

-Implement and uphold those feelings and emotions you experienced, this must be done consistently in time. 3 weeks to make a habit and 6 Weeks to Generate a Pattern. (Peace, love, happiness, joy, courage, strength, laughter, friendship, community, etc) make them Tangible. Be consistent. Discipline is the consciousness with the highest value in the universe. Love without consistency is valueless.



-Remember, connect to your truth in the face of another one's truth (ANYA).

Pay attention to your surroundings and how you feel in front of people and situations, this will tell you a lot about yourself and challenges you have to deal with, there is where the Initiation gets into play. Begin the Self-Inquiry Process.

-Begin to uncover your old limiting habits, bring them up to light: Why can or can't you?, why you must or must not? why you have or have not? should or should not? what beliefs are holding you down or pushing you away from your higher inspired intuitions? What beliefs are in between yourself and what you want? Ask, when did I decide that as my truth? Ask the right questions.

-Accept everything! (KAWSAY) everything exists for a reason and we don't reject anything. We Say Hi to everything, everything has life and speaks to us. Now please discern that accepting does not mean condoning. We must accept everything exists and choose the NO's and YES's that we feel intuitively are in alignment with life

-Take action, do Non-Necessary things (Non-necessary to the ego) to move biology-energy structures in yourself. By doing things you are not used to do (which always that represent a benefit and growth for you), you will have the impulse of energy to make a shift. For example, if you are frustrated or unhappy with your job, the simple fact of going for another job's interview (even if you are not interested in that new job) will send the right signals to the universe and you will have then put things into motion. The universe / God / Consciousness will support you entirely in this new direction of either being happy in your job or Maybe something in your current job will change, maybe something better will come along. If a job interview doesn't resonate, Maybe write a detailed letter to your HR manager, CEO or special/ideal client (even if you don't deliver it) this will too move energy structure. Begin to use symbolism

-Remember with Responsibility and Respect to nourish the feeling of a Warrior's persistence within yourself and connect with what has always been present: Warriorship to live Your Existence.



-Discover "From Where" (from where you are coming from? meaning from which feeling? from which thought pattern, etc you are operating from?) - "To where" are you moving? (your result, what you want to achieve) in different aspects of your life. (feelings, emotions, speech, actions, beliefs, ideas, habits, lacks, needs, patterns, materials things etc.)

-Release the conflict with Dense vibe, which causes paranoia and the need of protection against "dense vibe". Keep calm, root-ground with Pachamama. Do not get isolated.

Love (Offer your bright), Wish (lock in your hearts desire) and Power (build your self trust and grow in value): this is Munay

-Remember the Space, the ofrenda in this circle. the medicine, the music, Saturday's rain. You did not stop, you kept going forward with all of us, give yourself the credit based on merit. Not to inflame ego but in humble recognition of what is true. Defend what you brought from the heavens (Your divinity) teach your body the emotion that you want to choose, it takes time: have patience :) If you did stop yourself in anyway its ok, offer yourself the regard to understand your process and our process needs gentleness. Honor your impulses

-Acknowledge not only you are a human but that your are a Human-Being. Embody the idea of your God within

-Ask yourself: Who am I? It's never a question of understanding or changing the other person or the situation you are in. This is life is to understand ourselves! (reactions, emotions, feelings, actions, behaviors) in front of people and the situation. (Anya). Look for the market vs cave metaphor

-Allow yourself to solve what you have to solve, dissolve from within and resolve from outside, the problem is not the government, the economy, politics, science, religion, your family, job, society, world etc.



The contrary energy is Atipakuy Pachakutin (Cycle of world destruction), our perception of conflict (lack of harmony) with any of these paradigms.

-Recall the Rituals, the candles, the hugs, the fire, the music, the sharing. Put the fire (and other elements) in your heart, be the light you are and shine so you can irradiate the luminosity to others.

You will have "Flashbacks", dreams, images, sudden ideas, synchronicities, weird encounters, emotions in your body related to the experience, such as joy, compassion, love, happiness but also fear, anxiety, uncertainty, frustration. Keep Calm and have a sense of inner humility. you are healing, we all are.

In some cases the body can be tense, mad, sad, it is possible your body wants anxiety or fear because the body wants it's comfort zone, the shock-impact that was caused has to do with some biochemicals. These biochemicals were released and the body normally want to go back to the "status quo" as it was before. Do not allow it. Choose and Learn how to grow. Choose growth and change

To connect more about all of this, reach out and I can answer any questions about this and I will share details about Shamanic Initiation if youre interested in living this.

