

# Ayni

A photograph of a beach scene. In the center, a tall, balanced stack of smooth, dark, rounded stones stands on the sand. To the right of the stack, a piece of weathered, light-colored driftwood leans vertically. The background shows the ocean with gentle waves lapping at the shore. The sky is a pale, overcast grey. The overall mood is calm and serene.

The Teaching Team

<https://www.munaykitraining.com>

# AYNI

- The concept or principle of ayni comes from the Andean communities and it refers to reciprocity within all the creation.
- It reflects the necessity of caring for all people and all of nature for the blessing and care we receive each day, from each other, the nature, Pachamama and the Spirit.
- Whatever we do for Pachamama, she repays with care for us, with things like food, shelter, materials for clothing and more.
- Ayni is the same with people, animals, plants and all things we may come in to contact with and in all that we do.

# AYNI

- Ayni is one of the five principles of the Andean people:
  1. Munay - the unconditional love, to love unconditionally
  2. Yachay - the wisdom, to learn, know, and remember
  3. Llan'kay - action, to work
  4. Kawsay - life, the energy that permeates through all creation, all is related
  5. Ayni - reciprocity
- Onondaga people say that we should live life with a good heart, good mind, and good actions.
- The Andean principles offer the same!

# AYNI

- This is why in Munay-Ki Rites, we always prepare the three centers, llankay, munay and yachay, and we feed them in the fire ceremony and with the offerings that we create!
- The Munay-Ki path of healing ourselves in order to be able to see beyond ourselves and care for others and all our relations, is based on these principles, and the rites help us become aware of disbalance in our lives and give us the tools to attain ayni!

# THE GIVEAWAY AND THE PRINCIPLE OF AYNİ

<https://thefourwinds.com/blog/shamanism/giveaway-principle-ayni/>

- The Laika, the Earthkeepers of the Andes, are the custodians of invaluable wisdom, known as *the four insights*. These teachings hold that all of creation, the earth, humans, animals, plants, rocks, and even the stars, is made of vibration and light.
- They believe that every great creation in the physical world is first dreamed into being, projected onto the world, like an architectural blueprint drawn in the invisible world.
- They call it dreaming the world into being.

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- When we find our sacred dream and connect to the Primordial Light, we are compelled to share it, to give it away.
- The Primordial Light grows within us only to the degree that we give it away to others, a great giveaway. The dream is given away freely, and everyone has to contribute their part to bring it to fruition.
- Earthkeeper medicine practices are based on the idea that we must realign ourselves with nature and come back into balance, ayni.

# THE GIVEAWAY AND THE PRINCIPLE OF AYNİ

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- In its most profound sense, ayni means sharing the generosity of the Primordial Light, which is boundless and expects nothing in return.
- Giving without expecting anything back.
- Ayni is the basis for all Andean shamanism. When we attain ayni, the universe reciprocates our every action and mirrors our intent back to us, just as we are a mirror to others.
- When we are in ayni, we live in synchronicity, we are in right relationship with nature, and our physical, mental, and emotional health are balanced.

# AYNI

- How do we attain ayni?
- Maybe we can ask, what is preventing us from being in ayni?
- And the answer is in our personal healing.
- It is in healing our dark shadow and in shedding our stories that we create around our traumas.
- Both dark shadow and stories have their collective and individual sides.
- Recognizing and separating ourselves from the collective shadow and stories is an important step in our healing.

# AYNI

- Probably the most impactful collective story in the West is our separation from the garden of Eden, from Pachamama and from God, and from each other. And a collective shame for taking the forbidden fruit from the tree of knowledge.
- We see that shame in our daily lives. When stopped by police, called to principal's office, given feedback, we immediately feel that we did something wrong, even if we haven't.
- We can step away from that shame and nurture understanding and compassion towards ourselves and others.

# AYNI

- We feel the separation from Pachamama, Spirit, and each other in our daily lives, too.
- In the way we take care of our planet, our children, our elders, of each other.
- In the way we feel alone and separate from each other, even when surrounded by loved ones.
- In the way we fear the nature, fear the animals and plants.
- In the way that we fear both what is inside of us and outside of us.

# AYNI

- Healing the shame, separation and fear in ourselves, also heals the collective and allows us to connect and love.
- We do that by connecting to the archetypes allowing the serpent to show us how to shed our stories, our narratives, collective and individual ones.
- Through jaguar's sight, we see into our dark shadow, expose it, learn how it is mirrored to us from others and we take responsibility for recognizing it and filling it with love and compassion to heal it.
- With the hummingbird and the eagle we expand our perspectives from physical, mental and emotional, into Sacred, energetic and into Spirit.

# AYNI

- With Pachamama, we allow ourselves to remember that connection that is always here, the love of the mother for all her children. We do it by noticing and thanking the gifts that she offers us every day, and by entering stillness to hear her heartbeat, her voice and her guidance.
- With Spirit, we surrender, we trust and allow the connection, guidance and support to happen.
- We call and they answer, they call, and we answer.
- As we heal those parts of ourselves, we become fearless, because the fear lives only in our stories and shadow. After the fear is gone, only love remains, and love is ayni.



“We begin by making ayni out of primitive superstition, to “please the gods.”

Later, we make ayni out of habit, as part of a ceremony.

These forms of ayni are performed out of fear or convention, not out of love.

Eventually we make ayni because we must, because we feel it here”, he touched his breast.

“They say that only then is ayni perfect, but I believe that ayni is always perfect, that our world is always a true reflection of our intent and our love and our actions.”

Don Manuel

# AYNI

Next time you feel fear, remember

Frank Herbert's Bene Gesserit mantra:

“ I must not fear. Fear is a mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past, I will turn the inner eye to see its path.

Where the fear has gone there will be nothing.

Only I will remain.”



**Email us if you have questions**

[koranastipetic@gmail.com](mailto:koranastipetic@gmail.com)