



RITE 1



THE HEALERS RITE

Materials - Have a consecrated Pi-Stone handy, a khuja (sacred object on your altar) representing each of the 4 directions (South, West, North, East), A candle and something to light it with for the Fire Ceremony right after the initiation.

Recommended - To have a basic understanding of the 7 primary chakras: where they are located in the body, the energy they emit and symbolize, and what having that chakra balanced and imbalanced would be like. If you have no knowledge of this, please stop and read The Seven Primary Energy Centers course we offer free of charge. When you understand the chakras, return to this section.

Preparation - Read the Introduction and the 9 first lessons to prepare for the first initiation. When ready, protect your energy with the ritual of Personal Sacred Space in lesson 6 and call in the directions as you learned in lesson 8.

Choose from 3 different ways to receive the rites:

1. You can do a self-initiation following the guidance this weblink offers free of charge.
2. Request to be guided by Lu Mira (or one of her graduates) on a Live remote group setting to be initiated in the Healers Rite. We do recommend a donation for the time and service, but it is optional.. This first rite is offered quarterly and

21 days later the second rite is offered to all who have been initiated to the first rite. Join the Whatsapp group to follow Cosmic Connections for upcoming events, or email us requesting live dates.

3. Sign up for the Shamanic Practices course and receive the initiations straight from Lu Mira on a monthly remote meeting. We meet twice a month, one class is in relation to Munay-ki and the second is for Shamanic Practices, usually on a Saturday morning and the course is for 12 months. Shamanic practices is a self-healing course that prepares the student to heal others in the same manner as delivered in class. The course begins with Self-Worth activities and moves on to include soul retrieval, frame drumming, shamanic journeying (without drugs), inner child work, group past-life regressions, house blessings, development of a Mesa, connection to crystals, aura cleansing and protection, Truth Testing, Psychic Development, developing intuition, and different ways to connect to Spirit, among other things. It is offered every February on even years. Sign up for the waiting list!

1st Rite

Healer's Rite

Known as **the Hampe blessing** and comes from the highland Q'ero people.



Initiation To The Healer's Rite.

Connects you to a lineage of luminous beings; awakens the healer within you.

“These rites are not only stages of initiation, but perhaps steps for the evolution of humanity. As nations fight for bits of territory and battle over land, we must find the wisdom to create peace among all peoples.

As our space telescopes show us images of a vast and immeasurable Universe, we must find a human story that is inclusive of the stars. And as our ability to destroy the world increases, we are called to step up to the task of assuming stewardship for all creation. In essence, the rites are about stewardship. They are not ego-awards or recognition of any kind of achievement, nor do they make anyone special. On the contrary, they make one uniquely unimportant.

Only then, from a position of no-ego, can we truly be of service. During their visits to the USA, the Inka pointed out that the rites were not for us individually; they were for others, to be shared. It has been my experience that they do not blossom unless we give them away with great Munay, with love.”

-Alberto Villoldo PhD

March 2007

The First Rite Is the Healers Rite.

This Rite connects you to a lineage of Earthkeepers from the past, they come and assist you in your personal healing. The Laika know that we have tremendous spiritual assistance available to us. These luminous beings work with us during our meditation and sleep time to heal the wounds of the past and those of our ancestors.

What the three breaths through the Pi-Stone mean:

The Q'ero often blow their breath through a sacred item like a pi-stone for example, during a rite transmission or across their mesa three times to:

1. Connect our finest energies with the Great Spirit and the natural world
2. Acknowledge the three worlds (upper world, middle world or this world; and the lower world)

and/or

3. Acknowledge the three ways of being (having the strength of the physical body; the will and intellect of the mind; and munay, the love and compassion of the heart).

In this rite, you will be breathing three times on your hands to conduct your living breath to three chakras and connect them energetically.

I recommend that you follow the video, audio, or create your own voice message while reading this out loud to be able to follow the rite easier and connect without struggling to read what is next. This initiation should happen effortlessly.

This will be the order of Transmission:

1. Solar Plexus - Power
2. Heart - Love
3. Third Eye - Wisdom
4. Hands – Breath of Healing into your hands and heart

Blow the three breaths through the pi-stone now. This is the commencement of the rite.

Steps for you to receive the initiation:

1. Open sacred space (Personal Sacred Space and Sacred Medicine Space) if you haven't already.
2. Place the Pi-Stone between both hands in prayer pose. Breathe deeply and relax into this sacred space as you feel the energy build within the hands. When they feel warm, blow three times into your hands. Take the breath of healing first into your solar plexus:
3. Take the pi-stone with your Dominant hand from your heart to your upper belly for power to manifest. Non-dominant hand remains at your heart to connect to love. Bring the breath of healing into your power center. Envision a golden thread from your heart to your solar plexus chakra. See it widen and brighten. See a seed of light placed in your

solar plexus. Feel the love being projected into the upper abdomen space in your physical body and around your belly, waist and belly button. The energy of your breath will give you strength to be the healer you envision yourself to be. Visualize yourself as a known and respected Healer. Visualize the people your wisdom will touch and how relieved they will be to have found your healing abilities. See that life for you and bless it.

4. Dominant hand returns to heart space to unite with the other hand in prayer pose. Keep the pi-stone inside. Feel the energy build within the hands. Blow three times into your hands, which will bring the breath of healing into your heart center. Pause with pi-stone under both hands over the heart center. See a seed of light take its home in your heart space. Feel the love from the luminous beings, the Laika, the Earthkeepers that have come forward to assist you on this initiation. Feel the loving energy heat the Pi-Stone.

5. Blow three times into your hands for the third time, which will repeat the healing breath transmission to your third eye. Roll the pi-stone up to your forehead with your dominant hand while the non-dominant remains at heart maintaining the connection and transmission. While at the forehead, accept the wisdom of the rite. See the seed of light merge with your pineal gland in your mind's eye. Feel out for any ancestors or angels that are present and thank them in your mind. Feel gratitude for their presence. See your purpose. Delight in it.

5. Bring your hands together and take them to your heart. Breathe three times on your hands for the final time, activating the healing hands. Ask if there is anything you need to know or be shown at this time.

6. Relax. Allow transmission to happen by itself.

7. Rest. Trust your intuition to know when you are ready to move on.

8. Return the energies of your sacred medicine space back to Source, beginning with the Above, then Below, East, North, West and finally South. Leave your personal sacred space intact until you are finished with the fire ceremony.

9. Fire ceremony seals the activation. Germinate the seeds in the solar plexus, heart and third eye by tossing the warmth of the fire or lit candle with your hands onto each of the three chakras, one at a time. Reflect on how you were moved, what presence you felt come forward to guide you, what thoughts came up for you, what healing took place, and what your future holds after this initiation as you are placing warmth at each of the chakras. Take your time on each. This portion of the rite takes approximately 5 minutes, but you may reflect with the fire as long as you intuitively feel is right for you. Picture

each of the seeds opening and growing within you. Do this fire ceremony as often as possible. It is recommended to do it daily for 21 days for best results.

10. Release Personal Sacred Space.

The Rite connects you to a lineage of luminous beings; it awakens the healer within you. Healing takes place purely at an energetic level and a deep core of healing is available for yourself and others.

Once completed, take time for reflection. This activity is optional, but will set the context of what we are doing with this rite and support your cognitive understanding:

ACTIVITY AFTER THE HEALERS RITE

Journal Prompts:

To assist the awakening within you, complete the following.

Describe in as much detail as you can how you feel about:.

1. What feelings came up for you when you drew the power to manifest into your sacral chakra?
2. What feelings came up for you when you drew the power to love into your heart chakra?
3. What feelings came up for you when you drew the power to vision into your third eye chakra?
4. What healing came up for you when you drew the power to manifest into your sacral chakra? If the answer is none, is there any healing vision that you would like to manifest?
5. What healing came up for you when you drew the power to love into your heart chakra? If the answer is none, is there any healing vision that you would like to manifest?
6. What healing came up for you when you drew the power to vision into your third eye chakra? If the answer is none, is there any healing vision that you would like to manifest?