

# PUMA FREDY QUISPE SINGONA

## Native Peruvian Shamanic Healing Wisdom

### Jason Prall:

Hello, and welcome to Awaken the Healer Within. I'm your host, Jason Prall. With me today is a very special friend known as Puma Fredy Quispe Singona, also known as Puma. Was trained by his grandfather, Don Maximo, in the mastery of Andean ceremonies and rituals. As a spiritual leader, he has a passion for the teachings of his people and a profound respect for the global awakening human consciousness. Puma is recognized globally as a holder of ancient lineage and a wisdom with the power to inspire people in a special heartfelt way to connect with the reverence and love he brings from mother earth and the mountain spirits that safeguard the Andean people. Puma has a natural ability to connect with ancestral forces and natural elements that assist him in his global healing path. As a tour guide to the natural wonders and sacred sites of Peru and the catchable world, he has an unshakable certainty about the traditions and values of the ancient Andean cultures. Puma, thank you so much for joining me today.

### Puma Fredy Quispe Singona:

Hello Jason. Hello my wonderful family. Very happy here to be sharing these powerful times, the healing coming from the Andes, the healing coming from this powerful mountains for everybody, all this wisdom that has carried for thousands of years by our ancestors.

### Jason Prall:

Yeah. So that's where I want to start. So tell me about that. You were born into a lineage, really. From a young age, you were taught in the ways of a lineage that goes back thousands and thousands of years. Talk to me about that history and what that means to you and how you began to live that path.

### Puma Fredy Quispe Singona:

It began for me when I was six-years-old. I got hit by lightning and my grandfather saw that as a sacred sign to start passing on this ancient lineage that he carried, he also received from his grandmother and like that generation after generation, these teachings were passed on through the community, through the family. My grandfather started training me after that sacred event, that sacred sign with the lightning. For me, it began as if playing, Jason. For me, everything began with just ceremonies, rituals, everything was innocent. Everything was

like playing, like the kids playing. I learned about energy work. I learned about medicine plants and about rituals and ceremony.

**Puma Fredy Quispe Singona:**

So in our land, in this part of Peru, we still have a lot of these traditions and these ways of living, being in a sacred way. It's still a life, it's a living culture. For thousands of years, a lot of these teachings were passed on generation after generation. Nowadays, it's becoming even more alive as these are being transmitted by the elders, by the chiefs, by the carriers of this wisdom, the wisdom keepers we call them, they're transmitting it to more and more young people. They're transmitting it to other masters who are sharing it throughout the planet. So these Andean rituals, these traditions are being passed on globally now. That is also part of my work now. I am passing on a lot of this wisdom and this knowledge, these traditions to as many brothers and sisters throughout the planet, so that it can help them in these times for powerful healing, for awakening our consciousness, for bringing harmony and inner peace in these times of hardships and struggles.

**Jason Prall:**

Yeah. And just to kind of give a little backstory for the audience here, I was introduced to Puma as part of a film project that we were doing, and we were planning a trip to Peru and we were going to go film with him. Before the trip, I was watching a film on Discovery Channel or something like that about ancient cultures and sure enough, this film was touched in the Andean culture and there I saw Puma, the guy I hadn't met yet, but that I was scheduled to go meet and work with in a few weeks. I thought that was so funny and so fascinating and such a beautiful synchronicity, that just this little wink from the universe, that that I was working with a really profound man that was going to show me a lot of amazing things.

**Jason Prall:**

When we got down there, Puma, it was really fascinating. All the things that we worked with, right? We did some coca leaf readings. We did some egg healing. We drank huachuma or San Pedro's as people think of it. And you did a lot of other things, too. We did some prayers with some condor feathers and that's kind of what I want to tap into here, which is the Andean culture, which is, I think from the west, if people aren't familiar with the shamanic world, so to speak, there's perhaps not enough recognition of the nuance of the various cultures of the ancient traditions and the wisdoms. Yet they all kind of share this thread, but again, they're so, so different.

**Jason Prall:**

What I loved about working with you and seeing the Andean and feeling the Andean culture and the Quechua people was that it was very, very heart-based. And this is something that I think many masters talk about from around the world, which is living from the heart. So it's not totally unique, but there was a real emphasis on the Andean culture about living from the heart. Talk to me about that. How did that really become a thing for the Andean people to focus on the heart?

**Puma Fredy Quispe Singona:**

One of our main essences, our principles of life is called munay, and munay means to access the sublime, cosmic energy of love, and practicing it as unconditional love, that everything is in a constant exchange and that nothing ever goes one way. And so we're not only with each breath receiving life, but we're also receiving munay, which is love. And when we breathe out, we are sharing it, we're giving to our family and our community.

**Puma Fredy Quispe Singona:**

One of the main essences that we work with, which is love, is our guiding light, is our guiding pathway. That's why we believe here that may be the main purpose of life here, is yes to be in service, but also we say only to fall in love, only to be in love and only to receive love. That is the main purpose of life. For these powerful essences that was passed on ever since our ancient times, a lot of our practices, a lot of our rituals, and our way of life is oriented, is guided by love and love becomes this powerful force that we live on, this miraculous force that we live on.

**Jason Prall:**

I love that. And one of the things that I experienced just being around you was this joyful heart, very light heart. I know you relate that to the condor. Tell me about that.

**Puma Fredy Quispe Singona:**

Yes. The condor flies up at 7,000 meters above sea level. So we're here close to four. Literally when the condor is passing by us, it's 3,000 meters higher. So it's the highest flying bird on the planet and our ancestors because it flies so high, believe this must be the only being with the lightest heart of all beings on the planet, because it's the only one who can fly closer to the gods, it's the only one who can have access to the kingdom or the realm of the heavens.

**Puma Fredy Quispe Singona:**

For this reason, we used to have the condor as a powerful, symbol, as a powerful reminder that we, in order to access those heavenly kingdoms, we, in other words, in order to access these spirit worlds, invisible worlds, we need to have our hearts very light. We need to transform and liberate whatever we have accumulated in our lives ever since we grew up, ever since we were born. Then we can access completely these realms of spirit, these kingdoms of the heavens.

**Puma Fredy Quispe Singona:**

For this reason, one of our main practices is to breathe deeply, and with each breath we are bringing in lightness, we are transforming whatever heaviness that's from our hearts because only for us, it starts as our emotional process. Then it can affect our physical body. So whatever illnesses or disease actually originates as an emotional process first, and then it becomes an energetic process and then a physical process. So in our healing practices, the main focus we have when healing is our hearts, our emotional processes, making sure we're always in love, in joy, in harmony with everything, and we no longer carry whatever pains, whatever hard feelings or hurts, or a heavy energy in our hearts, so that it could affect our health and our vitality.

**Puma Fredy Quispe Singona:**

For this reason, we work with the condor. We constantly call on the condor. We use condor feathers and every winged being, every winged animal spirit, we can work with to be free, to be light, to be connected with these higher frequencies, because only by ourselves, we could be caught up with very hard processes in our lives. But when we come out to the realm of nature, for example, to the spirit animals, well, then we can transcend our humanity and become these powerful spirits and embody it, bring it into our way of life.

**Puma Fredy Quispe Singona:**

This is why, for example, my name is Puma, given to me by my grandfather because of this powerful guardian, this Puma of the Andes. So in our family, in our community, the Puma lineage is very strong, especially here in Chinchero, there's a lot of people with the family names that are called Puma also, the Macau puma. We have this lineage of connecting constantly with animal spirits. The condor for us represents that elevation, freedom, seeing everything from above and having the better perspective, the bigger picture, and also having the lightest heart of all beings on the planet. As I'm speaking about it right now, I am feeling that lightness and it's so liberating.

**Jason Prall:**

Yeah. I am too. Even just connecting with you and feeling the lightness and I think for a lot of Westerners who aren't familiar with the ways of the more indigenous cultures and the lineages, some of these concepts and the ways of speaking may sound a little strange, right? When we talk about spirits and we call them in and work with them and that's okay. I want to acknowledge that and welcome that too. I think what's really profound that I've experienced around many indigenous peoples that work with these medicines and that carry these wisdoms and these traditions, is that they are embodied wisdom holders. What's so fascinating, I mean, Puma's relatively young, I think we're about the same age. You're somewhere around 40, right?

**Puma Fredy Quispe Singona:**

Yes.

**Jason Prall:**

I think, "Holy smokes, this guy has so much wisdom that he can share." That's what's really important to me, right? The way we think about these things is interesting and to some degree irrelevant. It's what's really we ground and we embody, and that's what I really, really appreciate about you because I've got a number of sayings that I've kept with me from you. One of them is, "It's time to wake up, yes or yes?" Tell me what you mean by that because right now, humanity is going through some very interesting changes, right? I mean, we just experienced a very tumultuous and confusing and wild and I happen to have the perspective that it was a very liberating year, that there's a lot of waking up happening in the last 18 months. Tell me what your perspective is on the times that that humanity is going through around the globe.

**Puma Fredy Quispe Singona:**

Thank you, Jason. I love that you remembered that it is time to wake up, yes or yes, because awakening evolution of our consciousness especially is inevitable. It's these times that our prophecies, myths and legends talked about as the times of entering into a new times, into a new pachakuti, into a new era. Before this transition happened, we were in a time of sleep. We were in a time of unevolved consciousness. Apparently, even that had a purpose because our highly evolved, our highly awakened ancestors thousands of years ago broke some cosmic laws and they put the life of our planet in danger. For that reason, they were put to sleep and that's why every generation was less evolved than the last until now, until these times, when every generation will be more evolved, more awakened, and that has started, we already entered into this new times, into this new era.

**Puma Fredy Quispe Singona:**

Part of the processes that we are going through rapidly at the global level with collective awakening throughout our planet with this consciousness, this global consciousness is part of that transition. It's the beginning of this process. This is the times when we all need to wake up to this higher consciousness. These are the times when we all need to wake up to these evolved human, one that is more heartfelt, one that is more humane, one that is more connected with spirit, one that is more connected with Pachamama, mother earth.

**Puma Fredy Quispe Singona:**

This is the times, these are the processes that we brought onto ourselves in order to go through this awakening process. While in the past we had a choice and we had chances to wake up, in these next processes, it's almost like we have no choice, but to wake up yes or yes. That's why we say the saying here that our generation is very blessed to be here as witnesses of this transition's happening.

**Puma Fredy Quispe Singona:**

Our generations are very blessed to be part of the change, to be part of the awakening, to be part of the healing of generations. I'm not going to even give it time, but it's thousands of years and we get to be in these times. It's very powerful times for us to wake up from that consciousness sleep we were put in. We didn't put ourselves in, but we were put in by higher forces, by powerful forces. Now those very powerful forces are facilitating, are helping us in the awakening process.

**Puma Fredy Quispe Singona:**

My main prayer is may this awakening process be as gentle, as soft, as loving as possible and not a shocking awakening, not a traumatizing awakening, which is also possible. For this reason, we are always praying for the most gentle awakening process for everybody. I believe that in these times more and more, we will wake up from within to this powerful sacredness, to this powerful nature, to this evolved superior consciousness. It will be effortless, it will be sudden, and it will be gentle.

**Jason Prall:**

I love that. You're leading me into kind of my next question, which is, how do you think about trauma? I know you've worked with a lot of people from the Western cultures and we operate a little differently up here than the indigenous world and the sort of slower paced world in South America and Central America. How do you guys view these kinds of emotional

traumas, these experiences that shape us from an early age, and why is it that we all seem to have these traumas that we carry with us into our adulthood?

**Puma Fredy Quispe Singona:**

That's a beautiful question, Jason. My teacher used to constantly say that one of our main practices in healing will be to heal people with soul retrieval and soul retrieval is necessary only when there has been fragmentation or a trauma experience. What happens is, this life that we are living in is so powerful that events, processes that we go through, people, and specific times within our life can bring such a powerful frequency of vibration that because it is not seen, because it is not expected, can produce a shock, can produce a trauma.

**Puma Fredy Quispe Singona:**

The first one is when we are born. This first breath that we take in, we take in the process of all our family, our community, our planet, its history for how many thousands of years, and that is so shocking that it even makes our soul tremble and it looks for the safest places in the universe because it's not this physical body in those moments of trauma. We need to retrieve it back, we need to call ourselves back.

**Puma Fredy Quispe Singona:**

When we don't do this, we can live our whole life missing a very important part of our soul, a very important part of our spirit, a very important part of our animal. So one of the main practices in these times in our healing work is to retrieve back that part of our soul and to just give gratitude and give blessings to those shocking traumatizing processes we've had in life. I mean, that's how powerful this life is and we're highly sensitive, we're light beings that we're going through this powerful process in this life and little things like news, anything that we witness, can produce these shocking experiences.

**Puma Fredy Quispe Singona:**

Apparently, we're just changing of a frequency of vibration from a lower frequency to a higher frequency and that's why the shock happens, the trauma happens. So it was never seen here in the Andes as this is something negative. Rather, we used to visualize these traumatic experiences as miraculous moments of ascension, of awakening, of liberation. When we bring our soul back, it comes back to a more blessed, healed, and stronger physical temple.

**Puma Fredy Quispe Singona:**

I always say the more gentle healing process, the more powerful healing process we can have. We no longer need these shocking, these traumatizing, hard experiences. We here are in constant harmony with Pachamama asking mother earth, because she carries the wisdom

and the memory of our ancestors, so we're asking to make more of this knowledge available for us so that we can deal with these processes in a more harmonious way and it doesn't produce a shock to our soul or spirit or our energy field or even our physical body.

**Jason Prall:**

Yeah. This is beautiful. I love the way that you talk about this because it does feel real. It feels like a blessing. It feels like a gift. Sometimes only after you come back in or you've worked that process and you've metabolized that thing that was perhaps stuck, but it really does feel like a gift. Sometimes when you're in the middle of the process, especially if it's a hard process, boy, it doesn't feel like a gift and it feels like, "Get me out of here. I just want this to end and let's get through this." I think sometimes with the advanced perspective that it is a gift, it makes that process a little bit easier.

**Puma Fredy Quispe Singona:**

It's important to ask for help. In these times, we go looking for our healers, we go looking for our high priest or priestesses, to take care of our spiritual, emotional, energetic processes, and later on, our physical body catches up with the healing of it. But we always ask for help. It is important to ask for help, to our family, to our community, or to our sacred spirit family, spirit community.

**Jason Prall:**

I love that. That's really how you work, right? I mean, when you're working as sort of the healer in the human process, that's really all you're doing is you're asking for help from other spirits, guides, your family, anybody in your lineage that can help you work this process, right? It really just operates through you, correct?

**Puma Fredy Quispe Singona:**

Yes. We become witnesses of miraculous healing happening by connecting with powerful forces who facilitate the healing. We don't even facilitate it as healers. In emergency cases, we will take on the whole process of our brothers and sisters and transform it ourselves. In which case, it's still, we call it self-healing process because we're not healing anybody from anything, but that we will do seldom. Most of the time we work with allies, with powerful allies, this is spiritual alliances facilitate the most miraculous healing processes. We call on animal spirits, elemental spirits, essential spirits that can literally take care of anything for our family and our community. In that sense, we'll become like protectors, guardians, and witnesses of powerful healing happening before our eyes.

**Jason Prall:**

Beautiful. When you work with, and when you visit with, you hangout with people from the West, what do you see? What's the biggest differentiator that you notice from the people in the West? What are we sort of, let's just classify it as doing wrong, even though there is no wrong, what can we be doing differently? Where's our perspective off or how can we better align so that we don't have to deal with such hard processes?

**Puma Fredy Quispe Singona:**

I usually have a hard time differentiating our people here in the Andes or our people from the Western world, because I live in all worlds. I am an interdimensional being. I usually don't see so much the limitations or the conditioning we could all have in different processes or different parts of our life. But when you ask me this question, one thing I would highlight about our Western culture is we are living very busy, not taking care of ourselves, of our family, of our planet. We are living very busy, sabotaging our well-being by being distracted or by being disconnected from these powerful nature, from the powerful mother earth, from sacred spirit.

**Puma Fredy Quispe Singona:**

Nowadays, we have the opportunity to change that. In the Western world, I asked that our brothers and sisters are not so distracted or very busy, not taking care of themselves, of the family, and the community, because you cannot give what you don't have. In order for you to be of best service in this planet, you need to take care of yourself first. You need to prepare your heart. You need to prepare your mind. You need to prepare your physical body in order to be of best service here. You need to prepare yourself through being in love, through feeling love unconditionally.

**Puma Fredy Quispe Singona:**

This is what is missing. It's not lost. It's just missing in our Western cultures. We're bringing that back little by little, but I believe in the next years, this process is going to be accelerated and it's going to be faster and faster for the whole planet. When I see anybody, I don't put too much attention to our human part, which is our personalities, our ways of living life and everything. I put more attention to the essence and to the spirit within, which is pure light and is a blessing to be able to witness. That's why we say everybody is a part of you, so when you're doing surveys, when you're doing healing work for somebody, you are only healing yourself, because that person is a part of you, is only you existing in this planet over seven and a half billion times yourself.

**Jason Prall:**

I love that. You got to the essence of my question, which is beautiful, and you provided, I think, a higher wisdom, which is really beautiful because this is a wisdom I hear from many, many lineage holders, many masters around the planet, which is that they're able to see beyond the conditioned human aspects and they're transcending that. Right? To me, that's the key of how we get beyond all the racism stuff and the cultural identities and all the bickering that we have on our planet is to really transcend that view and see the essence and see the thing that's beyond the human aspect. That's beautiful.

**Jason Prall:**

I want to ask you to you, Puma, I remember something you told me down there, which was that fear, fear, we all carry some fear and fear can be a very, very beneficial thing. It can be maladaptive too, but it can be beneficial. You said, "What's worse, what's more harmful, it makes the process harder, is self-doubt." Talk to me about that and elaborate that for me, if you will.

**Puma Fredy Quispe Singona:**

Yes. We have these frequencies of vibration as feelings, thoughts emotions. Fear and doubt are already low frequency vibrations. I mean unless you transform these energies, then they don't serve you because sometimes fears can work as magnets. They can attract what you're afraid of, but the miracle of that is you can learn from them. You can face these fears and they can become powerful initiations, powerful healings. So in that sense, fear is not negative or bad for us. It can be the possibility, or it's rather the potential for powerful healing, transformation and awakening. But the doubt, doubt is in a lower frequency than fear. Doubt, we believe, closes portals. Doubt stops any potentials and you become caught up. You become closed in whatever hard process because of doubt. For this reason, doubt is lower frequency.

**Jason Prall:**

Yeah. It feels like almost like a denial of being, like I'm denying myself.

**Puma Fredy Quispe Singona:**

Yes. Yes. So for this reason, we consider this one a low frequency vibration, Ishkayay, and it's one of the most important teachings we pass on to our students, that they must believe with their life in everything that they are and they say, in everything that they do. They must not let anybody tell them otherwise. For example, when you see a face on a mountain, that doesn't look like the face, it is a face on the mountain, and there could be somebody that can

tell you, "Oh, I don't see anything there. You're just making it up." They can make you doubt it. It's an energy that hits you when you're vulnerable and when you're vulnerable, you need more protection, you need more support, you need more guidance.

**Puma Fredy Quispe Singona:**

Interestingly enough, that's the time when doubts come in and make the process even harder. The only energy that is worse than doubt in the low frequencies is guilt. If you even doubt yourself, you will be over it. But if you have guilt, it's possible this is going to be weighing heavy on you for a longer time in your life. Fear can be instantly transformed. Doubt, it's a little bit of a longer process, but not too long. Guilt can be years of process. Those are feelings and emotions and processes we don't accept for ourselves because it's unnecessary hard processes.

**Jason Prall:**

Yeah, that makes a lot of sense and it's interesting as you talk about these things, because I come from more of a Western school of psychology and there's all these interesting things and a lot of them match up with this very thing. In my own work, both on myself and with others, I've recognized these to be absolutely true as well.

**Jason Prall:**

Puma, when you're working with things like ayahuasca, you're working with things like huachuma or San Pedro, these powerful, sacred plants, you've got a perspective that I think many of us in the West, I mean, we're doing a lot of research on this at Johns Hopkins, we're doing it at MAPS, we're doing some amazing scientific work and it's beautiful. It's teaching us a lot about the nervous system and the brain and even to some degree, some of the subjective aspects, how music affects these things. It's fun to witness this being sort of reborn in the West.

**Jason Prall:**

We're undoubtedly going to be applying these in other, let's say more pharmaceutical, psychedelic type of things in a clinical model, in a clinical setting. I know that there's a lot of people in the West that are venturing into this world of thinking about working with ayahuasca or perhaps psilocybin with mushrooms, whatever it might be. I'd love for you to give us some of your perspective on how these plants are working. How can we bring some of this wisdom and expedite our learning with these things, that we're not stumbling so much, because I know that there is a downside to these things. You need to work with these things intelligently. You can't just be careless with these things and expect there not to be any

consequences. How can we learn from these sacred plants in a more harmonious and easy way?

**Puma Fredy Quispe Singona:**

Thank you, Jason. You said something that is true about these medicinal plants. I have the privilege of working with powerful lineages that taught me about working with these plant spirits. One of the things I can highlight is these spirits are timeless. They have been here present in the life of humanity as plant, as animal medicines that were available for our ancestors for thousands of years. These spirits have seen the journey of humanity, all of the processes we have gone through.

**Puma Fredy Quispe Singona:**

One of the words you used, which was to expedite, it's exactly what these medicinal plants are here for. In a journey of discovery, in a journey of self-realization, it could be many years before we see our main purpose, before we see our whole sacred self. But with these plant spirits, you can literally wake up to a new you in literally overnight and it's so powerful. They're like a bridge or a portal to the divine, I am, and for making our lives of best service here on this planet for our family and for our community. These plant spirits are powerful master medicines, spirits that are available for us throughout the planet.

**Puma Fredy Quispe Singona:**

However, you do need to have access to the sacred spirit medicines with the guidance of an experienced master. Why? Because there is psychological processes, emotional processes, energetic processes that if you don't get help with, you could be caught up with, and instead of helping you, it could become a harder process that you have gotten on to yourself. My recommendation is always that these powerful plant spirits are here for you. They're ready to help you. They're ready to produce miracles in your life. They're ready to make the most powerful and beautiful changes in your life.

**Puma Fredy Quispe Singona:**

However, when you not access it with experienced masters, it could become the most challenging experiences also. We always have great respect. We always have a humbleness in front of these powerful spirit medicines. When we work with it, we're working for the whole life of our brothers and sisters. It's a very delicate process and even delicate, maybe so much that even in this pandemic times, we've chosen not to do any of these ceremonies with the medicine plants, because there was too much fear throughout the planet. There was too much heavy energy accumulated, and whenever we would access to these portals to the sacred bridges, it would bring hard processes. It would bring challenging processes where

even masters, elders, healers reach out to me saying, "Puma, we need help." In the Amazon we're overloaded with this heavy energy. It's these times when we have strong collective heavy energy that these powerful plants can help us, but only with the help and with the guidance of experienced healers, experienced medicine women and men.

**Jason Prall:**

Beautiful. Yeah, I couldn't agree more. I've had a little bit of my own personal experience in that realm as well. Something else I've had really, really amazing experience with is the power of intention. I think I've heard about intention for a long time. I understood it mentally for a long time. It wasn't until I started working with some of these sacred plants and some of these other Eastern practices that were pretty powerful as well, that I realized that I truly embodied and realized the power of intention. I'd love for you to speak on intention. How does it work? If I want to set an intention properly, how do I think about, I kind of use that, I guess jokingly, because the intention is not just thinking, right? How do I go about setting an intention and talk to me about your perspective on that?

**Puma Fredy Quispe Singona:**

For us, intention, Jason, is love. You have to give your whole self passionately into freewill. We have this powerful willpower that can manifest anything and everything that is possible in our lives. When we're working with these master plants, I always ask everybody to have an intention or to have different intentions for the ceremony, while knowing that the medicine plant is already a higher consciousness and knows already exactly why you are coming, where you're coming from and what you need.

**Puma Fredy Quispe Singona:**

The only reason why I ask people to have intention is so that you can become conscious of everything you want to transform in your life, so that you can become conscious of everything you want to manifest in your life. Because otherwise, these sacred master plants, these spirit already know, but you need to be conscious of them and only then you allow this transformation to happen, only then you allow this manifestation to happen. Your intentions, your intent, is a gift of munay, is a gift of love, is a gift of willpower as an offering to manifest in your life.

**Jason Prall:**

That's beautiful. I love that. It's simply about bringing the unconscious conscious and sort of claiming that, right? Because as you state, we already know internally somewhere what we want and who we want to be and how we want to show up and all these things. It really is

about claiming that and saying, "I'm ready for that." That's beautiful. I love the way you said that.

**Jason Prall:**

As I've told you before, with some of your sayings, I'm going to steal that Puma. I feel like I'm just going to be regurgitating Puma wisdom for the rest of my life because you share it so beautifully. I absolutely love that. But again, for me, it's been very, very transformational in my own life, and so I just want to highlight that for everybody that's listening, that intention is such a real thing and that it can come through prayer, it can come through meditation or even just a deep sitting with or shouting out, it can come in so many ways.

**Jason Prall:**

Puma, there's a couple of things I'd love for you to hit on here as we start to wrap up. What are some practical things that we can do in the West, right? There's a lot of interesting practices that you have that I was able to experience and sometimes those really aren't particularly available, especially since we don't really have the wisdoms and the traditions for that, but there are a universal things that I think humans can do to improve our own life, to improve to make a process easier. We just talked about one, intention, right? Setting an intention is a powerful thing. What are some other things that you recommend that we do, that we learn to do maybe a little bit more, a little bit more heartfelt in the West, whether it's connecting to spirits or the earth, what are some of those things?

**Puma Fredy Quispe Singona:**

I would like to share three practices with you, Jason, today. The first one, it's to clear or low frequency energies or heavy energies immediately by visualizing yourself inside a crystal. If you breathe in deeply right now, just make a deep breath. That's our normal regular breath. Now visualize yourself inside a crystal, a beautiful quartz crystal and breathing. The quality of our breath is so much refined, is so much pure. For this reason, we always recommend for people to visualize themselves inside of crystal, because crystals have one nature. They can only conduct highly refined energy. They cannot conduct heavy energy. For this reason, when you see yourself inside a crystal, your whole self is vibrating at the highest frequencies, yes or yes. It just forces your whole energy field to vibrate at a higher frequency. That's one practice.

**Jason Prall:**

Real quick. I want to share something, Puma, because as you had me do that second breath and actually what I noticed in my own system was that I felt emotion come up, and I felt emotion arise. It was a sadness. It was kind of that, whatever that is, heavy energy that

wanted to release. I just wanted to share that because it's very interesting. I've never heard of that practice. You didn't share that with me when I was down there last time, so I'm really glad to know it now and it was so simple. Anyway, I just felt kind of a little bit of a purge, a little bit of a release.

**Puma Fredy Quispe Singona:**

Yes, yes. Transformation. Because the next practice is a follow-up to this one. Breathing. You breathe in, bringing in life. You breathe in, you're bringing in energy. When you're not conscious of where this energy is coming from, you could be taken in heavy energy. When you breathe out, you're breathing out life. When you breath out, you're breathing out energy. When you not conscious, you could be breathing out heavy energy in a form of release or letting go.

**Puma Fredy Quispe Singona:**

Our main practice here is you are one with mother earth. You are one with all these powerful natures. You have the power to transform energy from low frequency to high frequency. The best way we do that is when we breathe in, we breathe in from specific sources, like for example, mother earth or the cosmos. You can breathe in the energy of the sun right now, if that is your purpose, you just need to say, "I breathe in the life energy of the sun" or of the stars or of the planets or of a specific mountain or a specific river or lake.

**Puma Fredy Quispe Singona:**

When you breathe in intentionally, you could be bringing in powerful, miraculous, healing energy into your body. When you breathe out, you also need to make sure that you're breathing out intentionally blessings, love life, energy, that it can be even directed to specific people. For example, right now, when I breathe, I'm breathing love for my brother, Jason, and that was directed intentionally purposefully to you. Breathing consciously, knowing where we're breathing in, where we're bringing in energy from and breathing out consciously, knowing where we're directing all of these powerful life energy.

**Jason Prall:**

Beautiful.

**Puma Fredy Quispe Singona:**

The third practice is journey. Connecting yourself with powerful rays. The seven rays of the rainbow for us are portals. For us, they're pathways. They're the cosmic pathways to our divine origins. If you want to know who you are, if you want to know where you come

from, you need to walk through the pathway of the rainbows and it will lead you to the divine origins.

**Puma Fredy Quispe Singona:**

It's a journey, it's a meditation with the rainbow that takes us to the sun that never rises, neither sets, the absolute sun, to the centers of our universe, to the cosmos. It's a very important connection. You need to know where you come from. You need to know who you are and that you are here only temporarily and one day you will return to divine origins. This journey through the paths of the rainbow, to the absolute sun, is something I always recommend. All you have to do is visualize yourself, walking on these rainbow pathways to this very bright sun and in the journey, in the process, powerful miracles will happen for you.

**Jason Prall:**

I love that.

**Puma Fredy Quispe Singona:**

Of course, you need to make sure you're coming back.

**Jason Prall:**

I love that.

**Puma Fredy Quispe Singona:**

You need a key.

**Jason Prall:**

Yes, exactly. That's really what it's about, right? There's a lot of spiritual communities that are in the West that aren't so embodied, that we're missing this human component, right? I mean, yes, we are multi-dimensional, yes, we were never born and never died. There's an essence to us and we are human. Right?

**Puma Fredy Quispe Singona:**

Yes.

**Jason Prall:**

And it's important to bring this through to our humanness so that we can share it with the world. It's funny, through that process of these practices, you led me right into my next question, which I was going to ask, which is kind of a fun one, and to me, an important one, which is about the divine origins and where we come from as a human race. Right? Because this is a question that I think it's integral to each person.

**Jason Prall:**

There's something that I feel like I'm missing if I don't understand who I am and where I come from on this planet and perhaps beyond. What I find is that there's very, very interesting origin stories from around the globe in so many of them dovetail and they're very similar, perhaps with some differences, but, so, so similar. For me, this is just a fun, fun exploration to think about, to ponder and to consider as I sit with myself where it is that I come from? Not necessarily believing in what you say, but taking it in and feeling through it and seeing if there's pieces that resonate with me. That's really what I would love to ask you from your tradition, from your ancestors, to the wisdom that was passed on, where is it that we come from? What is the origins of humanity as you know it?

**Puma Fredy Quispe Singona:**

Until now, if you ask anybody in the communities, they will tell you we come from the stars. In our lineage, in our tradition, we come from across the river of life. The river of life is our Milky Way. So we have powerful origin. How do you call this? We have powerful origins in the stars. We don't all come from the same star constellations. We come from different ones. The main notion here of the people is that we were in a soul journey all the way from across the Milky Way, from across our galaxy. We arrive here and then when our life is complete in this earth, we're going to go back. We're going to cross the river of life. We're going to cross our galaxy, and we're going to return to our divine origins.

**Puma Fredy Quispe Singona:**

All of us here, human beings, don't have the same origins. We are all children of the sun that never rises and either sets. This is the cultural tradition of the Inca people. We're all children of the sun. Though, there's not only one sun. Like the stars in the Milky Way, there are so many suns and we all have different origins in the stars, but only one origin in the light.

**Puma Fredy Quispe Singona:**

We all originate in the light. We come here on a very important cosmic purpose, cosmic mission, which is to experience this life in absolute abundance, in absolute happiness, enjoy.

This is a gift. It's a price that has been given to us to have this life. We can make of it whatever we want, heaven or hell. Though, it's only while we're here that we can receive all these infinite blessings, then our soul journey's back to the divine origins and then the reality is different. No? It is no longer as rich, as powerful, as unique as this life can be here. You need to make of it the best, you need to make if it being generous with yourself, giving to yourself abundant love, abundant experiences, awakenings, epiphanies, realizations, discoveries because that can only happen here. We come from the stars, Jason.

**Jason Prall:**

I love that. That feels so good to me. I have an ask from you as we wrap up. I'm wondering if you wouldn't mind for everybody listening, everybody watching and really everybody on the planet today, if you wouldn't mind giving us a little blessing in your unique way.

**Puma Fredy Quispe Singona:**

With much joy, with much love. This is the sacred black tobacco. We have this black tobacco of the Amazon also an ally, a powerful spirit that carries blessings, healing energy, protection. I light it up in your name, my brother, and in the name of all of our brothers and sisters who are present with us right now, to tell you that we're always together in ceremony. We're always connected. We are one family. We're one community globally. We only carry one of the rays of the rainbow here in the Andes, the rest of the rays are in different parts of the planet with different traditions and different beliefs, uniquely as each ray. They all originate from the light. To all of my brothers and sisters, powerful rainbow blessings, blessings of healing, of awakening, of liberation, of joy and happiness. (silence).

**Puma Fredy Quispe Singona:**

[Ceremony Sounds]

**Puma Fredy Quispe Singona:**

Infinite blessings, my wonderful family. Thank you, my brother, for this opportunity of being in ceremony and sharing.

**Jason Prall:**

Thank you so much, Puma. It's always a pleasure of sitting with you and feeling you, and I couldn't be more excited to share your wisdom with everybody, so thank you so much for doing this.

**Puma Fredy Quispe Singona:**

Thank you, my brother. Much love.

