



SOUTH AMERICA – November 2010 ... continued ...

“Being present in the presence ...” is a word flow I heard here, one among many, that have touched my heart, as the Mamos spoke to us of the way their children are trained as Mamos; how they are taught about every living thing, why and how it comes into being and the role that it has. Plus they are also educated into the power of foods, the vibration and ability of each food stream and what it does for the body, what times certain foods are to be eaten and why. They also develop the ability to harmonise energy currents within themselves, within the community, within nature, within the world and within the cosmos, and also how to understand the universal and interdimensional flows and movements of all currents of energy.

During our retreat they mingled so freely with us all, with great humour and love, holding private sessions with those interested and just generally being present and available to all, along with the Shaman – the Taitas – who have come to offer the Sacred Ceremony of Yage, which our group have been preparing for all week. As another respected tradition, and common spiritual initiation within the Indigenous tribes, the use of sacred power plants is their way to strip away the veils of illusion, so that the multidimensional realms can be bridged and more easily entered into. In the book *The Bliss of Brazil and the Second Coming*, we did an in-depth analysis and comparison, of modern day drug use and sacred traditions, using the plants of nature as medicine with all their healing powers. And so the group have begun to lighten their diets, detoxifying further via the sweat lodges, and also via re-energising and strengthening our body’s energy circuits, and boosting our internal currents, and changing cellular structure. And while some will not join us in our Sacred Ceremony tonight, as it is not their time or call yet to do so, others will gather to go deeper again into the truth of their own being.

And so it is and always has been.

The Kogi and Arhuaco Mamos hold a big emphasis on an individual controlling their thoughts so that the power that comes with thinking does not affect people around them in any negative way. All their focus is on the ‘we’ game and community or ‘common unity’ and not on the individual. Individuals must be self responsible and be an example of a mature human, who is aware of the power of thoughts and actions, and most importantly, to be responsible and act responsibly to Mother Earth, to treat her with respect, care and an awareness of the intelligence of trees, stones, rivers, sky, wind and all the movements of the elements. Like the Arhuacos, they place great emphasis on very specific training

for their children. They also place great respect on marriage and the honouring of the roles of the male and female, and the invitation that all fulfill their roles to their highest ability.

Self mastery is the key for them, as it is for our groups all over the world. With this principle we can never be labelled a cult, for we work in unison as masters, for the benefit of our world. The similarities between the principles and actions, we hold in the West, are remarkably aligned to our Indigenous friends in Colombia and, as the week has unfolded, we have deepened our respect and friendship for each other, with each one holding a special place for the other in our hearts. Many of these ones are well travelled now, so they have witnessed more of the way our world is waking, and now more people are ready to engage in self sovereignty in ways that benefit all. The Kogi Mamos Jacinto finally managed to join us and blend with the Arhuaco Mamos and the Taitas from the Putumayo region; I assume it is the same region from which so much wonderful music exists.

It was wonderful to be with Mamos Calixto the husband of Ruth who I met last time that I was here. His open heart, bright sparkling eyes and gentle yet powerful demeanour made him a quick favourite among the group and I can see why Ruth loves him so much. He was amused by how much Ruth had shared of women's ways among their people when I met her in January this year. Still that's what women do, we bond in sisterhood, and we share our hearts and our stories and support each other as much as we can.

I am isolated from my own family on this mountain in the jungle in Colombia as my mobile phone can't get a connection yet I will catch up with them soon. The tribes here, and people generally in South America, also place a great emphasis on being in harmony with and appreciating family. There are so many wonderful things about these cultures that I would like to energetically channel around the Western world – the Indigenous ways and wisdom, their openhearted capacity to love each other and express this so freely, their ability to be open to joy, dance, music, fluidity and more ... all of these are wonderful rhythms for us to share and enjoy. During this retreat I also saw how again the lightbody within our self is hardwired into matrix of creation, is fed by it, energised by it, so all we need to do is to instruct the physical body to draw its nourishment and hydration needs directly from this matrix.

For some the physical body has been so misinformed by our feelings and thoughts, and unlike the Mamos, we have not had the education to keep the knowledge and experience of our Divine essence, or the knowing, from which true nourishment comes. Sometimes we need to then gently invite or command the physical body consciousness to open to the Divine essence, that constantly flows through us, and to make peace with the God I AM within; to relax and enjoy the power of love and the wisdom of these currents.

This year I have discovered that the lightbody can pulse out through our physical system, strong currents of pure prana, to dissolve any discordant energy, and to absorb all of these vibrations back into the field of pure love. This is a powerful self healing tool when and if required. Working deep in the jungles,

with our indigenous, and also in India, means that sometimes I am bitten by mosquitoes, carrying all sorts of interesting and potentially debilitating frequencies, that can be rebalanced via these pranic pulses from our lightbody and the greater matrix that contains it.

19th November, 2010 – Campos de Jordao

Days and nights fly by as we gather again with people we love so dear. There is a core group of people here in Brazil who come every time I do, as always happens to people in my position, as it has been two years since I was last here. There is so much for us all to share as we take this opportunity to meditate, gather and tune in to deeper yet more subtle levels within the matrix. It is easy to love these people as Brazilians in general have so many qualities to love.

Theirs too is a country in a process of great change for their currency is strong against the United States Dollar, allowing a small slightly more affluent middle class to rise, where predominantly there has been in the past, the richer upper class and then those existing in a much lesser economic status for many border on poverty. Yet the Brazilians, like so many in the South American cultures, are rich of spirit and heart, with a way of life that is filled with many things that the West would benefit from.

I like this time of the blending, where we as one people on one planet, can enjoy the cultural diversity we each offer, and share the best of what we have to give. So many streams of consciousness are now weaving their way around and through our planet, to create a new tapestry in the matrix of creation in this quadrant of the universe. Sometimes this new weaving is hard to see, especially when we watch the news on T.V., or travel extensively through Third and also First World countries, which both have poverty being expressed in so many ways.

In the West obesity is killing so many from its associated diseases, that come from people's mental and emotional hungers being expressed by large intakes of non-nourishing food. Conversely, in the East, eyes may shine or reflect a fear or need to obtain enough rupees to feed a hungry family somewhere close by. Yet here in Campos do Jordao, birds sing, the sky is blue, the sun is shining over green rolling hills where Brazil's affluent keep holiday homes reminiscent of Swiss Chalets in the play grounds of the rich and famous.

Still groups all around the world continue to gather in similar ways, to meditate and pray, envision and weave a new way of being together, where all are loved and cared for. And in the reweaving process itself, lies a wisdom and flow of nourishment, that allows us all to rest and relax in a field of blissful peace and deep contentment. So it is and so it always has been.

Yes, on an external level my life is filled with extremes, from the jungles of Colombia with tribal elders, to the hills of the homes of Brazil's elite, enjoying luxury accommodations, abundant hot water and soft comfortable beds, and yet woven throughout all of these external things, are people whose hearts are pure, whose intentions are clear and whose embrace is filled with love.

26th November, 2010 – Rio de Janeiro

After a night and day with Elcy and her family near São Lourenço in Minais, and meeting the group of people who are undergoing the 21 day process in the most peaceful energy field, we make our way to Rio only to find deserted roads that are filling with marines and military, who are flocking in by the truck load to deal with the banditos from the favelas.

I am told that many of the favelas here have slowly been pacified, with new systems in place, and the drug lords challenged and usurped. This in itself is great news except now those usurped are gathering, unifying and retaliating. This week Rio has been under siege with cars and buses burnt, people killed and random crossfire endangering the lives of many more. People have been told to stay inside to avoid the inevitable showdown that the government hope will end the run of drug lord's power and make Rio safe for the 2014 Olympics. We cross the city in record time in an eerie energy field, of near deserted streets as people wisely stay out of the way of it all. With a good night's rest and business matters attended to, the next day we venture out to the airport so I can catch my flight to Buenos Aires. The streets now are literally filled with police and military with guns raised and in position to defend where required. Again the near empty free-ways flow fluidly with the only real traffic coming the other way – trucks filled with soldiers and all those involved in settling what has begun. Headed for Rocinha – one of Rio's largest favelas, every soldier and every truck is fully armed, alert and ready to respond to the slightest provocation.

It feels good to be headed in the other direction as news informs us that the drug lords have unified to take this stand and defend territory that they have now laid claim over; providing for the people of the favelas in various ways, as they protected their turf and lucrative drug markets. Tons of drugs and arms have already been seized, during these new favela pacification schemes to the point that the banditos have had enough.

Trouble is brewing here, big time.

Yes, it feels good to be leaving the city, as I keep my worried family informed, via mobile phone text, of my movements. I have been in many dangerous countries and situations over the years – from the bombing in London, to the flooding and landslides in Machu Piccu, to arriving or leaving in a city just after or before an attack. So far my timing has been impeccable, keeping me out of trouble and personal danger in ways I am extremely grateful for. Here in Rio danger is now all around us – set to explode at any time. Yet at last we arrive at the airport. After a two hour departure delay, I finally board my flight to Buenos Aires, happy to leave the conflict in Brazil behind. Our days at Campos de Jordao in retreat with some of Brazil's more metaphysically inclined elite; our time with the light-workers in their peaceful mountain abode, all of this is etched into my heart along with the faces met and the memories of all that we have shared. Yet Brazil, like many places in our world, has always had its extremes, as its people deliberate their way through the chaos and crime to find peaceful ways and fulfilment in their family lives.

Less than a week later I touch down on the tarmac of the closest city to my home, relieved to be back on familiar ground, in a free country where so few would carry a gun. Time spent walking and talking, kiss and cuddling, catching up on everyone's news, time spent discussing and planning and looking at long held views, time spent dreaming and scheming and just enjoying what comes as I enter again into my own family energy field, to rest and relax with people so well known and loved.