



FOUR LEVELS OF PERCEPTION & REALITY

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“Half of life is lost in charming others. The other half is lost in going through anxieties caused by others. Leave this play. You have played enough. “

Rumi –

When we shift our perception to a higher realm, we can overcome the many challenges of life. What we perceive as a problem at one level is actually an opportunity at the level above it. Similar to Russian nesting dolls, each sphere or level informs the next. If we upgrade our Light Energy Field, it will influence our mental, emotional and physical bodies, transforming our lives in many ways.

In west, we use the mind to study the mysteries of the cosmos and earth. Shamans are consummate observers of nature and reality. The Andean shamans are masters of understanding the structure of life and reality through turning the mind inward in order to study consciousness itself (i.e., understanding how the mind perceives, interacts with and co-creates reality.)

These shamanic traditions understand there's a difference between information/knowledge and wisdom. Wisdom occurs when we are in direct connection with the higher realm of Spirit.

A couple of examples:

- Knowledge is knowing water is H₂O versus Wisdom - being able to make it rain.
- Knowledge is understanding “chaos theory” in the world of linear physics versus Wisdom – the ability to heal someone 1000's of miles away with our Hampe Hands.

4 LEVELS OF PERCEPTION = 4 UNIVERSAL ARCHETYPES

The Andean shamans associate the four levels of perception with the four universal archetypes: Serpent, Jaguar, Hummingbird and Eagle. The first two levels define how our mind creates reality in the linear world. Most people in the Western World perceive at these two levels. Here, we are within "linear time"; functioning within the principles of "fear and fate", unable to understand we have the ability and power to change what's happening to us and how we live our lives.

- 1. Serpent (Sashamama)** Everything is what it appears to be. We perceive the world as "fixed" where we have little to no options nor ability to change our lives. This is the level of the physical body and physical reality. To detox at this level, we want to maintain a healthy diet and lifestyle. The language at this level is "chemical" (e.g., biology, cellular, nutrients, etc).
- 2. Jaguar (Mama Otorongo)** This is the realm of the mind: language, beliefs, emotions, feelings, thoughts, speech. Here, nothing is as it appears to be (e.g., life-long commitments/relationships end, governments enact policy the appears to be in the best interest of the people – but in reality, benefits the few at the cost of the many.) Our belief structures inform our reality and become self-fulfilling prophecies. The capability to create health exists within the mind. The mind organizes and informs the body bringing either health or psychosomatic disease (e.g., chronic stress eventually leading to heart disease). Positive affirmations work at the level of "Jaguar", influencing our mind, beliefs, thoughts, and emotions.

The last two levels define the ability of our mind to co-create our reality with Spirit. Here, we're functioning within circular time and perceiving at higher levels of "possibility and destiny" versus "probability and fate". As we connect with the higher realms, there is no limit to the "possibilities" that exist. We're able to unite with Spirit in a sacred dance as "co-creators" of our own reality as well as that of earth, dreaming a New World into being.

- 2. Hummingbird (Siwar Quenti)** This is the level of the soul. There is no speech, relative belief or thought here. Communication occurs through images, art, ceremony, poetry and sound. The power of visualization and intention is the active principle here and through this power, shifts can happen very quickly. This is the level of "Ultimate Truth" not relative truth. So, things are exactly as they appear versus the relative truth of the lower levels of perception.
- 3. Eagle (Apuchin)** This is the level and language of pure energy. We are united with Spirit in the quantum field. From this level, we can change anything because we are co-creating with Spirit and dreaming a new world into being.

It is important to learn to perceive from these two higher levels because we are now living in the time of Pachacuti and the potential for us to contribute to enormous transformation in the quantum field is a reality. We want to be at the forefront of positive change that will impact every living being on earth. Those with the ability and courage to dream and co-create will help usher in a new eon of love, peace and unity as well as ensure physical and spiritual sustainability for future generations.



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