# BUILDING YOUR Shannahic LIFE JOURNEY ALBERTO VILLOLDO



FOUNDATION OF SHAMANISM



#### INTRODUCTION

In this class you will learn:

- ▲ Humanity's most ancient wisdom tradition.
- **A** Ancient wisdom and cutting-edge neuroscience.
- **A** The fundamental principles of Shamanism.
- $\Delta$  The hummingbird, the serpent, the jaguar, and the eagle.
- **A** traditional shaman ritual for summoning these spirits.

In this chapter, we will learn about shamanism, humanity's most ancient wisdom tradition. Although there are several different shamanic practices, they all share a common body of wisdom and knowledge about the workings of heaven and earth. This body of wisdom emerged over 50,000 years ago when humanity took a great leap forward in knowledge. Making shamanism our earliest form of science concerned with the treatment of diseases, and later, with its prevention. This sacred body of teaching has been passed down from generation to generation and modern shamans work at the cutting edge of technology.

Today, shamans are able to integrate ancient wisdom with cutting-edge neuroscience. Providing a better description of how the universe works than what we had 10,000 years ago. The fundamental principles of shamanism are that everything is made of light and all healing is done by spirit. Shamans heal by creating the conditions for health so the disease simply goes away. This has largely been a feminine tradition, unlike Western traditions which are deeply masculine. Shamanism gives us the power to have our health span become equal to our life span today by combining timeless teachings with modern science.

Alberto illustrates the importance of the number four in everything from the fundamental forces of physics to our DNA. Ancient shamans also discovered that the universe worked with a code of four even with- out the knowledge of DNA. We learn about the hummingbird, the serpent, the jaguar, and the eagle or condor, and what they represent in shamanic culture. The lesson ends with a traditional shaman ritual for summoning these spirits and powers. How to call on the spirit of the serpent, how to call on jaguar medicine, how to call on the spirit of the hummingbird, and how to call on the eagle to help you rise above your life situations.

## EXERCISE: PREPARING THE MIND

Welcome to a journey of self-discovery as we walk the path of the wounded healer. By connecting to the shaman's agreement, we can transform our health problems and emotional wounds into sources of strength and inspiration for others.

In this exercise, take an honest and self-examining look at your body, your health, your relationships, and your life as a whole to identify areas you would like to change. List out these areas as clearly as possible below.

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# LESSON 2

#### THE WORLD OF THE SHAMAN

In this lesson you will learn:

- Δ The medicine wheel is an ancient map of healing.
- $\Delta$  The journey of the shaman is a journey into the world of the spirit.
- △ Shamanism offers new possibilities for future medicine.
- **A** These early inhabitants had complex astronomical knowledge.
- **A** True healing is an awakening to a vision of our healed nature.

In this lesson, you will learn about the medicine wheel as an ancient map of healing with four distinct steps. These steps relate to the four cardinal directions beginning with the South. We begin our journey through the way of the serpent which is the full embodiment of the return to mother earth and the shedding of our past. This process is one of illumination, of enlightenment, and of healing through the light energy field. The journey of the shaman is a journey into the world of the spirit where we can cure diseases before they manifest in the physical body.

Alberto shares his experience studying the shamans of the Amazon and the Andes. After 20 years of research, he saw that these old methods, some dating back 50,000 years, offer new possibilities for future medicine. Native American shamans have been practiced energy medicine for more than 5,000 years, some believe even longer. These early inhabitants had complex astronomical knowledge which was mostly ignored by the White visitors. The North American Indians were nearly annihilated by the European settlers while the belief system of the Indians of South America was almost wiped out by missionaries.

The European conquerors also brought with them a patriarchal that intimidated the feminine traditions of the Native Americans. While the new visitors were guided by rules and regulations the shamans were people of perception who desired to change the world. For them, it is not about the rules or ideas, but about vision and mind. True healing then becomes an awakening to a vision of our healed nature. We are upgrading the quality of our energy field so that we can enjoy the best of health in our lifespan.

# EXERCISE: WESTERN MEDICINE

We hear a lot about the cells, genes, and DNA these days and how these come together to determine our help. This has created a wave of medicines, boosters, and antibiotics that use invasive and aggressive approaches to heal the body.

In this exercise, we will make an appraisal of the medicines and treatments we use most often. Make a list of the different modern medicines and treatments you use to boost health and maintain well-being.

1. NAME OF MEDICINE/TREATMENT: _	
IN USE FOR HOW LONG:	
REASON FOR TREATMENT:	

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#### THE MYTH OF THE GARDEN OF EDEN

In this lesson you will learn:

- $\Delta$  We can only heal by smashing popular myths.
- $\Delta$  It is also possible to step out of this flow of time.
- **A** mythology of the feminine coming from the masculine.
- ▲ We live in a universe well-disposed to our survival.
- △ Shamanic energy medicine does not diagnose, it heals.

In this lesson, Alberto shares his experience on the path to healing himself from Western influence. This is an essential part of our healing as most of the problems we think we have are embedded in popular mythology. We can only heal by smashing these myths and exposing them for what they are. The shaman realized that we are infinite beings who have dropped into a temporal experience of light and flesh to have a worldly experience. We are essentially caught in a river of time.

This means that it is also possible to step out of this flow of time. Shamans can achieve this feat by understanding the energetics of infinity. Most of the world practices the only mythology in which the feminine (Eve) comes from the masculine (Adam). We also take pleasure in personifying an independent embodiment of evil in the universe, a Darth Vader. However, this couldn't be true as evil only lives in the heart of men. The fact is that we live in a universe well-disposed to our survival.

Shamans believe that once you are in harmony with the environment, the world will suddenly become a more welcoming place. Therefore, the first step in the healing process is to return to a good relationship with your spirit. These feminine mythologies are interactive and participation-oriented to bring about true healing. This is unlike Western medicine which is great for diagnosis, but not that effective at healing. Shamanic energy medicine, however, does not diagnose, it heals. It does not describe, it intervenes.

# EXERCISE: UNDERSTANDING EVIL

The concept of evil is a popular one in Western mythology mostly as a result of its masculine dominance. This can be seen in the rise of independent evil principle characters in popular media and culture. Evil also exists for the shamans, but only in the hearts of men.

In this exercise, list 10 things you've been made to believe are independent personifications of evil and their role in your belief system. Do not restrict yourself to popular media and culture, you can include social beliefs and prejudices about the evil in others.

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# RECLAIMING THE FEMININE ASPECT OF THE DIVINE

In this lesson you will learn:

- $\Delta$  We see the divine as a masculine force that resides in heaven.
- ▲ We are here not only to grow corn but to also grow gods.
- Δ The third leading cause of death in America today is medical error.
- △ Shamans are also interested in the alchemy of evolution.
- A Mythology stops us from going down the path to true well-being.

In modern religious traditions, the divine is seen as a masculine force that resides in the heavens, demanding that we work to maintain a relationship with him. However, in ancient female theologies, we were never separated from God or thrown out of the garden of Eden. Rather the garden was entrusted to us as stewards and caretakers. Shamans who practice the old feminine theology would say: "*We are here not only to grow corn but to grow gods.*" This allowed them to live in harmony with their surroundings trusting that the Great Mother would take care of them.

In contrast, the adoption of masculine mythology has produced devastating results in the world we live in today. Today we have exhausted the antibiotic arsenals of Western medicine. In fact, the third leading cause of death in America today is medical errors in hospitals. The medicine of the future is energy medicine that relies on the body's natural healing powers to achieve exceptional healing. But the shamans are not only interested in healing, but also transformation and participating in the alchemy of evolution.

Alberto goes on to share an example of how our mythology shapes our reality using the story of creation. We see how mythology informs our reality; it is what prevents us from going down the path to true medical well-being. For example, our mythology teaches us that the mind does not live in matter, but the origin of the word "matter" comes from the Latin word for Mother which is essentially the spirit. Therefore, before we can begin the healing process we have to let go of the negative mythologies and mindset we learned.

# EXERCISE: FINDING THE TRUTH

While growing up, we are taught to accept many concepts about the world around us as core truths at face value. However, a deeper anthropological investigation shows that our reality is shaped by the mythology of a primarily masculine society.

In this exercise, we will be investigating our core mythology and how it has shaped our life, or relationship, and our health. Write down any two mythologies that have influenced you significantly. These can be as little as a popular idea about the opposite sex or as allencompassing as the belief in a masculine creator.

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#### THE BLUEPRINT OF LIFE

In this lesson you will learn:

- **A** The foundation of shamanic healing is the experience of infinity.
- **A** Breaking free from the genetic predispositions that we inherited.
- △ Shamans can work at the blueprint level of the essential self.
- **A** Every atom in our body is replaced every eight months.
- **A** The shaman works on the level of the soul and the spirit.

In this lesson, we will learn that even though the serpent is seen as a symbol of evil in the Western world. Serpents are also the symbol of the ways of the feminine which returns us to our original nature when we engage in its healing work. The foundation of all shamanic healing is the experience of infinity, of a self that cannot be afflicted by illness or haunted by death. When we experience infinity, we break free from the genetic predispositions that we have inherited, so that we can detach ourselves from our karma and biology.

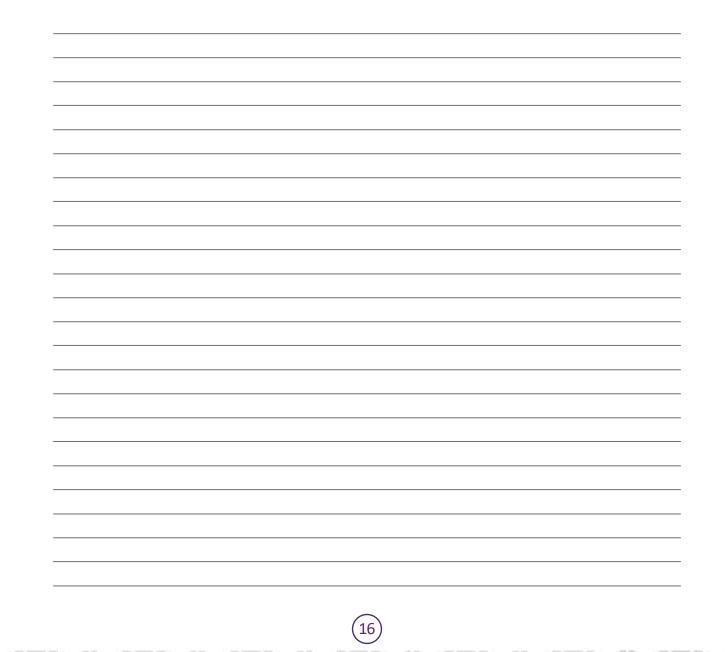
Shamans can work at the blueprint level of the essential self and not only interact with this plan but also change it, which according to Western science is impossible. Modern biology tells us that you can't change your genes or modify the ailing and diseased DNA inherited from your parents. Shamanic traditions say that we can unwind these strands of DNA to develop new bodies that age and heal differently. This is possible because every atom in our body is replaced every eight months through the process of ion exchange.

Shamans are people of perception; they understand that there are four perceptual levels of engagement in the world. The first is the material world, the level of matter. The second is the mind level as we have seen that the mind informs the body. The third is the level of the soul which informs the mind and the fourth is the level of spirit that informs the mind. Western medicine focuses on the physical and mental levels of the body while the shaman works on the level of the soul and the spirit to bring about wholesome healing.

## EXERCISE: EXPOSING TRUTHS

We have been told many "truths" about the nature of genes and DNA by doctors and scientists trained to dissect problems. One of them is that inherited defects like breast ailments, heart diseases, and cancer genes cannot be changed.

In this exercise, list out any inherited genes or DNA you have been told to live with. This also applies to psychological abnormalities that you may be experiencing. Give an honest evaluation of your health and what you have been told by medical experts in the past.





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#### THE SACRED SPACE

In this lesson you will learn:

- **A** Combining Western science with shamanism to create true health.
- **A** The traditions of healing through the luminous energy field.
- **A** terrible imbalance in the world if we fail to connect with mother earth.
- △ We integrate science into the old wisdom to create a new mythology.
- **A** The lesson ends with a traditional prayer to open the sacred space.

In this lesson, you will find that you have the opportunity to combine the extraordinary resources of Western science with the holistic wisdom of shamans to create and sustain true health. This wisdom is predominantly feminine and based on stewardship of the earth and service to all beings. Alberto tells us about his research of the Andean and Amazon cultures, and how he finally learned and trained in the methods of the shamans. This was also when he learned the traditions of healing through the luminous energy field.

These guardians of the Andean wisdom tell us what they foresee for the future of our planet. They foresee that there will be a terrible imbalance in the world if we fail to connect with mother earth. We already see signs of these with the increasing rates of storms, hurricanes, fires, and other disasters. It is our job as modern shamans to become medicine men and women for our people just as the ancient were for theirs. We become men and women who can integrate science into the old wisdom to create a new mythology.

Shamans always work in the sacred space to create a protected environment for themselves and their clients. There are two types of sacred space that they work with, the first connects us with the physical world. The second connects us to a lineage of past and future masters of light to guide and support us in our healing process. The lesson ends with a traditional prayer to open the sacred space. You can use this to create a sacred space, but over time you can bring in your personality and have your prayer revealed to you.

# EXERCISE: CALLING THE SPIRITS

In the lesson, we are shown how to open the sacred space and appreciate each of the four directions, snake, jaguar, hummingbird, and eagle, for coming and releasing their energy. This is an important step to master before a shaman can proceed further.

In this exercise, you will perform a similar ritual to open the sacred space using the prayer in the lesson. You will need to find a quiet space to meditate effectively. Remember to close the space at the end of the meditation. Write down your thoughts and discoveries in the space below:



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#### THE POWER ANIMALS

In this lesson you will learn:

- $\Delta$  Power animal archetypes in shamanic mythology.
- $\Delta$  The serpent symbolizes knowledge, sexuality, and healing.
- $\Delta$  The jaguar is the archetype for sudden transformation.
- **A** The hummingbird gives us the courage to go on long journeys.
- $\Delta$  The eagle overlooks the entire panorama of life.

In this lesson, you will find the serpent is perhaps the most universal archetype symbolizing knowledge, sexuality, and healing. A good example of this is the medicine stick, or caduceus, which consists of two snakes winding around a stick. The snake stands for the primeval connection to the feminine and is therefore a symbol of fertility and sexuality. The jaguar, on the other hand, is the archetype for sudden transformation. By embodying the powers represented by the jaguar, we can transform our body so it heals faster and ages more elegantly.

The hummingbird stands for the courage it takes to embark on an epic journey. At first glance, the hummingbird seems unsuitable for a transatlantic flight. But it follows this call every year in the same way as the salmon that swim back upstream to its birthplace. Connecting with the energy of the hummingbird allows us to go on long journeys despite enormous adversity. The hummingbird provides the courage and guidance required to succeed.

The eagle overlooks the entire panorama of life without getting lost in the details. It shows us that the problems of the cells are best solved by organs, while the needs of the organs are best met by the larger organism like a human. The energies of the eagle free us from the trauma of the past by helping us find the guiding vision of our life. The eagle's eyes look into the past and the future and help us to see where we come from and who we will be. This helps us to address our problems at the right levels.

# EXERCISE: POWER ANIMALS

The lesson introduces us to the four power animal archetypes in shamanic mythology, the serpent, the jaguar, the hummingbird, and the eagle. These power animals are synonymous with the ways of the south, the west, the north, and the east.

In this exercise, we will identify with the power animals by connecting to them and tapping from their energies. To achieve this, you will have to start by opening the sacred space and appreciating each of the four directions. Write down your thoughts and discoveries in the space below:



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#### THE WIRACOCHA

In this lesson you will learn:

- **A** There are four fundamental forces of creation in shamanic mythology.
- △ Physicists recognized these four fundamental forces of the universe.
- △ Shamans recognized them as the snake, jaguar, hummingbird, and eagle.
- **A** These forces are layered on each other like a Russian nesting doll.
- **A** Each level has its language which the shaman has to learn.

In this lesson, you will learn that the shamans have long discovered that there are four fundamental forces of creation. These forces always come when called, because that is the shaman's agreement with the spirit. This contract also goes the other way as we have to respond whenever the spirit calls. In the Andes, this is known as Ayni, which means the "right relationship." Physicists recognized these four fundamental forces of the universe and named them gravity, levity, electromagnetism, the strong and the weak nuclear force.

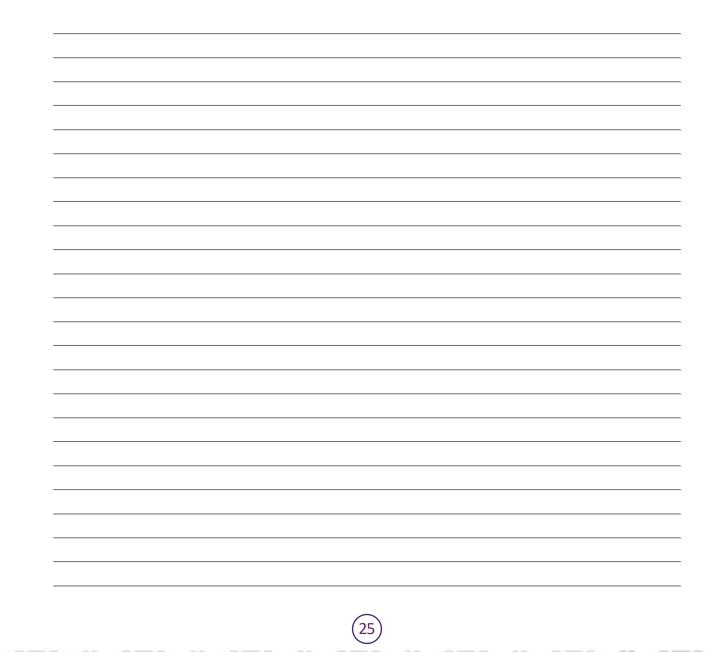
Shamans recognized these forces as the snake, jaguar, hummingbird, and eagle. They found that the poetry of creation is made up of four letters. We know this today as the four base pairs that make up our DNA. By understanding these forces from a feminine perspective, the shamans were able to intervene on four different levels of expression. These forces are layered on each other like a Russian nesting doll. The first is the physical level which is enclosed and informed by the next level which is the level of the mind.

This in turn enveloped by the level of the soul which informs the mind and body. All of these levels are enveloped and informed by the spirit level. Each level has its language and the shaman learns the language of each of them. The language of the body is biochemical, the language of the mind is words, the language of the soul are images, and the language of the mind is energy. To intervene on these levels, we have to embark on a new mythical journey which is only possible using the right language.

# EXERCISE: LEARN THE LANGUAGE

In the lesson, we learn about the four fundamental forces of creation in shamanic mythology. Alberto shows how we can open the sacred space and communicate in the language of each of the four directions, snake, jaguar, hummingbird, and eagle.

In this exercise, you will perform a similar ritual to open the sacred space and communicate in the language of each of the four directions. You will need to find a quiet space to meditate effectively. Write down your thoughts and discoveries in the space below:



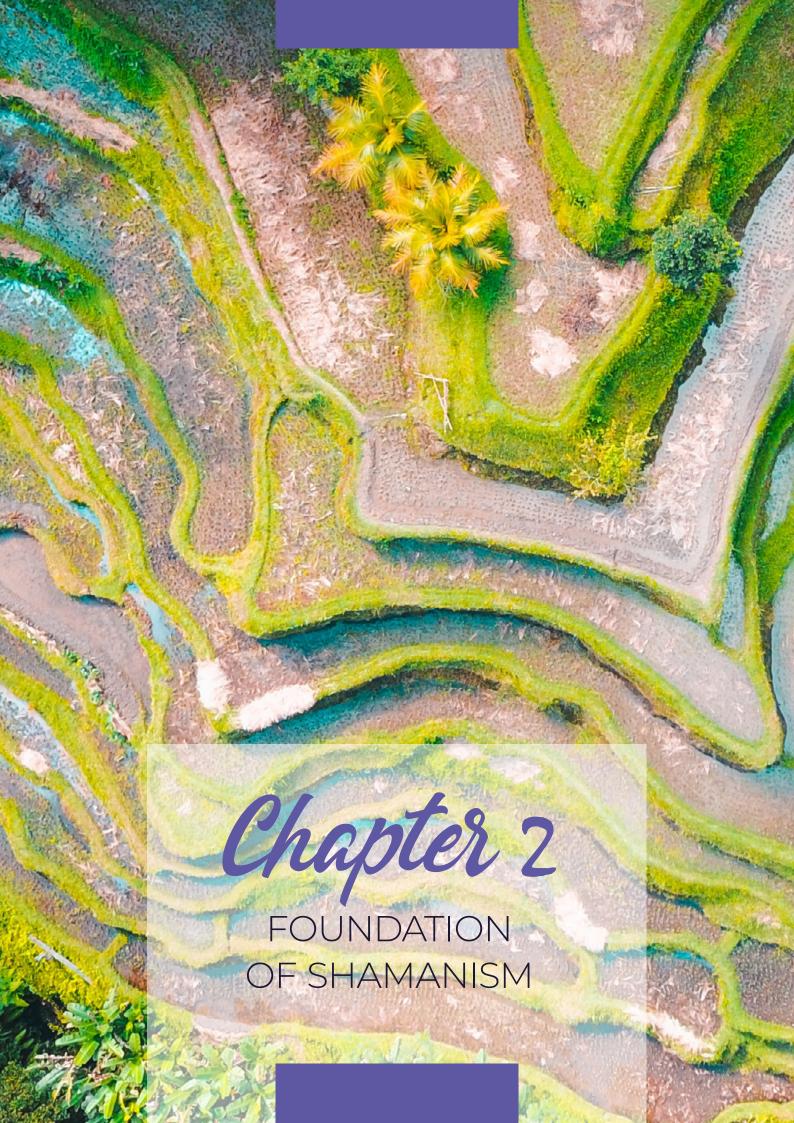


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#### THE CHAKRAS

In this lesson you will learn:

- A References to the chakras are found among the Hopi, Inca, and Maya.
- ▲ The eighth chakra, called the "Wiracocha", is the light energy field.
- $\Delta$  The first and second chakra digest and churn emotional energies.
- $\Delta$  What each chakra element is and what instincts they represent.
- $\Delta$  The mind represents the self that was never born and will never die.

In this lesson, you will learn that references to the chakras are found among the Hopi, Inca, and Maya, as well as in many other indigenous cultures around the world. Each chakra has a unique frequency that we perceive as one of the seven colors of the rainbow. We have nine chakras, seven of them are in the physical body and two are outside. The eighth chakra, called the "Wiracocha", is the light energy field that hovers above our head and is our connection with the Great Spirit. The ninth chakra is the source of the spirit itself; the one mind we are all a part of.

The first chakra element is earth and points to our basic instinct for survival and reproduction on earth. Essentially, the basic physical requirements of being human. The second chakra element is water and it points to our sexual and self-esteem instincts. The first and second chakra digest and churn emotional energies to produce nutrients. The third chakra element is fire and represents our instinct for power, it is also the power center of the luminous energy system. The fourth chakra element is air and it points to our instinct for love, compassion, and intimacy.

The fifth chakra element is light and represents our instinct for psychic expression. It is also our supernatural center responsible for clairvoyance, and the ability to communicate without words. The sixth chakra element is pure light which relates to our instinct for truth and the knowledge that we are inseparable from God. The seventh chakra element is pure energy and is related to our instinct of universal ethics. The eighth chakra element is the soul which is the architect of the body and points to our instinct of transcendence. The ninth chakra element is the mind which represents the self that was never born and will never die.

# EXERCISE: IDENTIFY CHAKRA

We learn about the nine chakra points, their elements, physical characteristics, and basic instinct. Alberto also shares their psychological aspects and negative expressions if not fully realized.

In this exercise, you will connect to each of these chakra points starting from the first to the ninth. First, you will need a quiet space to meditate and to also open up your sacred space to work effectively. Write down your thoughts and discoveries in the space below:

FIRST CHAKRA:	
SECOND CHAKRA:	
THIRD CHAKRA:	
FOURTH CHAKRA:	
FIFTH CHAKRA:	
SIXTH CHAKRA:	
SEVENTH CHAKRA:	
EIGHTH CHAKRA	
NINTH CHAKRA:	

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#### EXPANDING YOUR WIRACOCHA

In this lesson you will learn:

- △ Creating another kind of sacred space using the eighth chakra.
- ▲ You can expand it like a crystal dome to protect yourself.
- $\Delta$  How we can expand the eighth chakra by extending the Wiracocha.
- **A** Healing is for the shaman; curing is for the medical profession.
- △ Shamans mediate between the visible and the invisible worlds.

In this lesson, you will learn about how you can create another kind of sacred space by expanding the light of the eighth chakra. This is like a shining sun over your head, similar to the halo you see on the head of saints. It is part of your light energy field, but outside of the physical body. It is your connection to the divine, the part of you that is always one with God. You can expand the eighth chakra like a crystal dome, sit in it, and protect yourself from the world. When you do this, you are entering a pure, quiet place out of time.

The shamans of the Andes call this eighth chakra the "Wiracocha". Alberto shows us how we can expand the eighth chakra by extending the Wiracocha. He also explains the difference between healing and curing. Healing is measured through increased wellbeing and a sense of community with all of life, curing is a matter for the medical profession. Healing is in the domain of the shaman who creates sacred spaces in which miracles can occur.

Shamans mediate between the visible and the invisible worlds, between the world of energy and the world of matter, between the material and the sacred world. Most people in the West believe that the invisible world doesn't exist but shamans know that it does. We learn how to travel between these domains to obtain information and influence the outcome of events in the physical world. To understand this, we need to get a feel for shaman mythology and how it differs from western mythology.

# EXERCISE: EXPANDING WIRACOCHA

In this lesson, we learn about how we can create another kind of sacred space using the eighth chakra, also called the Wiracocha. By expanding the eighth chakra like a crystal dome, we can protect ourselves from the world and enter a pure, quiet place out of time.

In this exercise, you will practice how to expand your eighth chakra by extending your Wiracocha following Alberto's instructions. Write down your thoughts and discoveries in the space below:





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#### MORNING BREATH RITUAL

In this lesson you will learn:

- △ Creating another kind of sacred space using the eighth chakra.
- $\Delta$  Our shamanic path is that of fire and the path of rapid transformation.
- $\Delta$  The way to opening the path of fire by extending the Wiracocha.
- $\Delta$  We do the fire breath in the morning, ideally at sunrise.

In this lesson, you will learn about the different shamanic paths. Alberto shares four of them: the path of air or wind; the path of water or purification and healing; the path of the earth; and the path of fire which is the path of rapid transformation. Our shamanic path is that of fire which we will use to burn the residue of illness and accelerate transformation. This practice of bringing heaven and earth together within us is a very old practice that can be found in many traditions around the world.

This transformation, however, must take place in a structured and controlled environment. Alberto shows us how to use this fire to purify ourselves and return to our nature of light. The way to opening the path of fire begins by extending the Wiracocha and breathing in and out deeply and very quickly. We do the fire breath in the morning, ideally at sunrise, because it is very stimulating.

Don't worry if you're unable to breathe quickly the first few times, but with practice, you will be able to increase the speed and thus the flow of energy through your body. Alberto shows us how to do the fire breath in this lesson by breaking it into six rounds of 150 breathes each. The instructor ends this exercise by collecting the Wiracocha and bringing it back into your physical body.

# EXERCISE: BREATH RITUAL

In this lesson, we learn about fire breathing which is one of the shamanic practices we perform to kindle the internal fire or chi in our body. Alberto demonstrates how to master a morning breathing ritual by extending the Wiracocha and controlling our breathing.

In this exercise, you will practice the morning breath ritual by following Alberto's instructions in the video. The best time to attempt the fire breath is in the morning ideally at sunrise. Write down your thoughts and discoveries in the space below:





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## RECOVERING ANCIENT HEALING TRADITIONS

In this lesson you will learn:

- $\Delta$  The shamans Alberto has worked with over the course of 25 years.
- **A** The secret of shape-shifting is knowing you are no different from anything else.
- △ Write a new story in your luminous energy field that suits you better.
- **A** The way of the shaman requires an enormous amount of discipline.
- $\Delta$  The shaman works with clients to help them understand their reality.

In this lesson, you will learn about some of the shamans Alberto has been able to work with over the course of 25 years. We start with Don Antonio who was his travel partner through countless villages where they met numerous medicine men and women from the Amazon to the coast of Peru, from Nazca to the famous Shimbe lagoons in the north. Next was Doña Laura who revealed the secret of shape-shifting as the realization that you are no different from anything else in the universe, no better and no worse.

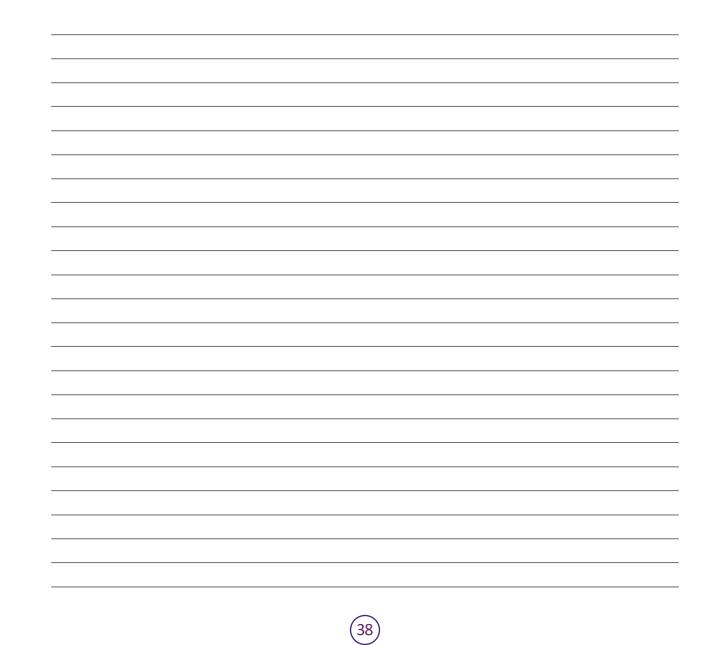
We also see Eduardo Calderon, a fisherman who lived in the northern coastal region of Peru and had a natural ability to see the luminous nature of life. The Q'ero and Andean people also had these clairvoyant skills to see the energy dance that takes place in all of nature. They are also able to communicate on this energetic level in a domain that language cannot reach. This way they can help you write a new story in your luminous energy field that suits you better at your particular stage in life.

The way of the shaman requires an enormous amount of discipline, humility, and integrity. This requires living an impeccable life as the universe always reflects the state of your soul and your love. When someone comes to the shaman, they have already been to the doctor, the homeopath, the chiropractor, the osteopath, the massage therapist, the clairvoyant, and the card reader. The shaman's job is to work with clients to help them understand that their idea of reality is something they have consciously or unconsciously accepted.

# EXERCISE: SHAMANIC WAYS

The way of the shaman is not for everyone. It requires an enormous amount of discipline, humility, and integrity. Living with integrity in today's world means that you have to forego a lot and put up with significant distractions from life.

In this exercise, take an introspective look at your life, health, work, family, and relationship to see if you can walk the way of the shaman. What changes do you need to make to live an impeccable life? Write down your thoughts and discoveries in the space below:



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## THE LUMINOUS ENERGY FIELD

In this lesson you will learn:

- △ Our luminous energy field which exists outside of time.
- $\Delta$  It has the shape of a donut in geometry, it is also called a torus.
- **A** The luminous blueprint contains the memories of all our previous lives.
- **A** The process of healing through the illumination process.
- △ Shamans use energy to organize the physical matter of the body.

In this lesson, you will learn about our luminous energy field which exists outside of time but manifests itself in time, creating new physical bodies, life after life. When the vital reserves of this energy field are exhausted due to physical, psychological, and environmental pollutants or stress, we get sick. The luminous field has the shape of a donut in geometry that moves from the top of the head and flows around the light body, forming a large oval that penetrates the earth before flowing back into the body.

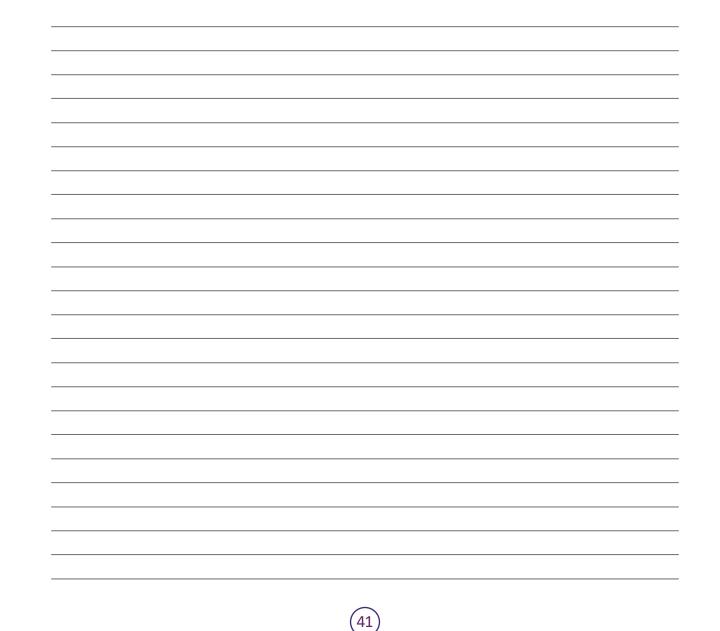
This field contains the information that can kill or heal you, just like your DNA that contains the blueprint of our body. The luminous blueprint contains the memories of all our previous lives: our suffering, our loved ones, our illnesses, and our death. Unresolved psychological and spiritual trauma get imprinted in this field. These imprints are called karma and they contain instructions that cause us to repeat certain events from the past over and over again. To those who can see, they appear as a collection of dark, stagnant energy.

The shaman is interested in removing the toxic emotional energy around an imprint and then erasing the imprint itself. The beginning of every training to become a shaman consists of a deep cleansing of the luminous energy field. Alberto calls this, "Healing through the illumination process" and it involves identifying the responsible imprint in the energy field. Our chakras act as the interface through which we make changes to the field. With the help of the chakras, shamans use the luminous energy to change the physical matter of the body.

# EXERCISE: LUMINOUS ENERGY

In the lesson, we learn about our luminous energy field which can be imagined as a transparent, multicolored sphere that surrounds you an arm's length. This field contains the memories of all our previous lives and can get imprinted by toxic energies.

In this exercise, try to access the underlying toxic imprints in your luminous energy field by connecting to your chakra points and extending your Wiracocha. What stagnant energies leave you stranded in the strangest places? Write down your thoughts and discoveries in the space below:





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## RESETTING THE FIGHT OR FLIGHT SYSTEM

In this lesson you will learn:

- **A** The fight-or-flight system, also known as the HPA axis or stress response.
- **A** All living beings, except humans, have a reset switch for this system.
- △ Shamans have discovered a way to reset this fight-or-flight system.
- ▲ The healing exercise should be done with at least one additional person.
- ▲ Your well-being depends on how quickly you can calm down again.

In this lesson, you will learn about the fight-or-flight system, also known as the HPA axis or stress response. It produces hormones that are useful in mild doses but toxic to the brain if left on constantly. All living beings, except humans, have a reset switch for their fight or flight system. This creates large amounts of stress hormones, cortisol, and adrenaline, which are harmful to the region of the brain that processes traumatic memories. Unfortunately, this is a feedforward system that can get worse the more you try to coax it down.

Shamans have discovered a way to reset this fight-or-flight system and make the world safe for their clients again. They do this by resetting the rhythm of the second chakra to the heartbeat of the earth to break the stress response chain. It is a very powerful tool that you can make use of if you have children as they are exposed to so much stress today. The healing exercise has to be done with at least one additional person for it to work. Either you are performing it on someone or they are performing it on you.

We reset the fight-or-flight system by adapting the second chakra to the rhythm of the heart chakra. Alberto walks us through the process of feeling this chakra and adapting it to the heartbeat of Mother Earth. This is an important ritual because the heart sets the pace for the body and by readjusting the heart's rhythm, we can also create changes in the body. However, your fight-or-flight system will be triggered again and again throughout life and your well-being depends on how quickly you can calm down again.

# LESSON 6

## EXERCISE: BE CALM

The human fight or flight system is designed to provide the body with a burst of energy so that it can respond to perceived dangers. Modern stressors have resulted in most people having this system run constantly. This can lead to a wide range of health problems if we don't find a way to reset it.

In this exercise, you will attempt to reset your fight or flight system, or that of a friend or loved one by following the steps outlined in the lesson. Write down your thoughts and discoveries in the space below:





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## THE AUDACITY OF HEALING

In this lesson you will learn:

- ▲ Placebos, one of the most studied effects of pharmaceutical medicine.
- **A** The decoupling exercise is a placebo that resets our fight-or-flight mode.
- △ Our projections can make us see the worst in people and increase our fear.
- **A** The human body carries out autonomous functions without thinking.
- △ We have tremendous abilities to free ourselves from our mammalian brain.

In this lesson, you will learn about one of the most studied effects in pharmaceutical medicine which is the placebo effect. The mechanism behind this effect is usually dismissed as trickery by most of the medical community, but what if you could use this mechanism consciously? A good example of this is when you do the decoupling exercise taught in the last lesson to reset the fight-or-flight mode. This exercise reduces the cortisol levels so that we can measure the results biochemically, even when we did not take any drugs.

The body reacts to this placebo by switching off our warning system which may deteriorate our instinct. The decoupling exercise helps us to read situations correctly again by destroying our innate instinct of fear. Alberto shows us how our projections can make us see the worst in people thereby increasing our fear. Unlike other animals that have to make a conscious decision to carry out autonomic functions like breathing, our reptilian brain is programmed to carry out these functions automatically.

Since we don't have to think about these autonomic functions, it is almost impossible to change them. The good news is that we have tremendous abilities to free ourselves from the shackles of the mammalian brain. This is the part of our brain that thinks about fear, food, fight, flight, and sex. To experience true enlightenment and find inner peace, we have to readjust the fight or flight system by inhibiting the prehistoric brain. Shamans believe that our enlightenment has been hijacked by religion, but is always available to us.

# EXERCISE: FIGHT OR FLIGHT

The fight or flight system is just one of many autonomic functions controlled by our reptilian brain. This part of the brain also controls the way the body produces stress hormones. We can trick this system to reset this process before it becomes harmful.

In this lesson, try out other placebo effects to create positive changes in the body. This can be done in many ways, from changing the way you think, what you eat, and who you relate with. Write down three placebos and your thoughts and discoveries as you embark on this journey in the space below:

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## ETHICS AND THE PRACTICE OF INTENTION

In this lesson you will learn:

- $\Delta$  Although we are in the world, we are not possessed by the world.
- $\Delta$  The ethics and the intention of the shaman make a lot of difference.
- A shaman can bring about several different outcomes using energy.
- $\Delta$  We can heal with our thoughts; we can harm with our thoughts.
- **A** The best protection is by embarking on your healing journey to eliminate fear.

In this lesson, you will learn that although we are in the world, we are not possessed by the world. When you dwell in the realm of the mythical and sacred then your life also becomes sacred. The ethics and the intention of the shaman makes a lot of difference in their client's healing, much more than their technique or technology. That is why most shamans learn as they go through their own healing before attempting to heal someone else. Because energy medicine can not only heal, it can also harm if it is not carried out ethically.

To illustrate how ethical we have to be, Alberto shares an exercise called "A short course in black and white magic" to shows how a shaman can bring about several outcomes by manipulating different energy systems in the body. The shaman is unshackled by the chains of equality and can create things between the visible world of matter and the invisible world of energy. Therefore, every single negative thought they may harbor against someone or something has destructive potential.

We can heal with our thoughts; we can harm with our thoughts. We can kill with our thoughts; we can save with our thoughts. These things happen even if you don't believe in them, the invisible world exists around us, pervades and fills us. The best protection against accidentally causing harm is by embarking on your own healing journey to eliminate fear. Shamans use the chakra energy system as a tool to track down the chakra that is attacked when an imprint is activated by a past trauma.

# EXERCISE: HELPING HANDS

In the lesson, we see the importance of carrying out our own healing before attempting to heal others. Alberto explains this using an example of voodoo practitioners who have been known to go either way depending on who hired them. He also shows us how much potential we have as shamans using a chakra test.

In this exercise, we will see the extraordinary potential of the mind. Follow the steps outlined in the video to track the chakra associated with past trauma in a friend. Write down your thoughts and discoveries in the space below:



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## TRACKING IMPRINTS IN THE LUMINOUS ENERGY FIELD

In this lesson you will learn:

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- A How we can find negative imprints through the illumination process.
- **A** Imprints contain emotional traumas and toxic patterns of behaviors.
- **A** Checking if there is an intergenerational imprint using kinesiology.
- ▲ Finding out which chakra will be affected if the imprint is activated.
- △ Shamans do not need a muscle test as they can see into the invisible world.

In this lesson, you will learn how we can find the negative imprints that may lead to physical illnesses through the illumination process. These imprints can remain in the body for years until they are activated by stress or as a result of a crisis. It is always best to erase an imprint before it activates because it becomes much more difficult to intervene after it becomes active. Asides from physical illnesses, an imprint can contain emotional traumas and toxic patterns of behaviors that we end up repeating over and over again.

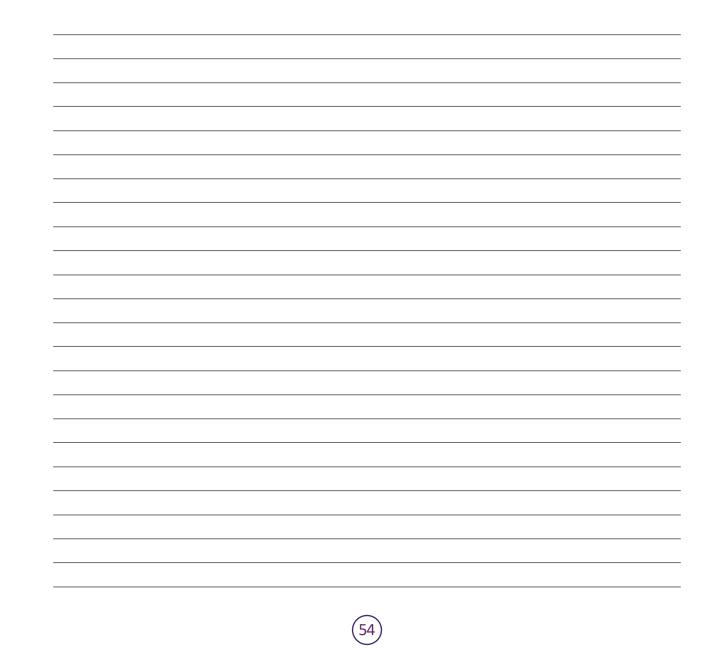
To break the chain, we have to delete the intergenerational imprints that we inherit from our past selves. The first step to achieving this is to check if there is an imprint in the first place by performing a muscle test using the principles of kinesiology. This technique allows us to enter into a dialogue with the unconscious body so that it leads us to the impression. The next step is finding out which chakra will be affected if the imprint is activated. It is important to be careful while doing this as we don't want to set it off by accident.

Alberto shows how we can make the body tell us which chakra is attacked when an imprint is activated by life or past trauma. He begins by having the client recall memory and testing their strength while placing his hands over each of their chakra points. Throughout the process, he asks the body to tell him which chakra will respond when an imprint is activated. Shamans do not need to do a muscle test because they can develop their visionary skills to see into the invisible world and track what is happening in their client's chakras.

# EXERCISE: TRACKING IMPRINTS

In the lesson, we see how we can trace toxic imprint in our luminous energy field by performing a muscle test using the principles of kinesiology. This can help us track the chakra associated with an imprint from past trauma.

In this exercise, we will track the negative imprints in a friend's chakra through the illumination process by performing a muscle test. Follow the steps outlined by Alberto in the lesson video and write down your thoughts and discoveries in the space below:





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## THE ILLUMINATION PROCESS

In this lesson you will learn:

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- **A** The illumination process begins with the opening of the eighth chakra.
- A Removing the debris and toxic imprints that have built up in chakra.
- ▲ We do not intervene in the luminous energy field but through chakra.
- $\Delta$  By removing toxic imprints, we don't have to relieve our past traumas.
- ▲ When healing takes place, curing usually follows in short order.

In this lesson, you will learn about the illumination process which begins with the opening of the eighth chakra. We are led through the process of creating a space of infinity and using a crystal or favorite stone to find the chakra in which the problem is located. Once this chakra has been identified the shaman puts their client in a deep, relaxed, and healing state. Then they can begin to remove the mud and debris that has built up in that chakra. This process can be accelerated by pressing the release points to stimulate the release of energy.

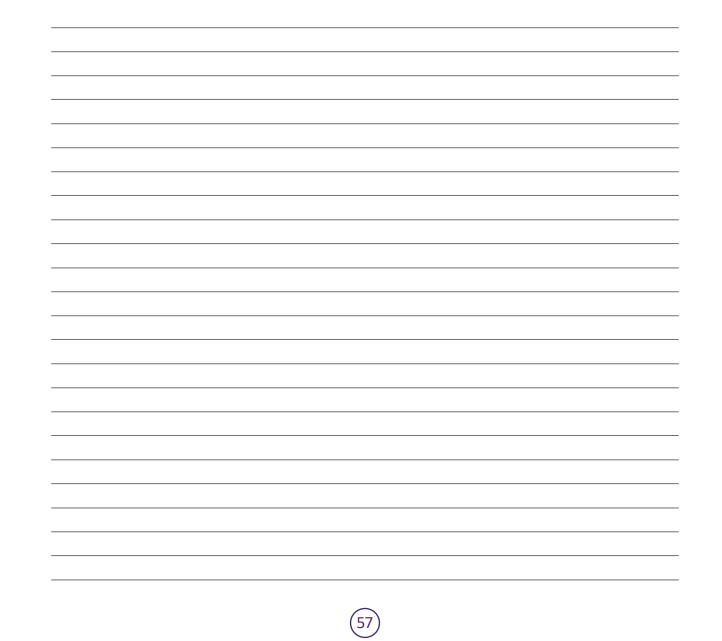
When we work with an imprint, we do not intervene directly in the luminous energy field but rather through the chakra to which it is connected. As soon as all the negative energies have been purified and removed from the chakra, the shaman can then erase the imprint by overwriting it with light. This restores the chakra's natural direction of rotation and transforms what was once filled with pain and suffering into love and forgiveness. By removing these toxic imprints, we don't have to relieve our past traumas anymore.

The illumination process forms the core of the practice of removing imprints before they manifest in your body or your life. This requires that we work with energetics to clean the field and erase the imprints so we can create a new story for ourselves. The illumination process focuses on healing, not curing. According to Alberto, "Curing is a matter of medicine. We don't practice medicine; we practice healing and healing has to do with an experience of infinity." When healing takes place, curing usually follows in short order.

# EXERCISE: ILLUMINATION PROCESS

The illumination process allows the shaman to test which chakra is associated with the toxic imprints from past traumas. Once the affected chakra has been identified through muscle tests, the shaman can then fill it with light to restores its natural direction of rotation.

In this exercise, attempt the illumination process to track and remove the negative imprints as shown in the lesson video. Remember to begin by opening the eighth chakra and following the steps outlined in the lesson. Write down your thoughts and discoveries in the space below:



	LESSON
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## THE ILLUMINATION PROCESS IN DETAIL

In this lesson you will learn:

- **A** A deeper look into how to perform the illumination process.
- $\Delta$  Purify the chakra by bringing the poisonous energies to the surface.
- **A** Enlightening the chakra by filling it with light to balance it out.
- $\Delta$  The illumination process should be repeated as many times as is necessary.

In this lesson, we get a deeper look into how to perform the illumination process. First, we begin by opening the sacred space with the help of the four cardinal points and expand our light energy field. Next, we locate the affected chakra and hold on that point for a few minutes while adjusting to the client's breath to take the lead with your breath.

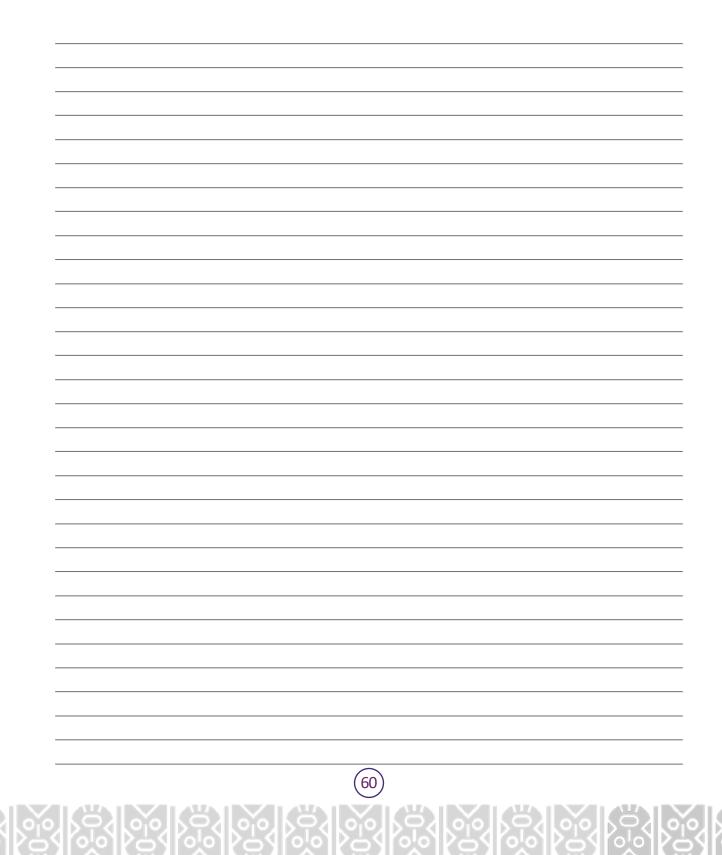
By breathing in through your nose and out through your mouth you can focus attention on the healing stones. This helps you purify the chakra by bringing the poisonous energies to the surface and gathering them with the stone. The next step involves enlightening the chakra by filling it with light to balance it out.

Finally, the instructor ends the exercise by rotating each chakra clockwise to their right positions before closing the sacred space. The illumination process should be repeated as many times as is necessary until everything is completely clean.

# EXERCISE: THE ILLUMINATION



In this exercise, attempt the illumination process following the steps outlined in the lesson video. Remember not to expect too much the first time around as you try to remove the negative imprints. Write down your thoughts and discoveries in the space below:



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# FINDING THE SOURCE OF ALL WOUNDS

In this lesson you will learn:

- **A** We all possess a luminous energy field that surrounds our physical body.
- $\Delta$  This field is made up of four layers that spread outward from the body.
- △ Our field gets imprinted by past traumas that mimic the original wound.
- ▲ By healing ourselves, we are no longer negatively influenced by anything.
- ▲ We practice energy medicine is to find out what story lives in our minds.

In this lesson, we learn that we all possess a luminous energy field that surrounds our physical body and is just as essential to our health as the oxygen and nutrients we consume. This field is made up of four layers that spread outward from the body; The causal layer or the spirit; The psychic layer or the soul; The mental-emotional layer or the mind; The physical layer or the body. Each layer stores a certain type of energy and they all archive of all our personal memories and early traumas as well as those of our ancestors.

The luminous energy field gets imprinted by past traumas that, when activated, force us into behaviors, relationships, accidents, and illnesses that mimic the original wound. These imprints are stored holographically like digital signatures that were left by trauma. However, if we erase the negative imprint that caused the disease in the first place, the immune system can quickly clear the disease. By healing ourselves, we can no longer be negatively or unconsciously influenced by anything around us.

We experience trauma in many ways, even before we are born. A good number of the beliefs we have about the nature of reality were developed before we were born. When our mother's feelings get through the placental barrier as stress hormones. Most of the trauma we inherit becomes ingrained in the first decade of our lives. However, trauma is not what actually happened, but rather how we remember what happened. We practice energy medicine is to find out what story lives in our minds and what we can learn from it.

# EXERCISE: LUMINOUS ENERGY

The lesson begins with Alberto performing a ritual for removing toxic imprints created by trauma from a client's luminous energy field. We can heal ourselves by replenishing this vital fuel so we no longer be negatively influenced by anything.

In this exercise, attempt to remove a toxic imprint from a friend or family member following the steps outlined in the lesson video. Remember to start by creating a sacred space and finding out what story lives in their mind. Write down your thoughts and discoveries in the space below:





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## FAMILY IMPRINTS AND CORE WOUNDS

In this lesson you will learn:

- $\Delta$  Everything is a projection of an internal map that we carry within us.
- ▲ Epigenetics describes the effects of our inherited belief systems.
- **A** The goal is to delete toxic imprints in chakra before they are activated.
- △ Imprints contain toxic information and pass this on to a chakra.
- ▲ Positive experiences don't leave any imprints as they create wisdom.

Shamans understand that everything we perceive is a projection of an internal map that we carry within us. So, if you change the map, reality changes; otherwise we keep on repeating the same mistakes. However, you cannot change the map just by changing your thoughts, but by changing your luminous architecture. Imprints in this field are created by trauma, some of them are cross-generational while others are cultural. A new area of research called epigenetics describes the effects of inherited belief systems and trauma on us.

The shaman can identify these imprints in the luminous energy field that surrounds your body. When these imprints are activated, they hijack our neurophysiology and take over our lives for a long time. Therefore, the goal is to delete them before they are activated so we can accelerate the healing process significantly. Imprints contain toxic information and pass this on to a chakra which controls your nervous and hormonal system. This also means that we can erase the imprint with the help of the affected chakra.

We don't have that many imprints. A person may have 3 or 4 psychological imprints on average and any others are just repetitions of these. However, any one of these prints can contain up to 15 different beliefs that affect our intimacy, sexuality, abundance, appreciation, or self-esteem. The only way to bring about true healing is by addressing these core wounds at all levels of your energy field. On the other hand, positive experiences don't leave any imprints as they create wisdom and positive feedback in our lives.

# EXERCISE: CORE IMPRINTS

In this lesson, we learn that our internal map plays a significant role in the way we perceive the world. The shaman can change the map by identifying and removing toxic imprints in our luminous energy field. On average, we may have 3 or 4 imprints that affect us in various ways.

In this exercise, identify the core toxic imprints that may linger in your luminous energy field. You may need to consult with an experienced shaman if you can't do this yourself. Write down the imprints you discover along with the chakra point they point to:

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### **IMPRINT 1**

CHAKRA POINT:

FINDINGS: \_

#### **IMPRINT 2**

**CHAKRA POINT:** 

FINDINGS: \_

### **IMPRINT 3**

CHAKRA POINT:

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### **IMPRINT 4**

CHAKRA POINT:

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LESSON 6

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## NEW AND BETTER STORIES

In this lesson you will learn:

- **A** The best reason to shed your stories and create a new one.
- $\Delta$  The victim, the perpetrator, and the rescuer character roles.
- **A** We create a trauma bond with the character in our stories.
- $\Delta$  There are four practices that bring us freedom from our stories.
- A Non-judgment, non-suffering, non-attachment, and beauty.

In this lesson, you will see the best reason to shed your stories and create a new one is that as long as you identify with them, you can never heal. When we create an epic story for ourselves, healing and transformation take place at the level of the soul and are relayed to inform your mind. None of your stories are true; they are just the scripts you've created to perceive the world. There are three archetypal character roles in our stories that form a triangle of disempowerment. These are the victim, the perpetrator, and the rescuer roles.

We create a trauma bond with the character in our stories because we connect with them. This means that we can also swap roles throughout the story. When we stop telling our dark stories, we are no longer bound by fear. We are no longer victims of the stories that our ancestors or our culture told us about scarcity, intimacy, aging, or creativity. There are four practices that make up the way of the hero and bring us freedom from our stories. These are the practice of non-judgment, non-suffering, non-attachment, and beauty.

Non-judgment means that we do not categorize, that we don't judge ourselves, that we don't judge others, but open to new experiences. Suffering can happen before or after an event in which we were powerless when we create a story around it that reminds us how terrible that event was. Everything we believe to define us and forms our source of identification, attachment, and bondage because everything we own owns us. The practice of beauty recognizes the imbalance in the work and practice beauty with all that we know.

# EXERCISE: FINDING THE TRUTH

While growing up, we are taught to accept many concepts about the world around us as core truths at face value. However, a deeper anthropological investigation shows that our reality is shaped by the mythology of a primarily masculine society.

In this exercise, we will be investigating our core mythology and how it has shaped our life, or relationship, and our health. Write down any two mythologies that have influenced you significantly. These can be as little as a popular idea about the opposite sex or as allencompassing as the belief in a masculine creator.

### 1. THE STORY OF YOUR LIFE

### 2. YOUR HEALING STORY \_\_\_\_\_



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## HEALING AND THE LUMINOUS ENERGY FIELD

In this lesson you will learn:

- ▲ Healing is a journey that transforms every aspect of our lives.
- **A** Karma is the repeating patterns in your life stored as imprints.
- △ Shamanic traditions are practices, they are not based on theory.
- △ Cultural paradigms are often the hardest mythologies to let go of.
- △ It is difficult to break away from the Western paradigm completely.

Healing is a journey that transforms every aspect of our lives while curing is a procedure that will hopefully eliminate the symptoms. When you cure the tissue or organ without reconfiguring the luminous energy field, the symptoms come back. With healing, the quality of the field changes and this changes everything else in your life. Karma is the repeating patterns in your life stored as a series of instructions or imprints in your energy field. When erasing karma at the source, we don't need to try to heal through anyone else.

We have to dissolve karma as quickly as possible so that we can gain new experiences. The practice of energetics aims to do this with the help of energy so that we don't have to repeat past mistakes. However, the shamanic traditions are practices, they are not based on theory. As you practice this, you will find that your relationship with the luminous energy field gets better. We can let go of the mythology in which we were raised, a cultural paradigm that is often the hardest part to let go of for new students.

Alberto shares an example of his experience working as a psychologist for 600 children. The children had already ingrained aspects of the Western cultural paradigm at a young age. So, it is difficult to break away from it completely rather than just learning new mythology that we can then apply from a Western perspective. And we can do this through a healing process in which we not only heal our personal stories but also the cultural stories that we have inherited from our luminous energy field.

# EXERCISE: CULTURAL HEALING

In this lesson, we learn why we need to dissolve karma to gain new experiences. This can be a difficult process as we learn most of our cultural paradigm at a young age. To achieve this, we have to go through a healing process in which we heal our stories as well as the cultural paradigms we inherited.

In this exercise, connect with one of the archetypal power animals to align your busy schedule with this epic journey that you are on right now. Begin by opening your Wiracocha, the source of the sacred, and expanding your luminous energy field. Write down your thoughts and discoveries in the space below:



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## BONUS LESSON

#### DEMONSTRATION OF THE ILLUMINATION PROCESS

In this lesson you will see:

- **A** Practical demonstration of the illumination process.
- **A** The process begins with Nina choosing a healing stone.
- ▲ We use this to bring the pain up to the surface and exhale it.

In this lesson, you will see a practical demonstration of the illumination process following the healing of Nina, an 84 years old client. Nina was suffering from pain which permeates everything she did. The process begins with Nina choosing a healing stone that is used to find the chakra that the shaman needs to work with.

She uses this to breathe into the pain, bring it up to the surface, and exhale it. This brings up the buried emotions and ghosts of the past which remain with her till that moment. After this exercise comes the illumination process which frees Nina from her suffering. The process ends with Nina looking much better than when we began.

## EXERCISE: ILLUMINATION PROCESS

# BONUS LESSON

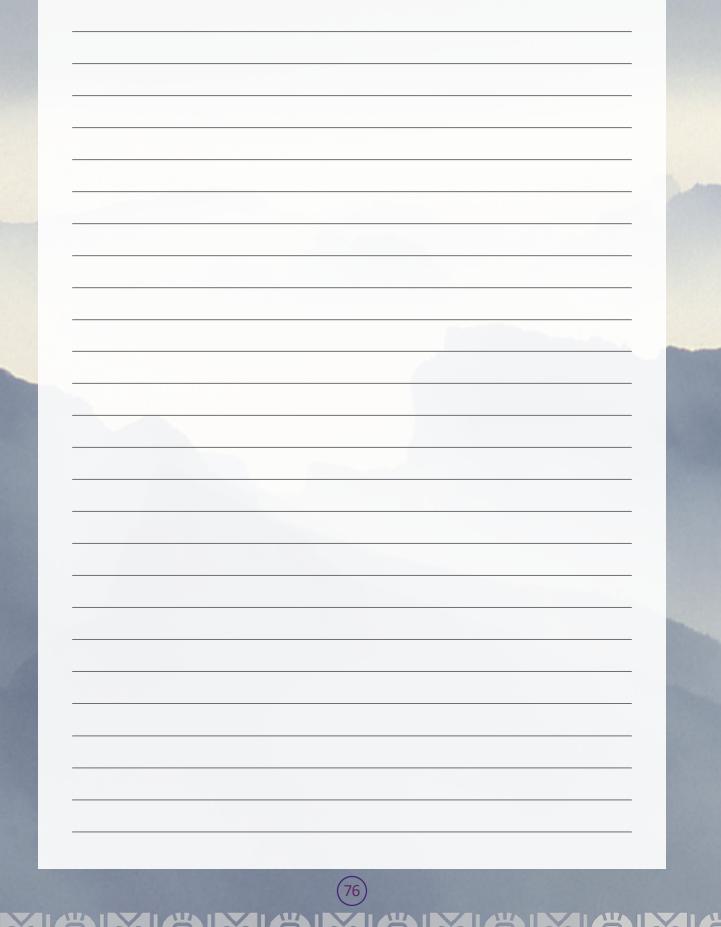
The bonus lesson gives us a practical demonstration of the illumination process following the healing of Nina.

In this exercise, you will perform the illumination process on a friend or loved one following the steps outlined in the lesson video. Write down your thoughts and discoveries in the space below:





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Chapter 4 NEUROSCIENCE

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#### ALBERTO: QUESTIONS AND ANSWERS

In this lesson you will learn:

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- △ We can create psychosomatic health with the help of neuroplasticity.
- **A** Many people are drawn to this path of healing because of karma.
- A Neurons that fire together can connect to become "nerve pathways."
- **A** The brain can form higher order neural networks for new experiences.
- ▲ This network needs to be supported by neuro-nutrients and energetics.

In this lesson, you will learn that if you have a poisonous body and energy field when your field leaves your body at the moment of death, you end up in purgatory. It is also possible to have a clear field but a toxic body as a result of Western medicines. We can develop a new body by being more active or by changing our energetic matrix to create psychosomatic health with the help of neuroplasticity. Many people are drawn to this path of healing because karma has brought us to a point in life where we can serve people.

Neurons that fire together can connect to become "nerve pathways" through which we process information. These pathways are used by the brain to categorize and process certain information or facts. They also give you a perspective on life that is usually inherited and often formed even while in the womb. However, if you try to have a new experience and process it through the old neural pathways, you cannot sustain it. The beauty of this system is that the brain can respond to new experiences by forming higher order neural networks.

This higher-order neural network needs to be supported by both neuro-nutrients and energetics. It is usually associated with new behavior, new beliefs, new mythology, and a new map of life. On the level of the serpent, a new behavior; on the level of the mind, new belief structures; and on the level of the hummingbird, a new mythology. This allows your neurons to fire and connect at the same time, promoting a worldview where miracles become everyday occurrences, where healing is natural and commonplace.

## EXERCISE: NEURAL NETWORKING

In this lesson, we see the importance of neuroplasticity and the need for supporting our higher order neural networks with both neuro-nutrients and energetics. Without this, it will be impossible to sustain new experiences and processes through the old neural pathways.

In this exercise, you will attempt to create higher-order neural networks by discovering the food your brain needs to switch off your fight-or-flight mode. Write down three changes you need to make to your diet and physical activities to bring about positive change.

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#### HEALING THE BODY-MIND-CONNECTION

In this lesson you will learn:

- $\Delta$  We all have the ability to create a new body, to upgrade our lives.
- **A** You know how to grow a new body because we've done it before.
- **A** The process of breaking the old way of thinking can be a long one.
- ▲ We can turn on the genes that repair and improve the body.
- ▲ We have to go back to what the shamans of the Amazon did.

In this lesson, you will learn more about Alberto's healing journey and how he came to better understand his family of origin and why he was born. This, he says, was one of the greatest shamanic teachings he received to transcend his family of origin, genetics, karma, and the generational curses passed down from father to son. We all have the ability to create a new body, to upgrade our brains and our lives. But to do this, you have to "hack" all of the established programmings in the password-protected regions of your DNA.

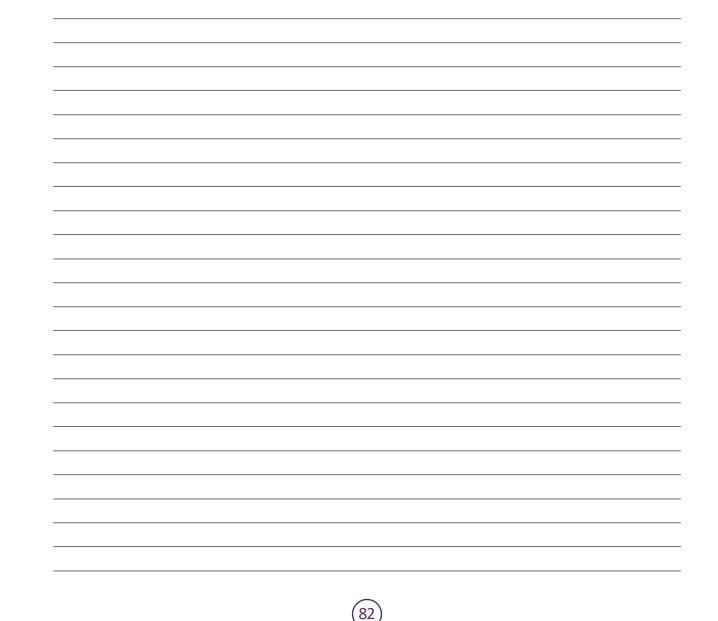
You know how to grow a new body because we've done it before. But to carry out this hack, we must first repair and upgrade the brain to turn off the fight-or-flight response system. Without the right brain chemistry, you cannot meditate properly or enter into the frame of mind needed to enter your sacred space. This process of breaking with the old way of thinking and creating a new consciousness can be a long one. The good news is that it gets easier the longer you keep at it until your body begins to heal on its own.

We can turn on the genes that repair and improve the body by participating in a three-day fast. This will kick-start the cellular detoxification systems to clear out cell waste, which in turn clears the brain fog. As soon as you do that, you can dream your new stories into life. Otherwise, you will keep having the same nightmare that you inherited from your parents and your culture. We have to go back to what the shamans of the Amazon did, which is to improve the brain so it can create the molecules of happiness.

## EXERCISE: ACTIVATING KETONES

Ketones are chemicals produced by the liver during periods of low food intake. Unlike the lower brain that feeds on sugar, the higher brain uses ketones to kick-start the cellular detoxification systems. This clears out cell waste which in turn allows you to dream your world into life.

In this exercise, you will attempt to kickstart your body's ketone production by participating in a three-day fast. Be careful as you do this as your body might freak out and start secreting toxins that can cause mood swings and make you irritable. Write down your thoughts and discoveries in the space below:





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# LESSON 3

#### HACKING THE BIOFIELD

In this lesson you will learn:

- **A** Electrons can behave as both a particle and a wave.
- **A** The biofield contains the preinstalled software of our species.
- **A** Ancient shamans discovered how to hack the biofield.
- **A** The human diet has changed completely since the last ice age.
- △ Cancer cells feed mainly on sugar and glucose.

In this lesson, you will learn about the debate about whether the electron is a particle or a wave. It turned out that electrons can behave as both depending on how they are observed. We live in a particle state, but we also have the nature of a field which is the light energy field that surrounds the physical body. This biofield contains the preinstalled software of our species; a program that invests all resources in the younger reproductive years. This is why more health and survival systems shut down the older you get.

The ancient shamans discovered how to hack the biofield to activate the repair systems in the cells. The biofield is an information field that organizes the human body like a magnet organizes iron filings on a piece of glass. One way we do this is through your diet as what you eat regulates your genetic expression. The human diet has changed completely since the end of the last ice age when our diet consisted of greens, vegetables, meat, and fish. We went from 99% meat, vegetables, fruits, legumes, nuts, and 1% grain to 59% refined grains, 18% sugars, and only 23% of the traditional diet.

The amount of sugar and carbohydrates we consume today is a real problem for our brains. Therefore, the first thing we do to hack the biofield is to detox. Start your day with leafy greens, kale, leafy cabbage, and celery. Also, try to eliminate all sugars from your diet, including fruits, grains, and carbohydrates because cancer cells feed mainly on sugar and glucose. When you eliminate glucose, their source of sugar, they die. So, the first thing you have to do is leave out the sugar, otherwise you won't be able to hack the biofield.

## EXERCISE: CUTTING SUGAR

The biofield is the luminous energy field that organizes and informs your physical body. The first step to hacking the biofield is to cut the amount of sugar and carbohydrates you consume and increase your intake of fats and proteins.

In this exercise, you will create a weekly plan to reduce your sugar intake. Bear in mind that some studies have suggested sugar is as addictive as cocaine. It can be difficult preventing yourself from consuming it in some way. Try it out for a week and write out your meals, and discoveries for each day:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEAL:	MEAL:	MEAL:	MEAL:
DISCOVERY:	DISCOVERY:	DISCOVERY:	DISCOVERY:
FRIDAY	SATURDAY	SUNDAY	NOTES
FRIDAY	SATURDAY MEAL:	SUNDAY	NOTES
MEAL:	MEAL:	MEAL:	
MEAL:	MEAL:	MEAL:	

(85)

	LESSON
Notes	3
(86)	



#### EPIGENETICS

In this lesson you will learn:

- $\Delta$  How to reduce the risk of getting over 100 diseases.
- $\Delta$  Free radicals are unstable atoms that damage cells.
- ▲ Energy medicine doesn't just focus on healing diseases.
- △ Daily exercise prevents neurodegenerative diseases.
- $\Delta$  Ketones are a central component of the shamanic diet.

In this lesson, you will learn how to reduce the risk of over 100 diseases, including dementia, Parkinson's, Alzheimer's, and cancer. Research shows that if we can control inflammation and oxidative stress, we can prevent the progression of these diseases. We can do this with an anti-inflammatory diet and lifestyle that prevents free radical damage. Free radicals are unstable atoms that damage cells; they are linked to aging and a host of diseases. There are over ten times as many free radicals in an Alzheimer's brain as in a non-Alzheimer's brain.

Energy medicine doesn't just focus on healing diseases but on general health and wellness. Most sicknesses of the West like ADHD and obesity are related to inflammation and free radical damage. Vitamins C and E are powerful antioxidants that reduce the prevalence of Alzheimer's disease by almost 78%. Another way to do this is by limiting your calorie intake and switching to a ketogenic diet high in protein and fats. This increases the production of neural stem cells that repair and improve and prevent neurodegenerative diseases.

The next area to improve is exercise. Daily exercise prevents neurodegenerative diseases and enlarges the hippocampus, which shrinks by 1-2% annually in older people. Reducing your calories and exercising will improve your mitochondrial function. We have found that the brain prefers ketones, which are fats, rather than sugar. The preferred ketone is beta-hydroxybutyrate which is jet fuel for the brain. Ketones are a central component of the shamanic diet as a way to access the part of the brain that creates psychosomatic health.

## EXERCISE: ACHIEVING KETOSIS

We know that the brain likes to feed on glucose. However, we've found that it prefers ketones, which are fats, and prefers to burn them rather than sugar. Ketones are a central component of the shamanic diet that helps us access higher-order brain functions of the neocortex.

In this exercise, continue the weekly plan to reduce your sugar intake from the last lesson. This time the goal is to achieve ketosis, a metabolic state that occurs when there is limited access to glucose, to access the part of the brain that creates psychosomatic health.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEAL:	MEAL:	MEAL:	MEAL:
DISCOVERY:	DISCOVERY:	DISCOVERY:	DISCOVERY:
FRIDAY	SATURDAY	SUNDAY	NOTES
FRIDAY MEAL:	SATURDAY MEAL:	SUNDAY MEAL:	NOTES
MEAL:	MEAL:	MEAL:	
MEAL:	MEAL:	MEAL:	

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#### LESSON 5

## NEUROPLASTICITY

In this lesson you will learn:

- A How to power up your brain by following a unique five-week program.
- **A** Neuroplasticity is the ability of the brain to change through experience.
- **A** The more often we do something the stronger the brain pathways get.
- ▲ Certain lifestyles help to increase the effectiveness of neuroplasticity.
- Avoid sugar and other simple carbohydrates such as refined flour.

In this lesson, you will learn how to power up your brain by following a unique five-week program that includes both lifestyle and diet changes to improves your brain's basic ability to repair itself. Shamans discovered this technique a very long time ago that fasting and consuming the right foods will allow you to repair your brain and control the expression of your genes. Neuroplasticity is the ability of the human brain to change through experience. As the brain processes new experiences new avenues are opened at the cellular level.

Brain-Derived Neurotrophic Factor (BDNF) is a protein that helps nerve cells make new connections. The more often we do something physically, or mentally, the stronger the brain pathways responsible for that activity get. So, you can cultivate a new brain by changing your actions and your thoughts. Certain lifestyles are help increase the activity of BDNF, which boosts the effectiveness of neuroplasticity. There are four ways to grow the neurons in the hippocampus from a scientific point of view.

One of them is restricting your calorie intake. The five-week program includes fasting to repair your brain and form new neural networks that will help you heal trauma and experience inner peace. Choose a diet of organic products, reduce or avoid foods that may contain allergens such as wheat, barley, and rye, as well as dairy products. Also, avoid sugar and other simple carbohydrates such as refined flour. Instead, go for dietary fats which are good for the brain. DHA and good fats like pure organic olive oil can protect the brain from Alzheimer's.

## EXERCISE: FIVE-WEEK PROGRAM

We can improve the brain's ability to repair itself by making lifestyle and diet changes. By exercising regularly, limiting your calorie intake, and eating certain nutrients, we can improve the brain's ability to perform better and more efficiently at healing the body.

In this exercise, follow the instruction, physical activity, and dietary supplements outlined in the five-week program. This is a plan for improving your brain and general wellbeing. Write down your thoughts and discoveries in the space below:

WEEK 1	
WEEK 2	
WEEK 3	
WEEK 4	
WEEK 5	
91	)

8	LESSON
	5

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#### FIGHT OR FLIGHT SYSTEM

In this lesson you will learn:

- **A** The fight or flight system produces bad stress hormones.
- **A** Adrenaline to fight or flee; Cortisol for muscle activation.
- △ Unlike animals, humans cannot reset the fight or flight system.
- **A** Ancient shamans figured out how to reset the stress response.

In this lesson, you will learn how the fight or flight system can become fatal when it remains on continuously because it produces bad stress hormones. This mode produces adrenaline to fight or flee and cortisol to activate the muscles. However, if we don't do both, they turn into toxins. The longer the fight-or-flight system is turned on, the more adrenaline is needed, the more cortisol is produced and the more the hippocampus is damaged.

Unlike animals, humans cannot reset the fight or flight system. We lose this ability after around six weeks old because our brain is too complex. The ancient shamans figured out how to reset the stress response at any time by performing an intervention on its own. We can do this at any time, especially with children and older relatives who are so stressed today. If you can fix and upgrade your hippocampus, you can relive life to its fullest.

## EXERCISE: CATCHING UP

The fight or flight system, also known as the stress response, provides the body with a burst of energy so that it can respond to perceived dangers. However, the longer this system is turned on, the more the hippocampus is damaged by stress hormones.

In this exercise, you will attempt to reset your fight or flight system as we learned in an earlier lesson by adapting the second chakra to the rhythm of the heart chakra. Write down your thoughts and the process you follow in the space below:



LESSON 6

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#### UPGRADING YOUR BIOLOGY

In this lesson you will learn:

- ▲ Health is a state of balance while disease is a state of imbalance.
- **A** Both the shamanic and biological maps of the universe are the same.
- ▲ Plant substances are essential to our well-being as our microbiome.
- **A** The more you make simple changes the better your microbiome.
- Antioxidants decrease the amount of free radicals in your system.

In this lesson, you will learn that health is a state of balance while disease is a state of imbalance. This week is all about creating health, renewing balancing, and maintaining healing on all levels. From our spiritual selves to our emotional and physical selves, from our cells to our intestinal flora and the billions of bacteria that live in us. Alberto and Mark Hyman MD tell us a little bit about the nature of healing from different points of view. It turns out that both the shamanic and biological maps of the universe are the same.

Today's medicine focuses on organs and not the organism, so we end up treating the symptom and not the cause. Human adaptation has made us dependent on a symbiotic Phyto-adaptation between us and plants. Secondary plant substances are essential to our well-being as our microbiome. Of about three pounds of bacteria in the gut, only 10% of DNA is ours; 90% of the DNA comes from the bacteria that live in our intestines. They influence our health or whether we have a heart attack or get depressed.

The more you make simple changes, like introducing more vegetal in your diet, the better you will be able to cultivate a healthy microbiome. Then your entire biophysical state as well as your brain will begin to change. Shamanic medicine focuses on how we can turn our growth hormones and antioxidant production systems back on so that we can heal properly. Cruciferous vegetables like broccoli activate the longevity genes, they turn on the genes for long life. These antioxidants greatly decrease the amount of free radicals in your system.

## EXERCISE: CLEANING THE MICROBIOME

Your gut microbiome is comprised of the collective DNA of all the microbes in your body. Of about three pounds of bacteria in the gut, only 10% of DNA is yours. This means that you can modify our entire biophysical state by cultivating a healthy microbiome.

In this exercise, add more vegetal to your diet. Switch to eating plant-based foods and fiber, as well as fermented foods and probiotics rather than process foods. Use the table below to show your process for a week. Write down your thoughts and the meals you ate in the space below:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEAL:	MEAL:	MEAL:	MEAL:
		LUNCH:	
DINNER:	 DINNER:	DINNER:	DINNER:
FRIDAY	SATURDAY	SUNDAY	NOTES
MEAL:	MEAL:	MEAL:	
MEAL:	MEAL:		
MEAL:	MEAL:		

(97)

	LESSON
Notes	7
(98)	

#### LESSON 8

### MITOCHONDRIA

In this lesson you will learn:

- $\Delta$  How the oxygen you breathe and the food you eat creates energy.
- **A** The aging process is caused by mitochondrial decay as we get older.
- **A** The secret to energy and healthy aging is to protect your mitochondria.
- ▲ Fitness is another way to promote well-being and create mitochondria.
- △ Generating energy comes down to what you eat and how you move.

In this lesson, you will learn how the oxygen you breathe and the food you eat combine in the mitochondria to create a powerful source of energy. Carbon dioxide is released as a by-product of this system and this is what the plants use to convert sunlight into energy. The aging process is caused by mitochondrial decay as we get older, eat poorly, and are exposed to stress and toxins. And we contribute a lot to this damage with the food we eat, our activities, as well as other environmental toxins thus accelerating the aging process.

However, the genes that promote longevity are the same genes that regulate mitochondrial function. Therefore, the secret to vitality, energy, and healthy aging is to protect and honor your mitochondria and learn how to do that. This starts with your diet which should be plant-rich, with a low glycemic index and plenty of fats such as those found in coconut butter. Fitness is another way to promote well-being and create mitochondria. Exercises like strength training and interval training are great ways to regulate mitochondria.

Tons of nutrients benefit mitochondria greatly. A good example of this is Carnitine. Mark recommends consuming plenty of dietary supplements that support the mitochondria in addition to a diet high in good fats, low in sugar with the right amount of amino acids, and protein; plant-based and rich in phytonutrients. If you want to generate energy, it all comes down to what you eat, how you move, and how you deal with external sources of stress. All of these factors can be controlled so you can lead an energetic and healthy life.

## EXERCISE: PROTECTING MITOCHONDRIA

In this lesson, we learn the importance of mitochondria which generates most of the chemical energy we need to power our biochemical reactions. However, the mitochondria don't work well when you take sugars.

In this lesson, list out your five most common sources of sugar in the foods you eat on the left column and other wholesome alternatives you can replace them with on the right column. The goal is to provide yourself with healthier alternatives to the unhealthy foods you consume presently. Write down your findings below:

	SOURCES OF UNHEALTHY SUGAR	HEALTHIER ALTERNATIVES
E.g	REFINED SUGAR	HONEY
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2		
3		
4		
5		

LESSON 8

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#### THE BRAIN OF MAN, THE MIND OF GOD

In this lesson you will learn:

- **A** How you can improve the quality of your brain to avoid problems.
- **A** The region of the brain that is responsible for learning and memory.
- △ When we repair the hippocampus, we activate higher-order circuitry.
- **A** The amygdala is the source of our stress and fight or flight response.
- △ Our brain has undergone four major quantum leaps in evolution.

In this lesson, you will learn how you can improve the quality of your brain so that you don't have to grapple with common problems that plague people today. Some of the foods introduced into our diet in the last century have increased our chances of developing diseases like dementia, Parkinson's, Alzheimer's, and cancer. When your hippocampus, the region of the brain that is responsible for learning and memory is damaged by prolonged stress, we get into cyclical, destructive behavior and develop psychosomatic diseases.

When we repair the hippocampus and engage in spiritual practices we activate the higher-order circuitry. This includes the neocortex and anterior cingulate which are responsible for sensory perception, conscious thought, emotions, and decision-making. The front cingulum is strengthened by spiritual practices and is the source of empathy and intuition. The anterior cingulum connects the frontal lobes of the brain to our emotional limbic system. The amygdala is the source of our fight or flight response and is inhibited by spiritual practices.

Although the brain is structurally and anatomically complex, it has undergone four major quantum leaps in evolution. The first brain is the brain we inherited from the reptiles and it is responsible for all autonomous functions like breathing and body temperature. Next is the mammalian brain that we share with all mammals. It has four basic programs: fear, eating, fight or flight, and sex. The neocortex is our newest evolutionary brain involved in higher-order brain functions. If we can access this brain, we can create psychosomatic health.

## EXERCISE: THE BRAIN



The human brain is the command center for our nervous system and is unbelievable complex in its structure and operation. Many of the unhealthy habits we practice and foods we eat damage certain portions of the brain such as the hippocampus.

In this exercise, you will attempt to improve the quality of your brain by differentiating between feelings and emotions. Do you know the difference? Feelings don't last so if it goes on for more than 20 minutes it's an emotion. Categorize your thoughts in the right section below:

103

FEELINGS

EMOTIONS



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Notes

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#### THE FOUR BRAINS PART 1

In this lesson you will learn:

- △ The cell's brain is not the nucleus but the cell membrane.
- ▲ We all have a brain that's in our gut called the enteric nervous system.
- **A** The most primitive brain is responsible for all autonomous functions.
- **A** The mammalian brain always lives in want, no matter how much you have.
- **A** The prefrontal cortex inhibits the limbic brain's tendencies.

In this lesson, you will learn about the four brains and how they evolved. We begin with the cell which is an intelligent unit that knows how to get nutrients and stay away from pain. The cell's brain is not the nucleus but the cell membrane. In humans, the membrane is our skin which is one of the two largest sense organs; the other being the gastrointes-tinal tract. We all have a brain that's in our gut called the enteric nervous system which regulates our entire digestion, and the bacterial colony in the stomach. This brain also communicates with the brain in the head and every organ in the body through the vagus nerve.

The brain in our head is fascinating because it has gone through four different stages of development. The most primitive reptilian brain is responsible for all autonomous functions such as heart rate, breathing, and body temperature. Above the reptilian brain lies the mammalian brain which has four basic programs: fear, eating, fighting, and sex. This is the brain that always lives in want, no matter how much you have. We can detoxify these emotions by improving the quality of the luminous energy field through the practices of energy medicine.

The next brain is the neocortex which is responsible for psychosomatic health. It is the brain of mathematics, science, creativity, and art, and although it has existed for 300,000 years, it only began to awaken in humans about 50,000 years ago. The fourth brain is the prefrontal cortex, also known as the God module, which inhibits the limbic brain's tendency towards the barbaric. 6 of the 10 commandments were written to slow down this ancient limbic brain which has to do with emotions, memories, and sex. For the brain to function efficiently to feed it foods that are good for it, also known as superfoods or neuro-nutrients.

## LESSON 10

### EXERCISE: BRAINIAC

The two largest sense organs in the human body are the skin and the gastrointestinal tract. We also have two major command centers, the enteric nervous system which regulates digestion and the brain in the head which is the meta-regulator of the whole environment. The brain in our head has gone through four different stages of development.

In this exercise, write down your thoughts and feeling as they come and identify the part of the brain responsible for it. To identify what part of your brain might be at play, think about why you are experiencing that thought or feeling.

THOUGHTS/FEELINGS	PART OF BRAIN



Notes

(107)



#### THE FOUR BRAINS PART 2

In this lesson you will learn:

- **A** We all have four evolutionarily brains that developed differently.
- **A** The reptilian brain controls all autonomic functions of the body.
- **A** The mammalian brain feeds on sugar and controls the internal critic.
- $\Delta$  The neocortex is the seat of creativity, music, and mathematics.
- ▲ You need to feed the neocortex certain nutrients so it functions effectively.

We all have four evolutionarily different brains that developed at different times in history. The first is the reptilian brain which controls body temperature, blood pressure, breathing, and all the autonomic functions of the body. Above this is the mammalian brain or limbic brain which is the seat of the fight-or-flight system and four basic human programmings, fear, eating, fighting, and sex. These programs are encoded in the form of emotions which are ancient survival programs that we have outgrown.

The mammalian brain feeds on sugar and controls the internal critic who keeps telling you that you are not enough, you do not have enough, you are too old, too young, too fat, or too thin. And over this is the new brain, the neocortex which is the seat of creativity, music, and mathematics. While the reptilian brain changes through food and pain, the mammalian brain changes through ceremonies, such as rites of passage. The neocortex, on the other hand, changes through experiences of enlightenment, epiphany, or discovery.

The neocortex doesn't work very well with sugar, it prefers ketones and fats such as those found in coconut oil. This brain switches on when you switch from the sugar mode to burning fat and provides access to the higher-order neural networks that deal with creativity. When you start working with the higher brain, you need to feed it with certain neural nutrients that it needs to function effectively and activate the health-promoting genes. The fourth evolutionary brain is the prefrontal cortex also called the God module.

## EXERCISE: GAINING ACCESS

In this lesson, we learn more about the four evolutionarily different brains that developed at different times in history. The oldest ones are the reptilian and mammalian brains. Above these is the neocortex which is a more recent addition that forms the seat of creativity. To activate this higher brain, we have to access higher order neural networks.

In this exercise, you will attempt to access your neocortex by updating your diet with certain neural nutrients that it needs to function effectively. This includes good fats, olive oil, secondary plant substances, blueberries (and other types of berries), and green vegetables. Use the meal plan below to plan changes to your diet.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEAL:	MEAL:	MEAL:	MEAL:
		DINNER:	 DINNER:
FRIDAY	SATURDAY	SUNDAY	NOTES
MEAL:	MEAL:	MEAL:	
LUNCH:	LUNCH:	LUNCH:	
DINNER:	DINNER:	 DINNER:	

	LESSON
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### TRACKING THE FOUR BRAINS

In this lesson you will learn:

- **A** The reptilian brain functions on the level of the serpent.
- **A** The mammalian brain functions on the level of the jaguar.
- **A** The neocortex brain functions on the level of the hummingbird.
- **A** The prefrontal neocortex functions on the level of the eagle.

In this lesson, we revise what we have learned so far by connecting the four evolutionary brains with the level of the serpent, the jaguar, the hummingbird, and the eagle. The reptilian brain functions on the level of the serpent; the mammalian brain, on the level of the jaguar; the neocortex brain functions on the level of the hummingbird; and the prefrontal cortex of the brain, also known as the transcendent brain on the level of the eagle.

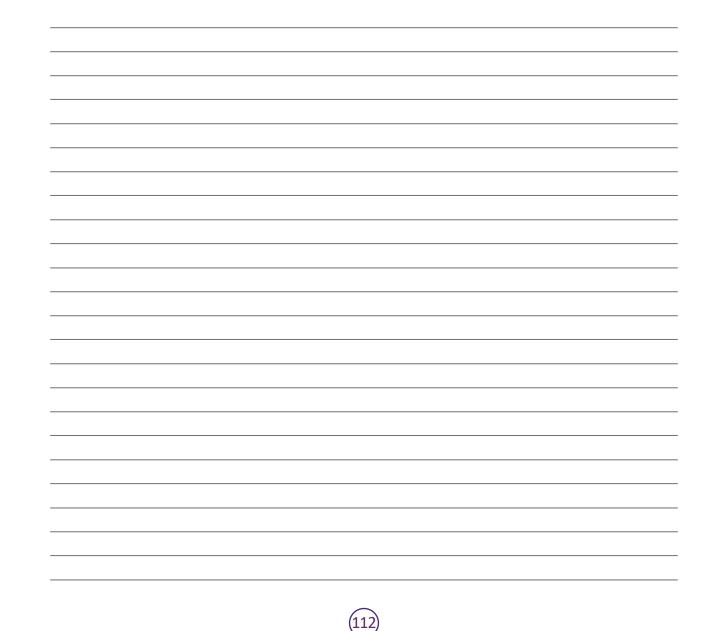
At the serpent level, everything is literally, every action has an equal reaction. At the Jaguar level, nothing is what it seems, there are hidden meanings that we need to find out. At the hummingbird level, we understand the nature of the cosmos and it's rich, structured, sacred, and mythical makeup. And at the eagle level, everything is just energy, a place where creation continuously unfolds and we can dream the world into being.

The next step is translating the four levels of perception into our four brains. Shamans do this by developing our tracking skills to follow the trail starting on the literal level. We can follow this trail to the level of the spirit by using the neocortex to free ourselves from the now. We look into those dark, hidden places starting with ourselves.

## EXERCISE: TRACKING LESSONS

Our shamanic journey has taken us over several concepts and now we begin to see how they all connect. In this lesson, we begin to connect the natures of the four evolutionary brains with the level of the serpent, the jaguar, the hummingbird, and the eagle.

In this exercise, revise everything you have learned so far and analyze your progress through the journey. How consistent have you been on this journey? Have you observed positive changes in your life, health, and relationships? Write down your thoughts and discoveries in the space below:





Notes

(113)	
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# GROW A NEW BODY



#### DETOX AND BLISS

In this lesson you will learn:

- **A** The discovery of dark dwarf wheat marked a turning point in our diet.
- △ Inflammation affects your entire system and increases your weight.
- **A** The hunter-gather lifestyle put the bodies went into detox mode.
- **A** recycling system based on ketones that are jet fuel for the brain.
- ▲ You cannot meditate if you are producing stress hormones.

In this lesson, you will learn how the 1950s marked a major turning point in our diet with the discovery of dark dwarf wheat. This new type of wheat contains 20 to 50 times as much gluten as traditional wheat. Gluten is a new protein that wedges itself between the cells of the intestinal lining and creates a permeable intestine, also known as leaky gut. This creates a violent immune reaction and inflammation which affects your entire system and increases your weight. Many of our diseases are caused by inflammation.

The shamans never had to deal with gluten. All they ate was free-range organic and grassfed. Their hunter-gather lifestyle meant that they feasted and fasted again and again putting their bodies went into detox mode in a process called autophagy. To detoxify your body, you have to be able to turn on your recycling system which is based on ketones. Ketones are fats that are jet fuel for the brain. When your sugar reserves are used up, your body starts burning fat burning and that's what drives recycling.

When the higher brain, the neocortex brain, is fed ketones, it starts making happy molecules. The higher brain loves to be high when it produces those molecules associated with creativity, inspiration, groundbreaking science, great music, and meditation. You cannot meditate if you are producing stress hormones or are in the fight-or-flight mode. However, when you reset the fight-or-flight mode, the system will reset. The pineal gland, located at the seventh chakra, begins to produce melatonin from serotonin.

## EXERCISE: FEEDING KETONES

In this lesson, we see the importance of ketones which activate the recycling system in the brain and helps us to access our creative or meditative states. Ketones also help in the creation of molecules associated with creativity, inspiration, groundbreaking science, great music, and meditation.

In this exercise, you will attempt to go into ketosis, a state where you start burning ketones. The goal is to achieve an 18-hour period in which we are in a recycling mode. So, don't eat anything that contains carbohydrates or sugar until noon for 1 week. Use the meal plan below to track changes to your diet.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST: (NO CARBS/SUGAR)	BREAKFAST: (NO CARBS/SUGAR)	BREAKFAST: (NO CARBS/SUGAR)	BREAKFAST: (NO CARBS/SUGAR)
LUNCH (FRUITS)	LUNCH (FRUITS)	LUNCH (FRUITS)	LUNCH (FRUITS)
DINNER (LEAFY VEGGIES)	DINNER (LEAFY VEGGIES)	DINNER (LEAFY VEGGIES)	DINNER (LEAFY VEGGIES)
FRIDAY	SATURDAY	SUNDAY	NOTES
BREAKFAST: (NO CARBS/SUGAR)	BREAKFAST: (NO CARBS/SUGAR)	BREAKFAST: (NO CARBS/SUGAR)	
LUNCH (FRUITS)	LUNCH (FRUITS)	LUNCH (FRUITS)	
DINNER (LEAFY VEGGIES)	DINNER (LEAFY VEGGIES)	DINNER (LEAFY VEGGIES)	

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In this lesson you will learn:

ESSON

- Ancient shamans understood the best way to live life is to heal.
- △ Certain plants activate the body's detoxification system.
- $\Delta$  The longevity genes were gotten from sacred plants.
- ▲ Low-doses of poisons activates the body's healing mechanisms.
- **A** This system is dose-dependent and follows a bell curve.

Ancient shamans understood that the best way to live life is to heal. Healing is even more effective if we can prevent diseases from occurring in the first place. Unlike Western medicine which is very disease-specific, shamans are systemic. They heal the entire system and not just diseases. Shamans discovered that certain plants activate the body's natural detoxification systems that nature switched off after the age of 40. They improve the quality of the brain and activate the production of new mitochondria and the longevity genes.

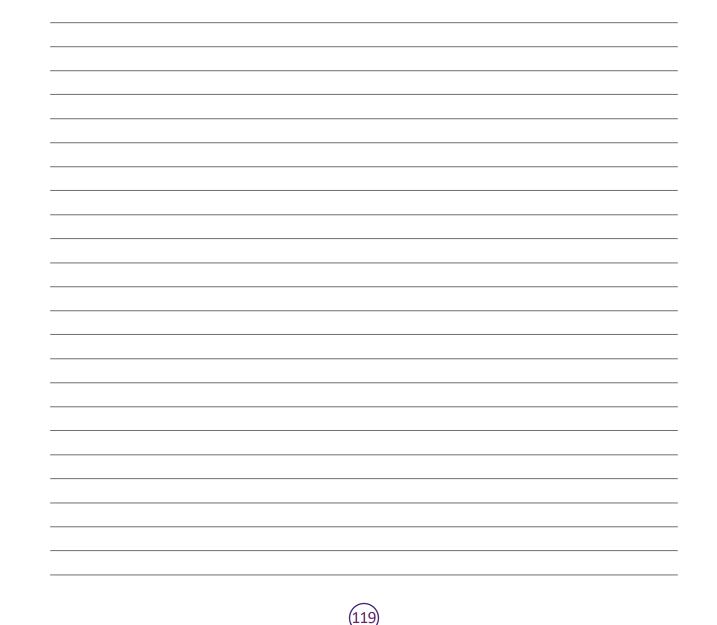
The longevity genes also called sirtuins or SIRT genes were gotten from sacred plants that produced substances that triggered the production of new mitochondria. You can find these substances today like Curcumin in health food stores. Alberto explains how we co-evolved with plants to produce a reaction known as the hormetic effect or hormesis. This happens when we consume very low-doses of poisons to activate the body's healing mechanisms. The body switches on the cell's repair and protection systems when you consume curcumin.

However, this system is dose-dependent and follows a bell curve to activating the antioxidant systems in the body. This means that in the event of an overdose, the systems you want to turn on again are turned off. India only has 15% of the Alzheimer's cases that we have in Europe and America as a result of the use of turmeric in the preparation of curries. 20 years ago, only about 1 in 10,000 children were classified as autistic. Today, this figure has risen to about 1 in 40, primarily as a result of changes in the western diet.

## EXERCISE: LONGEVITY GENES

In this lesson, we learned how ancient shamans discovered that there were certain plants that could affect the entire system and not just diseases. These plants contain substances that activate our natural detoxification system and longevity genes in a reaction known as the hormetic effect or hormesis.

In this exercise, achieve the hormetic effect by imbibing these sacred plant substances. Some examples include curcumin, resveratrol, and sulforaphane. Carry out your research before taking any of these as high doses can cause more harm than good. Write down your thoughts and discoveries in the space below:





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(120)	

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### ORGAN REGENERATION

In this lesson you will learn:

- $\Delta$  The amazing properties of the liver which can regenerate itself.
- $\Delta$  Our genes can be adjusted to activate the production of stem cells.
- A Activate the body's ability to regenerate to build a new body.
- **A** The shamans do it epigenetically, through meditation and ceremony.
- ▲ The queen bee changes epigenetically through her food and environment.

In this lesson, you will learn about the amazing properties of the liver which can regenerate itself even if you cut off two-thirds of it. This is similar to the lizard's ability to grow its tail back when you cut it off. This phenomenon has led to numerous research projects on how to turn on the regeneration genes. In humans, our genes can be adjusted to activate the production of stem cells in every organ in the body.

Several research have been carried out on longevity to find out how we can improve our lifespan. One of the options is to activate the body's ability to regenerate to build a new body. It was found out that getting the FOXO gene into the cell nucleus is the key to triggering tissue regeneration. Using this, we can also use it to change our gene expression and create health.

This is the central point where science and shamanic ideologies meet. However, shamans have had this knowledge for more than 5,000 years, but science is only just catching up. The shamans did it epigenetically, through meditation and sacred ceremonies designed to help us grow old healthy and repair life-threatening diseases. This is similar to the way the queen bee changes epigenetically through her food and the environment.

## EXERCISE: ACTIVATING LONGEVITY

In this lesson, we learn about longevity and how science and shamanic ideologies agree that we can activate the regeneration genes in our organs. Scientists believe we can do this by getting the FOXO gene into the cell nucleus. Shamans, on the other hand, did it epigenetically, through meditation and sacred ceremonies.

In this exercise, list out the different changes you have to make to your food and environment to epigenetically create changes in your health. Write done the necessary elements you have to change or get rid of below.

122

FOOD

ENVIRONMENT

	LESSON
Notes	3
(123)	



### FAQS ON THE DETOX PATH

In this lesson you will learn:

- ▲ You can't have coffee and how to tell when it's not good for you.
- **A** The human brain is so complex that it cannot reset this mode.
- $\Delta$  The older you get, the more dangerous the world appears.
- **A** Three things that can help you reset your fight-or-flight mode.
- **A** The brain can produce stem cells that repair it using BDNF.

In this lesson, Alberto provides answers to some common questions like whether to choose full- or low-fat milk. You will see why you can't have coffee while on this journey and how to tell when it's not good for you. Although coffee is a great detox that activates the longevity genes, it only works after you've reset your fight-or-flight mode. The human brain is so complex that it cannot reset this mode and this can lead to soul loss. If part of your essential life force or energy splits off after a terrible trauma, making you see danger everywhere.

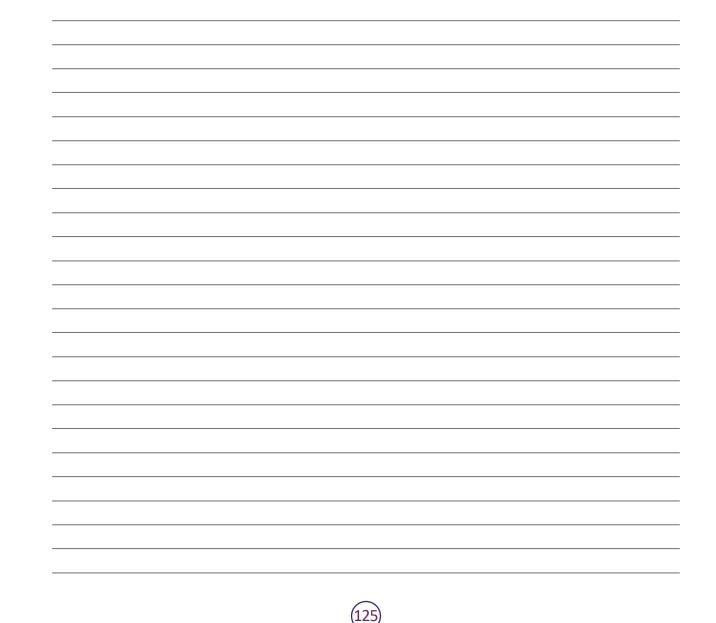
The longer you fail to reset your fight-or-flight mode, the more adrenaline and cortisol you produce. Over time, these enzymes damage the hippocampus making it harder and harder to distinguish between dangers and opportunities. When the brain continually misinterprets signals, the traumas we experience can leave marks that are difficult to heal. This is why the older you get, the more dangerous the world appears. However, when you reset your fight-or-flight system, you'll be able to see opportunities where everyone else senses danger.

Three things can help you reset your fight-or-flight mode, these are energetics, DHA, and oxygen therapy. You can repair the hippocampus within 6 weeks using the nutrition program from the book, *"The Enlightened Brain"* by Dr. Hanson. The brain can produce stem cells that repair it using a substance called BDNF – Brain-Derived Neurotrophic Factor. This is triggered by mild physiological stress, DHA, meditation, and resetting the fight-or-flight system. Our program is designed for this to help your brain make happiness molecules.

## EXERCISE: THE DETOX PATH

In this lesson, we learn more about the detoxification system. Why it is necessary, it's advantages, and three ways you can reset your hippocampus which acts as the thermostat of the brain. When you fix it, you can start learning how to create health and have more creative relationships again.

In this exercise, we will attempt to make the brain produce BDNF that triggers the production of new neurons and stem cells. There are several ways to do this, including through mild physiological stress, meditation, DHA, and love. Write down your thoughts and discoveries in the space below:



	LESSON
Notes	4
(126)	



#### HACKING THE BIOLOGICAL CODE

In this lesson you will learn:

- A Nature invests in the reproductive years when you are young.
- **A** Accelerated aging is due to cell damage from free radicals.
- △ Cancer cells can only feed on sugar, but not on fats or ketones.
- **A** The ancient shamans discovered how to "hack" our biology.
- **A** The liver needs magnesium, zinc, and B vitamins, especially B12.

Nature ensures the longevity of species by investing heavily in the reproductive years when you are young and your skin is still amazing. From the age of 40, the production of glutathione and superoxide, which are vital for anti-aging, begins to decline. Accelerated aging and its associated diseases are due to cell damage from free radicals. Free radicals are created by mitochondria which are responsible for keeping track of the death clock in the cell in a process known as apoptosis. When apoptosis fails to function work properly, some cells age too quickly and others don't know when to die. We call this cancer.

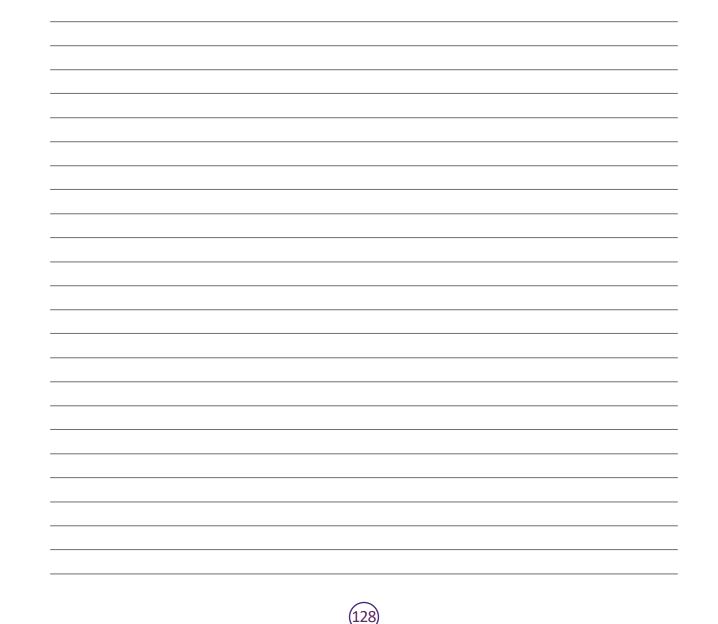
Cancer cells can only feed on sugar, but not on fats or ketones. When you cut off the sugar supply to these damaged mitochondria, they die off and with them the cancer cells. We can then activate the free radical eradication systems and begin producing glutathione by using plant extracts like curcumin, resveratrol, and sulforaphane. The ancient shamans discovered how to "hack" our biology to activate the radical scavenging systems and longevity genes using hormesis. Hormesis is a process of consuming small amounts of toxins to trigger a beneficial response in the body.

However, it is important not to take too much of these botanicals, as this can become harmful to the body. The main detoxification organs in the body are the liver and skin which are the two largest organs we have. The liver helps us to get rid of toxins in a threestep process. Phase 1 converts fat-soluble toxins into intermediate metabolites. Phase 2 converts these intermediate metabolites into water-soluble molecules that can be eliminated as sweat or urine. The transport system responsible for this is Phase 3. To perform these functions, the liver needs magnesium, zinc, and B vitamins, especially B12.

## EXERCISE: BOOSTING THE LIVER

In this lesson, we see how nature has adapted the human body to ensure the longevity of species by investing heavily in the younger years. However, the biological system begins to slow down by the age of 40 as a result of cell damage from free radicals. The ancient shamans discovered how to hack our biology to activate the radical eradicating genes.

In this exercise, follow the steps outlined in the 10-day detox program to create the hormetic effect. You may be required to drink plant extracts to trigger an antioxidant reaction in the cell. Write down your thoughts and discoveries in the space below:



LESSON
5

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## THE MICROBIOME

In this lesson you will learn:

- $\Delta$  Microbes have colonized the inside of the digestive tract.
- **A** The healthcare system has declared war on microbes.
- $\Delta$  Our first defense mechanism is a result of microbes from our mother.
- ▲ It is common practice to give children 40-60 different vaccines.
- $\Delta$  The 12th cranial nerve allows the brain and gut to communicate.

In this lesson, you'll learn the important role microbes play in our lives. Microbes have colonized the inside of the digestive tract so heavily that we have ten layers of microbes through which food must be transported before it hits the first human cell. The human body has made a deal with microbes and is so heavily colonized that you can't eat any-thing without it being digested by microbes first. However, in the last century, the health-care system has declared war on microbes by introducing hygiene.

About 70% of the immune response that constitutes our first defense mechanism is a result of microbes from our mother. Modern antibiotics, however, have left us with fewer microbes and our body now has to switch to our secondary defense mechanism, the lymphocytes. Antibodies are the body's third defense mechanism that is only activated when the pathogen was not dealt with by the primary and secondary mechanisms. Today, it is common practice to give children 40-60 different vaccines that take them straight to the reserve.

According to Alberto, "When we are born, not only do we inherit our parents' genes, we also inherit our mother's microbes." And we have succeeded in declaring war on them and refused to honor that they have a right to live in our bodies. It is also possible to transfer microbes from the healthiest people to sick people to reverse their diseases. The 12th cranial nerve allows the brain and gut to communicate. It looks like a ponytail and innervates all of the essential parts of our body, especially our intestines.

## EXERCISE: THE MICROBIOME

Your microbiome is a map of the microbes in your body. In this lesson, we learn about microbes and the important role they play in our lives. Although we get our DNA from both our mother and father, we only get the physical body from our mother. This means that we inherit our mother's microbes.

In this exercise, perform exploration into the descendants in your mother's family tree. Look for any similarities in their health, relationships, and lifestyles, and those you currently have. Write down your thoughts and discoveries in the space below:



LESSON 6

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#### DIFFERENCE BETWEEN KNOWLEDGE AND WISDOM

In this lesson you will learn:

- Δ · The Divine Feminine can be found in our mitochondria.
- $\Delta$  · Shamans treat cancer by regulating the expression of mitochondria.
- $\Delta$  · When mitochondria begin malfunctioning, they produce free radicals.
- $\Delta$  · Our luminous energy field gives instructions for the expression of DNA.
- $\Delta$  · Shamans say that evolution takes place over generations.

In this lesson, we learn that the Divine Feminine in us is our mitochondria, the energy centers in our cells, which we inherit from our mothers. The mitochondria also regulate which genes are activated at any given time, this makes them the cause of most age-related and degenerative diseases like cancer, Parkinson's, dementia, and autism in the western world. Shamans treat cancer by regulating the expression of mitochondria, which tell cells when to die in a process called apoptosis so that new cells can replace them.

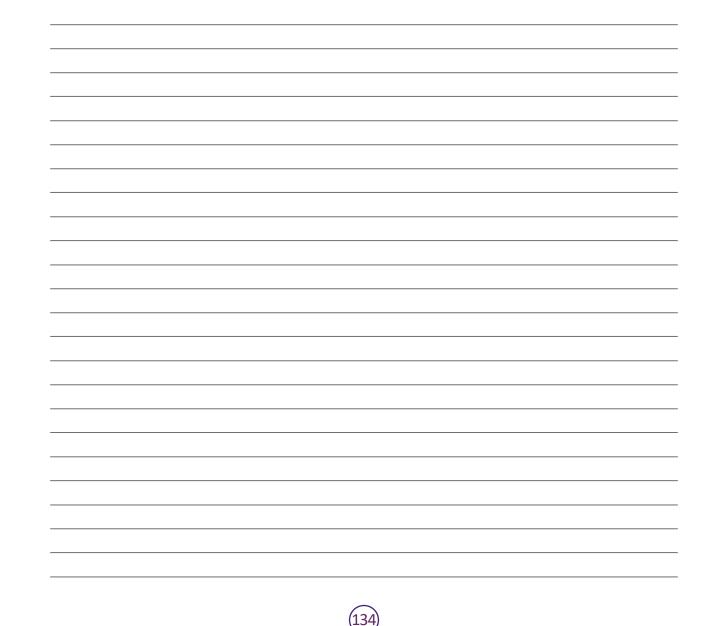
When mitochondria begin malfunctioning as a result of toxins, environmental pollutants, emotional stress, and trauma, they produce free radicals. The mitochondria themselves are most vulnerable to damage from these free radicals. Our luminous energy field gives instructions for the expression of DNA, which controls what proteins we produce and in what quality. Biologists say that 95% of DNA is unusable because it doesn't express proteins as only 5% express proteins.

By breaking free of this 5% which encodes proteins, we can start drawing on the other 95% to create an ocean of genetic possibilities. The indigenous peoples believed that evolution does not take place between generations. Biology, on the other hand, says that your children may be smarter and prettier than you, but that it is too late for you. Shamans say that evolution takes place over generations, but you can turn your DNA up a notch and if your children are lucky, they may inherit the traits you develop.

## EXERCISE: THE MITOCHONDRIA

You get all of our mitochondria from your mother. The primary role of the mitochondria is to produce the energy currency of the cell through respiration and to regulate cellular metabolism. However, the mitochondrion has many other functions including regulating which genes are activated in the cell at any given time.

In this exercise, attempt to regulate the expression of your using the luminous energy field. Begin by opening your sacred space and extending your Wiracocha through meditation as we learned in a previous lesson. Write down your thoughts and discoveries in the space below:



	LESSON
Notes	7
(135)	



HEALING YOUR KARMIC LINEAGE



#### MEETING THE JAGUAR

In this lesson you will learn:

- **A** The jaguar helps us experience ourselves as spiritual beings.
- $\Delta$  Entropy says that everything in the universe tends to chaos.
- **A** Jaguar medicine leads us beyond time into timelessness.
- ▲ When you let go of fear, you can also let go of your stories.
- **A** The universe is not only benevolent to us but also supports us.

In this lesson, you will learn about the second direction in the medicine wheel which points west. It is represented by the jaguar which helps us experience ourselves as a spiritual being. The jaguar is one of the four organizational principles of creation that also includes the serpent, hummingbird, and eagle. Science recognizes the jaguar as the second law of thermodynamics, which is also known as the law of entropy. Entropy is the law that says that everything in the universe tends to chaos.

As shamans, it is our job to use love to defeat the fear that separates us from the mind, from nature, and our inner nature. Jaguar medicine leads us beyond time into timelessness and infinity, a time before our birth and after our death. Our greatest fear is the fear of annihilation, which is so powerful that we hold it in our luminous energy field during our many incarnations. However, when we identify with our soul, our fear dissolves and we can break out of the bell curve and probability of death preselected by our genes.

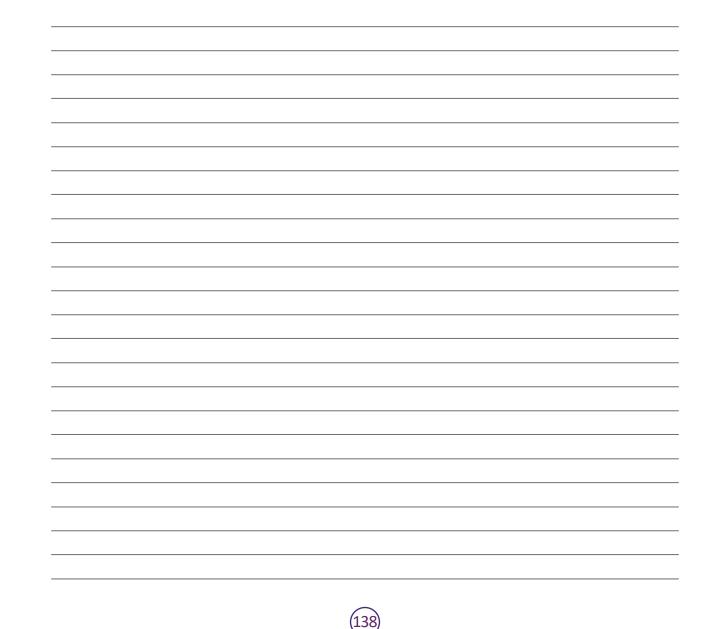
When you let go of fear and the death you chose, you can also let go of the many stories given to you by your culture, race, gender, and education. Then we can realize that we live in paradise; the universe is not only benevolent to us but that it moves to support us. The challenge, however, is to lose our fear by facing the preselected death on the energetic rather than the literal level. You can experience it and let go so that it no longer frightens you. We can relive these fears under hypnosis by performing a past life regression.

# LESSON 1

## EXERCISE: LETTING GO

Science recognizes that everything in the universe tends to chaos, to entropy. This is what ancient shamans called the Jaguar which represents the power of life and death. Jaguar medicine leads us beyond time, to help us let go of fear and the death by facing death on the energetic rather than the literal level.

In this exercise, we will let go of the fear of annihilation. You can do this by identifying the toxic imprints that linger in your energy field. Begin by opening your Wiracocha, and expanding your luminous energy field. Write down your thoughts and discoveries in the space below:



	LESSON	
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#### PREPARING FOR THREE PAST LIVES

In this lesson you will learn:

- $\Delta$  There are stories that live within you.
- $\Delta$  You can go back and heal the way you died.
- ▲ Helping yourself die in old lives removes old marks.
- $\Delta$  We don't want to get stuck with what we knew.
- $\Delta$  You'll take a shamanic trip for the first time.

In this lesson, you will learn that even though there is no scientific evidence proving whether past lives exist or not there are stories that live within you. It doesn't matter whether you created the story in this lifetime or whether it was inherited from a past life. This means that you can go back and heal the way you died in three previous lives. The first life is that in which we suffered the most.

You'll see how you lived, how you loved, and how you died. Helping yourself die in this life removes old marks that cause you to suffer and relieve similar mistakes from our field so that we can heal in totality. The second life we visit is the one in which you had the greatest knowledge and the greatest power but which you have abused. We relieve the last five minutes of this life and help this self to die and be set free.

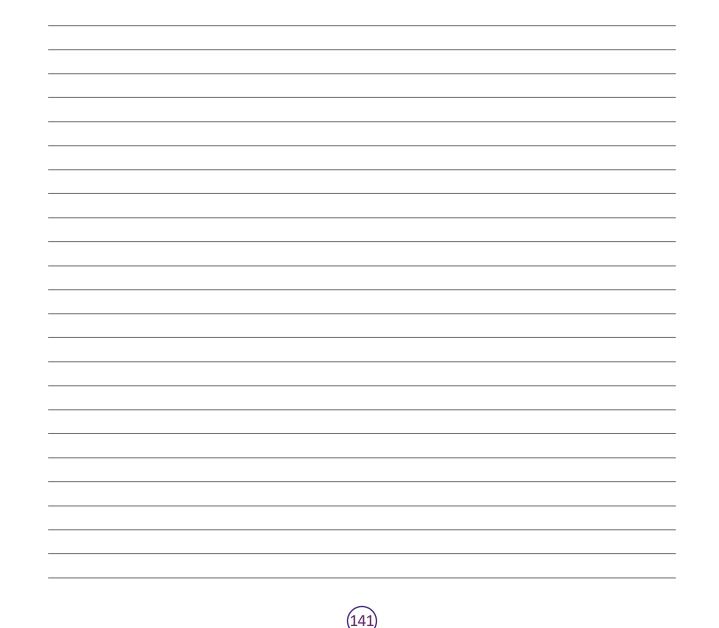
The third life is where we had the greatest wisdom, power, and knowledge and we used them to serve for good. We help this life die because we don't want to get stuck with what we knew in earlier times. You'll take a shamanic trip for the first time to visit these three previous lives on your timeline. With time, you'll be able to perform a healing exercise on yourself and even help others to find the sources of their wounds.

## LESSON 2

## EXERCISE: PAST LIVES

In this lesson, we learn that we carry stories and old marks from the way we lived, loved, and died in three past lives. The first is that in which we suffered the most, the second is the life in which we had the greatest knowledge and power. The third life is that in which we used our greatest wisdom, and power for good.

In this exercise, you will prepare your body and mind to go back and heal the way you died in three previous lives. You can do this by following the steps outlined in this program up to this point including your luminous energy field, the process of illumination, and how to grow a new body. Write down your thoughts and discoveries in the space below:





Notes

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#### GUIDED MEDITATION INTO THREE PAST LIVES

In this lesson you will learn:

- **A** You'll need a black stone, a red stone, and a yellow stone.
- **A** Black stone to relieve the past life in which you suffered most.
- **A** Red stone for the life in which you had the most knowledge.
- A Yellow stone to evoke the life in which you had great power.
- **A** End the exercise by returning to the jaguar to thank the mother.

In this lesson, you learn how to access your three past lives. We begin by summoning the spirit of the jaguar to take you to a place between the worlds where only those who have died can go. You'll need a black stone, a red stone, and a yellow stone. The journey starts by opening our Wiracocha to step into a bubble of timelessness so we can travel back in time. Then you invoke the ghost of the jaguar and blow your intention into the black stone to show you the life in which you have suffered most. Place the stone on your chakra and relieve the past life in which you suffered most and help it pass on.

Next, we pick up the red stone to bring forth the life in which you had the most knowledge and power but were also abused. Blow your intention into this stone and ask it to allow you to remember what it was like in this life to relieve the last five minutes. Help this self, who you once were but are no longer to die. Next, release the mind and rise above this self to return home joyful and liberated. Thank the mother, for allowing you to remember these past lives and see through the eyes of the jaguar. Finally, we pick the last stone which will help us evoke the life in which you had great power and wisdom that you used to serve.

Blow your intentions on this stone and place it on your chakra to re-live the memories of this life. Who are your parents, your siblings, your loved ones? What danger did you face? Who were your teachers, your mentors? Fast forward to the last five minutes of this life and help the self that you once were to take its last breath. We end the exercise by returning to the jaguar to thank the mother for allowing you to see through your past memories. Then let him return to his place by the setting sun. Remember to write down everything you have discovered in your diary.

## EXERCISE: THREE PAST LIVES

In this exercise, follow the guided meditation into relieving the memories of your three past lives. You'll need three stones and a muscle test to find the right chakra for each stone. Follow the ritual described in the lesson video to help your past lives die, to release the mind and return home joyful and liberated. Write down your impressions of the trip and everything you have discovered below.



	LESSON
Notes	3
(145)	



#### **BURNING KARMA**

In this lesson you will learn:

- $\Delta$  How to dissolve the karma from your three past lives.
- △ Open the sacred space by reaching into your eighth chakra.
- **A** Talk to your former self and help who they were to die.
- Δ You can begin the healing and empowering journey.
- ▲ You will realize that you can change everything in your life.

In this lesson, you will learn how to dissolve the karma from three past lives. The exercise begins with finding a quiet place where you can sit comfortably, close your eyes, and bring your hands to your heart in a prayer position. Keep three colored pebbles next to you: a black stone, a red stone, and a yellow stone. Open the sacred space by reaching into your eighth chakra and pick up the black stone to begin the journey into the first life in which you suffered most. Relive the last five minutes of this life and help him die peacefully.

Next, take a deep breath and pick up the red stone that takes us through the life in which you had the greatest knowledge and power but used it incorrectly. Journey through this past life to relive the last five minutes of this life you once lived. Talk to your former self and help who they were to die peacefully and return into the light of the spiritual world. To relive the third life, take a deep breath and reach for the yellow stone that will call the life in which you had the greatest wisdom and power which you used for the good of others.

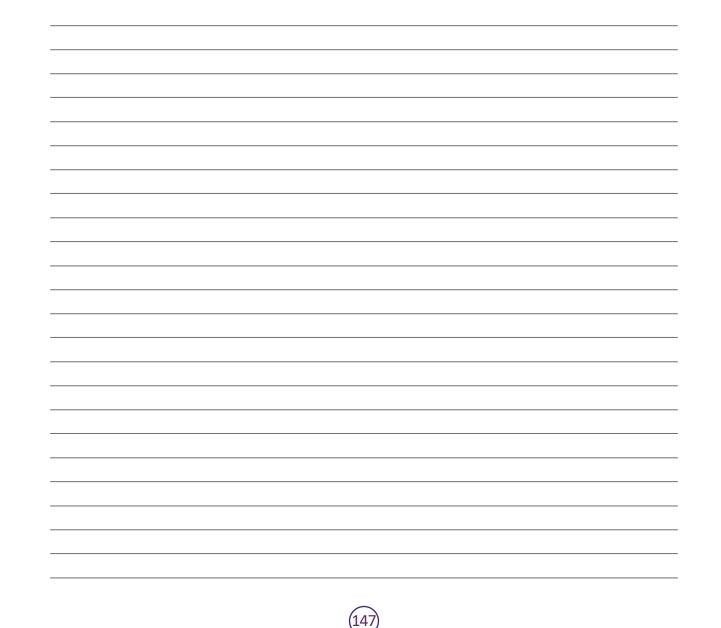
Experience the last five minutes of this life and talk to your former self and help it die in peace. By resolving the lingering deaths of the three past lives, you can begin the healing and empowering journey for the rest of your days on earth. We end with a journaling exercise to help you rewrite the story of how you want to be remembered. After driving away the deaths that live on within you, you will realize that you can change everything in your life and are no longer afraid of what you cannot control.

# LESSON 4

### EXERCISE: BURNING KARMA

In this lesson, you will learn how to resolve the long-lingering deaths of your three past lives. So, you can layout a healing and empowering path for the rest of your journey on earth. Clearing the pains in your past lives will allow you to write a story of how you want to be remembered.

In this exercise, write a journal of how you want to be remembered. Imagine you have had a long, enriching life and write your own funeral oration with lots of detail: how you lived, how you loved, what adventures you had, how you were of use, and how you would like to be remembered. Write your thoughts and discoveries in the space below:



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### MAKING PEACE WITH OUR PARENTS

In this lesson you will learn:

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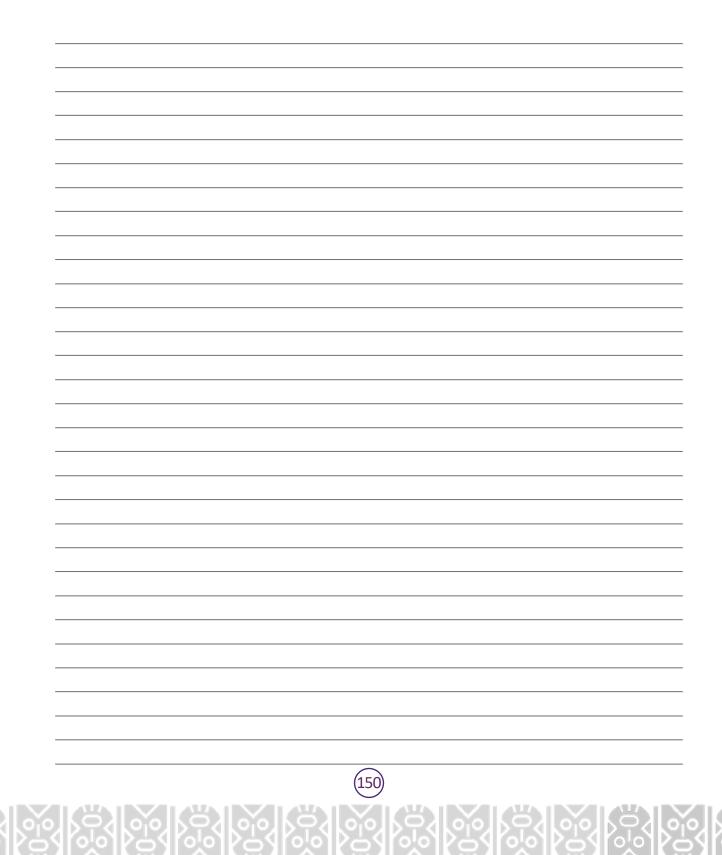
- △ Why you should ask your parents to forgive you.
- ▲ You can become free from the past by forgiving.
- $\Delta$  Make peace with them for what they did to you.
- **A** The karmic bonds between us and our ancestors.

In this lesson, you will learn why you should ask your parents to forgive you and thank them, no matter how terrible the experience with them may have been. Remember that you were once a creature in your mother's womb. When you work on forgiving this relationship, you can then become free from the past.

Depending on how many lives you want to live to achieve this goal. Make peace with them for what they did to you as a token of strength. You don't have to wait for it to feel right as a simple, "Forgive me" will suffice. This apology sets off a chain reaction that reaches through time and space until it reaches the parents of your past lives.

This breaks the karmic bonds that existed between us and our ancestors. Alberto shares an example of his experience with chronic heartache which was one of the stories in his past and how he was able to overcome it. By writing a new story we can work with the spirit a great power animal to fully embrace the gifts of the healing you need.

In this exercise, ask your parents to forgive you and thank them for the gift of creations. The goal is to free the karmic bonds that existed between you and your ancestors. Write your thoughts and discoveries in the space below:



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#### HONOR YOUR ANCESTORS

In this lesson you will learn:

- ▲ Many cultures around the world practice ancestor worship.
- People in the West tend to despise and blame their ancestors.
- **A** Having an alter will help you to remember your ancestors.
- **A** The closer you work to the plane of the body or matter.
- ▲ Never underestimate the power of images or symbolism.

In this lesson, you will learn that many cultures around the world practice ancestor worship. Traditional societies did this by building an ancestral altar in their home to know where their ancestors are at all times. People in the West tend to despise their ancestors and blame them for our situation in life. However, if we fail to honor our ancestors, they just continue to live through us and haunt us. Choose a place in your home asides from the bedroom where you can collect special items that belonged to your deceased ancestors.

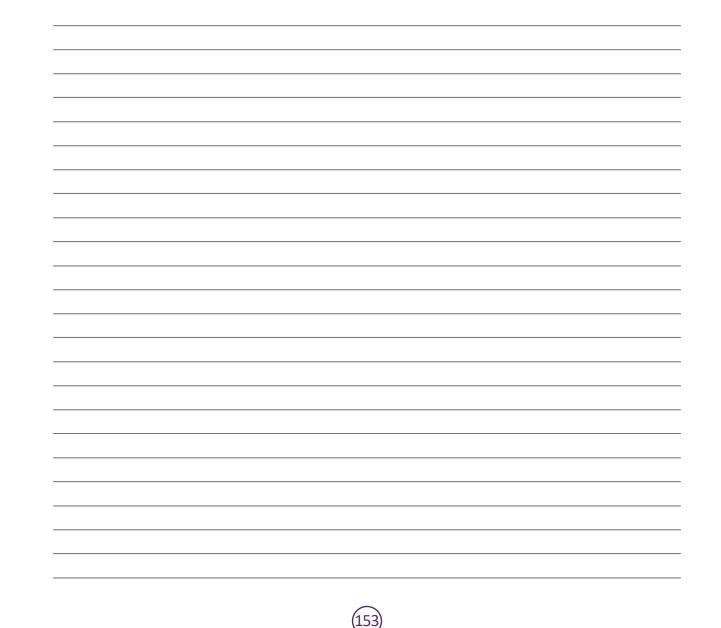
Having an alter will help you to remember your ancestors the way you want, and not as their victims as modern psychology tells us to. The ancestral altar frees you from the curse of your ancestors so that you don't transmit these things to your children. You can choose to be a victor and not a victim and become ready for your calling in life. The closer you work to the plane of the body or matter, the harder your work will be. The closer you are to the level of energy or spirit, the less matter and the more consciousness you will find.

The shaman learns to work as close as possible to the energy because this is where you can achieve the greatest impact on your work. Voodoo practitioners know this too, this is why they portray the person they want to harm in the form of a doll, a picture, or a close replica. Never underestimate the power of images or symbolism, the power of the soul, and the power of prayer. Alberto shares an example to explain how we are the "interior designer" of our psyche with the power to change our health.

## EXERCISE: YOUR ANCESTORS

In this lesson, we learn the importance of honoring our ancestors by building an ancestral altar. This helps us know where our ancestors are and ensures that they don't just run around freely around the house or in the family.

In this exercise, choose a place in your home (not in the bedroom) where you can collect pictures and other special items that belong to your deceased ancestors. Spread out a cloth, arrange your pictures on it and try and get them into a good relationship. Write your thoughts and discoveries in the space below:



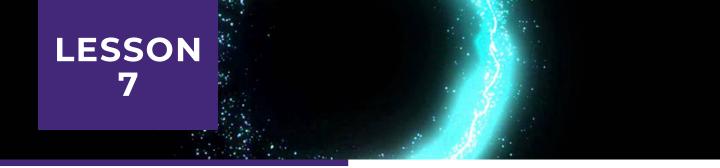
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### PRACTICING TECHNIQUES

In this lesson you will learn:

- ▲ The shamanic life journey is a lifelong journey, not just a course.
- **A** Keep practicing and cultivating these age-old methods so they can grow.
- ▲ With time and practice, you will master everything taught here.
- **A** Thank you for being part of this change: from masculine to feminine.

Thank you for embarking on this shamanic journey. We hope you enjoyed this course and we encourage you to continue practicing the techniques you learned. The shamanic life journey is a lifelong journey, not just a course, not just a collection of practices that one undertakes to then devote oneself to the next thing. Keep practicing and cultivating these age-old methods so they can grow within you like a seed until it grows into a big, strong tree and bear fruit for you and many others.

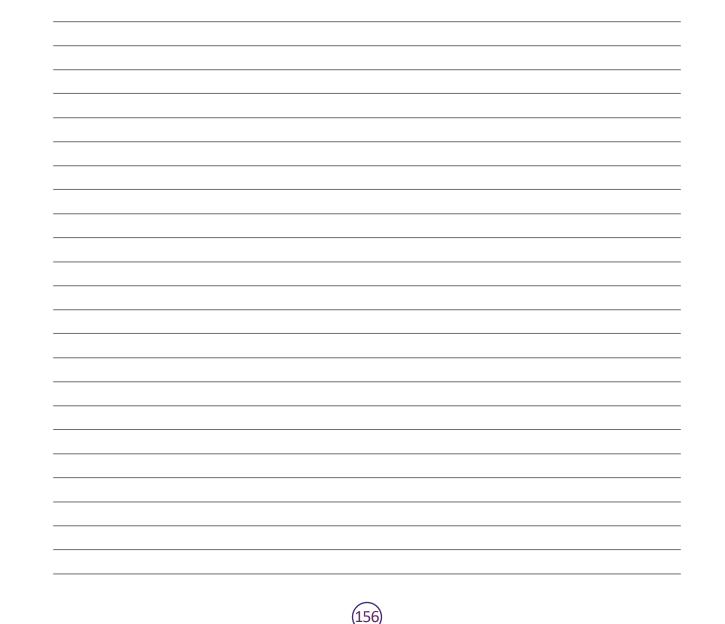
With time and practice, you will master everything taught here. You will find many more shamanic healing strategies and interventions in our Light Body School program that you can do virtually from anywhere in the world. With strategies like how to remove disturbing energies. How to retrieve essential parts of oneself that have split off as a result of trauma How to heal those clients and patients who have been traumatized early in life. You will also be able to achieve soul retrieval in just a few sessions.

You will also learn about the death rites and how to accompany someone on their journey into the afterlife. There is no greater gift we can give to a loved one, who may even have been the person who brought us into this world than to help him die peacefully and return to the spirit world without fear. Thank you again for being part of this global change: from the predatory, violent, masculine mythology under which we have lived for so many years, to female mythology; namely the shamanic mythology of the guardians of the earth.

## EXERCISE: REFLECTION

Well done for sticking it out to the end of the shamanic journey, we hope that you have learned the path to extraordinary healing, to be part of your own evolution so that you can align your health span with your life span.

In this exercise, take a deep, reflective look at your life before and after you started this course and compare both. Have you noticed any significant changes in your life, health, and relationships? Do you grasp the key concepts outlined in this program? Are you comfortable living the shamanic life? Write your thoughts and discoveries in the space below:



	LESSON
Notes	7
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