

Puma Fredy Quispe Singon - Liberate Yourself Through the Heart of the Condor 2022

What You'll Discover in These 7 Modules

— **Anais Mali, Model and Actress:**

"You Will Learn How to Heal Yourself and Your Family"

In this 7-module transformational intensive, Puma will guide you through a heart-opening journey of learning to transmute darkness, heaviness, trauma, and depression into radiance and love.

This course will feature step-by-step teachings and experiential practices with Puma. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to embody the qualities of the condor and awaken to your life purpose.

Module 1: The Cosmic Seed of Love — Discover Your Innate Power to Create & Access a Pathway to Opening Your Heart



Legend has it that God planted a powerful seed on this planet to preserve the life of the Universe. In fact, it's said that humans were given the power of creation so that we could co-create life on this planet. This seed appeared as the human heart — a heart that loves so abundantly, it can always create new life. And as this seed sprouted, the great Tree of Life was born — bearing fruit that would become new seeds so that **life could continue**.

In this initial module, Puma will facilitate a connection to the cosmic origin. When we remember our sacred origins from divine creation, we can become conscious of our sacred nature **to love, be love, and be loved**.

In this session, you'll:

- **Connect with your sacred origins through the Cosmic Father and Mother** through the stories and legends of Puma's lineage
- Experience a connection to your cosmic light while opening your heart to **self-love**
- Discover the powerful connection between the heart and mind
- Activate the **sacred nature from within to love unconditionally** and be in service to life
- Recognize yourself as a cosmic seed of humanity on this planet — **a seed of love, harmony, happiness, and joy**
- Open your mind to **creativity as fruits** that have the power to bear new seeds and new life
- Experience a guided visualization with the Cosmic Gardeners to discover that our life here has **great purpose and intention**

Module 2: The Power of an Open Heart Is a Miracle — Transform Past Trauma to Release Heavy Energy & Live an Open-Hearted Life



Our hearts can either be open or closed, but they're never broken. When our hearts are open, **we have the power to fulfill our wildest dreams**. Our hearts close when we are hurt, betrayed, or have experienced trauma. These feelings become heavy and can close our hearts in sacred defense, creating more fear and depression, which prevents us from living life to its fullest.

In this module, you'll **liberate yourself from these hard, heavy emotions**. You'll come to understand that this heaviness in your heart is not yours — it's actually passed down by your family and community. You'll learn that you have taken it on in service of transforming this heaviness into light.

In this session, you'll:

- Discover how to let **cosmic energy flow through you and transform low frequency energies** to heal trauma, fear, self doubt, and depression
- Learn how to be **discerning of the energies around you**
- Discover the power of breath and how it can **help heal your heart**
- Experience a guided visualization and ceremony **to open your heart**, liberate and transform heavy processes, and bring in new light energy

Module 3: Return to the Heart of Life — Tap Into the Wisdom of Your Ancestors to Reveal Happiness & Heal Your Heart



Our ancestors from the soul realm are always here for us. As guardians of our life journey, the ancient traditions believed that some would stay here for thousands of years to protect future generations, ensure our happiness, and help us experience the magic of life in love.

Pachamama (Mother Earth) is a perfect manifested example of pure love. We, too, can connect with the pure and unconditional heart of Pachamama and the Apus. It's important for us to realize and remember that Pachamama is alive, conscious, and deeply connected to us emotionally. In these challenging times, we need the powerful healing energy of love, and the best source of this love is sacred nature. In this module, you'll learn how to connect consciously to this cosmic love.

In this session, you'll:

- Connect with powerful ancestors and transform difficult processes through a Day of the Dead ceremony and the creation of an ancestral altar
- Learn how to call on your ancestors to heal your heart by asking for guidance and protection
- Receive the heart of Pachamama in an initiation ritual
- Become a vortex of unconditional love from Pachamama

Module 4: Offering of the Crystal Heart — Journey With the Condor & Soar Into a Powerful Initiation



For the Quechua people of the Andes, Qespichikuy is when the cosmic light arrives from the heavens, filling our hearts with a light that crystallizes there. It represents the beginning of a new life in service and ceremony and the priesthood and priestesshood of the Condor medicine. It's an initiation into seeing everything from above and soaring as a leader between the Earth and the heavens — a bridge of cosmic love and divine light.

The condor is the bird that flies the highest and has the lightest heart. Now this majestic ambassador of the realm of the Gods is offering you its own crystal heart — to start your journey as a leader of unconditional love and infinite light.

In this session, you'll:

- Connect with a powerful living ancestral altar devoted to the Condor through beautiful visuals of a sacred Andean site
- Take a journey with the Condor to liberate yourself from heaviness, discovering the great blessing of a light heart to rise above limitations
- Learn how to see everything from a superior consciousness to be of service on the family and community level
- Develop powerful vision, or higher perspective, like the Condor
- Change your human mindset and paradigms to the perspective of spirit
- Ascend spiritually to the highest frequencies of love

Module 5: The Heart of the Apus & Pachamama — Drop Your Emotional Burdens Through Forgiveness & Discover a Renewed Lightness



Life is a pilgrimage in the cosmovision of the Incan people. We're always on a spiritual journey, and we're reaching higher to the mountaintops to be closer to the Gods and their kingdoms. In this module, you'll discover that this pilgrimage is not for yourself. It's for those who cannot be on the path with you.

For the journey to be gentle, you need to lighten your weight by liberating and transforming whatever is heavy within you. In ancient times, this was done by carrying a stone in pilgrimage — and when the heaviness was transformed, it would be offered back to Mother Earth in gratitude for a new, light heart, which was necessary for arrival at the mountain top.

In this session, you'll:

- Be initiated into a powerful relationship with spiritual allies, the Apus (mountain spirits) and Pachamama
- Experience the generosity, abundance, groundedness, patience, and loving support of the Apus and Pachamama
- Participate in a healing and forgiveness ritual of the Divine Masculine and Divine Feminine
- Offer your liberated and loving heart by anchoring your love into Mother Earth and the spirits of the land
- Leave a prayer for future generations so your love and intentions will radiate beyond your lifetime

Module 6: Embody the Power of Noqan Kani (I Am) — Use Forgiveness & Love to Discover Your True Self



Everything starts with *Noqan Kani* (I Am).

There's a difference between knowing oneself and witnessing oneself. When you realize yourself in the infinite, limitations disappear. "I Am" is transcendental. Journey to the unlimited possibilities of "I Am" while in ceremony and with the activated crystal heart of the Condor.

To acknowledge all you've been and everything you've experienced in your life, it's important to know your sacred origins. You'll discover the infinite possibilities of the present and the power to change so you can envision the "I Am" that is yet to be. During this process, you'll learn how to use the ancestral instruments of forgiveness and unconditional love.

In this session, you'll:

- Connect with the infinite possibility of who you can be through the heart of the Condor, the Apus, and Pachamama
- Realize yourself as powerful medicine, a guardian and guide for the community
- Experience a visualization to realize your own "I Am" with the opportunity to heal any previous intense processes that have marked your life
- Connect your past (who you were), present (who you are), and future (who you are yet to be) selves
- Visualize into the future everything you desire and want to become

Module 7: Enlightenment Through Service — Live Whole-Heartedly From an Elevated State of Consciousness to Realize Clarity & Freedom



Giving your heart in love every day is the best offering to the Cosmic Father and Cosmic Mother — and it's also the best offering for your family and community. It's in your sacred nature to love. You don't need to learn how to love — it happens naturally when you open your heart.

When you give your whole being through service, you'll discover absolute clarity and freedom. You can seed harmony, patience, and liberation everywhere you go when you're abundant with your love. You can awaken the inner master simply by being in conscious service.

In this module, you'll learn how to evolve to superior consciousness while living passionately in love with everyone and everything you do. With the support of the heart of the Condor, the Apus, and Pachamama, you'll be able to do this effortlessly and endlessly.

In this session, you'll:

- Learn to give your whole heart in everything you do
- Proclaim your service and life energy in love to assist your family and community, support and strengthen the vulnerable, and heal the planet with unconditional love
- Create a life plan of service by sharing your medicine with the world
- Evolve into a higher consciousness of love, offering your whole life in gratitude to the global family and community

The Heart of the Condor Bonus Collection

In addition to Puma's transformative 7-module virtual course, you'll receive these special bonuses with leading visionaries and teachers to complement the course and take your understanding and practice to an even deeper level.

One Rainbow, Many Colors: A Conversation of Mystery & Magic

Video Dialogue With Puma Fredy Quispe Singona & Daisy Lee



The process of awakening to one's energetic center and embarking on the healing path knows no boundaries. Andean Medicine Man Puma Fredy Quispe Singona and Radiant Lotus Qigong teacher and founder, Daisy Lee, discuss the cultural intersection of energy medicine and how it's expressed in their unique cultures. In this fascinating conversation, you'll discover that these two practitioners have more in common than meets the eye, despite their different geographic locations.

The Power of Andean Hands-On Healing Ways

Video Dialogue With Puma Fredy Quispe Singona & Alfredo Huayta Singona



Alfredo Huayta Singona is a medicine man, known in the Andes as a Paqo or Andean Priest. Working with medicinal plants has helped him develop the power of healing through Sami energy (unconditional love), which is conferred by Pachamama (Mother Earth) and the Apus (Mountain Spirits or Spirits of the Land) in order to transform, transmute, and transcend low vibration energies. He works to help others remember and restore their original power and

essence so they can transform themselves into a better version of being. In this teaching, Alfredo shares the wisdom of the ancestral Andean way of hands-on healing and how he has refined ancient techniques through personal connection to his own lineage and master guides.

Returning to Your Essence

Video Dialogue With Puma Fredy Quispe Singona & Magaly Quispe Singona



Magaly Quispe Singona is a medicine woman from a lineage of wisdom keepers in Chinchero, Cusco, Peru. As a spiritual practitioner and teacher, she specializes as a dream guide to help empower others to understand their own medicine and awaken their power. In this teaching, Magaly shares how you can work with a crystal in ceremony to liberate yourself from difficult life processes that have disconnected you from your lineage and your light.