



2023

SILVESTER CELEBRATION

LILA & THE PLANS OF THE SOUL FOR 2023 SELF LOVE

Unveil the Joy & the Power of Self Love
December 27, 2022 - January 1, 2023

Nowe Kawkowo, Poland



Soul in to Self Love and Love to other ones

The year 2023 is an angelic year that fix the motives of the Soul in to Self Love and Love to other ones .

The set of energy is to tap into your own creativity, intuition and your natural talents and abilities.

There are things you can do to hasten the manifestation of your desires, but it all starts with getting in touch with your higher self and what you really want in life.

Manifestation by intuition and positive energy are the biggest high lights of this year.

It is the year of healing relationships from the past and from the present. The vibration says Perfection, so the tendency will be to give a finished quality to everything undertaken.

During these days we will develop 5 transformational stages of Self Love Rituals, acts and experiences to RESTORE our LIVES.

RELAX & NURTURE



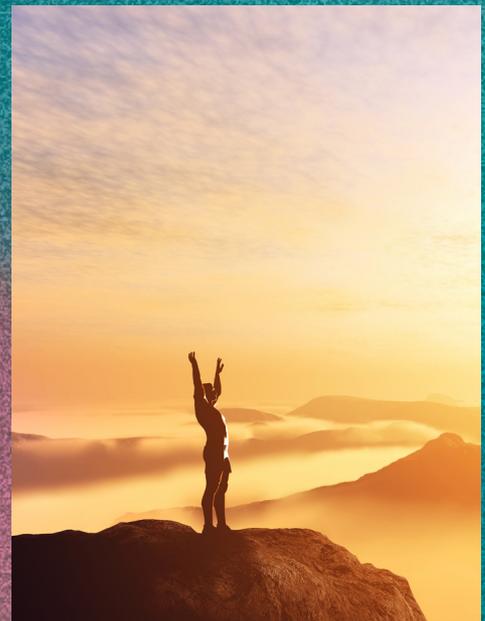
RELAX

In order to heal and understand the body, our life and our spirit we need to ground and enlighten the being. We will develop different experiences to take care of the bodies; from a wonderful sauna, brush the skin, long and relaxed massages to relax the muscle system, to moisturize the body, do rituals in order to unblock the bodies from the physical, emotional, energy and spiritual wise.

NURTURE

To support the connection to ourselves and how we are seeing and appreciating our own existence; there are mazing tools within shamanism & tantra. The act of compassion of the things that we do and have done and the interrelation with other ones is one of the most powerful love self- tools. To develop an open communication is to connect with Vishuda that is the integral way to grow and let go, with the advantage to generate a huge self-knowledge of what we need and what we want. The Structure of how we see our future can be constructed by our goals on different levels of our life. One of the sacred elements to develop self-love is the act of forgiveness.

Gratitude & Joy



JOY & GRATITUDE

The emotional body is capable to generate the action of life. Our thoughts are one of the most powerful energy that can interrelate to the feeling, the embodiment and the transformation of the being and the act to felt in love with us and the other ones.

Self appreciation is a constricted act that opens the hearth but also our polarities to create love.

How do you enjoy life is one the things that are rooted in our childhood and in our first 3 chakras, we will revisited the process of JOY to see how we enjoy LOVE.

What are the things that you appreciate of your life ? This question and the ritual to be developed during this celebration will give us the frame of Self Love and Love as it self !

Meditation & Affirmation



Meditation & Affirmation

The way we think and the link between our thoughts and our actions are linked to the history of us and the connection of the understanding how do they work within the bodies and our subtle system.

Breathing, energy and consciousness are sacred in shamanism and tantra, we will embody different rituals to acknowledge how we love our own life and how we are loving and desiring.

We will understand the power of affirmations, mantrizations and the emotional behavior.

The Self Love is one base principle that looks the soul but we do not understand this since we are looking for outside validation and recognition. Affirmations and meditation in this are wil break us free to RESTORE balance. Acceptation is one of the rituals that provoques the self understanding and self appreciation guiding us to self love

Soul Food - Self Love



The interrelation in how we consume and embody PRANA but also our FOOD is one of the most pleasurable things that we can experience. The oral connection, the taste and the power of the energy nurtures the emotional body in a way that connects with the nature of love.

We will develop different experiences around this.

Honey Jar Spell Casting

To begin, you'll need a pen and paper. Write the name of the person you're thinking of on the paper three times in succession. Next, rotate the paper 90 degrees and write your own three times in succession, overlapping the letters with the letters of the other person's name. This next part is crucial: create a clear intention. Whether you're looking to improve your romantic relationship; wanting to reconcile a long lost friendship; or even trying to improve your relationships with co-workers, be clear about your intended outcome.

Next, write down your intention – be careful here, because you need to write it out in a circle without lifting your pen. Writing in cursive is helpful for this step but not required. Once you've written the full intention out in a circle around both of your names, you can go back to add the little dot to your i's and cross your t's. That's it for the pen – you can set it aside.

Hold the paper that contains your names and your intention and fold it so that it fits inside your honey jar. As you place it inside the honey jar, make sure that your fingers graze the honey. Leave the folded paper inside and as you remove your fingers from the jar, use the following incantation:

"Just like this honey is sweet, that's how (insert name of other person) will be for me."

After saying the incantation out loud, lick the honey that coated your finger and seal the jar of honey that contains the folded paper.

Grab a candle, set it on top of the jar, and light it. It's important you choose the right color for the candle to complement your intention. Choose from the following colors depending on your situation:

- White – this is a neutral color and can be used when your situation is general in nature.
- Pink – this color is all about emphasizing love; it can be any kind of love, not necessarily romantic.
- Red – use this color if you're looking to improve a romantic relationship. Red signified passion.
- Brown – this is a useful color if you're dealing with matters regarding justice. If you have an upcoming court date, for example, this color can help to improve the way you are perceived to improve your outcome. Let the candle burn down completely. Once this has happened, store it in a secret location only you know about – no one should be able to find it. Let a full seven days pass and complete the candle ritual again. Continue this process on a weekly basis – being careful to light the candle on the same day each week – until you receive the fruits of this love spell.

The Second ACT of LOVE RITUAL for the SELF (the 13th Munay Ky Ritual)

The womb is where "unloved" while in the womb, the emotional and energetic impact of "not being wanted" or a difficult conception / pregnancy of a parent can leave imprints that effect us subconsciously later in life and possibly woundings of our inner child. These imprints can hinder our spiritual, mental, physical and emotional well-being.

A Ritual to Reconnect with Your Ancestors

This ritual is designed especially for individuals who are hoping to start an ancestor veneration practice for the first time, or who have not honored their ancestors in a long time. It is designed to invite your ancestors to draw near to you.

Before performing this ritual, you may wish to put together a list of the names of your ancestors going back as far as you remember. This list should include your direct ancestors, that is, your biological mother and father, and their biological mothers and fathers, and so on. You may also include other ancestors, including anyone who nurtured you for a significant length of time, especially when you were a child.

Obtain a white candle. This can be any kind of candle: a glass-encased seven-day candle from a grocery store, a shabbat candle, a tea light. It can even be scented or electric, if that's what you have on hand. Along with the candle, get a nice loaf of unsliced bread and a bottle of either wine or spring water, depending on what you like to drink.

Fast for at least an hour. Then, take your candle to a quiet place in your home. The kitchen or the dining room are ideal, and if you need to wait until the evening for the bustle of day to calm down in those areas, it will be worth it. If you have family or roommates who are also interested in ancestor veneration, you can invite them to come with you.

Take a moment to breathe. Then, light your candle and say:

"Through the love of the first Mother and the first Father, I remember my ancestors. I remember them in joy and sorrow. I remember that this air is the air they breathed, that this bread is the bread they ate, that this wine/water is the wine/water they drank."

Now, if you feel comfortable doing so, you can read the list of names that you have prepared. After you recite each name, say a short prayer for their soul. There are several of these out there, for example:

"May she rest in peace," "Peace be upon him."

Take the bread and hold it in your hands. Pray for nourishment:

"We pray that we will always have the resources we need so that our body can handle the work we are called to do."

Now, rip off a small piece and put it on a plate before the candle. Don't use a knife; this isn't the time for weapons. Rip off pieces for anyone who is joining you and one for yourself.

Now, take the water or the wine. Pray for inspiration:

"We pray for clear words, clear vision, and clear purpose."

Pour in a glass and leave it before the candle along with the piece of bread. Serve some of the drink to anyone who is joining you, and to yourself. You can drink out of individual cups, or a shared cup, or even pass the bottle around, depending on what kind of a mood you're in.

Relax and enjoy the gentle glow of the candle. Some people see shapes when they gaze at a candle for a long period of time. Perhaps you will see something in the flame or the melted wax, or perhaps a strange thought will occur to you unlike any you have had before. Whatever you see or feel is appropriate. Write it in your journal or share it with your companions.

The Art of Receiving What You Are Getting Between participants

In Sanskrit, the word diksa means initiation. It usually refers to the teachings passed on from a guru to a student. New York yoga teacher Eric Stoneberg explains, however, that diksa can also mean receiving what you get: a student can never absorb 100% of what a teacher is saying in exactly the way the teacher intends. The teachings take on some new flavor in our minds and bodies, and we can only keep what lands. No one can give us anything we can't receive ourselves.

I've been thinking about this concept of receiving in other areas of my life lately as well. My life doesn't necessarily look the way I wanted it to, say, when I set my intentions for the year on my last birthday. One year, I wrote down with confidence that I would publish an article in a prominent magazine. I didn't get anywhere near that goal—but I wrote a book, which was a lifelong dream I hadn't written down. If I overfocus on what didn't happen, I miss the part where I get to enjoy what did.

The authors suggest offering something you have to give—companionship, listening, helping with childcare, cooking a meal, sending flowers—whatever feels genuine for you. You never know what might help. If we are the ones suffering, we can sometimes feel frustrated and isolated when the things we need are not coming to us from our friends and family. In this situation, it's worth looking around to see what is being offered. No one knows what to say, and you have far too many casseroles, perhaps, but the casseroles are something. Our expectations of what kindness and support are supposed to look like can sometimes prevent us from receiving what's on offer.

Altar for Broken Hearts

This ritual has the objective to close love chapters that are still opened or had not being closed.

For people that are still remembering puppy love, one special lover, one platonic love, one plove one that hurt us, a divorce person , a loveone that had passed away, or when we have issues with our current love ones.

This is a ritual to forgive and recall .

We will required a cristal jar, an small candle and a piece papper and a pen.

Shamanic Rites of Passages of Love to Higher Connection to Interconnect With Loveself

- The actions of an Earthkeeper:
- Offer your vision, heart, and actions to the well-being of the entire planet.
- Make offerings to Mother Earth and ask her to guide you in becoming her Steward (DONATION of Quartz to TUITERAZ LAND to generate a UNIVERSAL GRID on special place at tuiteraz)
- Connect with this lineage to embody the wisdom and love.
- Contemplate the interconnectedness of all beings and think of the seven generations ahead as We also possess the seeds of the Starkeeper, a rite bestowing on us our seat around a holy fire at the center of the Sun, a place held for us from the beginning of time. This rite helps your physical body to evolve into Homo Luminous; the aging process is slowed down, your DNA is re-informed, and you become more resilient and resistant to disease. The actions of a Starkeeper:
- FIRE CEREMONY to CONNECT with the Cosmos and the Stars ...

The Opening to a Lucid Dreaming Ceremony

- Find the opportunity to look at the stars and ask for your guiding star. Let the answer come later, perhaps in a dream, in a vision, or in a meaningful synchronicity. It can take days or years.
- In the meantime, remember that all life originally comes from the stars, including yourself.
- Contemplate what is to be part of a solar system and a galaxy. Look at your life from that perspective and realize how short and precious your existence is.
- Let inspiration come from the great beyond and may you become part of the prophecy. KAKAWA Ancestral Ceremony" Connecting with Kukulkan to bring the unity on myself to this incarnation "

Journal Rite to Connect Within

Begin your ritual by journaling your current thoughts. Have a conversation with Yourself and really take time to reflect on how you've been doing and where you want to go.

How have you been feeling?

- How have things been going?
- What do I want to manifest in to my life ?
- What am I ready to heal?
- In what ways can I bring more self-love and care into my life on a consistent basis?

WRITE A LOVE LETTER TO YOURSELF

After your bath, go back to your area and sit down to write a love letter to yourself. Here are some prompts:

- I love you because...
- I'm so proud that you...
- You've shown resilience in the way you've...
- I'm so sorry for...
- I want to heal...
- The ways I want to spend more time with you are...
- You deserve...
- I love the way you....
- Ways I'm going to show how much I love you...**SELF-LOVE ORACLE/TAROT SPREAD**
- How can I connect with my Higher Self
- Something beautiful about me
- What do I need to heal
- Focus on this to begin the healing process
- Outcome of healing yourself
- Message from the Universe

Kundalini – Pineal Activation for Self Love

- Cacao was consumed by the Olmec, the Zapotec, the Mayans, and the Aztec. It plays a central part in the Mayan Creation Story (the Popul Vuh).
- There are over 300 compounds in cacao, these compounds affect your mood and could contribute to the spiritual effects that many experience when participating in a cacao ceremony.

Ceremony Tools

Anandamide

This is often called the 'bliss molecule' and is an endocannabinoid. Anandamide is a substance that your body produces that binds to our cannabinoid receptors. Yes, cannabinoid – pure cacao stimulates your endocannabinoid receptors, much like THC (found in marijuana) does.

Phenylethylamine

This compound is similar to amphetamine and is naturally present in our brains. If taken in higher doses, it releases dopamine into the pleasure centres of your brain. This creates feelings of exhilaration, lowered fatigue, and a general sense of well-being.

Caffeine

Caffeine wakes you up and increases your alertness. While too much caffeine could be harmful, cacao has moderate amounts of this substance – especially compared to coffee and tea. A 1-oz piece of bittersweet chocolate has between 5-10mg caffeine

Tryptophan

An essential amino acid that increases the production of serotonin. Serotonin is a natural stress-reducer and anti-depressant.

Endorphins

This is a natural opiate that lifts your mood and reduces pain. Polyphenols
Polyphenols and other antioxidants inhibit oxidation. This is a process of damage to your body and is linked to aging and (potentially) to the formation of some cancers.

The focus of this ancient ceremony is to create a deeper understanding and relationship with the plant spirit , Kukulcan (the Universal Kundalini on existence) and your own KUNDA.

Kukulcan represent the sexual energy or life force in connection with awareness and consciousness.

The shiva-shakti relationships in our lives.

The masculine and feminine.

Kakawa ceremony will awake the KUNDA the original life force on you to take it to the PINEAL GLAND

YOU WILL NEED to be DRESS on WHITE and red clothe for your head !!!!



TU I TERAZ

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who is sharing



ANAND

Of Mexican Origin, living in Europe for the last 12 years. He is an International Relations Lawyer; holds three masters degreee on North American Studies; Relations Mexico-USA; Law & Economics of European Union. And a PHD in Security Studies of European Union. Entrepreneur; involved in Public Policy and advisor for International Public Policy and Diplomacy. Being raised in a Shamanic culture by father (Mexican spirita and shaman) and by the grandmother (Yaqui Mexican Medical Woman) Since he was young, he was atracted to the esoterical world. As a hobby he has being studing tarot, psicomagia, symbology, ritualism, tantra, sacred geometry and shamanism. Certified Yoga Alliance Teacher and Arhanta Yoga School System.

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