



Peruvian Healing Practices & Sacred Ceremonial Service Immersion™

Full Program Syllabus

Immerse yourself in Puma's traditional Peruvian ancestral wisdom so you can use your inherent spiritual gifts to confidently lead and serve others in their spiritual awakenings, healing, and transformation.

Equip yourself with the skills and techniques to create rituals, explore dreamwork practices, perform clearings, do hands-on healing, work with plants, and much more.

Curriculum Details for Immersion Part 1 — Sacred Ceremonial Service & Peruvian Healing Practices

Unit 1: Equinox Portal of the Divine Masculine (March 2023)

In the month of March, the **ancestors celebrated the journey of the sun** towards the north. This represents activation of the masculine divine energy, bringing prosperity and abundance.

In the Inca cosmivision, the Divine Masculine is time, which represents the power of giving.

Puma will help you prepare yourself emotionally, psychologically, and physically, as you purify yourself to **receive the gift of Crystal Consciousness from Pachamama.**

During Unit 1, you'll:

- Understand what the coming **6-month journey will bring**
- Begin **creating and programming your mesa as you receive powerful gifts** from the cosmos and Pachamama via this personal altar
- **Connect deeply with Pachamama** as your guide throughout this program
- Receive **Pachamama's gift of healing**, which applies to these times according to the Incan prophecy
- Learn **rituals and ceremonies** for clearing, hands-on healing, working with plants, making offerings to Pachamama, cultivating prosperity, and more — as you discover your personal spiritual gift in this lifetime
- **Celebrate the equinox** portal through ceremony
- Learn a **coming-of-age rite-of-passage** ceremony
- Experience and learn a prosperity **ceremony with 12 yellow flowers**

Unit 1 Classes and Sessions:

- Intro Class — Opening Ceremony (March 1)
- Community Gathering with Natalia (March 6)
- **Class 1 — *Hatun Karpay*: The Initiation of Service in Ceremony (March 8)**
- Integration Session with Puma (March 13)
- **Class 2 — *Haywarikuy*: Offering of Gratitude to Pachamama (March 15)**
- Integration Session with Magaly & Alfredo (March 20)
- **Class 3 — Programming the Mesa With the Equinox Portal (March 22)**
- Integration Session with Magaly & Alfredo (March 27)
- **Class 4 — *Huñuy*: Hands-On Healing Ceremonies (March 29)**

Unit 2: The Power of Co-Creating Equilibrium (April 2023)

As Puma will explain, the ancestors believed that you create 50% of your life and the other 50% is being created for you.

Without access to this sacred cosmic formula, most people are busy trying to be in control of their lives — in other words, trying to take more than 50%

control.

In other cases, it's common to hope that the Divine will take care of everything — hoping that the Goddess will provide everything, and calling this faith.

In either case, you're outside of the sacred equilibrium. So Puma will show you how to live *in* the sacred equilibrium.

During this unit, Puma will welcome special guest **Mama Juana Irene Contreras Pumayalli**, a powerful healer and warrior for the Divine Feminine throughout the Andes and the jungle.

During Unit 2, you'll:

- **Learn releasing rituals** to let go of attachments, conditions, and limitations
- Dream big with the **creation of a vision board** and purpose, prayer, and intention
- Perform **rituals to make alliances** with cosmic and ancestral forces — acknowledging these forces as 50% of your co-creation of life with Spirit
- Continue **deepening your ritualistic relationship** with your mesa
- Experience **ritual flower baths** for prosperity through colorful floral symbolism
- Learn a **birthday celebration** ceremony

Your Unit 2 classes:

- Integration Session with Puma (April 3)
- **Class 1 — Kamayhuan: The Power of Creating With Intent (April 5)**
- Integration Session with Magaly & Alfredo (April 10)
- **Class 2 — Munayhuan: The Power of Creating With Love (April 12)**
- Integration Session with Magaly & Alfredo (April 17)
- **Class 3 — Ruhuayhuan: The Power of Creating With Action (April 19)**
- Elective Session with Guest Faculty (April 24)
- **Class 4 — Atiyhuan: The Power of Accessing Infinite Potential (April 26)**

Unit 3: Complete Healing & Wellbeing (May 2023)

Your wellbeing is your sacred right — ideally, you should constantly be enjoying good health and strong vitality.

Puma will share how, with the help of the ancestors, you can use **four pillars** to keep your health at its best:

- First, to keep your **emotional process in complete harmony** — bringing everything you need while releasing fear, guilt, anger, frustration, and everything that doesn't serve you
- Second, to keep your **physical body agile and strong** — through nutrition and exercise, plus cleansing, purging, and fasting with the help of specific plants
- Third, to have a **focused, peaceful mind** — what you're bringing in through your thoughts and intentions manifests your wellbeing
- Fourth, to be **spiritually free** — the nature of the spirit is to be absolutely unconditioned and free... yet if you're like most of us, you can sometimes hold yourself back

In this unit, you'll learn how to constantly exist in cycles of healing and regeneration so you can be in your best health and in service, inspired by powerful Andean animal spirits — the Hummingbird, the Puma, the Serpent, and the Condor.

Puma will also welcome as his guest teacher **Rosita Arvigo**, naprapathic physician, herbalist, international lecturer, and author.

During Unit 3, you'll:

- Gain a **new understanding of health** and wellbeing on the physical, emotional, and psychological level
- Learn to **perform rituals** of cleansing, releasing, and letting go
- Focus **rituals to bring in what serves you** in all 4 aspects of health as you call in healing forces
- Discover the **symbolism of the frog in the Andean tradition** and bring

this powerful healing ally into your mesa in ceremony

- **Program your mesa** with powerful healing energies and animal spirits
- Work with medicinal plants for **cleansing and purification**
- Learn a ceremony of self-acknowledgement — a blessing for a job well done
- Experience and learn a **prosperity ceremony** using an abundance smudge

Your Unit 3 classes:

- Integration Session with Puma (May 1)
- **Class 1 — Awakening the Hummingbird Within (May 3)**
- Integration Session with Magaly & Alfredo (May 8)
- **Class 2 — Awakening the Puma Within (May 10)**
- Integration Session with Magaly & Alfredo (May 15)
- **Class 3 — Awakening the Serpent Within (May 17)**
- Elective Session with Rosita Arvigo (May 22)
- **Class 4 — Awakening the Condor Within (May 24)**

*Note: There will be no class on May 29 or 31.

Unit 4: Yanantin & Masintin — Complementary Opposites (June 2023)

In the month of June, the ancestors celebrate the return of the sun to the Southern Hemisphere — it's the time to reach equilibrium and balance in your life.

Puma will explain how the ancestors prepared for this powerful portal in ceremony, celebrating the Divine Feminine and Divine Masculine polarities. This is the time for Pachamama to bring powerful healing to whatever's challenging or opposing your process.

You'll **become one with healing, transformation, and liberation** as you clear the limitations and processes to start a new life.

This month's strong cosmic alignments will help you continue your healing

through the gates of feminine and masculine polarities.

Puma will share how you can become one with what doesn't serve you, and transform it through unconditional love.

Puma will welcome **Eddy Roy Ninan Singona** as his guest teacher. Eddy is a Pampamisayoq, a person who walks in deep communion with the mountain spirits and Pachamama.

During Unit 4, you'll:

- **Revisit your personal healing gifts** and how they've been developing throughout the program
- Work with the **strong cosmic alliances** of the solstice in ceremony
- **Understand the polarities of life** through the concepts of Yanatin and Masintin — complementary opposites
- Learn to **recognize heavy energy and light energy** through ritual — and discover how to transform *hucha* (heavy energy)
- Practice a **powerful process in your mesa** — with the energies of the Divine Feminine and Divine Masculine as soulmates — while becoming one with everything you feel in aligned frequency
- Learn a **coupling ceremony**
- **Experience and learn** a prosperity ceremony to open your heart to love

Your Unit 4 classes:

- Integration Session with Puma (June 5)
- **Class 1 — Yanantin: Communion With the Divine (June 7)**
- Integration Session with Magaly & Alfredo (June 12)
- **Class 2 — Masintin: Resonance With the Divine (June 14)**
- **Class 3 — Programming the Mesa With Solstice Portal (June 21)**
- Elective Session with Eddy (June 26)
- **Class 4 — Sami & Hucha: Energy Calibration (June 28)**

*Note: There will be no class on June 19.

Unit 5: Crystal Energy Field Programming (July 2023)

Because our world is full of polarities where we have both light and heavy energies, protection is important.

When you're vulnerable, these heavy energies attack, so you must create strong programs to protect yourself. Heavy energy brings hard processes that don't serve you, but you can transform these vibrations into love.

Once you've started the healing process, you'll need to **protect your process so you can remain connected**. Having no attachments is an important element of this process, and as Puma will remind you, you'll always have the backing of Pachamama.

However, you're also called to become that powerful nature yourself, so you can have the same power flowing through you as your Mother Earth — and use your power of decision as a **powerful tool for protection**.

Puma will share about the elements that are ready to be your guardians, and guide you to program them into your mesa.

Author, shamanic seer, and spiritual educator **Davina MacKail** will join Puma as a guest teacher during this unit.

During Unit 5, you'll:

- Learn to **protect your personal medicine** so you don't disconnect from it or take it for granted
- Perform **powerful rituals** of spiritual, energetic, emotional, and psychological protection
- **Program the elements** into your mesa
- Understand that being intelligent in decision-making is **powerful protection** and that you can always be guided by your strong "yes"
- Learn a ceremony to bless **your material possessions**
- Experience and learn a **prosperity and abundance ritual** using seeds

Your Unit 5 classes:

- **Class 1 — Yaku & Unu: Programming Water Protection (July 5)**
- Elective Session with Davina (July 10)
- **Class 2 — Nina: Programming Fire Protection (July 12)**
- Integration Session with Puma (July 17)
- **Class 3 — Wayra: Programming Air Protection (July 19)**
- Integration Session with Magaly & Alfredo (July 24)
- **Class 4 — Allpa: Programming Earth Protection (July 26)**
- Integration Session with Magaly & Alfredo (July 31)

*Note: There will be no class on July 3.

Unit 6: Pachamama Ayni — Service for Pachamama (August 2023)

While you're on this planet, your **soul purpose is to be in service** to Pachamama, your family, and your community — as a sacred offering of love, gratitude, and life. You can reflect this through your offerings.

This month is wholeheartedly in honor of Pachamama.

Every day at this time, **thousands of offerings are prepared** in gratitude for all that she offers, and Puma will guide you to join this global community of powerful masters of light.

As you learn to prepare *despacho* offerings, you'll learn to view the world through the eyes of the Condor, seeding and envisioning massive dreams through your offerings.

For all the profound healing and the **powerful alliances and wisdom** you have gained at this point on your journey, you ultimately must complete your process in an offering of compassion and gratitude.

Your work with the mesa is complete this month — and you'll spend time in community, honoring and acknowledging this experience.

Puma's guest teacher will be **Wilfredo Jimmy Huaman Cjuiro**, a healer who's

been developing his communion with Pachamama and the mountain spirits since he was a boy herding sheep in the mountains of Peru.

During Unit 6, you'll:

- Learn to put your **sacred ceremonial service** into action
- Train in the exquisite art of the **Andean despacho offering** for gratitude and giving back to Pachamama
- **Honor the pilgrimage of life** — what you've been through, the process you're in currently, and the process that's coming
- Be prepared to **intentionally share your wisdom** with family and community
- **Program powerful forces** in the 4 directions within your mesa
- **Receive a blessing for your mesa** with powerful essences, *apus* (mountain spirits) and animal spirits — so you complete this portion of the journey with a powerful healing mesa
- Learn an **uncoupling ceremony**
- Experience and learn a prosperity ceremony to give an **offering to the mountain spirit Mama Waqac Willka**

Your Unit 6 classes:

- **Class 1 — Ayni: Nothing Ever Goes One Way (August 2)**
- Integration Session with Magaly & Alfredo (August 7)
- **Class 2 — Programming the Ñustas (August 9)**
- *Integration Session with Magaly & Alfredo (August 14)*
- **Class 3 — Working With the White Mesa (August 16)**
- Elective Session with Guest Faculty (August 21)
- **Class 4 — Programming the Mesa for the Equinox Portal (August 23)**
- Integration Session with Puma (August 28)

*Note: There will be no class August 30.

Curriculum Details for Immersion Part 2 — Professional Development

Unit 7: The Journey of the Soul (October 2023)

Your soul is the essence that belongs to the absolute sun, which came on a journey to this Earth with a specific purpose and mission.

As Puma will explain, when your soul's lifetime is complete here on Earth, it will return back to its divine origins.

Remaining conscious that this journey is a very powerful medicine, Puma will guide you to **revisit, honor, and heal** times in your life when you've had strong and intense processes.

Journeys of the soul are interdimensional portals that transcend time and space — and you can extend your consciousness to all kingdoms of life on this planet.

Your soul can exist in a thousand places in a thousandth of a second — and needs to be called back sometimes so you're fully present to be active and in service. You'll envision your life with no trauma, **programming the most harmonious, peaceful energy** in preparation for when traumatic processes appear.

During Unit 7, you'll:

- Learn about the **interdimensional portals of the soul** and the soul's journey
- Practice the delicate art of **calling your soul back** beyond any traumas or difficult processes
- **Envision a traumaless life** and consciously program a life of peace and harmony
- Learn to **call on the ancestors** for abundance, clarity, wisdom, and direction
- Understand how the master plant spirits, ayahuasca and huachuma, **support the journey of the soul**
- Learn a **ceremony for death rites** and blessing the journey of the soul
- Experience and learn a **prosperity for closing cycles**

Your Unit 7 classes:

- **Class 1 — Portals of the Soul (October 4)**
- **Class 2 — Soul Journey to the Past (October 11)**
- Integration Session with Magaly & Alfredo (October 16)
- **Class 3 — Soul Journey to the Future (October 18)**
- Integration Session with Puma (October 23)
- **Class 4 — Calling the Soul Back (October 25)**
- Elective Session with Guest Faculty (October 30)

*Note: There will be no class on October 2 or 9.

Unit 8: The Ancestral Power of Music (November & December 2023)

This time of year, we celebrate our grandmothers and grandfathers who journeyed before us.

Puma will guide you to prepare altars filled with offerings to quench the thirst and hunger of the ancestors.

You can also take advantage of this time to heal your blood ancestral lineage. Any oppression, racism, or difficult processes resonating from the experiences of your ancestors can be healed through the powerful instrument of your mesa.

Ancestors use sound and music to communicate with us — and you'll use the power of sound to call on them.

As you'll discover, there are powerful healing frequencies of sounds — and with your prayers and intentions, this becomes even more powerful. You'll learn mantras and songs from the Andes and practice sound healing through whistling, wind instruments, and percussion.

With the solstice comes the closing of cycles, an end to your own struggles and the struggles of your family and community. You'll work with the mesa in deep gratitude in a closing ceremony that brings a close to what no longer

serves you — including psychological doubts, fear and guilt, emotional frustration, anger and stress, and physical processes.

This experience may encourage you to be more gentle on yourself with your diet, spiritual superstitions, and spiritual practices.

You'll then **program a new cycle in the mesa for the coming year** and participate in a solstice ceremony of bringing in the blessings in gratitude.

Puma's special guest will be **Christine Stevens**, internationally acclaimed speaker, author, drummer, and music therapist — who inspires people all over the world with her message that music promotes holistic health, spirituality, and wellness.

During Unit 8, you'll:

- Learn to **transform and heal ancestral wounds** through your mesa
- **Live in gratitude** for the bridges your ancestors built and the doors they've opened for you
- **Practice sound healing** with the magical frequencies of Andean musical medicine
- End this year with **ceremonies of gratitude** that close this current cycle
- Learn the power of **solstice ceremonies**
- **Program your mesa** for next year's cycle by calling on benefactor *apus* (mountain-spirit allies)
- Learn a ceremony for **transforming *hucha* (heavy energy) into *sami* (unconditional love energy)**
- Experience and learn a **prosperity ceremony** with fruits and sound healing

Your Unit 8 classes:

- **Class 1 — Healing the Ancestral Lineage (November 1)**
- Integration Session with Puma (November 6)
- **Class 2 — The Power of Percussion (November 8)**
- Integration Session with Magaly & Alfredo (November 13)
- **Class 3 — The Wonder of the Wind instruments (November 15)**
- Integration Session with Magaly & Alfredo (November 20)

- Elective Session with Guest Faculty (November 27)
- **Class 4 — Healing With Sound (November 29)**
- Integration Session with Puma (December 4)
- **Class 5 — Closing Cycles With the Mesa (December 6)**
- Integration Session with Magaly & Alfredo (December 11)
- **Class 6 — Programming the Mesa for the Solstice Portal (December 13)**

*Note: There will be no class November 22 or December 18, 20, 25, 27.

Unit 9: The Portal of Self-Realization (January 2024)

When you **receive your calling**, you activate your passion, vitality — and the power and will to make miracles happen for yourself, your family, and your community.

You'll learn how, when you miss your soul's calling, **your life energy is easily drained** so you constantly feel tired, distracted, and stressed. During this vulnerable process, heavy energies attack, and you're immediately affected in your health and wellbeing. As Puma will explain, this is the time to reach out to family and community and take on a collective mission until we recover our vitality.

You can program powerful allies in your mesa to remind you of your calling and to support you on this passionate journey.

When you have a hard time listening to yourself, Pachamama and the *apus* can **help you through oracles** like reading leaves and smudges — and they add clarity and wisdom to unclear situations in which you need affirmation.

During Unit 9, you'll:

- Connect with your **personal calling and passion** — the call from your heart and from Pachamama
- **Align your personal calling** with the calling of the collective
- Learn rituals to **connect with specific allies** in your mesa
- Discover what it means to ***listen to yourself first and last***

- Learn **karpay ceremonies** (initiation transmissions)
- Experience and learn a **prosperity ceremony working with the spirits** of master ancestral plant medicines ayahuasca and san pedro

Your Unit 9 Classes:

- **Class 1 — Listening to Yourself First & Last (January 3)**
- Integration Session with Puma (January 8)
- **Class 2 — Programming Powerful Allies to Support Your Calling (January 10)**
- **Class 3 — Our Collective Calling (January 17)**
- Integration Session with Magaly & Alfredo (January 22)
- **Class 4 — Self-Realization Portal (January 24)**
- Integration Session with Magaly & Alfredo (January 29)
- Wednesday Elective Session with Guest Faculty (January 31)

*Note: There will be no class January 1 or 15.

Unit 10: When the Spirit Meets the Soul (February 2024)

Your soul meets your spirit here on Earth so you can have this journey of life.

As Puma will share, although you're an interdimensional being, while you're in *this* dimension you must exist in this physical temple. To connect with your soul and spirit, you must **transcend your physical being into the fifth dimension** of your dreams.

You'll learn how your dreams can be a **portal of liberation**, greater service, and astral journeying. Pachamama is your guardian, and is constantly watching over you when you're dreaming...

She'll send her **messengers, guides, protectors, and healers** through animals, people, and elements. When you dream, you're not only free, you're also safe and blessed in your processes.

Maria Elena Auccacusi Auccapuma, powerful medicine woman, dream guide, and spiritual coach, will join Puma as his guest faculty during this unit.

During Unit 10, you'll:

- Learn about the **different levels of dreams**
- Discover the **ability to program your dreams** and call on the support of allies and guardians to guide your dreamtime experiences
- Understand **how to protect yourself** during sleep and dreaming, especially if you have nightmares
- **Master the art of returning** to potent dreams for deepening your experiences
- Learn to **interpret the messages** of your own dreams
- **Awaken to the potent calls** that come in dreamtime from the grandmothers and grandfathers
- Learn a **ceremony for children**
- Experience and learn a prosperity ceremony for **emotional and psychological protection**

Your Unit 10 Classes:

- Integration Session with Puma (February 5)
- **Class 1 — *Rikchariy*: Waking Up (February 7)**
- Integration Session with Magaly & Alfredo (February 12)
- **Class 2 — Programming Your Dreams (February 14)**
- **Class 3 — Soul Meets Spirit (February 21) F**
- Elective Session (Pending Guest Availability) (February 26)
- **Class 4 — *Samay*: Power Dreaming (February 28)**

*Note: There will be no class February 19.

Unit 11: The Healing Touch of Pachamama (March 2024)

Pachamama is holding her children in both hands. All living beings on this planet are held in love, harmony, and wellbeing.

These healing practices and this energy work originated when people first connected to the powerful hands of Pachamama, and were able to transmit her energy in miraculous ways.

In the same way, Puma will guide you to open up *your* hands to receive — and you can also open your hands to consciously **give powerful offerings of love, life, and light energy**.

You must always open your hands when touching somebody. The ancestors have developed an art of reading the energy field of a physical body to discover any disharmonious processes and revert them back to harmony with simply a touch.

The touch of Pachamama is **not limited by the physical**, but reaches deep into other dimensions — where the spirits of your master plants become the powerful touch of goddess.

Puma will welcome as his guest **Maestro Don Pedro** — spiritual coach, healer, tour guide, and teacher of ancient wisdom, recognized by the Peruvian government as a powerful medicine man.

During Unit 11, you'll:

- Learn the **art of Peruvian hands-on healing** through reading the energy field and transmitting healing energy from specific sources
- Learn to **heal energetic maladies** such as inflammation and heavy energies to unlock what the body needs to heal itself
- Work with **accessible medicinal plants** in healing baths
- Study Andean *energetic anatomy*, mastering an understanding of the body's energetic centers
- **Discover why the ancestral plants**, huachuma and ayahuasca, are bringing forth their medicine at this time and why it's so needed for our evolution
- Cultivate a **relationship with master plants** for a lifelong allyship with these ancestral teachers
- Learn a ceremony for **reading the energy field**
- Experience and learn a prosperity ceremony **working with pukara apu Pachatusan**

Your Unit 11 Classes:

- Integration Session with Magaly & Alfredo (March 4)
 - **Class 1 — *Poqpos*: Energetic Centers of the Body (March 6)**
 - Integration Session with Magaly & Alfredo (March 11)
 - **Class 2 — Feminine & Masculine Hemispheres of the Body (March 13)**
 - Integration Session with Puma (March 18)
 - **Class 3 — Transcendental Touch of the Plant Spirits (March 20)**
 - Integration Session with Puma (March 25)
 - **Class 4 — The Healing Touch (March 27)**
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Unit 12: *Mosoq Pacha Karpay* — Initiation Into the New Era (April 2024)

At this point, you will have completed the journey of the golden and silver path of the children of the sun.

Having developed a powerful communion with Pachamama and the cosmos, you'll now have access to the spring of creativity and leadership.

As Puma will share, now is the time to begin your journey in service through love and compassion, participating in the awakening and evolution of consciousness into oneness with Pachamama, family, community, and all life.

You're now ready to step into the circle and offer the powerful wisdom and knowledge of the ancestors. This new era is the return to your innocence and the pure essence of your soul mission on this planet.

As you complete one cycle, a greater cycle begins, where the best self will be.

As Puma will explain, every step of your journey will always be in preparation for the next era.

During Unit 12, you'll:

- Learn the **formula for creating your own ceremonies** that you can offer at any occasion
- **Synthesize all your collected wisdom** into creative and playful ceremonial practices

- Discover how creative you can be with the **strength of Spirit** as your ally
- Receive the **Hatun Karpay initiation** to bless your healing mesa on your journey forward
- Connect with the **cosmic gardeners**
- Experience a **powerful closing fire ceremony** to mark the end of this incredible journey of self-realization, empowerment, and leadership

Your Unit 12 Classes:

- Elective Session with Don Pedro (April 1) (to be confirmed)
- **Class 1 — Pucllay: Ceremony in Playing (April 3)**
- Integration Session with Magaly & Alfredo (April 8)
- **Class 2 — Preparing Our Mesa for Sacred Transmissions (April 10)**
- Integration Session with Magaly & Alfredo (April 15)
- **Class 3 — Celebrating the Miracle of Life (April 17)**
- **Class 4 — Hatun Munay Karpay (April 24)**
- Integration Session with Magaly, Alfredo, & Puma (April 29)

Note: There will be no class April 22.
