

Ukhu Runanchiq - Inner work

Añaycha (thank you)! Thank you for your courage and for not letting the circumstances deter you from your journey inward.

Your attendance made this possible, so thank you for showing up, for being open, and for your trust in the medicine. More than anything we value your trust in us.

Starting with the physical aspect, we want to emphasize taking it very slow and easy this week!

Especially right after Ceremony, the body is tired and the nervous system is worn out... It is our experience (and a normal reaction for most everyone) that our body and emotions can get overly sensitive and irritable, and sometimes the mind is restless after the ceremony. Even regular conversations could feel heavy, and we could take things personally (and even as an attack on your persona).

How intense or sensitive will that be?

This depends on your physiological constitution and the depth of your work, but nonetheless, we all experience this sensitivity at some level...

This is normal and natural so don't be alarmed or sad. Don't let the trigger control you: observe it, meaning observe your own inner impulses, journal, and resolve the root of the conflict with love and responsibility. To resolve, we are here. Make sure to stay open and trusting during integration

Please reflect that you moved large amounts of energy within every part you exposed or healed! Sometimes, inside medicine you become aware of subconscious energies which might seem meaningless or purposeless... other times you might not understand these fully. Whichever it was you unleashed old energies, and now you are on a process of alignment, reconciliation with yourself, and integration.

All of us are embracing new possibilities and alignment. Whether you are barely starting in this type of work, or are in an advanced stage in your medicine work, we all go through the same process. So just remember It Is All ok! you just have to adapt gently and take care of yourself.

A suggestion for you is: Choose to Nurture your body!



I suggest to pick some of the following activities (the ones that resonate the most):

- Epsom Salt, Sea Salt and Baking Soda (2-3 cups each) in a hot tub, as hot as you can handle (without burning yourself of course) soak and alkalize, add candles herbs etc.
- Reach out to us for a flowering bath ritual which is very powerful, if interested
- Sensory deprivation floating tanks.
- Coffee enemas (and other types of intestinal detox and bile release methods)
- Extra sleep (this one is for the best energetic integrations, slows the momentum down)
- Taking Gaba, L-Tyrosine, Choline, and high-quality omegas. additionally, 10grams or more of Creatine per day. Ashwaghandha. and d3 high concentration
- Efficient and more powerful ways to ground with Pachamama (look up “the grounded” documentary in YouTube) deep sleep with a grounding mat [THIS IS THE MOST IMPORTANT ONE]
- Nourishing foods, Live foods, foods that are alive like leafy greens and high prana food, Phytonutrients, But also good quality fats and good quality protein.
- Kriya Breathwork (this is the one practice we engage on a daily basis), This is included in your membership
- Shamanic Trance-Hypnosis Regression Therapy, and hypnosis relaxation therapy

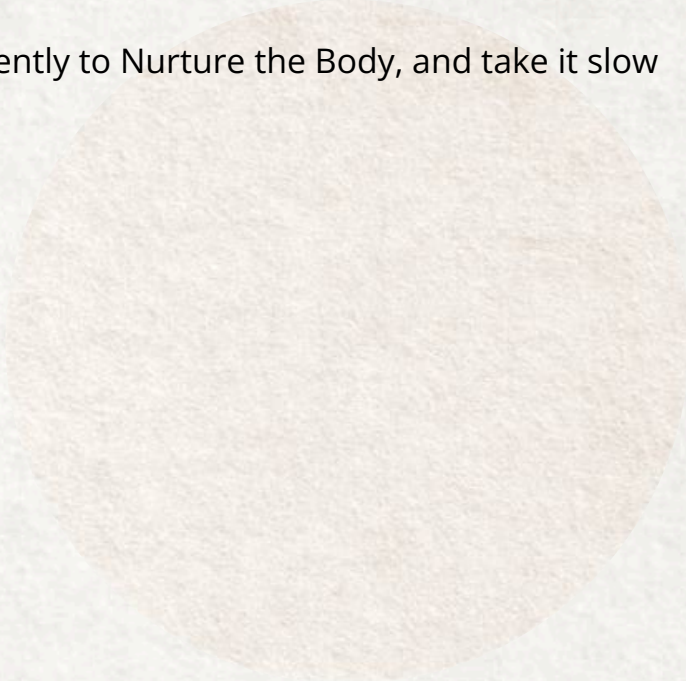


We developed a process that is profoundly beneficial for people looking into understanding previous lives' patterns or repressed memories from childhood.

-Gestalt Psychotherapy (you can reach out to Vianney for this)

Whatever feels right for you is ok, BUT, the Most Important thing is to do whatever you choose, recognizing these actions as an offering/gifts of "LOVE" From yourself to yourself. This is Self Love! The Cosmos, God, You, Universal Consciousness is always listening, always responding, so now in these connected moments, it is time truly to enjoy life in pleasant ways, so more of the same can come.

Let's use time efficiently to Nurture the Body, and take it slow



Understanding the Bufo Experience (Analogy)

Going into the Padre Sapito (**bufo**) experience, we can understand it in the following way:

Imagine the following:

You are in a large room (a really big master bedroom with an oversized Cal king bed, couches, cathedral ceilings, chimney, large office desks in a section of the room, lounging/reading area, 400sq/ft walk in closets etc), and this room is in complete darkness. You can not see absolutely anything, not your hands, not the windows, not the walls not even the light from the outside coming through the bottom of the room's door.

However, in this darkness you can perceive a few things, you can hear some noises coming from nearby inside the room which you cannot recognize. You can also perceive a few smells, some nice smells and some foul but can not make sense of what these bad smell are or where they're coming from. This causes uncertainty, discomfort and therefore anxiety and fear. All of us who are healing, feel uneasy about the uncertainty of what these things may be. This is the state of both our unconscious mind and our subconscious patterns. Mostly unclear to us.

Now standing in the middle of this large room, imagine you light a match. Now you can see your hands and your very immediate surroundings... As you walk with this match in your hand you will find a wall and in that wall, if you look closer, you might see some dusty framed pictures (memories) or something laying on the floor. The light from the match is a metaphor that depicts what meditation is to awareness, meaning meditation brings awareness and the match brings light. With the light we can see a little bit: the dust on top of the things we see represents our perceptions of life, similar to the filters with which we see things. The things on the floor are blocks in our life.



After some time, you get tired of seeing so little, “Bumping into things”, even though the light of the match (meditation) feels better than complete darkness. And you get tired because you realize that you still can not find the source of that smell, nor can you find what is making those weird noises. So you look for more light and soon you find (through your own desires of more awareness and alignment) that there is a small flashlight in one of the drawers in a nightstand. You grab it and you turn it on. Now with the focus of that small flashlight, you can see that there is some heavy dust in the armoires, dressers and all around the room. With so much light now you can see that the smell was also coming from a pile of dirty clothes in a bin in the corner. Also, you can make out the dimension of that 1 room and see what things are in front of you, so you can move them as you walk (like dirty clothes basket/bin, shoes, chairs etc).

The flashlight in this example is the use of Mother Ayahuasca. Mother helps us see the mess a little more in detail, however, the course of action is still sometimes unclear because of the darkness and that darkness can feel overwhelming at times. The great thing is that now you can see the things that are fragile and potentially dangerous like glass mirrors or ceramic lamps, etc All of these things shown by the flashlight represent habits of disorganization, unhealthy emotional patterns, Negative Mindset, Compromised Values, Trauma etc... Ayahuasca, Niños Santos, San Pedro, Peyote and the Kriya Breathwork, helps us see these things and address them 1 by 1. Medicines Give us an opportunity to discover who we are more consciously. The more consistent you are with using the flashlight the more organized your room will be as long as we take non-necessary action (rituals) and necessary action which would be the literal cleaning, of course!

Ayahuasca Sacrament Course

Niños Santos Sacrament Course

San Pedro Sacrament Course



Padre Sapo (Bufo) experience is the equivalent to temporarily removing the roof and walls of the room so that the sun illuminates everything you have been experiencing so far.. Also now you can see that the smell was coming from rotting food on a plate that you pushed under the bed a long time ago from a late dinner you had long time ago (childhood repressions). The smell is the more direct representation of those repressed energies and experiences that have been neglected and which now are starting to manifest in our life as heavy, undesirable circumstances, like health issues, relationship and financial problems etc... Now you can see that the noises were some rats/mice that run away immediately after they see so much light, These represent all the energies created from the many damaging-unconscious patterns, We sometimes hold subconscious energies of a different nature to ours (Sometimes ancestral, Sometimes past lives, sometimes parasitic entities, most of the times of a negative nature) that have been dormant for even lifetimes but those become visible right away immediately as the light comes in. However, since we have never seen them before in such light, sometimes it is confusing to us because they have been part of our identity and now they seem alien. It can also be difficult afterwards, because we don't know how to relate to life, friends, and even ourselves without them.

Always, it is important to remember that there is no room for darkness (ignorance) where there is light (awareness & consciousness). We cannot have a conscious life carrying unconscious energies and patterns. This Light becomes wisdom once you integrate the experience.

Padre Sapo also removes the limits to your room's dimension temporarily, giving you a sense of what lies beyond our limited perceptions, Other rooms (Dimensions), living rooms (etheral realms), fully illuminated gardens (Multiverses) etc..



When you use Sacred Medicines you see the progress, but then you realize that you are only resolving the closet (subconscious mind), and that there are many other spaces in your home and in mother earth, gardens to explore, all of it awaiting your leisure and enjoyment. These other spaces are the clear present moment, and higher states of consciousness

And, by first appreciating more of this beautiful world, Pachamama, in all her splendor, you can also appreciate the natural heaven that lies beyond your perceptions of the world, so that you can begin to experience a coherent existence (Kawsay) within your source of life, source of being.

It is the goal of these retreats for you to experience yourself as an extension of Source energy.

When this happens, all the trauma, fear, blockages, and subconscious energies, etc., are transmuted for you to experience in essence who you are. To experience and become the reality of your spirit and to choose more consciously what you want to express in your life.

TO LEARN MORE ABOUT BUFO

Please go into your membership and look for the Bufo Course included in your Integration Membership



The different personalities of the "I" (or as Jeshua calls it: the Ego, guardian of your individuality) becomes conscious with your observation. You observe and it always presents itself as an idea or discernment to gain pleasure or avoid pain. The idea doesn't come to you in this sense: "You should be afraid because you've just been exposed to something." No... What EGO really says is: "Oh no: I'm ... I am afraid. Oh crap: I am being exposed." And because it comes with the word "I" attached to it, you think it must be the only truth or the only way to perceive a situation. Then the Ego tends to validate what you think to protect your safety and feel safe. You sometimes justify the anger that protects fear (executioner). You identify with these ideas and try to protect ourselves by the judgment of others and rejecting others

When others and their beliefs based on culture, religion, politics, science, economy project upon us their judgments (which is only a limited perception of themselves) it always comes to you as a suggestion. "You should feel guilty. You are at fault. You are being a dick etc etc" It always comes as a suggestion for you to accept or reject and this is what ANYA (Truth) teaches us:

****Do not reject anyone's truth but also and do not submit to anyone's truth**** (you might want to read the following a few times)

We sometimes forget that we can observe their truth without rejecting them. "I Accept everything" does not mean that I condone or that I will also agree to other's actions or judgements... it just means that I accept that someone else is living their life in such a way and I understand that I don't have to follow that. And that's what we always need to be alert to: What are our emotion saying in the face of someone's limited perceptions? perceptions can change and evolve, but it is not my responsibility to change anyone's mind otherwise I would be a savior and the Savior is a negative Archetype that creates conflict, attachment and suffering.



You are not your unconscious personality and our Brothers and Sisters are not their personalities either. Therefore, when they ACT or speak from the identification to the persona, get a sense of themselves. We need to recognize that it is not the conscious part of them who is speaking. Just as with a drunk guy you say, "That's the tequila speaking, that's the 5th shot talking," you need to be alert to say, "Ah, that's their attachment to personality talking, not His/her conscious choice." However, again you make a distinction that even though this might make you feel compassion, you Must distinguish and discern for yourself what is to be embraced and what things are not meant to be condoned. Everything Must be accepted, however we choose to relate to what WE want for OUR life, therefore we 1st say thank you and then we choose whether we allow it into our life or not.

When someone comes With harsh judgements and projections upon yourself, always check in humility and sincerity within yourself and then objectively realize what truth there might be in those projections against yourself, learn as much as you can and move fwd along with them if its fruitful or without them if its not serving you anymore. It's your choice!

Now, All of this I am talking about, what I'm saying are not a bunch of concepts that you can use to make a shell and protect yourself. This wisdom that comes from experience and Andean Cosmology, I'd like to invite you to integrate, to help you realize the fact that **You Are Utterly Invulnerable**. And we all need to claim that for ourselves. Like the So'Hum & Noccan Kani. You need to claim it for yourself, not as a defense, but as a conscious reminder of the Truth About You so that we don't slip back into the old patterns of trying (always reaching without success) to be a better person but in order to grow into a human-being. Connect with us for more of this.

