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FEATURED HOLISTIC PRACTITIONER: FRAN RUSSO, SHAMAN/CURANDERA WEAVER OF THE ENERGETICS

Fran Russo is a shaman/curandera working in the tradition of the Peruvian shamans. She is a Weaver of the Energetics, pampa misa in Quechua, one of the native languages of Peru. Perceiving the energetic body of a person or place, through its color, sound, feel, weight, texture and more, Fran is guided to the healing in whatever form best serves. In this way, the person or place is free to find and follow the natural flow of his or her path. While Fran could manifest the healing for you, she won't unless she is guided to do so. She is a guide helping you to remember the healing within you so you can do it.

When she was a child, Fran was introduced to the world of intuition by her first teacher, her grandmother. Fran then worked with North American natives as well as South American elders. Fran travels extensively in Peru, working with both the shamans of the Andean mountains and of the Amazon. There she has learned the ancient ways of the Q'ero elders, the direct descendants of the ancient Incans. Working in the ancient traditions for many years, Fran helps others to energetically release and transform self into the strength of true self, spinning joy into life.



FRAN RUSSO, www.ayllusuyu.com

Through television, radio, workshops, groups, individual healing and guidance sessions, and journeys to Peru since 1993, Fran brings the ancient teachings of Peru. Fran's organization, Ayllusuyu, serves the greater good through sacred ceremony and gatherings as well as workshops and talks based on those teachings. Fran is the author of "Through The Eyes of Jaguar: One Woman's Journey". Visit our web site, www.ayllusuyu.com to see all that Ayllusuyu offers.

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INTERVIEW WITH FRAN RUSSO ON “THE SACRED ENERGETIC”

Why Would One Be Drawn To Your Calls And Workshops?

People are drawn to anything of a higher intent because they know there's something more than just their everyday lives. People are looking to get questions answered and seek help and guidance. They come to me just as they would anywhere else to find that. What they find when they step in to work with me is that the work goes to the core; it goes beyond the story of why they came for help in the first place. Work is done at the core of a person through the sacred teachings of Peru.

Is Your Practice Considered New Age?

No, our work is most certainly not New Age and should never be confused with that. New Age work and our work is different because our work is grounded. Generally, new age teachers get inspiration, but because they are not grounded their work does not manifest into the physical realm. Our work goes to the core of a person and reminds him/her that we have physical bodies that are the legs through which we get things done. The sacred guidance that comes through our work is manifested through the physical body. Our physical bodies are the horse that spirit rides on. In our teachings there is no separation; it's not either physical or spiritual. Everything is one and this way our intent can be physically manifested because we gladly use the physical to get it done. Many New Age participants don't like the idea that we have a body and they see separation of body and spirit. They see the body as some kind of illusion that has to be dealt with. This New Age practice causes a separation of the guidance that is received, so that the work done remains in the etheric and goes no further.

What Is The Difference Between Sorcery And Shaman Philosophy?

It goes all the way back to the beginning. Intent isn't bad, good, right wrong, sorcery, shamanism, light, dark or any of that; it simply is pure energy. It is the intent of the person who consciously works with energy, so that the intent changes into whatever form it eventually emerges as. The code of life I live by and the sacred teachings are "what I do for myself, I do for the greater good; not because it serves us only or because it serves me only, but because it serves us all". A sorcerer says "what I do is for the greater good because it serves me only". In the sacred teachings I know that by serving all we serve one and by serving one we serve all. There is no separation, again.

The sorcerer who is about personal power and/or the gaining of power for personal reasons looks to whatever he or she does with a hook in it. The sorcerer seeks through energy work, that which will do things for themselves or another person, without any true intent of really helping. That practice of sorcery is a facade. Sorcery is done to seemingly help others, but the work does not truly help. That is the difference between the path of The Light and those who walk the path of sorcery. An example is to ask for help or for a spell to get something in life. We don't practice, in any way shape or form, coercion of the natural flow of anything as we would have it because that disrupts the natural flow. Coercion is not a sacred practice because it disrupts a person from the natural flow of his/her path and into that which another person would have it be. With sacred teachings we follow the natural flow.

What Are The "Lower And Higher Self"?

Higher self is used in many different terms such as spirit, luminous body, light body, soul, etc. Higher self truly means the force that gives life to the physical body. It is the infinite energy that is eternal and without constraints. The lower self is the physical body and the 5 senses.



Is Shaman Work Considered Magic?

It is magic, but magic is a word that can be used many ways. Intent is pure energy and it is only the person's work with the energetic that determines what form it will take. Whether it is something that serves or not depends on how the intent is used. The terms white or dark magic have to do with intent; it's neither until it is worked through the energetic. It is the intention of the person working through the energetic that causes the intent to take the form it will ultimately become.

People go through their lives with intent, but without ritual. We see everywhere in the world today, just what becomes of those intentions. People want things the way they want them so they just fling that intention about with no container, with no consciousness and no control of what will happen. The end result is violence, as personal engagements and as material engagement, because a person is looking for his own results, his own personal triumph and nothing else. The unconscious and unawakened average person knows nothing about anything beyond the 5 senses. So, the unawakened, on a daily basis, are filled with emotions and they fling those emotions about. If you visualize this action energetically, you see infinite numbers of pings being thrown everywhere at random and colliding with everyone else's pings. Order cannot be fully intact with such energy pings upon us all the time.



Apu Mesa, A Sacred Altar of the Incas

What Are Ways To Ensure That Energy Work Is Safe And Effective?

Any kind of work that steps out of the ordinary and steps into realms that are well beyond that of the physical world requires discipline. To keep the work intact we practice with 4 guidelines (the four C's of discipline): **Consciousness, Containment, Control and Compassion.**

Consciousness - being aware of what it is you want to do, the first thought and feeling for something you want to do.

Containment - once you form intent you must create a sacred container. The sacred container holds you in a place of true safety so you are consciously aware of what's in it and what's going out of it. The container is essential. If a person creates anything through energy work without a sacred container, then any type of energy can come in and any type of energy can go out, and that results in compromised integrity of the work.

Control - through intent you control what energy comes in and goes out because you are aware of it.

Compassion - the part that makes it all essential and makes it so, is that it is built with compassion. Without compassion it's a personal construct.

Can Healing Energy Be Sent Without Permission?

Yes. People often ask me to send healing to someone without the permission of the person for which the healing is intended. For example, if I send a letter to someone, the person has the choice to open the letter, ignore it, throw it out, etc. My intent is not that the person must read and follow the letter. The healing energy I send in this circumstance sits in the etheric and waits for the person. The person may choose to embrace it or not. This falls under one of the higher sacred laws against coercion. There is no attachment to my intent in sending the healing energy. Attachment to the energy one sends in this example is equivalent to the letter never having been sent, because the sender has not really let go of it.

What Are Your Thoughts On Karma?

Karma is not good or bad. Karma is unfinished business. People think karma is about reward or punishment. The core consciousness you are in, during the current life, provides opportunity to clear up whatever clutter you have, so you will take less clutter into your next life. It doesn't mean your situation in this life resulted from having been a bad or good person in a past life. It's simply what didn't get done in past lifetimes. To be conscious of your unfinished business is an opportunity to clear it up in this lifetime

What Happens When Our Physical Bodies Die?

I have come to know that when a person leaves the physical body and physical body dies, it goes to what we call the etheric or astral planes. The etheric planes are the first landing and the first opportunity to clear out any unfinished business. It is possible for one's spirit/soul to remain when the physical body dies, especially when someone dies abruptly. The good news is that those spirits usually jump to the etheric plane once they know that they can.

Once in the etheric planes, spirit/soul takes on energetic forms. A person's spirit or soul is not gone; you can't run away. When in spirit there is no longer any physical form to attach to. Spirit exists in the etheric in an eternal form and that's when a whole lot of clearing out can be done and choices are made. Unfinished business impedes evolution of spirit. A person's spirit brings into the etheric the engagements of their lifetime, the way they dealt with events in their lifetime and the accumulation of all the experiences and knowledge gained during their lifetime. To clear out unfinished business is to transform into the pure energy of The Light and travel on to higher planes. Spirit is eternal so that everything that spirit evolves to and within causes the energetic itself to evolve. The energetic itself is the raw stuff of creation. This process takes spirit/soul far out of the personal individual human and much higher and deeper than just that small part of the spirit. It is the evolution of spirit/soul that creates the energetic anew.

Can You Comment On A Classic New Age Belief Of "Non-Judgement"?

In sacred teachings you must care for the physical body because it is the horse upon which spirit rides. So if it's not kept in shape, is not valued or is ignored then we create more illusion. Do not ignore what's right in front of your face, but step in to do something about it. Get real, folks. There are days when things stink, so, acknowledge that and fix it.

Are People Who Practice The Non-Ordinary Subject To Spiritual Laws?

People are subject to laws whether they are consciously aware of it or not. Those who are not awake, don't realize the reason why things work the way they do and often ignore things right in front of them. Those who are conscious know, very well, we have that responsibility to abide by lower physical plane laws and higher sacred laws. We also know that if we do something that steps out of those high sacred laws it comes back to us three-fold to ten-fold. Unawakened people don't realize why things have blown up in their lives. The unawakened acknowledge when things go wrong but, without understanding why. An example of a higher spiritual law is "**Do No Harm**".



Machu Picchu, Peru

Can You Elaborate On The Responsibility Of One Who Pursues Energy Work?

Energy workers must be clear of the intent of why they do energy work in the first place. To do energy work for personal power or because it's cool is not clear intent. So, what is your intent, first of all? The sacred teachings are not just given to anyone who comes along. It's not because we hide it, but because we know that we work with the pure stuff of creation; the raw stuff of creation. So, anyone whose intent is not clear and chooses to step in to high sacred knowledge for personal gain goes right into sorcery or into a path that is not of The Light. In my work and sacred teachings, we will not engage that.

How Do You Feel About The Combination Of Traditional Religion, Philosophy And New Age Beliefs For An Eclectic Approach To Energy Work?

It's excellent, because we are all one. I would love to see more of that happen in the world. I would love for people to come to realize that we are one and that there is no separation. The form your house teaches through is simply that. When you boil away all of the forms, what remains is pure intent and the pure energy of why it is we are all doing this work.

High sacred teachings were originally given in a way that everyone listened. Somewhere along the line when people started to look to themselves rather than to the sacred, a lot of those high sacred words were re-written. The re-written teachings address personal needs and keep people under control. At some point it became clear that this was happening in history and we see how different people were persecuted, because of that. So, before personal control came into the picture, sacred teachings were just what they are. There's no construct with sacred teachings. The natives of the world know this and still practice in that way throughout the world. Sacred teaching is not new or old, but constant and eternal.

What Thoughts Would You Convey To Those Who Seek A Better World?

The best thing is for people to be clear about the intent of what they do. Even the slightest change in a person's thoughts resonates into the energetic and as a result the energetic evolves. To understand the enormity of that resonance process is the beginning of comprehension of the work we all must do.

People must wake up and pay attention to realize what's happening in the world. Look outside pay attention to the world today. Everything is more intense than it has ever been. Look at the changes in weather. It has been known by many cultures, for centuries that when things are changing to the extent they are now, we have to make choices. Pay attention to why everything feels the way it does.

Everybody has to wake up. Everyone has to realize that we are not alone in this, but we are all in this together. We have to do what has to be done, not as you would have it, not as I would have it, not as any one person or nation would have it, but in a way that serves us all. That means people cannot procrastinate anymore or just talk about it. It is essential for people to get together to do what it takes. So, pay attention to your inner voice telling you to get up, get going and get things done. Get out of your personal stories and get moving. It's not always going to be comfortable, but do it anyway.

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