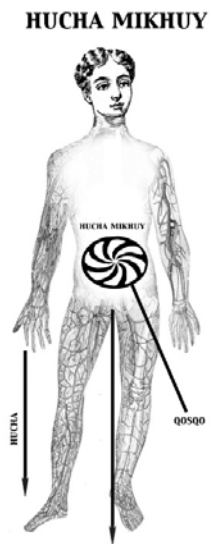




HUCHA MIKHUY

A great practical and developmental asset to the healer is the ability to organically cleanse and transform *hucha* from the body and *poqpo*. *Hucha mikhuy* is the process of activating the *kurku k'anchay's* inborn capacity to rid itself of the density that hinders the natural expression of health and creativity. Essentially a meditationally initiated process, *hucha mikhuy* uses the power of intention to move *hucha* through energetic conduits in the body and field, releasing it into either a suitable medium or directly into the Earth.

- After focused breathing to induce a state of relaxation, direct attention is brought to the *qosqo*.
- Begin to open the *qosqo*, first seeing a small point of light that then expands to roughly melon-size.
- Through the power of will, direct the *qosqo* to begin “eating” any *hucha* within the *poqpo*.
- As *hucha* is transformed by the *qosqo* it will float upwards, filling the *poqpo* as *sami*.
- Pass excess *hucha* down the right hand or release through the perineum, allowing this density to flow into the Earth (generally, if a feeling of light-headedness is experienced, enough *sami* has been generated for the moment).
- When complete, allow the *poqpo* to settle into a new equilibrium.



Hucha mikhuy will greatly accelerate any healing process when engaged in regularly, as well as contribute to the overall maintenance of beneficial forces within the *poqpo* and body.