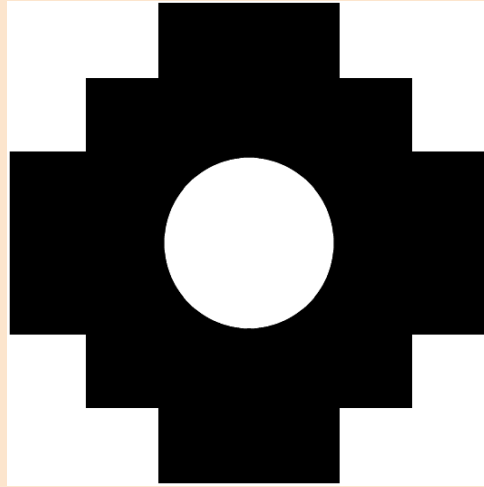


Shamanic Three World

Integration Process



Cultivating Spiritual Strength And Connection

Scroll to the End to Read Descriptions of all the worlds, energies, gatekeepers, and animal totems to understand the Chkana and this process deeper. The process of Ceremonial Healing doesn't end with the close of the ceremony. Integration is as much – if not more – important than the ceremonies themselves.

What you do with the lessons you've learned and the healing you've received is what really determines your authentic growth. If you have any questions, need help/advice with the integration process, if any intense emotions are coming up for you, or if you'd like to share anything at all about your experience and process, please don't hesitate to reach out to us.

With Gratitude and Deep Love, Blessings on this Magical Journey of Life.

7 Ps of Integration

- 1. Practice**
- 2. Pause**
- 3. Pruning**
- 4. Patience**
- 5. Pellucidity**
- 6. Pleasure & Plaughter (Play & Laugh)**
- 7. Pilgrimage**

Day One ~ Cusco ~ Into the Heart

- 1. Practice ~ Develop / Strengthen a Personal Devotional Practice for at least 10 minutes a day, with an additional minimum 5 minutes of Meditation, for all seven days.

(Personal Devotional Practice can include Breathwork, Toning, Singing or Playing Music, Yoga, Meditative Walking, Intuitive Dance, Journal, Working with Cacao or other plants, Affirmation Work, Dreamwork, Smudging, Gratitude, Prayer. Anything that personally resonates with your soul, builds spiritual strength, and allows you to feel truly alive.)

Meditation Practice can be guided from an online source, with binaural frequencies, music you enjoy, in silence, and in nature. Choosing a focus point such as breath, the heart, the third eye, or sensations are great tools. As you witness your thoughts, compassionately return to your focus point. I encourage to commit to being as still as possible, sitting tall in a comfortable seat. The first and most important part of your work is to put teachings into practice in everyday life. It is important to implement the knowledge you have received to achieve a true and lasting change in your life, in your experience. By nurturing your ability to contact these profound spaces within, you will become more familiar with them and develop the ability to stay in that space keeping the awareness inside.

- Journal~ What did you experience? What sensations, emotions, feelings, were expressed through you in Ceremony?

Day Two (Lower World ~ Uku Pacha) ~ Explore

- 2. Pause ~ As many times as you can during the day, Ask yourself: What is my predominant inner feeling? What am I carrying within myself? Take a pause and verify your inner state. Notice what arises. Expand your state. Reconnect with the vast space in your Heart. You have the POWER to restructure your thoughts around feeling in the present moment. Taking a pause allows us to create the time and space to choose consciously to respond rather than react, and create space for the feelings to move through us.
- Journal~ What did I find while exploring the lower world and deeper parts of my being? What did it teach me?
 - Devotional Practice ~ At Least 10 Minutes
- Meditation ~ At Least 5 minutes. (Meditating with the Energy of the Lower World and Serpent as focus points, and asking them to reveal deeper wisdom is a great option)

Day Three ~ Cusco ~ Return to the Heart

- 3. Pruning. Choose one thing you'd like to put energy towards releasing from your life. This can include Thought patterns, Habits, Addictions, Belief systems, Conditioning, Toxic Relationships, Certain Unhealthy Foods, Toxic Substances.

Pruning literally means to cut or detach. It is important to cut away what we don't benefit from. This way we make room for love, light, healing and expansiveness. This doesn't always have to be a permanent separation, sometimes we just need to create time and space within relationships so that we can come back later and refresh the terms of the relationship with people, habits, things.

- Journal~ what does the principles of Llankay , Work and service mean to me currently in my life and how can I step deeper into betterment of myself for all of life?
 - Devotional Practice ~ At Least 10 Minutes
 - Meditation ~ At Least 5 minutes

Day Four ~ (Middle World ~ Kay Pacha) ~ Empower

- 4. Patience. Create a Mantra of Kindness. As many times as you can today, Speak to yourself kindly and gently, compliment yourself, count all your blessings and how far you've come. This allows those new pathways to really take root. Be patient with yourself and your own process. Not everything is going to change overnight. We are adjusting to new ways of being with ourselves and with our reality.
 - Journal~ What was I empowered to face in the middle world, what did it teach me?
 - Devotional Practice ~ At Least 10 Minutes
- Meditation ~ At Least 5 minutes (Meditating with the Energy of the Middle World, the Jaguar and Puma as focus points, and asking them to reveal deeper wisdom is a great option)

Day Five ~ Cusco ~ Return to the Heart

- 5. Pellucidity. As much as you can today, practice becoming of aware of the ways you communicate with others, what you share, and how deeply you can listen to others. This refers to the quality of being clear and transparent, Free from obscurity and easy to understand; and it also refers to holding certain energies inside yourself, being discerning on what's truly necessary to share. When you speak a lot, energy disperses. The power of silence and deep listening can be stronger than words. The power of speech is directly proportional to the silence you observe. Become the embodiment of the teachings you have received.
 - Journal ~ what does the energetic principles of Munay , Love and Beauty, mean to me currently in life? And where can I deeper love unconditionally and have more compassion for all of creation?
 - Devotional Practice ~ At Least 10 Minutes
 - Meditation ~ At Least 5 minutes.

Day Six ~ (Upper World ~ Hanaq Pacha) ~ Expand

- 6. **Pleasure and Pllaughter** (Play and Laughter). For today, do something that brings joy, playfulness, pleasure and lightness to your Heart. This may be anything your heart desires. Some examples may be Drawing, Painting, Taking yourself on a date, Dancing, Making a magic elixir, gardening, spa day, making a beautiful dinner or dessert and singing to your food, playing with children, animals or plants, watching a playful funny movie, cuddles, watching the sunset, spending quality time with people that bring you joy, whatever form of play that lets you come back to the heart space.

Sometimes the integration work can feel heavy or challenging and keeping a playful attitude helps to deal with this.

It is very important to approach life, the integration work, with laughter and a light heart. With a conscious effort in your personal inner work, practice having a playful attitude. Sacred Work doesn't have to be Solemn. Sacred work can feel magical, alive and expansive.

- Journal~ what did I receive from the upper world, what was I able to expand into?
 - Devotional Practice ~ At Least 10 Minutes
- Meditation ~ At Least 5 minutes. (Meditating with the Energy of the Upper World, Condor and Hummingbird as focus points, and asking them to reveal deeper wisdom is a great option)

Day Seven ~ Cusco ~ Return to the Heart

- Pilgrimage. Finding Yourself. Take time today to Journey inside and/or outside yourself, deeply connecting to the nature of your inner and outer worlds. This can include holding your own personal Ceremony expanding your devotional practice with cacao and candles, journaling what you'd like to manifest or create in your life, planning a day at the beach, a beautiful hike, swimming and praying in the ocean, river or waterfall, taking a nice walk, making a vision board, laying under the stars, immersing yourself anywhere in nature and being fully present with your sensations and the vibrations of the earth.
- Journal~ how can I move into the energy of Yachay, the higher expression of Knowledge and Wisdom ? How can I integrate this higher wisdom into my being and daily life? What is it i'd like to create in this life?
 - Devotional Practice ~ At Least 10 Minutes
 - Meditation ~ At Least 5 minutes

The Worlds, The Energetic Principals and Their Meanings:

Cusco

At the heart of the chakana is a hole in the center called the Cusco (also known as "Eye of God"), which is the portal that the shaman uses as a passageway between each of the three worlds. The heart space we pause at and integrate.

Lower World ~ Uku Pacha ~ Explore

The lower world is known as Uku (or Ukhu) Pacha. The gatekeeper of the lower world is Huascar, who teaches us to harmonize our relationship with our inner shadow while fearlessly exploring the realm of unconsciousness to reclaim our authentic wisdom, power and essence. The lower world is said to be the underworld that is inhabited by the spirits of the dead. It has a denser energy but beautiful teachings, and is the place in which we practice the principle of Llankay.

Llankay - Work and Service

Llankay (pronounced yang kai) Llankay relates to work, labor and productivity. It is to work in an honest way and to be honest in your work. It is to work for the betterment and greater good of yourself and your family, your community and humanity.

The Serpent (Sachamama or Amaru)

Works with us on a physical level to release our attachments to the past. The serpent shows us how to cleanse and purify our sacred temples so that we can create space for more light and have the freedom to move into the realm of the middle world. The serpent medicine speaks to us about:

- ~Expressing through the element of Earth
- ~Letting go of the past
- ~Shedding the layers of ego like the serpent sheds its skin
- ~Gliding gently on the earth as we heal our wounds
- ~Releasing any poison or venom and transmuting it into healing energy
- ~Releasing the old to reveal the new skin that lies beneath the dried skin of the past
- ~Using our senses to perceive the world.
- ~Using our instincts to cleanse and purify ourselves
- ~Shedding personal shadows or identities

Middle World ~ Kay Pacha ~ Empower

The middle world is known as Kay Pacha. The gatekeeper of the middle world is Quetzecoatl, the feathered serpent, who teaches us to live authentically in the world of conscious, waking reality. The middle world is said to be the earth, the everyday world where we humans live here and now. It includes the 4 directions as well as the elements of nature. It has both light and heavy energy, and is the place where we practice the principle of Munay.

Munay - Love and Beauty

Munay is a word that simply means love and is the principle present in all others.

It is not simply the love between a man and a woman, a mother and a child, although these interactions can contain the infinite expressions of Munay. It is the expression of unconditional love. It contains a deep seated compassion for all living things and their suffering.

The Puma(Pumaq) / Jaguar

represents the energy of the middle world, and is known for working with us on a mental and emotional level to transcend fear and darkness. The puma, as a luminous warrior shows us how to make our way through the jungle of our stories and shine light in the darkness of our fears, so that we may transcend them and move into the higher dimensional realm of the upper world.

The puma medicine speaks to us about:

- ~Expressing through the element of Water
- ~Sharing the Mother/Sister energy
- ~Providing protection, safeguarding the sacred space
- ~Releasing memories and emotions
- ~Facing our fears, doubts, insecurities, guilt, lack of self worth
- ~Letting go of old conditioning, constructs, belief systems that no longer serve us, or were never ours to begin with
- ~Releasing societal, familial, cultural, educational, ancestral impressions
- ~Embodiment of the Jaguar
- ~Exploring the jungles of our mind with fierce compassion and unconditional love.
- ~Moving into grace, love and beauty.
- ~Conquering and devouring unclean aspects of our behavior, & facing our fears and shadows with courage and bravery
- ~Embracing cycles of life death and rebirth
- ~Expressing loving kindness toward that which has served us, & no longer does
- ~Transmuting darkness to light
- ~Releasing blocks, density, old mental and emotional patterns
- ~Showing us the way of the luminous warrior
- ~Practicing dignity, devotion and honesty to become our personal best

Upper World ~ Hanaq Pacha ~ Expand

The Upper World is known as Hanan (or Hanaq) Pacha. The gatekeeper of the upper world is Pachakuti Inca, the keeper of the time-to-come who helps us access the realm of the super-conscious, where we can transcend the limitations of the finite and discover our true nature as luminous beings. Upper world is said to be heaven, inhabited by divine creatures, celestial beings and the higher gods. It has a light, sophisticated energy, and is the place where we practice the principle of Yachay.

Yachay - Knowledge and Wisdom

Yachay means knowledge in its basic expression, but its higher expression is wisdom. It is knowledge, which has been integrated through experience and is externalized as wisdom. We must live what we know and master it in our daily lives.

The Condor (Kuntur) / Hummingbird

represents the upper world, and is known for working with us on the level of Spirit to see from a clear perspective of purity and truth. The condor shows us how to align clear vision and deep heart knowing in order to reveal the beauty and balance and the truth of All That is.

The condor medicine speaks to us about:

- ~Expressing through the element of Pure Consciousness*
- ~Flying high wing to wing with Spirit*
- ~Shape shifting into higher levels of perception*
- ~Letting our sacred vision take flight*
- ~Seeing new perspectives from the realm of unlimited potentials and infinite possibilities*
- ~Returning home to harmony oneness balance and love*
- ~Elevated consciousness and inspired awakened states of being*
- ~Expanding into the magnificence of who we are and who we came to be*
- ~Resonating pure light and dreaming our world into being*

Mahalo for taking the leap into self healing, and self discovery. For we ARE

Heaven, We ARE New Earth Now. For I, The Earth,

Your Ancestors, All Beings and Lifeforms that have been, and are yet to come are eternally Grateful, for YOU.

For choosing Love, and Choosing to Awaken, to Heal, and Remember the Organic
Essences of your Soul. You are Love, You are Joy,
You are Peace, You are Playful Purity, You are Erotic Innocence, You are
Freedom, You are the Entire Universe.