

Apa Shanko
Book 1

Pathfinder Into Inner Realms

**Authentic,
life changing read
and a true healers diary**



EDUARDO ZOTZ

Great storytelling!

Great stories. Really intriguing. This is not a typical book, rather a collection of stories from a man's journey navigating the world of plant medicines and shamans. I like it's rawness and I highly recommend reading it especially if this material is of interest to you because you will learn even more about the shamanic world in the Amazon.

- *Kim Raich*

*

Beautiful and scenic medicine tour

I would be honored to share space with the writer... Life changing read... True healers diary.

- *Acacea Sherman*

*

Knowledge, Wisdom, and Magic shared from healing with Yage/Ayahuasca in the Amazon

The book has been a great gift to read before I experience ceremonies with Ed, which is another gift I'm grateful for. I love the authentic stories shared about the spirits, jungle, and healing ceremonies, and the magical experiences. I have learned a lot about the Yage and plant medicines and how they are used. After reading about Taitas in this book, I have a better understanding of these master medicine men. As Ed has been apprenticing with these Taitas for many years, it's interesting to read how he progressed along the way and how much commitment and drive is involved to go down that path. I highly recommend this book and looking forward to future writings.

- *Matt M. (shortened)*

Apa Shanko

Pathfinder Into Inner Realms

by Eduardo Zotz

Series title: Apa Shanko
Title: Pathfinder Into Inner Realms
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Second edition

Copyright © Erik Istrup Publishing 2020
Published through Ingram Spark
Cover picture by Eduardo Zotz
Font: Palatino
ISBN: 978-87-92980-92-2

Genre: Autobiography

This is the first book in the Apa Shanko series

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This book is a personal account of the Author's stories and experiences following an apprenticeship with Medicine Men of the Amazon Rainforest, the Author cannot accept any liability for any consequences arising from the use thereof, or the information contained therein.

Erik Istrup Publishing
Jyllandsgade 16 stth, 9610 Nørager, Danmark
www.erikistrup.dk/publishing/
eip@erikistrup.dk

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*For the almighty Creator, the eternal source of wonders we call
life.*

*To my teachers, Medicine Men of high degree, who with hearts
filled with love and compassion guide my feet, my thankfulness
is beyond words.*

Acknowledge

I'm thankful to the following people for their unconditional love, and support in my path, also making this book series possible.

To Taita Francisco Piaguaje, my Spiritual grandfather, a Man with a Heart the size of a world, who took a skinny hippie into his house and heart, saving my life and giving a true north to my path, into the Plant Medicine world, my gratitude extends beyond this life.

To Taita Alonso Salazar, who guided and taught me so much along 10 years, with so many nights in ceremony, for his great heart and knowledge, never shared verbally, but through a cup of Yagé, his humbleness have become mine now.

To so many friends who shared nights and nights around a fire with me, sharing their own stories, while we endured the medicine, always ready to burst into laughing, helping me to forget the hardship that has been to drink Yagé.

To Taita David Queta Alvarado, for taking me into his Heart, gifting me not only with his medicine and healings, but receiving me into his family, my gratitude to you mi Taita and to your wife, a grandmother anyone would love to have.

To Taita Albertino Descanse, for a friendship one can only find deep into this jungle, for your beautiful medicine and for receiving me into your family.

To My friend David Gillespie, for his unconditional friendship and support, being there when I so needed, a generous and open hearted true friend.

To Michael Johnston, my open-hearted friend, whose gen-

erosity and support to my writings, has kept my inspiration alive and a true commitment to keep sharing my stories and lessons collected along these years, someone who can see further than myself, I'm blessed with your friendship.

To all the people who kept saying: you should write a book and share your stories, for all the support I received when I started sharing and posting, what finally moved me into writing this book, thanks from my heart for all the kicks!

And my special thanks to Janeth Medina, my healer friend, for a friendship that has lasted a life time, for all the healings and good words shared so many times in ceremonies, thanks also to your beautiful family, that have adopted me and loved me so much.

To all the Taitas not mentioned here by name, for sharing so much with me in countless ceremonies, thanks for the lessons and healings, and for such a good time we always had together, my gratitude to you is beyond words.

Foreword

Story telling is a wondrous Art, it brings Magic into our lives, trapped in our daily concerns, we forget to look at a world hidden from our eyes, a world born of our Creator's imagination, with fantastic beings who share the Earthly realms with us, worlds accessible when we drink Yagé, places where we are free from the burdens of our heavy bodies, where we can move freely, with the power of our will.

Yagé is a world in itself, and an endless path into eternity, a path filled with wonders, mystery and challenges, where tears of joy, pain and sorrow run together, a world where magic beings are met in every bend of the path, and strange ones lurk in the shadows...

This book is just a little insight, barely scratching the surface of what is to drink Yagé 18 years long, the stories I tell are true accounts, no word has been added to make it shine brighter, and I hope it will bring joy into your own paths. So, enjoy it with an open Heart, and may it be a pathfinder into your own discoveries.

Rituals

We drink Ayahuasca in ceremonies, for a simple reason.

“Appropriate Rituals channel your Emotions and Energy toward the Light, without the discipline to practice them, you will tumble constantly backwards into darkness.”

Lao Tzu.

Taking the first step



One day, in Mexico, at Cibolite beach, Oaxaca, in the early morning I saw an Italian young man, drown in front of us, and disappear in the ocean. That was a shock to me, to see how life is only one instant, and when I realize this, a wave brought to my hand a beautiful shell, the most beautiful I had ever seen.

I was sitting on the shore and grieving, just the day before

we played football and had become friends, when I felt a hand like feeling on my left shoulder, it was death, itself.

I could see now backwards and forwards, back was what I had been so far, and forward I had a life to live, not knowing if I would be around next day, life became a precious thing in this very moment to me, and that day I decided to live, not to worry any more, that day I became an artisan, left behind my life in Germany, my marriage, everything, and life has proven time and time again to me that the Universe provides all you need, all you have to do is to trust yourself, doing that you are trusting life and the Universe so, Take the first step!

After doing it, life becomes an endless path, and you realize that life is only a school, we are here to learn, we can't do that tied to a job, working to pay bills. we need to be free, to work with our hands, to create art, to express ourselves, it has been 30 years now that I'm living in freedom, and I never went to sleep hungry, without a roof over my head. I've always found things to do to earn a living.

I'm thankful to life for this lesson.

Yagé



The sacred plant of the Amazon, also called ayahuasca, is a powerful medicinal plant that leads its users into a process of awakening.

It releases a cleansing and healing process of the body and mind, which leads to the attainment of higher levels of consciousness.

Everyday life in this dream-like world keeps us easily entangled in our Egos. We always yearn for the next short lucky kick, for a better life and more comfort. We seldom realize that only by dissolving attachment to material things, we are able to connect to the spiritual realm and transcend our limited human condition.

But for real chances of long-term well-being, and awakening, true commitment and a real desire in our own hearts is indispensable.

What keeps us from awakening is the presence of illness,

hatred, pain, selfishness and greed that we carry within. So, if we want to wake up and seek a path that expands our consciousness, then we need to heal our inner self.

Yagé is an effective way of healing the body and mind; Visions and knowledge reach us like gifts during the process.

Yagé is not only an excellent medicine - the areas it opens up for exploration are beyond our imagination and are of extraordinary beauty.

When we drink with a Taita (Master Medicine Man), he explains this to us:

The first cup is for cleansing. Sometimes also through physical-emotional vomiting. This can happen from very deep inside and bring a liberating feeling with it.

The second cup is given for healing and will work in our body and mind. It often shows us where we can heal on our own effort or aspects of our lives whose change is beneficial for us.

Afterwards - usually late at night - we drink the third cup and from then on, the Taita always sings it to bring in his energy and knowledge.

He observes the process of each participant and knows what each one needs. Before you can easily ask him for specific help or to be shown something that you would like to see.

Of course, there is also opportunity to ask him for protection - the Taita will then sing long before he gives the cup. With the soaking of the drink he gives us his energy.

It is this energy that makes the difference between drinking with a "mediator" or a "shaman" and drinking with a real medicine man.

Another very important aspect of drinking Yagé is the intention with which we approach the ceremony: I personally always ask quietly what I need from my ceremony, not really with words, but with my heart.

After I did that, I always stop thinking about it, so as not to disturb the work with my mind during the ceremony. When I realize that the thoughts of my intention keep coming back, I reject them. I blow them away, because if I do not, my mind will try to give me the answers to the questions I have. But that's exactly what we want to avoid, because if the mind had the real answers, why should we even drink the medicine?

However, there are many aspects to consider when using sacred plants such as Yagé. One of the main aspects is the careful preparation of the beverage. Only if certain circumstances are taken into account will the desired degree of purity be achieved.

In addition, the attitude and with whom we take Yagé play a very important role. The intaking of such a sacred plant or entheogen truly opens a Pandora box.

We gain access to other energy realms where countless beings live, and it is only natural that we encounter good and evil there.

A true healer or medicine man learns with the help of the spirit of the sacred plant in conjunction with the experience his teacher has gained. The protection that the teacher offers is of enormous importance.

We also receive further protection with the help of higher beings, we can call them "angels", "guides", "animal Spirits", and, of course, from God Himself.

To learn properly, you need "good medicine", we call Yagé "medicine", because that's what it is, pure medicine

for mind, body and Soul. A medicine man / woman who prepares Yagé follow diets and is very careful with what he/she eats. The claim is that his/her food must be free of bad energy. Absolute care is taken not to consume food prepared by a pregnant or menstruating woman.

Also, food that has been prepared by a person with heavy or bad energy will be avoided. The preparation must be done in a secluded area, away from living spaces or people. The ready-made medicine is then stored in a place where no one is staying. It will be taken from there for the occasion of the ceremony.

There is a strict taboo on women's menstruation. The period is considered as a natural purification process: the energy that would have been involved in a birth goes back to earth after it was not used to form an embryo.

This energy is contrary to the energy of the plant, which comes and rises from the earth during the ceremonies. It has also been shown that the bleeding of women taking Yagé can be very severe and can lead to complications.

For these pragmatic reasons, menstruating women are not admitted to the ceremonies nor to the place it will be hold. If this happens by accident, everyone involved in the ceremony will have bad visions, headaches and a difficult time - especially the medicine man and the apprentices.

Again, it has nothing to do with the fact that the energy is good or bad - they are energies that work in different ways and not in harmony with each other.

Afterword

Yagé is only one path leading us into awakening our Higher self, a path no better nor worse than any other, trapped in the workings of our minds, groomed by our Egos, we need hard work to free ourselves, this life has been intended to be like that, life is a school, with many lessons for our Spirits, and only after graduating we will be free to reach higher realms of existence, and it takes many lives in many times and places to go through it, and the freedom we will enjoy when we are done is beyond our imagination.

About the author



Eduardo Zotz was born in the south of Brazil, a traveler by passion, he has spent most of his life in Latin America, Europe and the US.

18 years ago he took an apprenticeship with Cofan Elders in Colombia and has been studying traditional Medicine since. He lives in Ecuador and works as a Jungle Guide.

Pathfinder into Inner Realms, is a true account of his experiences drinking Yagé with Taitas Cofanes and Sionas in the Jungles of Columbia and Ecuador.

You can get in Touch with the Author through:
<https://www.facebook.com/Edawapa>

He is a Jungle Guide and takes friends to Yagé Ceremonies with Taitas Cofanes in the Jungle of Columbia and Ecuador.

The End

I hope you have enjoyed the book and ask you to take a moment to make a short review on your favourite retailer website.

Thanks in advance, Eduardo Zotz.

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Eduardo Zotz is a Yagesero (Yagé drinker), a jungle guide, teacher and artisan. Born Brazilian, a world citizen.

ISBN 978-87-92980-92-2



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