

The events described in this book took place between June 2009 and April 2010. I received my baptism on Sunday, April 17, 2010. The final edit of this book was completed on October 29, 2010.

At the time of writing, I had not used any magic plant for about 5 months, and I can honestly say that I don't miss the experience. Nevertheless, supernatural experiences continue to happen.

Javier is still in Peru, taking care of the land. He had never really stopped asking me for money, and often said that he didn't have enough to pay the workers. Nevertheless, I did not give him any more money.

Yesterday, his wife surprised me by saying that they may soon be buying a house.

I recently spoke with Javier to let him know that I was finished with shamanism. "You are afraid to go deep into the spirit world because you know that there is no way back," he said.

"Yes," I said. "Exactly! To enter into that world would mean giving up a lot of the things I really care about."

You have to be a real *man* to do it," said Javier, mocking me. "The spirits give you everything you want, including power, money, and health. They can give you a long life, protect you from danger and fulfill all of your desires. But you have to do what they tell you! Then, you become part of them, and they become part of you. You become part of nature. The two worlds merge."

"Yes, I know," I said. "But it is not my path."

Ninfa is finally quitting her job. We had been apart for most of the year. Now, our relationship is about to enter a new phase, because we will finally be together. We did not marry yet. Time will tell if it is going to happen.

Juan Chotta left the center and is having his fifth baby.

Don Juan had turned 60 without dying, as far as I know.

The cancer patient Javier was treating unfortunately passed away.

And as for myself, my anxiety is pretty much gone. I no longer feel the burden of having powers. I did not recover the money I spent on the center, but it doesn't matter.

I have nearly completed my first music CD, which is turning out to be excellent.

I also continue to paint. I have not been back to Peru.



Andrew Osta : "Liberation" (Acrylic, Mexico, 2010)

APPENDIX 1

Self Liberation Method

I WAS first introduced to the concept of demonic entities while I was studying with Javier in Peru. I noticed that in many cases, he diagnosed various people coming to him as having "a negative energy" or a "demon" attached to them. The result of having this negative energy or demon was usually a life in which things just didn't go well. Javier said that these negative energies alienate friends, jeopardize relationships, and create much suffering. Generally speaking, everyone has connections with demonic entities. Therefore, anyone can benefit from their removal. The only difference between "far gone" and "normal" people is that the entities attached to them vary in strength and number.

After spending a month at El Refugio, I understood very clearly what demonic entities are, how they function, where they come from, and how they can be removed with the self liberation method.

Most people in the west lack even the most basic understanding of what demonic entities are. When a westerner is told that they have a demon attached to them, the result is usually shock and disbelief. I always say: "Don't worry, it's not a matter of life or death. Almost everyone has these things."

Definition: *The presence of a demonic entity can be recognized in oneself by the presence of a repeated harmful, painful or immoral behavior, feeling, or thought over which one seems to have no control.* With this understanding, man is basically pure and God-like at the core. All of his evil comes from connections with demonic entities.

Desiring to cause pain, telling lies, being addicted, having compulsions, felling negative emotions, having excessive pride, sexual obsessions, lack of morals, and so on, are all behaviors caused by demonic entities, according to the El Refugio understanding.

Function: **Demonic entities have two primary functions - to satisfy themselves, and to perpetuate themselves.** The entities fulfil these functions at the cost of jeopardizing things that are important in your life. To satisfy themselves simply means to have you engage in behavioral patterns dictated by the entity. To perpetuate themselves means to intent to infect other people and to keep you from the light, or from any situation which might lead to their removal. These entities begin to function more strongly whenever you are close to becoming transformed or reaching a new level in your spiritual evolution.

Origin: **Some entities are attached to us even before birth, through family ties. The demons of parents and grandparents can be transferred to the offspring for many generations.** During childhood, a host of demons can enter and take residence when any form of abuse happens. For any given person, it is more probable that they had some form of childhood abuse than that they didn't.

The forces of darkness attack children in the form of abuse from family members and people of confidence because they are aware that hurting a child will shape her adult life in such a way that she will later allow the forces of darkness to control her. In childhood, entities can enter when a child is frightened, so disturbing movies are quite dangerous. Later in life, dark spirits can attach themselves to a body during drug or alcohol intoxication, during sex, and during esoteric practices. This is why no real shaman or healer will recommend a person to take magic plants alone. The misuse of alcohol, marijuana, pharmaceuticals or even mushrooms and ayahuasca can potentially be very dangerous. Casual sex is equally dangerous.

Upon hearing such things, the mind says, "Well, if I don't do these things, then what fun is life?" There is a reluctance to believe, there is a strong resistance. The demons work to satisfy and perpetuate themselves. I met a man not so long ago who tried to convince me that he only smoked marijuana and tobacco because he *wanted* to. He believed that he had complete control. A few days later, when he ran out of tobacco, I found him extremely bitter and angry. He was smoking raspberry leaves just because he needed to smoke *something*.

Jose told a similar story during a Bible class. He and a friend once went on a road trip together. Jose brought a bunch of marijuana, and his friend brought a couple of blocks of cigarettes. After about two weeks, they finished all of their supplies and were unable to buy more. Both became so irritable and angry that they could no longer stand each other's company and had to abandon the trip.

Removal: **Any really good healer has the ability to remove demonic entities or negative energies. However, my intention is to teach you how to do this yourself,** without relying on another person or spending money. Demonic entities are best removed by means of prayer. I became assured of this after spending time with the healers of Peru or Mexico. Just like darkness cannot exist in light, demons cannot exist in a person who always remembers God.

Demons can be removed in three ways of which I am aware, and those three ways work best when combined. The first way is to seek help from a spiritual healer or a holy person. The second way is to attend spiritual events, where there is a strong divine presence. The third way is to use the self liberation method.

Self Liberation: **Self liberation is a step by step process.** The first, step is forgiveness. Write down all the painful events that happened to you, and all the things you have done to hurt others. Forgive and ask for forgiveness. If you cannot ask the person, ask forgiveness from God in prayer.

The second step is the cutting of connections with past lovers. Write down the names of all of your past lovers and mentally let them all go, cutting the subtle ties completely. After this, do not fantasize about them or remember the intimate times you had together.

Third, identify your demons. In El Refugio, the search is narrowed to five main areas: rebellion, fear, resentment, rejection and lust. Repeated patterns of behavior linked to rebellion, fear, lust, and so forth are written down, understood, confessed and renounced.

You can do this alone or with a person you trust. If you have such a person, confess everything to them and then renounce it all in their presence. If you do not have anyone you can trust to that degree, confess in a church or just speak out loud to God. You can also ask members of a church to pray for you - it will help.

Anything that doesn't fit with your path of light needs to be renounced. Declare it out loud: "I renounce X from my life." Once renounced, you should not engage in old behaviors again. You can renounce behaviors, feelings, thoughts, diseases, problems, poverty, insomnia, etc. There are no limits.

After you renounce everything out loud, saying, "I renounce smoking, I renounce depression, I renounce anger," and so forth, you can proceed to order the demons responsible for the things you have renounced to leave your body. This process is much more powerful when done by someone with authority, someone whose life is pure. The more pure your life is, the more authority you have over demonic entities. This is the reason for first renouncing the negative behaviors and patterns and *then* ordering the demons to leave. Jose once told me that if a person tries to order demons around without first purifying his or her life, the spirits will only laugh. They are not obligated to obey.

Jose and other Christian healers told me that people who have accepted Christ have much more authority over demons than people who have not accepted Him. These people can order demons to leave in Jesus name, and the name is powerful. However, anyone with a pure heart and a strong desire to be free from spirit entities can order demons to leave. This is not limited to any particular religion.

You can order spirit entities to leave by speaking to them aloud with authority, conviction, force, and faith. Say a prayer to invoke God's presence, and ask God to help you and to free you of the things you have renounced. Then go through your list and order the demons, to leave your body, one by one. As an example, you can say: *"In the name of Jesus Christ, I order all forces of darkness to leave my body. Demons of lust, demons of insecurity, demons that jeopardize my relationships - get out! You are not welcome here any longer. You have no power over me any longer. I declare my alliance with the light, with forces of goodness and with God."*

Continue to talk like this for some time.

A liberation session can last from a few minutes to several hours.

There are certain signs that indicate that demons are leaving your body. You may feel heat in the body, may experience yawning, burping, vomiting, gas, or the need to go to the bathroom. Ela told me that demons like to leave a "nasty trace" when they leave the body - hence the signs. If you do not experience any of the signs, don't let it stop you from doing the work. After each session, you should feel lighter and happier, but be very careful about any kind of wrong behavior, intoxication or sex while you are in the middle of this process.

Maintenance: It is a good idea to pray and command parasite spirits to leave your body any time you feel a negative mood come over you. Even after you undergo a thorough cleaning, you will continue to feel old negative patterns come and go for some time. When this happens, recognize it, stop what you are doing, and dedicate a few minutes to self-liberation.

Keeping away from negative people, or people with demons, is also a very good practice, especially during your liberation process. If you cannot avoid being with these people, pray for protection constantly.

Once you begin to remove the demons from your life, you will see definite positive changes. Your life will take a new direction. Don't forget to feel grateful and to thank God for everything. Also, get into the habit of praying every night before falling asleep - this is a necessary for both protection and guidance.

APPENDIX 2

Prayer and Fasting

FASTING GIVES strength to the spirit and helps the body rest and regenerate. Sometimes, when you feel emotionally heavy, you may have little or no appetite. During such times, it is best to listen to your body and stop eating.

Fasting can be done for any period of time, even half a day, and is useful both during periods of spiritual difficulty and physical illness.

For at least one day before the fast, do not eat any meat, fish or eggs. Do not drink alcohol or coffee. The same goes for at least three days after the fast. Aim to drink between 2 and 5 liters of pure water daily, as your body demands. When hungry, drink mineral, spring or distilled water. Do not drink water from the tap.

On the day before your fast, give thanks for everything that you are thankful for. Speak to God as if talking to a person, out loud and in private. Say your intention: you will fast for a specific number of days to achieve specific goals. Be very clear about what you want to achieve. And don't forget to ask for protection.

I recommend eating your last meal at around 6 PM, and starting your fast after that. This way, you will have an easy 8 hours of fasting time during the night. The most challenging day of fasting is the second day. After that, it only gets easier.

To receive spiritual benefits, fasting needs to be accompanied by prayer. Fasting makes prayer more effective, so you should take full advantage of your fast by praying for everything you want or need. Just be careful what you ask for, because prayer really works. Also, if you ask for something, be sure to follow through when your prayer is answered. If you are not sure, then it is better to not ask!

The power of prayer is not in the words you say. It is in the feeling you have when you say those words. Saying beautiful words without concentration is unlikely to give results. The keys to making your prayers effective are your faith and your concentration.

Perform self-liberation as often as you feel necessary. Try to not watch TV or listen to mundane music. Each night before sleeping, ask God to teach you through your dreams, and to help you achieve your goals. In the mornings, stay in bed a few minutes and try to remember any dream messages. If anything seems significant or important, be sure to write it down.



Andrew Osta : "Crazy Artists at El Refugio" (Acrylic, Mexico, 2010)

APPENDIX 3

Directions to El Refugio

EL REFUGIO is located in the mountains of Oaxaca, Mexico. There are two ways to get there - from the city of Oaxaca or from the beach town of Pochutla. The center is high in the mountains, above the tiny town of San Jose del Pacifico.

From San Jose, one has to walk approximately 4 kilometers up a dirt road, following the signs. There is only one road that goes through the town and up the mountain. Once on it, keep right. It's about 1.5 hours of a walk.

Sometimes, it's possible to get a ride with someone who is heading that way, and it is also possible to take a taxi.

The center is always functioning, though Jose and Ela may be away from time to time. September and October are their vacation times, due to the rainy season. Easter may be the best time to visit. There is always space, and one can stay as long as necessary, free of charge. El Refugio specializes in helping people who are worn out to get back on their feet.

APPENDIX 4

Websites and Contact Info

SPREADLOVE.CA / ANDREWOSTA.COM

Andrew's art, writing and music

SHAMANSANDHEALERS.COM

Official website of this book

VISIONARYWEAR.COM / SHAMANICSHIRTS.COM

T-shirts with Andrew's designs

VAJRAS.ORG

Supporting Expressions of the Dharma

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*May you be **Blessed** with the highest blessings,*

*Experience true **peace** and contentment*

*Pass all of the **tests***

*And live a life filled with **Love***

*When two or more people come together in **prayer***

Miracles happen.

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