South — The Illumination Process

The Illumination Process helps you release the past stories, the emotional wounds and trauma, and step into a meaningful life infused with wisdom and purpose.

You will learn how to create sacred space wherever you are to empower yourself and bring healing to those around you, including the clients you work with.

The anatomy and physiology of the Luminous Energy Field will be explored in-depth. Through the Illumination Process, you will learn to identify the trauma and toxic life stories that are stored in the Luminous Energy Field and how to clear them energetically.

Shamanic Rites of the South Include:

- Installation of the Bands of Power, a shamanic protection that allow you to be more present and available for life, instead of wasting your energy in fear, doubt or worry.
- The Seer’s Rite (Kawak Rite) that allows us to perceive the invisible world. You can begin to, follow, trust and effectively use your intuition and tracking skills.
- The Harmony Rite (Ayni Karpay Rite), which transmits universal archetypal energies into your Energy Field to assist you in finding balance in all areas of your life.
- The Healer Rite (Hampe Rite), which connects you to a lineage of healers to assist you in your healing.

Prayer for Creating Sacred Space

INVOCATION

South
To the winds of the South
Great Serpent
Wrap your coils of light around us
Teach us to shed the past the way you shed your skin
To walk softly on the Earth
Teach us the Beauty Way

West
To the winds of the West
Mother Jaguar
Protect our medicine space
Teach us the way of peace, to live impeccably
Show us the way beyond death

North
To the winds of the North
Hummingbird, Grandmothers and Grandfathers
Ancient Ones
Come and warm your hands by our fires
Whisper to us in the wind
We honor you who have come before us
And you who will come after us, our children’s children

East
To the winds of the East
Great Eagle, Condor
Come to us from the place of the rising Sun
Keep us under your wing
Show us the mountains we only dare to dream of
Teach us to fly wing to wing with the Great Spirit

Mother Earth
We’ve gathered for the honoring of all of your children
The Stone People, the Plant People
The four-legged, the two-legged, the creepy crawlers
The finned, the furred, and the winged ones
All our relations

Father Sun
Father Sun, Grandmother Moon, to the Star Nations
Great Spirit, you who are known by a thousand names
And you who are the unnamable One
Thank you for bringing us together
And allowing us to sing the Song of Life
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South Fire Ceremony

In indigenous societies, the elders carry on the tradition of gathering around a fire when the moon is full and dreaming of a world that they want their grandchildren to inherit. On that evening, they quietly arrive in a circle of dreamers, knowing that what they have to offer is just a tiny piece of the larger puzzle, and that it’s important that they show up with love and intent and participate in the dreaming process.

At serpent (at the physical level), they know that they need to sit by the fire. At jaguar (at the emotional level), they realize that they must bring with them their love and curiosity and connection with all beings, including every other shaman gathered around the fire wherever they may be in the earth. At hummingbird (at the mythic level) they offer their vision without comprehending how it fits into the collective dream. At eagle (at the level of Spirit), they see the larger picture before them and understand the totality of the dream without being able to express it or define it. They feel the power and wonder of Spirit. They become the moon and the stars, fire and the smoke, each other and themselves, no one and everyone.

The fire ceremony is done on the full moon of each month. In my experience, the fire then becomes the teacher. It will let you know immediately if your intention or attitude are not pure or in tune with the tradition.

- Before coming to the fire circle, prepare Spirit Arrow or Death Arrow, a stick that represents an issue or something you want to let go of. Blow the issue into the stick.

- Choose a stick to circulate at the fire as an offering for the healing of the Earth, the Pachamama stick (this stick is thicker and more substantial than a personal offering stick).

- The Pachamama stick is passed around the circle for all to offer their blessing.

- Open Sacred Space.

- Prepare the fire.

- Start the fire. One person should care-take the fire for the evening.

- Begin the chant to call upon the Spirit of the Waters beneath the Earth:

  Nitchi Tai Tai,
  N-U-Y
  Oro Nika Oro Nika
  Hey Hey...Hey Hey
  Ooo Ai.
The following is not a literal translation but expresses its essence:

O Great Mother, Mother of the Waters  
We call on you, Waters of our Birth  
Waters of our Sustenance  
Waters that cleanse us on our death  
Take us back to the place of our birth.

- Feed the fire with olive oil three times: first to the four directions, then heaven and earth, and, last to the circle of beings around the fire, seen and unseen.

- The moment the fire becomes friendly it changes color and burns in a different manner. This change will come from direct observation and experience with the fire.

- When the fire becomes friendly, make your offering to the fire (with someone at your back).

- Each person approaches and silently puts their offering into the fire (with someone at their back). They then pass their hands briefly through the fire drawing the energy of the fire into their belly, then into their heart, and then their forehead. You can touch it lightly or go deeply into the flame. It is not meant to be sensational or dramatic, but rather a way to focus attention and energy upon one’s transformation.

- After all the offerings are made, the oldest or youngest person places the Pachamama stick in the fire.

- Close Sacred Space

- At least two people, ideally one male and one female, stay with the fire until it is safe – no water on the fire.

Students are asked to view this information as the “heart” of the ceremony. It is the starting point to find your own unique style to add to this ceremony.

There is a two-week period following a fire ceremony in which “instances of opportunity” appear. These “instances” provide the opportunity to translate your intent for healing into reality. You are advised to think of the fire ceremony not as an instantaneous magical change, but rather the start of a healing process or journey. Seize the opportunity to change your behavior in the real world. Then let the universe take care of the details.

Note: Your personal archetype fires are done alone (or with another student).
South Four Levels of Engagement

<table>
<thead>
<tr>
<th>ENERGY</th>
<th>informs</th>
<th>SOUL</th>
<th>informs</th>
<th>MIND</th>
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<tr>
<td>PURE KNOWLEDGE WISDOM SOURCE</td>
<td>→</td>
<td>IMAGES VISUALIZATION MYTH FIRE CEREMONY</td>
<td>→</td>
<td>WORDS FEELINGS SENSES INTUITION</td>
<td>→</td>
<td>CELLS MOLECULES HORMONES NEURONS</td>
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Shaman maps at the level of the SOUL and intervenes at the level of ENERGY.

- Become fluent with the language of each of these domains
- Teaching with metaphor/imagery – the sacred level
- Shifting the Levels of Engagement – Shifts the Person’s Perceptions of the World

South Class Archetypes

The archetypes are organizing principles of the Universe. They are the forces that we call to create sacred space and they are the energies that have been planted as seeds in each of your chakras. You grow these seeds with fire. Explore the archetype in each chakra, see your world from their perspective. Instead of being exclusively informed by our history and by our culture, the archetypes begin to inform our chakras.

Serpent
Archetype of the healer in many cultures; teaches us to shed our personal history the way the serpent sheds her skin. The primary life force, the one who dives deep, who knows the way into the secret places inside of ourselves – the one who walks with beauty on the belly of the Mother – the one who knows the way back to the Garden, the place of innocence. The caduceus of medicine.

Jaguar
The jaguar knows the way across the rainbow bridge to the realms beyond death – the one who swallows the dying sun, teaching us to step beyond fear, violence and death. The archetypal connection to the life force of the jungle, everything that is green; steward of the life force – the shaman who has no enemies in this world or the next – the Life/Death principle and renewal.
Hummingbird
The ancestors, grandmothers and grandfathers, the ancient memories, the ancient wisdom – the ones who have stepped outside of time and can help us remember the ancient ways. The way of the Hummingbird, who drinks directly from the nectar of life – not built for flight yet undertakes and accomplishes the impossible journey.

Condor/Eagle
The archetype of the rising Sun, the place of our becoming – seeing from high above, the vision of clarity and beauty, the great wings of the eagle hold the heart, teaches us to see with the eyes of the heart – the one who nudges us out of the nest to spread our own wings so that we may always fly wing to wing with the Great Spirit.

Huascar
Lord of life; Lord of death. Historically, one of the sons of Huayna Capac (the Inka who read the prophecy of bearded men with sticks that spoke with fire, who would arrive in the Americas and turn the world upside down). Huascar is the keeper of the medicine teachings. He became the harmonizing principle of the Lower World – the chaotic dark place of all creative potential. He/she is the renewer of the world. The gift of Huascar is to discover the ancient shamanic wisdom.

Quetzalcoatl
Lord of the dawn; the Day Bringer, Morning Star. Quetzal is a beautiful jungle bird and Coatl is the serpent. The winged serpent that has acquired flight – the keeper of the middle world, brought irrigation, medicine and stonework – walked the Americas, brought music, dance, drums. We can call on Quetzalcoatl to organize our relationship with the Middle World – when you come into relationship with Quetzalcoatl you don’t have to micromanage your life.

Pachakuti
The Inka who was given the prophecy – organizing principle of the Upper World; embodies the concept of circular time, stepping outside of linear time – makes time stand still – brings heavenly order. Coming into relationship with Pachakuti allows us to recognize and embrace our destiny.

You must develop your own relationship with the archetypes and your descriptions should come from your experience.
Make your own

Spirit Water

½ cup dried sage
½ cup dried cedar
½ cup dried sweetgrass
½ cup dried lavender
6 cups good quality vodka (Finlandia is a good one)

Spiritually gather the herbs in a sacred way. Combine them with the vodka. Place in a glass jar and store at room temperature for 14 days (1/2 moon cycle). Place a paper towel in a mesh strainer and strain out the liquid from the herbs into a clear container with a lid.

Keep for years.

South Homework

We’re growing new, healthier bodies, not just weeding out our old issues

• Do your morning breathing practice
• Strengthen your Archetypes and Bands of Power
• Get to know your Mesa. Feed it with your love, intention, breath, etc.
• Work at the Energetic, not the Mental or Physical level only.
• When issues arise take them to your Mesa, to sand painting, to fire.

Journey to the Lower world

• Meeting the Gatekeeper, Huascar

Strengthening the Archetypes. They Germinate with Fire

• Work with each archetype, get to know it, help it grow.
• Archetypes help to clear our Chakras, develop Rainbow Body
• Seven Fire Ceremonies
• Full or New Moon, one each archetype

Practices

Non-Judgment

• Practice discernment
• Break free of consensual reality
• Step into experience not preconceptions
Non-Attachment

• Not holding onto old perceived ways
• Practice the Beginner’s Mind, free to experience the world
• Don’t take yourself so seriously

Non-Suffering

• Life has pain. The suffering is what we do before and after the fact
• Live life in the moment not anticipating outcomes

Practice Beauty

• Practice Beauty as spaciousness
• Touch everyone you meet with Beauty

Growing New Skills

• Sacred space - opening the four directions
• Opening your Wiracocha, experiencing the space of infinity and safety.
• Growing a relationship with the lineage of shamans that are free from time
• Learning the fire ceremony
• Your personal power animal
• Your mesa or altar
• Bands of power
• Illumination Process

The Illumination Process

The Illumination is the core process for clearing imprints from the LEF, and the foundation for all shamanic healing practices.

1. Prepare yourself and the space. Call in the Directions (before arrival of client). Light a candle.
2. Describe the Illumination Process. Let your client know that you will be by their side at all times.
3. Identify the presenting problem.
4. When the issue is clear, have them pick one of your stones and blow the feelings into it (three times.)
5. Track the chakras and determine the lowest one to work with. Work only one chakra per session.
6. Open your Wiracocha and expand it over your client.
7. Apply deepening points. Guide the client’s breathing with your own. Ask client to feel the intensity of the experience but not to relive or ‘get caught’ in the trauma.
8. **Backwash the identified chakra by spinning** it counter-clockwise with your hand close to the body. Place the stone here.

9. **Clear the chakra by applying the release points.** With your hand, a feather, or rattle, tease out energy strands and release dense energies from that chakra. Send this energy to the fire.

10. **If appropriate, ask client for feedback:** What are they sensing, seeing or experiencing? Your questions should facilitate their experience, not disrupt it. Guide their breathing with your own. Remember the arm-cross technique if it becomes too intense.

11. **Alternate deepening points** (when you sense the client needs to go deeper) with release points.

12. **When you sense the stillness that comes with completion,** remove the stone from the chakra. Illuminate the chakra.

13. **Re-balance the chakra by spinning it clockwise.** Allow the client whatever processing time they need. Close your Wiracocha.

14. **Close Directions.**

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**Intake Interview and Exit Procedures**

**Basic entry interview:**

1. Welcome the Client. (Making eye contact and connecting with warmth).

2. Begin pacing their experience, matching breathing and posture as appropriate.

3. Elicit their maps or “story” that is going on in their lives and brought them to see you. Identify the benefits they get by having this problem (secondary gains).

4. Look for themes not issues in the story. How would your life be different without it?

5. Describe the process in detail. Explain that you are not a doctor or psychotherapist.

6. Call on Four Directions. Light candle.

7. Exit interview with a new map including the benefits they will receive. Use sand painting, ceremony, altars, or other “homework” to take the experience from the energetic to all the levels.

Case Study Sample

Name: Student’s Full Name
LB Case Report: South
Process(s) demonstrated: Illumination

Session Date: 4/28/17

Client Data:
MD is a female, 36. She has been married for 20 years and has three teenage sons. She is seeing a homeopath and a naturopath for digestive problems, hand pain, and lack of libido.

Presenting Problem:
Her husband had an affair a few years ago and it crushed MD, brought up her history of sexual abuse. She knows her husband loves her, but she says she wants to be able to feel his love. She is still very bitter about the affair.

Expectations:
She says “I want to be in love.” Wants to experience love in her life.

Chakra Evaluation:
1st chakra was dark and heavy with a short lip, it was still. 2nd chakra didn’t seem round, but more oblong, dark along the upper edges and dirty yellow, it wobbled. I worked with the 1st chakra.

Process Experience:
(I opened directions before she arrived.) I opened my Wiracocha and held deepening points about seven minutes. I coached her breathing, pacing her. She found herself back in the basement where the sexual abuse occurred when she was five. I coached her to increase the speed of her breathing and with the help of release points, she was able to release what she was feeling.

Then her jaw tightened and she began to cough and I tapped lightly on the throat chakra. I asked her what was going on. She said she was still in the basement with the little girl. I coached her breathing and did another round. She felt a gripping in her 1st chakra/groin and then an opening in that area, and finally calm. I illuminated the 1st chakra and then re-balanced all her chakras.

I then did decoupling for about 15 minutes while her energy settled down

Client’s Response:
MD said she felt much relief from the session. I asked her to do a sand painting at home to honor the Little Girl and what she endured and that she survived.

My Experience:
I was pleased that I “knew” when to apply the release points and how powerful it was. I was aware at times of wanting to talk, but I kept my words to a minimum and trusted the process. At times I could actually see the heavy energy leave her field. I was amazed at the changes that occurred and I felt energized after the session.
Reselecting Your **Genetic Destiny**

Alberto Villoldo, Ph.D.

Modern physics explains that interactions across time and space are possible. Shamans learned to put this into practice and employed imagery to program their genetic biocomputer, selecting genes from the gene pool for health and longevity.

So imagine that you could go back in time to the moment of your conception and select the biological traits that you wish you had inherited from your mother and your father. Perhaps you would choose your father’s heart because there was no incidence of heart disease in his side of the family. Or you might select your mother’s brain because there was no Alzheimer’s in her branch of the family tree. You likely would want the trait of longevity from either of them.

The Austrian monk and botanist Gregor Mendel discovered in the mid-1880s that plants inherit specific biological information from each parent. His observations led him to differentiate between the genotype, which is the sum of all genetic diversity in a member of a particular species, and phenotype, which comprises the actual properties and traits that individual members of the species express. Even though Mendel’s theories were met with disbelief and he died in obscurity, his stature was later vindicated, and his discoveries are still relevant today.

You received the entirety of your genetic makeup at the moment of your conception. You also received one half of each of your parents’ genetic code. This means that, while you received 50 percent of each of your parents’ hereditary information, their genotype, you also express only some of those select traits, your phenotype. But that is only part of the story. While you may have inherited a predisposition for either heart health or disease, your beliefs, diet, and choice of lifestyle will influence your inherited risk factors. As the pharmaceutical industry knows, lifestyle modifications are often not enough, and seemingly healthy men and women can and do suffer heart attacks at a relatively young age.

So, what else can you do? You can look beyond your physical or genetic side to your spiritual side.

Ancient sages developed techniques that they believed allowed them to “journey back in time” to influence the effects of their ancestral heritage. The effectiveness of this exercise derived, at least in part, from their ability to influence the expression of their DNA. In other words, they used visualization techniques to modify genetic expression!

When skilled practitioners journey back to the moment of conception to consciously select the traits they want to express, they look at other factors—beyond genotypes and phenotypes—that may have influenced their genetic makeup. The father may have consumed too much alcohol. The mother may have been afraid of getting pregnant. The environment may not have been infused with love, peace, and tranquility. Stress hormones easily cross the placental barrier and inform the child of every mood the mother is feeling.
But now, from your current wisdom perspective, you can go back and visit the moment of your conception. You can bring a meditative and sacred feeling to the moment of the comingling of your genes. So, during this exercise, you can forgive your parents for any transgressions you believe they committed toward you, any hurt you feel they might have imposed on you. This is necessary for your journey into enlightenment because holding on to any residual anger or resentment toward your parents only perpetuates your role as a victim of their genetic signatures.

**Exercise: The Moment of Your Conception**

With your eyes closed, take a few deep, relaxing breaths. Count your breaths from one to ten, then back to one again, until you feel yourself entering a deep state of relaxation. You will notice that, at first, your mind will wander. You may find yourself counting past ten or chasing a thought about what you forgot to do yesterday or whom you must call still today. Let all of these thoughts go by like clouds that appear, then disappear, in the sky.

Now imagine your timeline, the chronological series of events in your life, poised in front of you. Perhaps you imagine a golden thread or a string with many beads or moments of time. Perhaps you simply see a road that leads in one direction to the past and another direction forward into the future.

Begin traveling backward along your timeline, briefly revisiting events of the past few days. Then go farther into the past, to your childhood, and to your earliest memories as a toddler. See the images as though they are in a movie that you can fast-forward or reverse at will.

When you are no longer able to recall events or situations, use your imagination. Imagine yourself as a baby in your mother’s arms. Imagine being inside her womb. Imagine the instant of your conception, when your mother’s egg is surrounded by your father’s numerous sperm, all trying to fertilize it. Imagine yourself sitting inside that luminous egg. It is a peaceful bubble. Bring your stillness and grace into that space. Know that you are filling it with your peace and luminosity.

Now sense the egg selecting and inviting the finest sperm to fertilize it. Imagine that as it enters into the ovum, you witness the most extraordinary alchemy that is the conception of you. You see proteins cross-link with each other, making the matrix of the egg hard and impermeable to other sperm. The nuclei of the sperm and the egg dissolve, and the father’s DNA and the mother’s DNA fuse. The egg divides and forms two tiny, identical cells. They begin to replicate, doubling, quadrupling, and exponentially adding to their numbers at an extraordinary rate.

As you watch this amazing process, you hold steadfast to your intention of forming and shaping yourself into your desired being. You bathe these nascent cells with your great peace, your serenity, your light. You bless this holy union that is you regardless of what the “facts” of your conception may have been. And there, then, as the growing, forming you, you forgive your parents. You see them as the holy, glorious, innocent beings they are. You bathe them with your love, knowing that all is well.

**You sigh. And smile.**

Then, you return along your timeline to the present, bringing with you—into the here and now—your feelings of peace and luminosity, your joy and exhilaration, that you experienced at that moment of your conception.
Prayer for **Opening Sacred Space**

**INVOCATION**

**South**
To the winds of the South  
Great Serpent  
Wrap your coils of light around us  
Teach us to shed the past the way you shed your skin  
To walk softly on the Earth  
Teach us the Beauty Way

**West**
To the winds of the West  
Mother Jaguar  
Protect our medicine space  
Teach us the way of peace, to live impeccably  
Show us the way beyond death

**North**
To the winds of the North  
Hummingbird, Grandmothers and Grandfathers  
Ancient Ones  
Come and warm your hands by our fires  
Whisper to us in the wind  
We honor you who have come before us  
And you who will come after us, our children’s children

**East**
To the winds of the East  
Great Eagle, Condor  
Come to us from the place of the rising Sun  
Keep us under your wing  
Show us the mountains we only dare to dream of  
Teach us to fly wing to wing with the Great Spirit

**Mother Earth**
We’ve gathered for the honoring of all of your children  
The Stone People, the Plant People  
The four-legged, the two-legged, the creepy crawlers  
The finned, the furred, and the winged ones  
All our relations

**Father Sun**
Father Sun, Grandmother Moon, to the Star Nations  
Great Spirit, you who are known by a thousand names  
And you who are the unnamable One  
Thank you for bringing us together  
And allowing us to sing the Song of Life
Memory loss is not an inevitable part of the aging process. What we know about the brain and its functioning has increased dramatically in the last decade or so. Although many people fear developing memory loss as they grow older, or struggle with brain fog in middle age, scientists are now discovering that ancient techniques for keeping our minds free from stressors complement modern ways of preventing brain diseases.

Why do Native Americans have a much lower incidence of Alzheimer’s disease than many other Americans do? Their medicine men and women, or shamans, understood what western medicine is just beginning to discover: that optimal brain health is achieved by eliminating toxins from the body, eating well, fasting, getting movement, and using the traditional practice of energy medicine.

In energy medicine, shamans use specific techniques to interact with a person’s luminous energy field, or LEF, which encases the physical body and is encoded with information that affects how we live, age, and die. Like them, we can clear our energy field of dense patches of slow moving energy, which developed as a result of stress and trauma. We can do this by using meditation and visualization.

We can also use our minds, or thoughts, to train our brains to function better and release the physical, emotional and mental stressors that affect memory, mood, and mental acuity. Additionally, if we consume plants with ingredients that are neuro-protective, we protect our brains from the processes that lead to deterioration and disease.
There are several foods and food supplements that foster brain health. Your brain-healthy diet should be mostly plant based and include healthy fats such as virgin olive oil, coconut oil, and fish oil from wild (not farmed) cold water fish such as salmon and sardines. Eat plenty of organic fruits and vegetables. Avoid dairy products and refined sugars. If you are gluten-intolerant or have celiac disease, avoid grains. Limit caffeine, sugars, and alcohol to reduce dependence on these stimulants. Avoid artificial flavors and colors, and processed foods including hydrogenated oils.

Consider taking food supplements that promote brain health: DHA, alpha-lipoic acid, pterostilbene, sulforaphane, curcumin from turmeric extract (a spice used in curry), and green tea extract.

Exercise in a non-stressful way that boosts your mood. Doing so causes biochemical changes in the brain that lead to optimal brain health. Walk, bike, or jog at least 20 minutes a day at a brisk pace and work your way up to 45 minutes a day. In addition, practice yoga and stretch at least twice a week for 30 minutes a session.

Get eight hours sleep so your brain cells can repair themselves after the stress of the day.

Meditate regularly using whatever meditation practice feels right to you. Note that mindfulness meditation performed for just 30 minutes a day for 8 weeks will grow the part of your brain associated with calmness, mental clarity, learning, and memory.

Fast at least once a month with the permission of your physician, staying hydrated throughout the day. Fasting increases the amount of BDNF, or brain-derived neurotropic factor, your body produces for repairing any damage to brain cells.

Practice forgiveness. Don’t hold grudges or dwell on past injuries. Harbor positive thoughts and use them to replace negative thoughts, which cause the brain to release stress hormones that harm brain cells over time.

To forgive someone, sit comfortably and focus on your breath as you inhale and exhale deeply and slowly. Bring into your mind the image of the person who harmed you. Allow yourself to feel your emotions as you breathe in one long breath. Feel the anger or resentment swell inside you. Now, for five long breaths, superimpose over this image the image of someone you love. Watch the image of your loved one strengthen in clarity as the image of the one who hurt you fades away. Feel the emotions of love and clarity. Repeat this exercise often in order to clear your LEF (light energy field) of the dark, heavy energy of anger or resentment.

Mind, body, and spirit medicine all have a powerful effect on brain health, optimizing wellness when used regularly. Each wellness practices benefits the brain and your mood. Used together, they can lead to a healthy brain whatever your age.
The Four Insights by Alberto Villoldo

Dreaming the world into being ~ co-creating with the Divine

**The way of the Hero**

**The way of the Luminous Warrior**

**The way of the Seer**

**The way of the Sage**

**Nonjudgement**

Transcend your limiting beliefs. Let go of your opinions about right and wrong, good and bad.

**Fearlessness**

Actively practice non-violence in speech and action, because violence is rooted in fear. Approach people and situations with love.

**Beginner’s Mind**

Let go of all preconceived notions. Become childlike. Give up all expectations.

**Mastering Time**

Time is non-linear, we operate in sacred time. Trust synchronicity, the universe conspires on your behalf.

**NonSuffering**

Do not write stories about your pain. Differentiate between suffering and pain and give up suffering.

**Living Consequentially**

Recognize the impact of each thought, intention and action. Be in perfect harmony with creation.

**Owning Your Projections**

Own the parts of yourself that make you feel uncomfortable and no longer hold anyone else responsible for your pain or happiness.

**NonAttachment**

Let go of the labels you stuck onto yourself. Find your reference point internally: let it no longer be your ego but your divinity.

**NonDoing**

Immerse yourself in the flow of the universe. Let it be. Remain in the moment and enjoy life as an adventurous ride.

**Transparency**

Stop hiding parts of you from others. It is ok if those around do not embrace your many facets. Be who you are and say who you are.

**No-Mind**

Break free of your “monkey-mind” and get in touch with the Sage within, Spirit. God. Create a white canvas and dream onto it a world of beauty and grace.

**Beauty**

Perceive loveliness even when there is ugliness: find the gift from Spirit. Bring beauty to every moment by sincerely smiling, beauty will seek and find you.

**Certainty**

Have an unwavering commitment to the path you have chosen. Let go of your worries and doubts, fulfill your dreams; have no other option but success.

**Transcendence**

Stop hiding parts of you from others. It is ok if those around do not embrace your many facets. Be who you are and say who you are.

**Indigenous Alchemy**

Embark on a sacred journey and see only opportunities. You are Spirit. Step into your destiny.

**NonEngagement**

Do not take part in battles. Give up the need to be “right”. Always believe the best of other people’s words, intentions and actions.

**Integrity**

Be true to your word and recognize its power to create reality. What you repeat to yourself and the universe will manifest.
Practicing Infinity

The luminous body holds a template of our health. It encodes how we live, how we age, how we heal, and how we will die.

We were sitting on a rock in the foothills surrounding Cuzco. Antonio, my teacher, looked at me with dark, gentle eyes, like a father would look at a child. But he could shift his gaze and suddenly peer from beneath his wrinkled brow with the keen eyes of a hawk. He looked upon me with the same loving gaze with which he embraced the mountains and the trees. His dark features made him seem part of the rocky landscape.

“We are luminous beings on a journey through the stars,” the old Indian said to me “We are star travelers, that have existed since the beginning of time.”

I asked him how he knew this. I looked at this medicine man living out the last years of his life. The clear dark eyes glittered with the vibrancy of a young man still in his twenties.

“I know”, he said. “I have seen it.”

He had stepped beyond death, had freed himself from the temporal existence that keeps the rest of us bound to illness, old age, and disease. He had not read about this somewhere. Through his training as a medicine man in the high mountains of the Andes he had experienced his luminous, transtemporal nature. He knew that he was more than flesh and bone, that he was made of light, and spirit, and the stuff of stars. He had tracked the luminous threads of his existence as far back as the beginning of time, and into the future when our universe would return to that singularity- the big bang- from which it was created. He could track his nature through time the same way that he could track a deer through the forest.

Tasting infinity had set him free. He assured me that someday it would free me as well, if I could find the courage to heal myself. He believed we are all capable of experiencing infinity. Today. Right now. That this was the ultimate healing experience. He believed then, as I believe today, that all healing is self-healing, that no one heals us; we heal ourselves by the power of knowing our place in the universe, and experiencing infinity through our luminous energy fields.

Practicing Infinity

We are biologically programmed to taste infinity. It is encoded into our very genes. Our chromosomes, which are the energy factories in our cells, are millions of years old. They have their own DNA, separate from ours. They were transmitted to us from our great grandparents, through our parents, and continuing through our children into the future. Our genes, which contain our DNA, are programmed to seek infinity as well. Some biologists have even suggested that we are
nothing more than warm fuzzy vehicles for our genes. We carry them from birth, through our most vital years, and pass them on to our children. The minute they jump off into the next generation we become obsolete to evolution, so to speak. Life seeks an unbroken chain of eternity, of which we are only one small link. Observations like these led Nobel laureate Dr. Jonas Salk to observe that while death claimed the individual, immortality belonged to the species, which continued inexorably forward. We each live a finite number of years. Yet the human species has the potential to live many hundreds of thousands of years. Biological immortality can only be experienced by our species, and not by you and I personally. But there is another kind of infinity that we can experience.

The furry little mammals that humans eventually evolved from are less than 100 million years old, yet DNA, in one form or another has been around for close to 300 million years. Every living thing in the earth relies on it for carrying the instructions that create and maintain bodies. Every strand of DNA in our body is millions of years old! Redwood trees are informed by it, as well as the whales and the sunflowers. The DNA strands inside our genes remember their extraordinary trajectory through time. When we are inside our mother’s womb, each one of us lived, within the first six months of gestation, the entire evolutionary history of our species. The first few weeks our DNA shaped us into long, thin worms without a recognizable head or limbs. Later we appeared to be small rodents. Only in the last three months inside the womb did we look distinctly human. Biology calls it ontogeny recapitulating philogeny. The double helix of life remembers every form and shape that our species has been, as it propels us relentlessly into who we are becoming. The material that makes up our bodies is far more ancient than our DNA. Every atom in every cell of our body is more than fifteen billion years old, and has been around since the big bang. Not a single one of these atoms remains inside us for more than eight months. What we know today as skin, hair, or bone, yesterday was Orca, lake or stone. Tomorrow, it will be earth or corn. We are continually exchanging particles, atoms, and energy with all creation. The same particles that sustain us sustains the stars and continues to sustain all life. So while immortality might elude us personally, in a sense we all belong to an infinite stream of life that washes through us, and carries us, like drops of water, toward the sea.

To the ancient Americans, understanding our communion with all of creation was tremendously enlightening. Each person knew that they never ceased existing, that they merely changed forms. They knew that an essential part of themselves remained unchanging even as the atoms in their body kept being recycled throughout the universe. They understood their luminous nature the way my old Indian teacher did. This understanding could not be attained with the rational mind alone. The belly and the heart had to know it as well. Every cell in the body had to realize its interconnectedness with the trees, the rocks, the rivers, the stars, the all, as surely as we know that we live because we breathe. The medicine people knew this. They had experienced it. They speak of the difference between acquiring information and having knowledge. Information is knowing that water is composed of H2O, or comprehending that every atom in our body has existed since the big bang. Knowledge is understanding water so well we are able to make it rain, or being able to track our luminous nature back to the beginning of time, or forward into our destiny.

The medicine people I have studied with believe that we can experience infinity through an awareness of our luminous, unchanging selves. Most of us only have this opportunity we are close to dying. We do not know what to expect at the end of our lives, so we fear death. We perceive death as a terminal experience. Thus we are ill equipped to step fully into the experiences that await us beyond this physical existence. Western medicine is obsessively preoccupied with postponing death at all costs, to the extent that sixty percent of all health care dollars are spent during the last eight months of a persons life. For energy medicine, death is a doorway through which we all step through to continue our journey into infinity. For most persons the opportunity to experience their luminous nature comes only at the moment of their passing, when they leave behind the body they have inhabited for a few short years. Unfortunately, being totally unprepared, most of us miss that opportunity when it arrives, and become overwhelmed by the process of dying itself.

The Huachipayre medicine people of the Upper Amazon, believe that they can consciously travel to the domains beyond death. They use the ayahuasca, a psychoactive plant sacred to their people that allows them to symbolically experience their death, become aware of their luminous nature, and to journey into the spirit world. Many of the initiatory rites of antiquity, including the Egyptian, Greek, and Syrian, were designed to take the initiate through a process of symbolic death where they ceased identifying with the ego or small self. There is evidence suggesting that the burial chamber in the great pyramid of Cheops served this purpose.

Other medicine people, including the old Indian who taught me the healing practices in this book, believe that you do not need the aid of plants or even complicated death rites to discover your luminous nature and map the great journey after death. Experiencing our illumination today, can transform the body and heal the soul. The experience of the luminous nature can change the way we heal, the way we die, and even the way we age.