The Rites of the Munay-Ki: The Bands of Power

Steve Krejcik
708-508-4764
GreyWolfHealing.com
Agenda

• Open Sacred Space
• Breathing Exercises
• The Four Insights
• The Bands of Power Rites
• Close Sacred Space
THE FOUR INSIGHTS by Alberto Villoldo
Dreaming the world into being ~ co-creating with the Divine

The way of the HERO
Turn wounds into sources of power and compassion.

NONJUDGMENT
Transcend your limiting beliefs. Let go of your opinions about right and wrong, good and bad.

NONSUFFERING
Do not write stories about your pain. Differentiate between suffering and pain and give up suffering.

NONATTACHMENT
Let go of the labels you stuck onto yourself. Find your reference point internally: let it no longer be your ego but your divinity.

BEAUTY
Perceive loveliness even when there is ugliness: find the gift from Spirit. Bring beauty to every moment by sincerely smiling; beauty will catch and find you.

The way of the LUMINOUS WARRIOR
Discover the power of fearlessness.

FEARLESSNESS
Actively practice non-violence in speech and action, because violence is rooted in fear. Approach people and situations with love.

NONDING
Immerse yourself in the flow of the universe. Let it be. Remain in the moment and enjoy life as an adventurous ride.

CERTAINTY
Have an unwavering commitment to the path you have chosen. Let go of your worries and doubts, fulfill your dreams; have no other option but success.

NONENGAGEMENT
Do not take part in battles. Give up the need to be "right". Always believe the best of other people's words, intentions and actions.

The way of the SEER
Enter the stillness of your soul.

BEGINNER'S MIND
Let go of all preconceived notions. Become childlike. Give up all expectations.

LIVING CONSEQUENTLY
Recognize the impact of each thought, intention and action. Be in perfect harmony with creation.

TRANSPARENCY
Stop hiding parts of you from others. It is ok if those around do not embrace your many facets. Be who you are and say who you are.

INTEGRITY
Be true to your word and recognize its power to create reality. What you repeat to yourself and the universe will manifest.

The way of the SAGE
Become one with spirit.

MASTERING TIME
Time is non-linear, we operate in sacred time. Trust synchronicity, the universe conspires on your behalf.

OWNING YOUR PROJECTIONS
Own the parts of yourself that make you feel uncomfortable and no longer hold anyone else responsible for your pain or happiness.

NO-MIND
Break free of your "monkey-mind" and get in touch with the Sage within, Spirit, God. Create a white canvas and dream onto it a world of beauty and grace.

INDIGENOUS ALCHEMY
Embark on a sacred journey and see only opportunities. You are Spirit. Step into your destiny.
THE BANDS OF POWER
These are five energetic belts woven around the body with the essence of each element: earth, water, fire, air, and pure light. These bands strengthen our connection with nature and act as filters disintegrating negative and heavy energies, thus protecting us physically and psychically. In this way we can be more present and available for life, instead of squandering our energy in fear, doubt or worry.

BLACK BAND
From the bottom going upwards, the first band is woven with the earth element and is black like the most fertile ground. It rests at the level of the second Chakra, and once is activated, it flows all the way down below the feet, thus protecting the lower part of the body.

RED BAND
Situated at the level of the solar plexus, the red band is woven with the water element. Red is the color of our blood, and the waters are the blood of mother earth.

GOLDEN BAND
At the chest and around the shoulders and breast, is the golden band woven with the fire element.

SILVER BAND
Around the neck and fifth Chakra the silver band is woven with the air element.

SPIRIT BAND
The fifth band is a white luminous and ethereal band woven with light around the head.