



RITE 2



BANDS OF POWER

2nd Rite

Bands of Power

Five luminous belts that are woven into the luminous energy field for essential protection.



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. Colored pencils or markers, paper to draw on.

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.

Although it is not necessary, it is recommended to have received the initiation to the first rite, the Healers Rite, before receiving the Band of Power.

Preparation - Read the Introduction and the 9 first lessons to prepare for this 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 9 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. The next one is in 2026. There are limited seats. Sign up for the waiting list to not miss the deadline!

“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

We 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.

Bands of Power

Rite Two: Bands of Power Rite –

Five luminous belts that are woven into the luminous energy field for essential protection.

Each Band represents one element:

1st Band = Earth

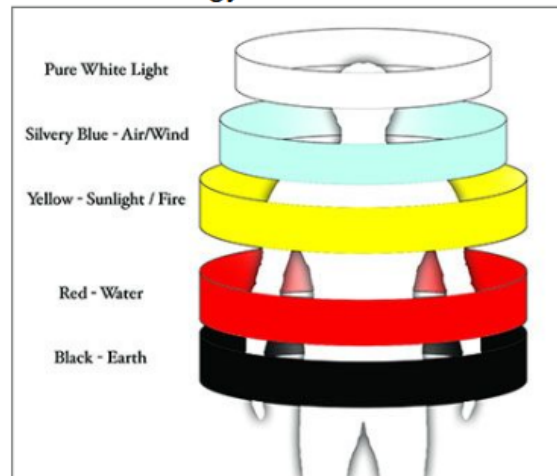
2nd Band = Water

3rd Band = Sun / Fire

4th Band = Air / Wind

5th Band = Light

6th Centre = Flowing Rainbow Light



The second rite is the Bands of Power:

Many of the Rites will feel similar to you. Differences are in attuning and intent. The transmission does it by itself. These are energetic transmissions that serve to upgrade your DNA.

The second rite consists of protections installed in your Luminous Energy Field. These are known as the Bands of Power, and consist of five energetic bands representing earth, air, fire, water, and pure light. These bands are installed in your Luminous energy field, and act as filters, breaking down into one of the five elements any negative energies that come your way so that these energies can feed you instead of making you toxic or ill.

The Bands of Power are always 'on', and negative energies bounce right off them [and go directly to the earth where they belong and can be mulched]. In a world filled with fear, the bands provide essential protection.

In review the first band is the black band around the first and second chakra representing earth,

the red band of water around the 3rd chakra, the solar Plexus

the gold band of fire around the 4th, the heart chakra

the silver band of wind around the 5th, the throat chakra

the white band of pure spirit around the 6th, the third eye.

Additionally each band has threads that go down into the ground under your feet and are connected to the rainbow glacier and gold and silver rivers from the crown or 7th chakra, holy snow-capped mountain, down the spine and around the tailbone. The rainbow fountain weaves it all together and the rainbow bridge connects you to the upper world, the world of your becoming that you source yourself from.

Benefits of Bands of Power

1. Protect against negative energies
2. Feed our Luminous energy field
3. Inform us
4. Connect us with earth and sky.

Colors of the bands:

1. Black band into sacral and base chakras, (element of earth)
2. Red into Solar Plexus (water of the mother)
3. Gold – fire into the heart (fire)
4. Silver, moon, wind, into throat (air)
5. White Light of Spirit into the third eye
6. Beautiful Rainbow of Light – Flows out of the Crown chakra and which forms an orb around the body – it holds the colors of all chakras, and comes from the chakras themselves, radiating their vibrant colors, which comes out of the top of the head.

This rainbow of colors releases, re-energizes and informs us.

These bands act as filters that break down into elements any negative energy that come your way so that these energies can feed you instead of weighing you down.

The installation also breaks up shields used for defense when they are installed. Works well on people with bi-polar disorders. Some people have a negative reaction, which could include feeling very nauseous. It usually happens right away and signals a fluid energy. Also usually related to the red band.

BANDS OF POWER ACTIVITIES FOR PREPARATION

Activity

Draw the Luminous energy bands, wide, and bright with color. As you draw and weave them onto your picture, imagine them forming around your body. Your picture is the visionary representation of the protections.

Please do not judge your artwork!

Rite 2 - The Bands of Power



Each Band represents one element:

1st Band = Earth

2nd Band = Water

3rd Band = Sun / Fire

4th Band = Air / Wind

5th Band = Light

6th Centre = Flowing Rainbow Light

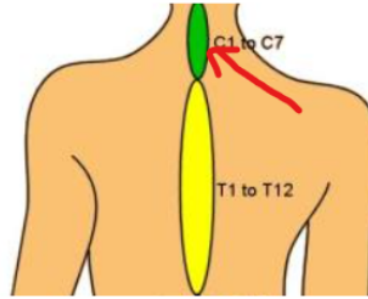
Meditate and connect to the elements that will gift you the bands.

Preparation for installment

Bring your Pi-Stone

Locate the area around the C-7

Breathe deeply before starting



Ground - Visualize rooting on to Mother Earth, and she gives you the black ribbon. See the water of the Mother gifting you a red ribbon. The sun is smiling down gifting you a yellow ribbon. Brother Air passes thru with a breeze, gifting you the white ribbon.

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).

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

Open sacred space (Personal Sacred Space and Sacred Medicine Space) if you haven't already.

Read the steps completely and go over how it is done before beginning.

BANDS OF POWER Rite #2:

The belts are installed into the luminous energy field. These are five luminous belts that are woven into the fabric of your luminous matrix.

1. Gold and Silver bands running down the back symbolize male and female energy.
2. Gold right, silver left.
3. You test the bands using muscle testing.

1st Band- Earth

4. Visualize the gold and silver band circling over the black center band and take them down the spine- gold on right, silver on left, weaving in and around the spine with the black cord in the center until you get near the tailbone, and then hold it so the three colors merge.

5. Bring the cord down under and through your legs up to the first chakra and hold the pi stone there.



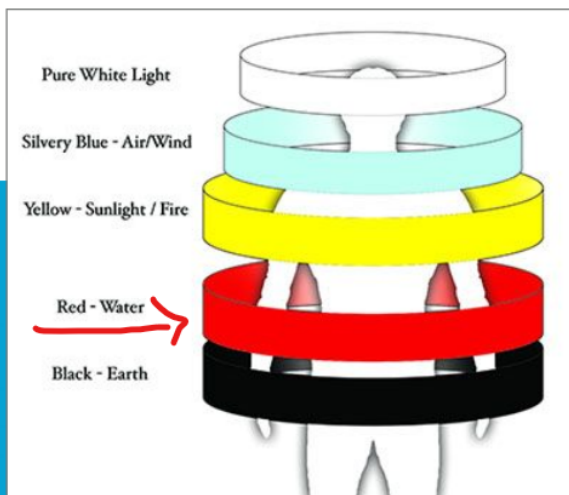
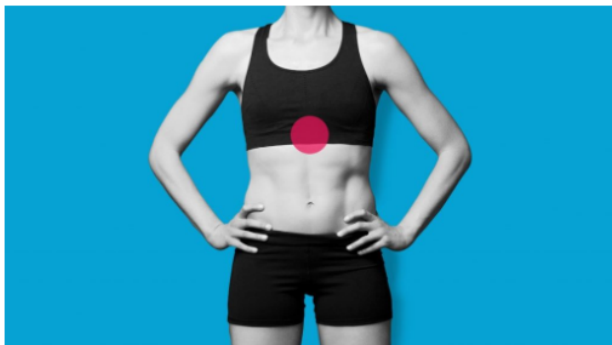
Tip: Gold on Right / Silver on Left of black band going down the spine

Install the black band

1. At the same height as the first chakra have the black band go around to the spine on your right side and lock it in the back with the pi-stone, all the while visualizing the element of Earth assisting to lock it. See the end of the gold band at the back sealing it.
2. Bring it back around to the front on your left side then go around the back over your left and lock it, creating a band of energy. See the silver band in the back sealing it.
3. Then come back to the first chakra on the right side to complete the circle, and hold it.
4. Move up the **front** center from the 1st chakra to an area between the 2nd and 3rd chakra and hold it there in the lower part of the abdomen by the pelvic bone.

2nd Band- Rivers and Waters of the Earth

RED BAND into Solar Plexus (water and blood of the mother)

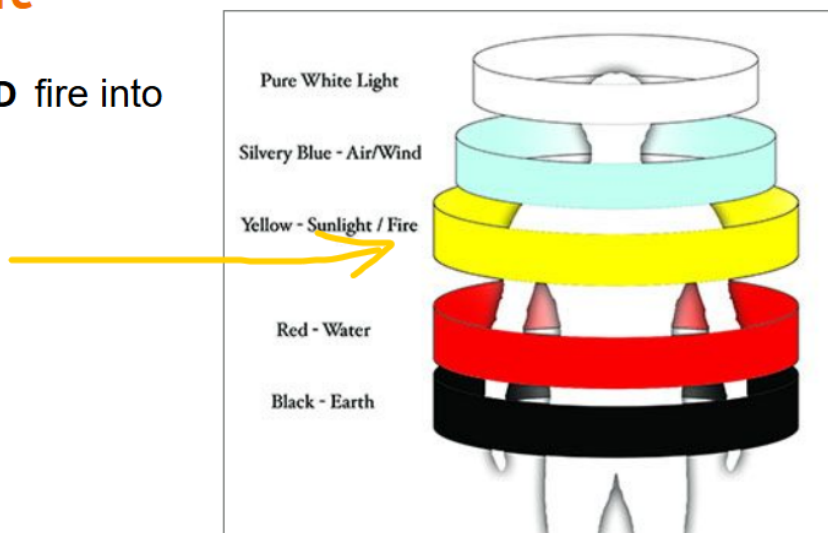


Install the red band

1. At the area between the 2nd and 3rd chakra, see the element of water in your mind's eye merging the black with the red cord.
2. Take the watery red band around to the spine and hold it in the back. Bring it back around to the front, then go around the other side to the spine and hold it. Then come back to the front and hold it.
3. Move up the front to the 4th chakra and hold it there, over the heart.

3rd Band- Sun/Fire

YELLOW/GOLD BAND fire into the heart

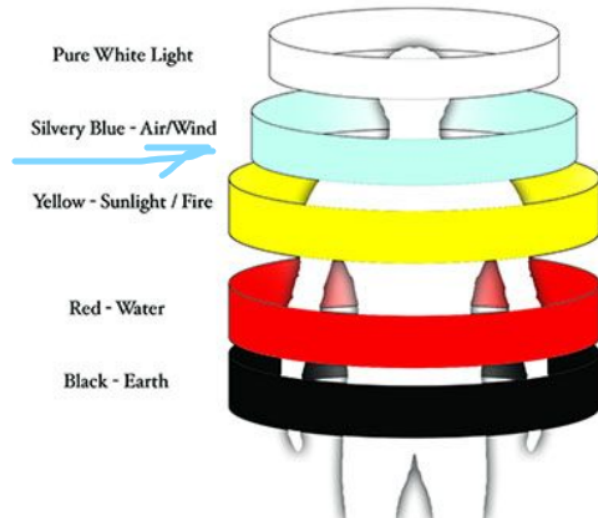
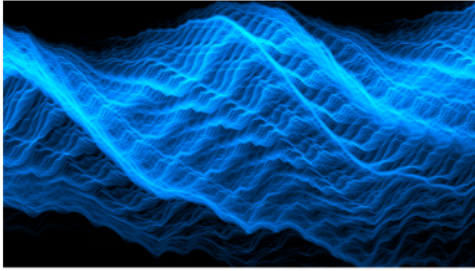


Install the gold band

1. Beginning at your heart space, take the gold band gifted by the sun, take its warmth around to the spine and hold it in the back. Bring it back around to the front, then go around the other side to the spine and hold it. Then come back to the front and hold it.
2. Move up to the 5th chakra and hold it.

4th Band- Air / Wind

SILVERY BLUE BAND moon,
wind, into throat

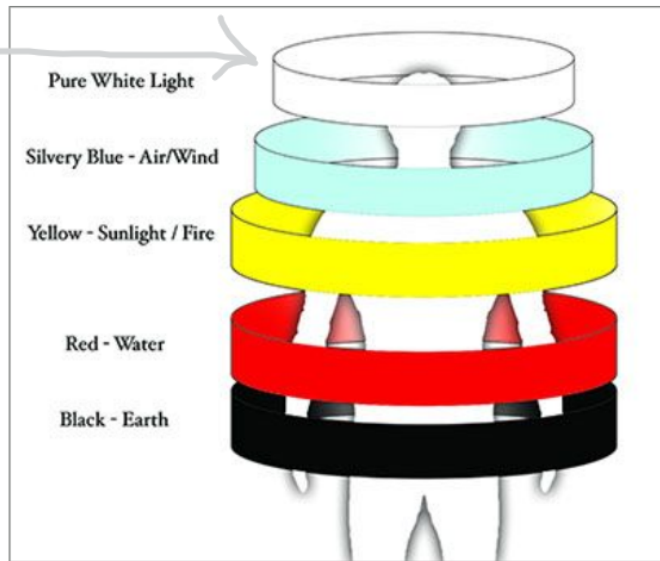


Install the blue/silver band

1. At the throat chakra, allow the air to create a silver band that goes around to the spine.
2. Hold it in the back. Bring it back around to the front, then go around the other side to the spine creating the circular band, and hold it. Then come back to the front and hold it.
3. Move up to the 6th chakra and hold it there, between the two eyes.

5th Band- Pure Fire Light

PURE WHITE LIGHT of Spirit
into the third eye



Install the white band

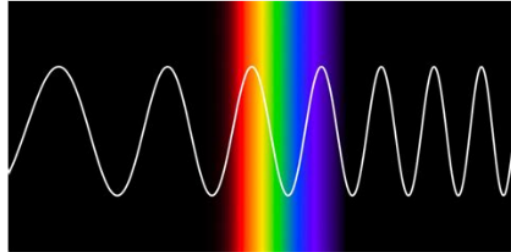
1. At the third eye area on the forehead, create a white band that goes around the head, thick enough to reach the top of the cervical spine. Hold it in the back.
2. Bring it back around to the front, then go around the other side to the spine and hold it. Then come back to the front and hold it at the forehead.

at Center

BEAUTIFUL RAINBOW LIGHT

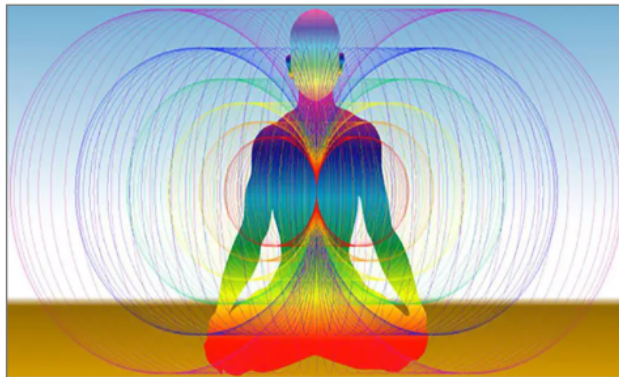
- Flows out of the Crown chakra
- Forms an orb around the body
- Holds the colors of all chakras
- Comes from the chakras themselves
- Radiating their vibrant colors
- Comes out of the top of the head

This rainbow of colors releases,
re-energizes and informs us.



Install the rainbow light

1. Move up to the crown chakra and hold it.
2. Expand out the rainbow fountain and bring it down around yourself
Go up, trace the fountain of Light with your hands three times.



If it helps, the steps are written here as well:

1. Place the pi stone on the crown chakra and hold it.
2. Bring it down the back of the head making a black chord to the lowest part of the neck (C7ish) - hold it there.

3. Start and gold and silver band down the spine until you get near the tailbone, (When you do this, gold and silver bands of light weave in and around the spine – gold on right, silver on left.) and then hold it.
4. Bring the cord down under and through your legs up to the first chakra and hold it.
5. INSTALL BLACK BAND: At the same height as the first chakra create a black band that goes around to the spine and lock it in the back. Bring it back around to the front, then go around the other side to the spine and lock it. Then come back to the first chakra and hold it.
6. Move up the front centre from the 1st chakra to an area between the 2nd and 3rd chakra and hold it.
7. INSTALL RED BAND: Create a red band that goes around to the spine and hold it in the back. Bring it back around to the front, then go around the other side to the spine and hold it. Then come back to the front and hold it.
8. Move up the front to the 4th chakra and hold it.
9. INSTALL GOLD BAND: Create a gold band that goes around to the spine and hold it in the back. Bring it back around to the front, then go around the other side to the spine and hold it. Then come back to the front and hold it.
10. Move up to the 5th chakra and hold it.
11. INSTALL SILVER BAND: Create a silver band that goes around to the spine and hold it in the back. Bring it back around to the front, then go around the other side to the spine and hold it. Then come back to the front and hold it.
12. Move up the 6th chakra and hold it.
13. INSTALL WHITE BAND: Create a white band that goes around to the spine and hold it in the back. Bring it back around to the front, then go around the other side to the spine and hold it. Then come back to the front and hold it.
14. Move up to the crown chakra and hold it.
15. Expand out the rainbow fountain and bring it down around yourself
16. Go up, trace fountain of Light with hands three times.

Conclusion

Take a moment in gratitude

- to the shamans of the past that brought this to you,
- to Mother Earth,
- to the rivers, lakes, and water sources,
- to the sun, the fire, and the purest part of the flame,
- to Spirit and Source
- to yourself for taking this healing path

About the Bands of Power

These Protection bands take two to three weeks to take.

They provide body armouring. They are luminous belts that are woven into your luminous matrix.

They should be cared for and grown using the fire ceremony.

You may receive the third rite three weeks after this rite is received.

When a band is weak it usually indicates an issue with. FEEDING THE BANDS OF POWER

You can strengthen the bands by:

1. Breathing practices
2. Fire ceremony
3. Identifying with the elements that are aligned with that band when you come across them like wind, water.

The Bands of Power actually require very little maintenance or attention, however, it can be helpful to remember them from time to time and strengthen them with your intent and ritual like the fire ceremony.

Here are some suggestions:

First Band: 1st & 2nd Chakras

When you are working with earth, for example gardening or caring for your plants, or admiring mountains or buildings, imagine some of that earth energy feeding your black band and you can use your hands to ritually draw the energy toward the band around your 1st and 2nd chakras.

Second Band: 3rd Chakra

Do the same for each band. When you are bathing or admiring an ocean, river, lake, snow or rain, feed the red band around your 3rd chakra.

Third Band: 4th Chakra

When you are basking in the sun, draw some of the energy into the gold band around your 4th chakra.

Fourth Band: 5th Chakra

When you are feeling a breeze or wind, or admiring a silvery moonlit night, allow some of it to feed the silver band around your 5th Chakra.

Fifth Band: 6th Chakra

When you are in a spiritual place such a church, temple, ashram, or meditating in front of your own altar or in nature, allow some of that pure spirit energy to feed the white band around your 6th Chakra.

Sixth Centre: Crown Chakra - Rainbow Fountain:

When you are full of laughter and joy, allow some of that energy to feed the rainbow fountain that weaves all of the bands and threads together.

Note about gifting the rites to others-

The Bands of Power is a Rite you can give to others before completing the Nine Rites. They must first become initiated to the First Rite before gifting the Second Rite. These are the only 2 rites an initiate can give to others without completing all the rites.

BANDS OF POWER Rite #2 when you gift to others

1. Place the pi stone on the crown chakra and lock it. (Press it in to crown)
2. Bring it down the back of the head making a black chord to the lowest part of the neck (C7ish) - Lock it there.
3. Start with gold and silver band down the spine until you get near the tailbone, (When you do this, gold and silver bands of light weave in and around the spine – gold masculine on right, silver feminine on left.) and then lock it.
4. Bring the cord down under and through their legs up to the first chakra and lock it in.
5. INSTALL BLACK BAND: At the same height as the first chakra create a black band that goes around to the spine and lock it in the back. Bring it back around to the front, then go around the other side to the spine and lock it. Then come back to the first chakra and lock it.
6. Move up the front center from the 1st chakra to an area between the 2nd and 3rd chakra and lock it.
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10. Move up to the 5th chakra and lock it.

11. INSTALL SILVER BAND: Create a silver band that goes around to the spine and lock it in the back. Bring it back around to the front, then go around the other side to the spine and lock it. Then come back to the front and lock it.

12. Move up the 6th chakra and lock it.

13. INSTALL WHITE BAND: Create a white band that goes around to the spine and lock it in the back. Bring it back around to the front, then go around the other side to the spine and lock it. Then come back to the front and lock it.

14. Move up to the crown chakra and lock it.

15. Expand out the rainbow fountain and bring it down around them 16. Go up, trace fountain of Light with hands three times.

INTENT: To install Luminous energy bands, wide, with colour Bands of Power provide luminous protection, which allow us to walk with grace and safety in the world. They act as filters, breaking down into one of the five elements any negative energy that come your way, so that these energies can feed you instead of making you toxic.

These Protection bands take two to three weeks to take. They provide body armouring. They are luminous belts that are woven into your luminous matrix. They should be cared for and grown using the fire ceremony.

If you have any questions, please contact us at
www.cosmicconnectionswithlu@gmail.com

