

Introduction

Throughout time, there have been select groups of people who have dedicated themselves to imagining new possibilities for the world. And by the act of fully immersing themselves into their vision, they have influenced the unfolding of those visionary dreams into reality. Throughout the ages, the techniques of dreaming the world into being have been the exclusive domain of elders, shamans, or monks from the world's most obscure societies, mystery schools, and religious organizations. Dreaming the world into being is a powerful process whose secrecy has been zealously hidden from the masses until very recently. Some of the information contained in the documentary "The Secret" and its popularity are a good example of how these guarded techniques have started to become more widely available. Since ancient times, those who have been privileged to information about this process have considered this type of understanding and power to be dangerous in the hands of the uninitiated. Perhaps this has been wise to some extent through the least conscious times in human history when ignorance and fear might have led to the wholesale abuse of these powerful techniques.

The rigorous initiations of these elite groups of visionaries were designed to clear away any personal agendas that may have been based on judgments, fear or greed, and old wounds, thus uncovering their true nature of love and compassion, and enabling the visions to more purely represent a benefit for all. But these days, more and more people at large have ready access to such information, spiritual practices, and healing professionals. This increased access has resulted in deep healing and an overall growth

of awareness and consciousness. How many of your friends and acquaintances have become familiar with, and involved in, alternative healing, spirituality, and lifestyles over the last fifteen years? Have you noticed that you have been looking deeper into your Soul and psyche asking yourself more questions about what you are doing and why you are here? Are you finding greater levels of conscious awareness, love, and compassion stirring within you? I believe that those of you who have come to this book are ready, willing, and able to suspend any remaining personal judgments and fears, and to fully participate in this powerful act of taking Creation beyond where it has been before. In the words of the Sufi poet Rumi, “Out beyond the ideas of wrong doing and right doing, there lies a field... I shall meet you there.”

My belief that we are now more than ever largely ready for this task of dreaming the world into being consciously and deliberately is supported by my personal experience as a healing professional. My belief is also supported by the prophecies and observations of the most sophisticated societies on the planet, such as the pre-Inka, Inka, Mayan, Hopi, Lakota, Tibetan, and Judeo-Christian. They all speak of this time when we return to our true nature as loving and compassionate beings, who are fully connected to our Source and to the Earth in harmony with all life. The Hopi call it the coming of the 5th world, the Inka call it the time of the 5th sun, the Mayan call it “Zero Tiempo,” the Christians call it the return of the Christ, and the Jews call it the return of the Messiah. My teacher Alberto speaks of it as the birth of a new species called *Homo Luminous*.

In 2002, I was part of a small group that was privileged to attend the world prophecy reading of the master Q’ero shamans, called

Laika, who are direct descendants of the pre-Inka and Inka medicine people. The reading took place high in the Andes of Peru. The last time they had read their world prophecy was in 1995 and before that in 1945 when foresaw the coming of a new Golden Millennium, and before that over five hundred years ago when they foresaw the invasion of the Spanish Conquistadors. In the reading in 1995, they verified the significant Earth changes that they had first seen in their reading in 1945, and that are now happening due to global warming, such as the melting of the glaciers and the resulting drying up of their life giving lagoons. They also saw an increase in warfare as the old masculine warrior myths made their desperate last stand. And then they saw the next evolution of human consciousness into the way of allowing and peace.

Since the reading in 2002, the Q'ero have begun to do the readings monthly because they say that our prayers are working and that our new dreaming is impacting the world dramatically and positively. Just since I began working on this book in 2005, for example, mainstream business' across the globe have begun to embrace "going green" and are making sweeping changes towards sustainable practices across the manufacturing, production, and distribution cycle. One example is the behemoth Wal-Mart, who has hired the company of world-renowned environmentalist Adam Werbach to help them. Other multi-national companies with significant impact on the environment are consulting with the likes of Paul Hawken and Jib Ellison. Since the release of the documentary by Al Gore called "An Inconvenient Truth" in 2006, mainstream science, politics, and business have made an about face on protecting the environment astonishingly quickly.

Many of the Q'ero still live in small villages at 18,000 feet in the Andes, but are increasingly coming down to re-integrate into the mainstream villages of Peru. Since my teacher Alberto Villoldo started learning from them over 30 years ago, he has organized trips to Peru for his closest friends and students several times a year. The Q'ero walk the three-day journey out of their villages to meet these groups at sacred sites to share their wisdom, healing, and vision. These journeys are extraordinary adventures filled with not only the beauty of the land and people, but also with deeply powerful and transformational ceremonies.

For the prophecy reading in 2002, we met the Q'ero at an ancient pre-Inka site high above the sacred city of Ollyantaytambo, translated as the “resting place of the king.” This is where the road ends and the Inka trail begins along the sacred valley of the Urubamba River, which is flanked by pure white glacial peaks reaching thousands of feet above into the dark blue sky. The Inka trail leads down the river to the ancient hidden city of Macchu Picchu at the edge of the jungle. We traveled up a connecting valley past the temple of the waters at Ollyantaytambo. We trekked across the terraces that run for miles up the valley from the river and up nearly a thousand feet along the slopes. My mind simply couldn't fathom how this ancient culture was able to carve out the hillside and move millions of tons of stone (some individual stones weighed as much as several tons each) across the rugged and nearly vertical terrain. The trail led us to the Pre-Inka temple ruins of Puma Marca, the “place of the puma,” through small farms where people are still growing corn and living the same way that they have for tens of thousands of years. All along the way, we were greeted by the curious and smiling faces of the children, parents, and grandparents that find such peace and joy in

taking care of the land that has been their true mother since the beginning of time.

When we arrived at the site, the Q'ero shamans were waiting for us and had already set up the ceremonial altar on the ground. They had effortlessly carried all of the supplies and healing stones for the altar on their backs. They prepared for a *Despacho* ceremony, which is a traditional Inka ceremony that returns offerings and prayers of gratitude to the Earth, heavens, and all of nature in its physical and non-physical forms. They gave the offerings in gratitude for all of the abundance they had already received—and all they knew they would continue to receive. Several thousands of feet above us, in caves amongst the rocky crags, lay the mummified bodies of their ancestors who had undoubtedly performed these same ceremonies for thousands of years, and whose spirit was still palpably with us. I remember placing my hands on one of the stone walls of the ruins, and having a vision of the people of this magnificent ancient culture welcoming us as equals.

After we made our offerings of sugar, corn, grains, lama fat, and prayers of gratitude into the *Despacho*, the Q'ero elders cleansed our luminous bodies by rubbing the gift over us while reciting prayers and repeating the Quechua word “picha,” meaning cleanse. This cleansing process takes the heavy energies, or “hoocha,” that we cannot process and gifts it to the Earth as well, because she can process it and turn it into life giving energy or “sahme,” just as she does with our physical bodily wastes. After the *Despacho* ceremony, my energy level and clarity were noticeably heightened as we were prepared to hear the prophecy reading.

After much prayer and preparation, the elders consulted with the Great Spirit and with the conscious natural elements of the earth: the stone people, the plant people, the animals, the human spirits, and the planet spirits. The elders then deliberated and presented the prophecy with great nonattachment—and the same twinkle of joy in their eyes that I saw at our first meeting—as they expressed their delight that we magnificent Westerners would travel so far to see them. They clearly pointed out that the human species and planet as a whole is at a critical juncture and ready for an evolutionary leap. They said that the time was upon us to make choices right now that would determine if we can heal ourselves and the planet before a greater crisis forces us to. They said that those who lived with integrity, where their choices matched their desired outcome, would survive and thrive while others would have a difficult time. They mentioned that the great Earth changes they foresaw in their previous readings were well underway and that the next major crisis would arise from the actions of men that were living in fear and clinging to the old myths of victimhood and battle. They didn't offer much hope for the species as a whole, but emphasized that there was great hope for those making the choices to dream their ideal world into being and to match the dream with their thoughts, words, and actions.

Our current reality reflects this Q'ero prophecy with remarkable precision. To casual observers and scientists alike, there seems to be a tremendous amount of momentum towards crisis on a mass scale. My teacher Alberto says that twenty years ago, out of all of his acquaintances only a few were in crisis; but now, only a few are not in crisis. This crisis may take a multiplicity of different forms, such as the effects of global warming or Earth re-balancing (like hurricanes, floods, earthquakes and tsunamis), pandemic

diseases from organisms that have mutated beyond the efficacy of modern medicine's biological war against them, internal psychological crises, or all out war against each other. However, there are other possible outcomes that lead to a world of greater harmony with each other and all of nature, abundance for all who desire it, and joy; and these outcomes also have momentum. So we have come to a time, right now, where the choices we make and the focus of our vision will tip the scale towards a greater manifestation of either of those experiences—harmony or crisis--in our reality.

This book is written for those of you who want to be part of the group of leading-edge visionary human beings. It is a practical guide for creating a world that until now would have been deemed highly improbable - if not impossible. And it is the calling of the author of this book to not only make the impossible possible, but to make it the most probable of world destinies with your help. My intent is ultimately to inspire anyone who comes in contact with my work to a life of greater power, freedom, and joy. In this book, I will explain Shamanism and the manifestation process, and provide the basic steps and helpful tools for this process, along with my own personal vision for the world.