

INTRODUCTION TO
CULTURAL DETOX

Every part of this book serves an integral function of the whole encoded message within. With an open heart receive the transmission, the medicine of the plants and message from the earth.

Thank You

TABLE OF CONTENTS

INTRODUCTION.....	4
CULTURAL DETOXIFICATION.....	7
SHAMAN.....	10
TREATMENTS.....	12
PLANT MEDICINES.....	14
AYAHUASCA.....	16
WHOLENESS EDUCATION.....	18
NEW VISION.....	19
GLOSSARY.....	20

INTRODUCTION

Over 90% of the plant species in the amazon jungle remain currently unstudied or classified by modern science.

Nearly 80% of all pharmaceutical medicines utilize some sort of materials found in the amazon jungle – unable to be synthesized by modern science.

The Amazon jungle is one of the most rich and bio-diverse ecosystems on the planet. More varieties of species are found per square foot than anywhere else on Earth. This means infinite amounts of interaction and interdependent exchange are taking place each moment; complex systems and structures, each serving a specific purpose in multidimensional worlds of interaction. In the world of human beings, the plants serve as our connectors to the natural world. Everything from the food we eat to the oxygen we breathe – the plants provide this. Plants are combinations of vitamins and minerals, each with its unique structure of being.

When we eat, we receive more than just building blocks and fuel for our bodies, we receive information. The body decodes the mysteries of the plants as it breaks down the unique composition and learns specific qualities of being from different plants – dependent upon each plant's purpose and role in the grand universe of creation.

In this way the plants can be considered teachers, healers, and allies in realizing our preferred state of being.

For example, the cherimoya fruit can teach the body a process that cures cancer. Cancer is a product of improper learned forms of being and behavior. The body is a miraculous instrument of perception and expression. It is designed to be malleable and changeable, even operating in ways unnatural and disharmonious to ideal human health.

Through our own power of creating our being, we direct the body's physiological functions and more subtle processes that maintain equilibrium of whole being. With unconsciousness and learned patterns of fragmented existence, the very operating system of being is literally rewritten and this may not be the wisest choice in the pursuit of health, happiness, and harmony within ourselves and with all things around us.

The body is designed perfectly, as seen within the expansive vision of the evolution of consciousness. It runs very well on the simplest forms of nourishment. The complex and unnatural processed food literally confuses the body and teaches it less harmonious processes that over time become the norm, effecting every system, organ, and function of the body. This translates to mental, emotional, and physical disease and spiritual sense of fragmentation.

Once healthy systems designed to work together for the highest well-being of the human organism, are now working against each other, being guided by unconscious directives given by the human being through learned behavior and unnatural foods teaching the body unnatural physiological processes.

Human beings have been in an age of intellectual pursuit of knowledge and power, missing the simple meaning of life that surrounds us and all that we are abundantly provided with.

Natural systems of wholeness are fragmented in pursuit of individual gain. Instead of working together as a whole, for good of every individual, the good of our planet and all life – our modern technocratic culture has learned fragmented and confused ways of being. This is the current state of our planet and humanity.

It is now in the highest interest of our evolutionary expansion to return to the source of what gives us life. There are infinite paths. Many sincere individuals have traced their origins back to source and shared this science of being with humanity. Every culture has its wisdom traditions. If you study, investigate, and explore, you will find similarities and clear patterns that extend beyond time, space, and limitation of human experience. Not every path leads to the same destination, and our modern technocratic culture is most often dealing in intellectual exchange of ideas rather than focusing on the heart of the teachings – all true wisdom traditions lead back here, to the heart.

To embody the teachings is the purpose for which the teachings are given. To embody something new, we must first unlearn or release the past fragmented ways of being we received from a fragmented culture, and return to wholeness which is a natural state of being.

We call this process cultural detoxification. This is a healing process, a process of returning to wholeness and what is most natural.

The ideal is to educate the generations correctly from the beginning of their lives. They will have no cultural detoxification process to go through – no limitations of fragmented ideas – and will exist from the beginning as conscious extensions of all of life.

This is the birthing of a new culture, a new species; with each generation, planting the seeds of core wisdom within the next -> these seeds flourishing and reaching fullest maturity in fertile whole hearts.

What is our potential if we live our fullest here and now, not solely as individuals, but as an entire species working with all of life for the fullest expression of wholeness possible?

CULTURAL DETOXIFICATION

The cultural detox process is the journey back to wholeness; to our most natural state of existence. Our very being is purposefully designed as a fully functional expression of unlimited potential. When our physical organism is harmoniously operating, it naturally serves as an antennae and transmitter of our core identity or source vibration which is always alive inside the deepest chamber of the human heart.

What we are as a culture is a result of how we have been educated. We have learned to be from fragmented and compartmentalized concepts of who we are and why we are here. Our culture as a whole is designed to perpetuate selfish pursuits – educating the young to follow dreams of money, power, fame, and the future. Our way of being thus does not consider the whole picture of who we are at our core identity and why we are here. Our technocratic ways depend upon mechanical processes and nonliving agents to carry out necessities of daily life, thus limiting the infinite channels of natural interaction with life – the very channels that nourish us with life force and bring us joy. Being constantly surrounded by electrical current distracts from the quiet whispers of the beating heart and the flow of a healthy human organism.

That being said, our bodies then become reflections of this fragmented state of existence, with disease arising, physical, mental, emotional and spiritual. Sometimes we turn to modern pharmaceutical medicine for help, but this only masks the body's cry for help even further. The dis-ease is a clear message that something is wrong; and it is our privilege of being human to care, correct the disharmony, and enjoy the blessings of living well.

We as a culture do not understand how to feed ourselves. Any time we bring something into the body, this is truly a sacred act, and should be done for the highest well-being of the whole. When the food we eat and the water we drink are alive, they are literally communicating with our bodies and conveying information. Our bodies are learning how to be healthy, strong, and resilient from the nature of what we ingest. When we eat processed or chemical laden food, our bodies don't know what to do with this inorganic mechanically structured matter. If we want we can eat it, but at the expense of our health, happiness, and well-being. These foods were not designed for our health,

with a whole considerate heart. They were designed by minds guided by greed for greater shelf life, less cost, greater stimulation, and profit at the core.

Consider this at mealtimes: What am I bringing into my body? Is it for the greatest health of the whole?

Electricity is a constant buzz that surrounds many of us within every moment, every day. Studies have shown people can be engaged in electrical technology more than 24 hours a day – at times using multiple electronic devices at once.

There is a more subtle frequency that surrounds us; a natural heartbeat of the earth which every moment pulses through our beings. Electricity is more dense and makes the subtle frequency difficult to perceive. It also has the effect of entraining the mind and human organism to this unnatural frequency. This creates dualistic, mechanical, black and white ways of thinking and being. The more subtle and natural resonance of the Earth is harmonious and resonant with the human heart. This resonance serves as an attractor back to our source vibration found in the deepest chambers of the heart.

Attuned to the electric current, the nervous system begins to function like a machine or computer. This is not natural – instead of being a receiver and transmitter of a joyful river of spirit, the unnatural mecha human is part machine and cannot fully enjoy the blessing of life.

Through the cultural detox process, the individual releases the unnatural learned patterns, and re-attunes to their most natural vibration and state of existence. The period of time for this process begins at 3 weeks (3 cycles of 7). The process varies case by case. It includes electricity-free living, rest, physical treatments, whole food, plant medicines, and wholeness education – teaching how to live in harmony with nature. The education includes, prayer, breathing, self-care, walking, talking, eating, sleeping; all the basics for being human on planet Earth. From this foundation, the healthy being realizes their highest purpose and expands into their preferred reality, fully capable and self-generating.

All parts of the process are meaningful and should be appreciated. Along the way, we are learning how to love, how to be happy, how to be more natural, how to avoid and correct choices that create disharmonious or undesirable outcomes.

How to Begin This Process

Aum

5 x 5 Quantum Breathing

Dot Meditation

Clean Water

Clean Food

Rest

Movement

SHAMAN

A true shaman is a representative of the Earth – one who has completed their training and fully attuned heart and mind to source vibration.

The shaman thus serves as an extension of nature and is free of the idea of separateness. A shaman may act purely; everything they do is in complete harmony with all of life and serves as medicine.

A shaman may facilitate the cultural detox process with intelligence, understanding, and intuition, guided by spirit. A shaman knows how to listen, and responds to create balance and harmony. A shaman has realized themselves as nature, and thus serves as a steward of all of life.

It is in the best interest for each individual to seek out a pure hearted guide or shaman to help facilitate the cultural detox process. One may go far on their own, however to make the final leap into the unknown, a guide is necessary.

A shaman serves as a guide through the cultural detox process. Serving as an instrument of spirit, a shaman acts/responds to create balance and harmony, allowing the process to unfold gracefully.

The shaman understands what is medicine and what is not, and sees how to best support each individual in their unique process.

The shaman lives and acts from their heart, which vibrates in harmony with the Earth and all of creation, thus all that they are and all that they do serves as an attractor back to this pure vibration at the core of ourselves.

The word shaman comes from the oldest culture known, where all humanity is believed to have come from. It is a Siberian word that points to a way of being in harmony with spirit. At one time, all of humanity lived harmoniously in one of the oldest mountain formations on the planet, the Ural Mountains. Over time, climate change lead this Aryan culture to travel East to become known as the Druids of Europe, and South to become known as the Tibetan culture, which to this day remains very in touch with their pure hearted origins. Many representatives of this original race remained in Siberia, and those who preserved the ancient ways were called Shaman.

Throughout history the term Shaman has come to be known as a natural healer and one who communes with nature. In reality, all of us have the seed of potential to realize this state of union and the blessings that spring from here.

The spirits themselves choose the shaman, who will be their representative, and train the shaman in ways that nourish and temper the soul until the moment in which the preparation period comes to full fruition and the shaman awakens as a conscious extension of life – friend to all and weaver of worlds.

The term Shaman should be used with utmost respect for the process of training is not easy and is very sacred. A true shaman will likely not call themselves a shaman, and forever exists in pure hearted humility.

It requires one who has completed the cultural detox process to facilitate this process in others. Even if the slightest imperfection in the tuning fork exists, this will alter the frequency, so too if the individual is still in the process they may only facilitate the process to a certain point. The shaman exists here and now, a representative and model of possibility, their very being a catalyst of awakening. Should you find one, listen deeply with the clarity of your heart and allow their medicine to carry you back to your natural wholeness of being.

TREATMENTS

Truly, the cultural detox process is going on all the time and is as natural as life itself. The body is constantly maintaining balance and bringing the entire system into homeostasis. If given ideal conditions, the process of cultural detox is a smooth river flowing to the ocean and we enter this stream allowing it to carry us home.

Our state as a culture is very in a sense disconnected from this natural flow; polluting this river with chemicals, substance less noise and chatter, violence, and sensual stimulation to the extreme. The river becomes blocked up in which stagnation, depression and disease form. Over time, the beautiful, clear flowing waters of life become a wasteland; the paradise of origin is forgotten and lost.

This is a metaphor of our being. The stream is our natural state, a joyful flow of spirit. The pollutants are all the garbage we take in to our being; the un-foods, chemicals, life-denying thoughts, low emotions, and unnecessary empty chatter. Over time, this toxic way of life destroys the inner beauty of the being. The beautiful symphony of the human instrument becomes discordant, fragmented, and broken. The more subtle bodies are also destroyed with neglect and carelessness where suffering becomes the ultimate result.

What we call treatments are specific technologies which clean up the inner landscape of self. All originates from the physical, from here all emotions and thoughts arise. Once the inner worlds are beautiful many beautiful animals, plants, and magical beings (qualities) come to live and you are the care taker.

The shaman has infinite options at their disposal, providing specific treatment for specific conditions at specific times for the individuals.

If one person has a metaphorical inner oil spill, they receive a treatment to target and absorb this oil. Another may need more oil if they have an inner desert. The shaman can see and act accordingly.

With treatments, the individual gracefully returns to a healthy and inwardly flowering state, experiencing great joy of being.

PLANT MEDICINES

If there is a problem there is a solution

~Don Juan Tangoa Paimai

All of life's solutions surround us at all times. The jungle is home to the widest variety of species of plant and animal per square foot in the entire world. Every plant serves a purpose in the intricate ecosystem as well as serving many functions in the world of human beings. A single plant may offer itself in a variety of ways, for example the lemon's juice serves well to clean the eyes and the roots are used in a remedy for malaria. The bark is used as another medicine, the seeds as anti-parasite medicine and the peel used to make a tea for fever. Every plant we see is like this and each plant has its own style, its own type of medicine.

The shaman learns the nature of each plant and the medicine of their being. When introduced to the physical organism in a way that is sensitive to the nature of the medicine, following lifestyle choices harmonious with the qualities of the plant, this is called dieting with the plant.

When dieting, the body is literally learning, becoming more sensitive to the way of the plant medicine and undergoing processes directed by the plant. One often follows very specific dietary guidelines to maintain pure vibration of receptivity to the plant. The diet is essential in the cultural detoxification process. Without the diet, the effects of the plants are greatly diminished if not neutralized.

There are different degrees of dieting, all guided by a shaman or one's own direct instruction from the plants. All depends upon one's purpose and sincerity.

The plants can teach us much and are considered master healers and teachers. Dieting with the plants is sacred and should be held in this highest respect.

An individual may greatly assist the cultural detox and learning process by keeping a very positive attitude and perspective; also by being in high emotions, organizing their lives, and clarifying their purpose before working with the medicine. Approach with appreciation and utmost respect, feeling unknown blessings are coming to you.

A strong diet includes silence, seclusion, and clean nourishing foods, avoiding overly stimulating foods and activities. During a diet, sometimes it is ideal time to simply meditate, other times writing or drawing is good. It is recommended to be in an inwardly receptive state while avoiding reading or any external stimulation.

When dieting with plants, it is important to do this correctly, therefore recommended to be under the guidance of a shaman. Certain plants have certain qualities that do not harmonize with others. Therefore it is very important not to mix these and provide space between working with different medicines. For example, the qualities of the lemon are very purifying in a very different way than the purification methods of cacao.

The plants are our allies in the process of cultural detoxification. They are alive and in turn, bring life. They accelerate and facilitate the letting go and clearing out of physical, emotional, and mental cultural conditioning – leading us back to what is most natural and most real.

AYAHUASCA

Ayahuasca is the name of an ancient medicine traditionally made by combining the vine ayahuasca with the chacruna leaves in a sacred process of preparation in some cases spanning over the course of 3 days. This medicine is becoming more and more recognized as a powerful visionary tool of self and cultural transformation.

Ayahuasca has been used in ceremony for more than 25,000 years, dating back farther than any known science or religion. This medicine specifically targets the pineal gland and activates this portal of consciousness, allowing the individual to truly access any facet of their multi-dimensional self that they direct their attention towards.

It is the way of this medicine to lead the individual to see the nature of their existence. And the purpose of this sacred medicine is to teach the individual how to be in harmony with all of life.

Ayahuasca serves a very specific purpose at a very specific time in the Earth's evolution. It plays a significant role in the evolution of consciousness from self-centered survival based existence to heart centered wholeness, understanding existence.

This medicine has been believed to be a mere psychedelic hallucination inducing substance – yet this is entirely taken without any true understanding or heart of investigation. If an individual approaches the medicine seeking only visions or entertainment, they will by the nature of the medicine, be shown a whole lot more. The individual may see visions – however this medicine is a MASTER TEACHER and through the channels of mind, matter, energy, and consciousness, orchestrates the perfect symphony of experience to teach the individual. Sometimes through the channels of inner vision, however only with a whole heart ready to learn will the individual sense the full message of the medicine. The medicine strikes chords of discord hidden within and shows all areas of fragmentation needed to clean up. It shows how all disease is self-created, and guides how to live in perfect harmony with all life, leading us to ultimately serve as a conscious extension of nature, the earth, and the medicine.

The medicine is guiding individuals aligned with a larger vision of humanity's rightful place within the universe of wholeness; first to wake up and complete the harmonization process then to actively serve as medicine in the world.

Humanity is spiritually ill, however it is not the purpose of this medicine to heal the individual or save the world. Ayahuasca shows us we are already and always have been whole.

Ayahuasca is called a visionary medicine because it gives vision of what IS, what exists, and in the highest forms of whole hearted service, helps us to realize Creator's vision.

As we see, we learn and as we embody what we learn, we are shown more. In this way we are taught how to exist as nature exists. As we surrender to this flow of existence all cultural artifacts are washed away and what is left is a flowering heart of wholeness.

Some seek Ayahuasca for healing, physical or otherwise. This is like seeking a sharp knife to cut down a tree. It can serve this purpose, however more efficient technologies exist to accomplish this aim. Ayahuasca is a master teacher and through vision and embodiment all ills are healed. Again, the medicine can certainly serve this purpose, to help heal psychological, emotional, and physical disease. However, to truly honor the highest purpose of this visionary medicine's existence, we approach it as a master teacher, eager and willing to learn and act right away, understanding we are learning to heal ourselves, help others, and live from a state of wholeness.

This perspective shifts the entire experience, to see every part as an intricate tapestry designed as a perfect reflection of wholeness – offered to guide and teach and with a whole heart we apply the guidance right away – this perspective shifts everything.

For healing, there are other medicines whose highest purpose is to serve in these specific capacities. Ayahuasca loves to serve most in leading each individual to their wholeness and attuning them to their core identity.

How often one works with the medicine is up to each individual. Remember the medicine is a teacher, showing us how to be. It is our privilege to embody these ways, and if we learn well, then we exist as an extension of the medicine in the physical dimension, existing in a continuous flow of synchronous un-foldment. The medicine should be considered as a most sacred reminder of who we are and the lessons truly treasured, applied and shared. The medicine is a specific path and so some will connect with nature in other ways, all paths are equally regarded as sacred.

On our planet, there is only a finite amount of ayahuasca in existence, and so we care for and appreciate this invaluable resource – using it wisely and sparingly, will allow it to continue guiding our planet well beyond the 21st century.

WHOLENESS EDUCATION

The whole approach to education or re-education is simply embodying a way of being which aligns the totality of the human instrument with the heart. This is one's most natural state of existence. Our most natural being or core identity is found in the perspective of wholeness and in service as conscious extensions of nature.

In collaboration with the cultural detox emptying process, we live as whole beings, embodying our fullest expression here and now. As we embody, every fiber of our beings vibrate to this rhythm and resonate with this frequency and in perfect harmony we realize ourselves as the wholeness of all life.

Through this way of wholeness, we are continually lead back to the heart where we find the vibration of core identity. Truly this vibration is scientifically discoverable and always physically pulsing through our beings as an ever-present reminder.

Wholeness education is the ABC's of living; the science of being and is learned only through embodiment. Therefore, the wholeness education or heart attunement occurs through being involved in a daily rhythm of wholeness – or creating one's own rhythm.

Wholeness education is ideally learned from the beginning of life and serves as a reminder of who we are. The older generations may also remember, completing the attunement process, when coupled with cultural detoxification.

With guidance and clarity of a true shaman, this attunement may flow in elegance and grace and be assured. The only guarantee is that the sincere heart will reach its goal in perfect timing.

NEW VISION

Earth is a beautiful paradise, a playground and master classroom. Plants, animals, insects, sea creatures, sky creatures, earth creatures, and humans all exist in perfect balance, serving the fullest expression of all of life.

The children are nurtured to be themselves, allowing natural gifts and imagination to expand, while provided with the building blocks and understanding of life on planet Earth. Each individual understands and has experienced each role of healthy human culture and so feels confident in their own ability to care for themselves and exist, understanding that all is provided abundantly by the Earth and through nature.

Adults exist as wise stewards and caretakers of the planet and all of life there upon. Humans recognize their role and joyfully fulfill their highest purpose – embodying their joy and fulfilling the need that their nature serves. All humans live harmoniously, following nature as the ultimate teacher, guide, and friend; always understanding the messages of the elements and living balanced lives.

Humanity's existence and harmony, planet Earth's collective consciousness containing all life there upon and surrounding, reaches to distant galaxies and guides other developing life forms in the ongoing expansion and evolution of consciousness.

The Earth people interact with species from other times, places, galaxies, dimensions, recognizing themselves in wholeness they are universal explorers and enjoy the synchronistic flow of life.

Unlimited by nature, imagination is our spaceship and the lines between waking and dreaming have completely dissolved. Time, space, and dimension have been revealed in the illumination of self discovery, truly as a whole, the Earth people are free explorers of the universe of wholeness.

GLOSSARY

Shaman

Nature

Wholeness

Heart

Technocratic

Attunement

Cultural Detoxification

Wholeness Education

Plant medicines

Treatments

Radiant Heart Center

Ayahuasca