

# Puma Fredy Quispe Singona - Andean Shamanic Energy Healing 2024

In this 7-week live video course, you'll:

- **Program and alchemize your energy field** and the world around you — so you'll feel relaxed and free of the energy forces that negatively impact your emotions and mental outlook
- **Take control of your energy field** and your life through shamanic energy healing tools as you bring your true desires to reality
- Manifest **healing, miracles, and blessings** when you consciously participate in the flow of Ayni
- Access a higher level of enlightenment when you offer gratitude to your mother and father and practice the **sacred ceremony of Haywarikuy**
- Connect to the great **Cosmic Intelligence** through the essence of Yachay
- Harness the strength of **love as a powerful energy force** with the essence of Munay
- Accomplish more with less effort with the **essence of Llankay**
- **Co-create your own life** through the essence of Kausay
- Balance *hucha* (heavy, low-frequency energy), and *sami* (light, high-frequency energy) to **cultivate sacred alchemy** for more love, harmony, inner peace, and joy
- Have the opportunity to apply everything you've learned to a **specific project** you long to complete in this lifetime

## What You'll Discover in These 7 Weeks

In this 7-week transformational course, Puma will guide you through the fundamental skills and competencies you'll need to align your life with cosmic laws and the four essences.

**Join the Livestream — or Stream Later to Watch at Your Convenience**



You'll connect with Puma and experience his teachings through livestreaming video via any connected device. This connection is easy to use and will enhance the impact of Puma's transmissions. Can't make it live? After each class, you can stream the video and audio recordings to enjoy anytime and anywhere at your convenience.

#### **Course Sessions Thursdays**

This course will feature LIVE teachings, interactive sessions, experiential practices, and Q&A 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 manifest blessings and cultivate spiritual alchemy with Andean shamanic energy healing.

#### **Module 1: Consciously Participate in the Flow of Ayni to Manifest Healing, Miracles, and Blessings (November 14)**



As soon as you take your first breath of life, the **cosmic law of Ayni** takes hold.

As this course begins, Puma will explain how, once you've been given this breath of life, you must also give it back some day. This is a principle of *Ayni* — that nothing ever goes one way.

When you talk about energy, you first need to understand that it's always in a flowing state, there's a constant reciprocity and exchange between us and the Universe.

When we become aware of Ayni, we can consciously participate in this sacred flow and manifest powerful healing, miracles, and blessings for ourselves and our loved ones.

While we are breathing, we are part of this sacred Ayni, constantly receiving and giving...

**In this opening module, you'll explore:**

- How to **breathe consciously**
- How to achieve **balance and equilibrium**
- Remembering how to **be generous** with yourself
- How to *give freely*

## **Module 2: Offer Gratitude to Your Mother & Father and Experience the Highest Form of Enlightenment With the Sacred Ritual of Haywarikuy (November 21)**



When you thoroughly understand Ayni, you spend your life in deep gratitude, which is the highest form of enlightenment.

You received the gift of life from your mother and father. As Puma will explain, you're here on Earth to say *thank you* for that sacred creation as you live each day as an act of gratitude you're giving back to your mother and father.

In the **sacred ceremony of Haywarikuy**, you'll present your life as the ultimate offer of gratitude.

Every day, every minute, every second, every part of your life... can become a sacred offering of love and beauty.

Feeling grateful is not enough — you must be generous with your love and energy. Putting your gratitude into action is the most healing choice you can make, says Puma.

**In this module, you'll explore:**

- The ceremony of Haywarikuy, **an offering of gratitude** to Pachamama
- The  **blessings** of always being grateful
- How to **program your personal energy** to reflect a sense of lightness and joy
- How to *be in effortless service*

### **Module 3: Begin to Comprehend the Mysteries of the Universe as You Access the Great Cosmic Intelligence Through the Essence of Yachay (December 12)**



Yachay is the **essence of Divine Intelligence**.

Our ancestors believed that energy is not only conscious, but highly intelligent. When you connect with this Divine Intelligence, you can embody timeless wisdom.

Yachay is the energetic transformation that takes hold while you're connecting with your mind and **becoming one with the Cosmic Intelligence**.

This first energetic essence is a powerful force of the Universe that's embodied by all living beings on Mother Earth.

Within your physical body, Yachay represents your head, your mind, and everything that becomes knowledge, perception, and conception. As Puma will share, you can access this sacred essence through meditation, contemplation, and revelation.

**In this module, you'll explore:**

- The power of a **conscious mind**
- The ability to comprehend the **mysteries of life**
- **Yuyay**, a powerful tool that helps us *remember*
- Learning to open the **visionary abilities** of your mind

## **Module 4: Manifest Love as a Powerful Energy Force With the Essence of Munay (December 19)**



The second energetic essence is Munay, **the manifestation of love** as a powerful energy force that brings magic, miracles, and healing to our lives.

It's also known as the *power of will* that brings beauty to your life. The essence of Munay is in your heart as a powerful force of manifestation.

In its highest forms, it becomes **passion, compassion, and unconditional love** — your ancestors believed that you're only on this earth to experience love. Activating Munay harnesses the core life energy within you. When we live life in love, we effortlessly harmonize and alchemize any process or energy into pure beauty.

**In this module, you'll explore:**

- Skills for **attracting unconditional love**
- How to **live life in beauty**
- Activating the **most powerful force of willpower** in your heart
- How to **fall in love** every day

## **Module 5: Achieve More by Doing Less and Connect With Your Soul Mission Through the Essence of Llankay (January 16)**



The energetic essence of Llankay (unconditional service) holds that **everything in the Universe has a powerful service and purpose.**

Our ancestors believed that Llankay is our offering of life to Pachamama, family, and community. It encompasses a sense of effortlessness — even when you feel like you're not doing much, you're always in service.

Llankay is the energetic essence that **defines your actions** on this earth. It means consciously making every second of your life a powerful offering of love.

With Llankay, you can achieve more by doing less — by performing work full of heart and humility.

**In this module, you'll:**

- **Activate your passion** for achieving anything
- Connect with your **soul's purpose**
- Discover the power of *freely being in service*
- Learn to **love being in service**

**Module 6: Experience Transformation, Renewal & Rebirth With the Essence of Kausay (January 23)**





Kausay is the **energetic essence of life force**, the most powerful energy force in the Universe.

We get to experience it here on Earth through sexual energy, says Puma.

Kausay is **the energy of creation that makes new life**. We all embody and carry this powerful energy as we are constantly co-creating our own lives and the lives for our family and community.

Kausay is the **eternal flame** we've all been given that brings transformation, renewal, and rebirth. It's the most sublime and powerful force in the Universe and the most effective healing energy.

**In this module, you'll:**

- **Activate Kausay** with just your breath
- Learn to **access infinite vitality** from Mother Earth
- Learn how to **renew the living energy** within you
- Explore how to invoke **creativity and fun** in co-creating new life

**Module 7: Cultivate Sacred Alchemy for More Love, Harmony, Inner Peace & Joy (January 30)**



Puma explains that in the Andes, the ancestors have always been conscious of two types of energies — ***hucha***, the heavy, low-frequency energy, and ***sami***, the light, high-frequency energy.

***Hucha* can bring suffering**, painful processes, and traumatizing experiences, while ***sami* can bring love**, harmony, inner peace, and joy.

Our sacred energetic alchemy is the art of **transforming *hucha* into *sami*** with practice, simple rituals, and ceremonies — for ourselves, our family, and community.

Especially in these times of turmoil, many people — either consciously or unconsciously — are building up *hucha* energy so it is imperative to our wellbeing to learn to **consciously cultivate *sami***.

**In this final module, you'll:**

- Apply what you've learned to a **specific project** you long to complete in this lifetime
- Learn to **discern heavy energy** around you
- Explore the art of **bringing in *sami*** for yourself and your family
- *Become equilibrium* as you **balance the powerful forces of the Universe**
- Activate a **collective energy of harmony** and inner peace

## ***The Andean Shamanic Energy Healing Bonus Offering***

In addition to Puma's transformative 7-week online course, you'll receive this special bonus offering to complement the course and take your understanding and practice to an even deeper level.

**When you register by Midnight Pacific on Saturday, November 2, you'll receive the bonuses below as an extra gift:**



## **Finding Your Point of Equilibrium**

### ***Video Teaching From Puma Fredy Quispe Singona***



Allow Puma to guide you in powerful prayers in Quechua — an Indigenous language spoken by the Quechua peoples who live primarily in the Peruvian Andes — with this 16-minute video teaching. You can use these prayers to open up sacred space, activate the powerful forces in your mesa, and call in your spiritual allies as you prepare to perform healing work. When you speak these Quechua words, you access the same portals used by the ancestors. Puma will translate the prayers and explain their meaning.

***Register by November 2 to claim this bonus before it expires.***

## **A Breathwork Ritual for Healing Yourself & Others**

### ***Video Teaching From Puma Fredy Quispe Singona***



In this 26-minute sacred fireside chat video, Puma shares the important practice of healing yourself first before sending healing energies to your family or community. Learn a powerful breathwork ritual for transforming heavy energy into refined healing energy. Experience the transformative power of working with the cosmos, the ancestors, and Pachamama in a sacred ceremony. Puma also explains how you can work with the elemental energies to send healing to others.

***Register by November 8 to claim this bonus before it expires.***

**Plus... you'll receive these bonuses too!**

**Sumac Kausay ("The Good Life")**

***Video Session With Puma Fredy Quispe Singona, Hosted by Dr. Keesha Ewers***



In this 44-minute video session from the *Medical Intuition Summit*, Puma shares the art of living with a light heart, and why living this way is important to keep us in good health. Often when we have sadness, grief, or guilt, our heart is heavy, which affects our physical wellbeing and can contribute to illness and disease. As Puma shares, “In the Peruvian healing traditions, we always heal our hearts first.” You’ll learn how to call in the medicine of the Andean condor, which is the master of the light heart.

### **Tukuy Rikuy: The Heart of Ancient Andean Medicine**

***Video Session With Puma Fredy Quispe Singona, Hosted by Dr. William Bloom***



In this 52-minute video session from the *Psychic & Intuitive Abilities Summit*, Puma shares the secrets at the heart of Tukuy Rikuy, and how to most accurately read signs and trust

omens. He describes his own dramatic initiation at the age of six, when he was hit by a bolt of lightning and entered into communication with invisible dimensions. He shares how everyone can participate in personal, communal, and world healing during this time of cosmic change.

## **Poqpos: Energy Centers**

### ***Reference Diagram of the 4 Energetic Centers***



In the Quechua language, *Poqpo* refers to an energetic bubble, which can also be referred to as energetic centers. There are four main areas in and around the body that correspond to cosmic laws, the basic essences of life that can support healing and bring balance to a particular area of the body. This diagram is a simple guide for understanding the *Poqpos*.