

## KUTICHI

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This exercise is included in the English version of the book "Kausay Puriy, the dance of the Ayni" soon to be published.

*Kutichi* is used to eliminate in one fell swoop all *the jucha* and painful, heavy, no longer necessary bonds. In practice, the energy field is deeply cleansed of the chains. All ties are cut off without distinction. Immediately after practice, free from all relationships and chains, with the neat and clean field one can rebuild only the bonds that one considers useful and pleasant.

There are variations of this practice. I know one taught by Américo Yabar and one I learned a long time ago. The latter takes place almost autonomously and you ask for the help of another person only for the operation of winding the sewing thread.

Explain to the person helping you what they need to do before you start.

1. Ask another person to stand in front of you holding the spool of sewing thread.
2. Open your energy field and connect with the energies of the Cosmos, the *Pachamama*, the *Apu* and *Ñusta* you know, your *Paqarina* and *Itu Apu*, your Guiding Star.
3. Ask the other person to fix the thread under your left foot and begin to wrap the thread around your body, starting at your ankles and going counterclockwise towards your head. The thread should be snug against the body and should not slip on the ground.
4. Perceive the thread as a true filament of light energy connected with the energy of the universe. Invite the thread to absorb *jucha*, disharmonic and excess energy. Ask aloud to the Spiritual Beings you have called upon to cleanse you, to nourish you, to love you. Let go with intent all the constraints, the bonds of suffering, the chains that bind you, the *jucha* that cages you.
5. When the person helping you has come to wrap around your neck (It might be okay for you to go all the way to your head) ask them to cut the thread and move away from you. Leave enough time for the thread to absorb all the heavy, excess and disharmonious energy. Feel all the suffocating, painful energy that is going away in the thread.
6. When you feel it is the right time, with a quick and determined movement expand your physical body, spread your arms and legs to break the thread that surrounds you. Get rid of the uncomfortable and disturbing energy. Break all chains and bonds. Remove any fragments of the thread from you and collect them in a small pile on the floor. Do not let anyone touch it.
7. Stay focused on yourself for long enough to feel your bubble, your field clean and free.
8. At the end, go alone and burn the skein of broken wire to release the *jucha* and offer it with gratitude to *Pachamama*, Father Cosmos and the other spiritual Beings you have invoked.

After *kutici* you can feel tired because it is a very strong practice and getting rid of a part of energy, although disharmonious, causes a drop in strength. There is no need to worry because you immediately recover *sami* from the Cosmos with the *saminchakuy*.

This exercise is particularly useful to do at specific times of the year such as on the night before New Year's Eve or your birthday to get rid of all the bonds and disharmonious energies accumulated in the period that is ending.