

## ANCIENT CHANT AND WIND – WAYRA AND ICARO

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In all ancient cultures Wind is considered as one of the main medicines, tools, and even realities. Wind is able to transform, to remove, to transmit, to heal and to give you the awareness of your life and destiny according to old traditions not only in America but also in the World. Chinese medicine, for instance, affirms that the wind that flows through our bodies can become also the reason of our sicknesses. Therefore, some ways of healing in China are based on clearing the winds that goes in our body in order to blow away the bad winds that may appear in our lives making us feel bad.

This is not distant from the thought of the indigenous people in South America in the Andes and Amazon. In Quechua language, Wayra means wind and for them even reciting the single word has a powerful effect. Wayra not only refers to the physic phenomenon, it also refers to the flowing of forces and energies in universe and life. This knowledge is also shared in the native tribes in North America where one of the sacred entities for them are the four directions east, south, west and north which they also call the four winds. They believe that each cardinal point, that each direction has its own medicine that the world needs. They think that we all should ask for the medicine and wisdom that east, south, west and north have and the only way to have all this to come is through the wind, that is the carrier of good, bad energy, or blessings. This way of thinking can be found in many indian traditions in Peru as well.

Wind can be considered a synonymous of flying, sweeping, cleaning, transforming, and all this is true for the ancient cultures. Native people play wind instruments with the intention of getting a subtle reactions in human spirit. Feelings like joy, love, sweetness and relaxation can also transmit states of flying, sweeping of spirit, cleaning and transformation. Amazon tribes in Colombia, Brazil, Ecuador and Peru have as the main instrument for healing sessions and ayahuasca ceremonies the Sacha Wayra. Sacha Wayra that in English means Wind Leaf is a bunch of leafs taken from the Wayra Shrub that only grows in the amazon considered also as sacred. Sacha Wayra is a powerful tool for healing that only shamans know how to use well. They say that only with one shake it releases the necessary energy to clean a space and when it's used in the human body it can remove all the bad energy that our body can contain cleaning and dressing our aura. Usually, a session with this tool can make you have visions and hauls you to natural places such rainforests or jungle owe to its amazing sound power to reproduce the sound of leafs trees and their dance with Wind. It must be said that the work of Sacha Wayra is determined by the connection that the person that use it can have with it. It is considered a millenary sacred plant that requires knowledge, experience and wisdom to be able to use it correctly. Usually, the shaman or medicine

man uses his Wayra with a simple sound of a harmonica or chanting. The most common chants that shamans in Amazon works with Wayra are the Icaros.

Icaros are traditional chants from the amazon that shamans use in their ceremonies with an intention of healing or charging energy. In Ayahuasca ceremonies shamans chant an Icaro to the Ayahuasca in order to put in it all the intention and the healing purpose, for instance. Icaros are also chanted in a healing session with Wayra and sound. Besides, Icaros are able to shake and turn around everything in your body and spirit in order to heal and to organize. It is also common to compare Icaros with Hindu mantras, because they also can create states of mind and feelings in order to heal; and because they are recited in ancient sacred languages.

There are different ways to learn Icaros. One of them is just by being transmitted by the master. Others, are during the ayahuasca ceremonies when shamans get into a meditative state and the spirit of this plant connects with him to make him a channel to chant what the patient or the situation needs. Since each sacred plant can have its own Icaro, in other situations they can be learn just by working with the specific plant as healing session or in diets.

Many different types of Icaros exist. Each has its own purpose, intention, power, animal or plant. For example, there are Icaros to opening ceremonies as a way of setting sacred spaces or to protect the space. Icaros for protecting the patient or the diseased body so bad energies or spirits do not get into them; Icaros to put protection, intentions or good energies in beverages or objects; Icaros to call animal or plant spirits and Icaros for calming.

In order to be able to use Icaros it is extremely important to have a good intention. Actually, shamans and native people believe that learning a practice like this demand years and years of work and experience. "They aren't to be used by anybody" a shaman told me once. And as a healing energy practice it is necessary to be aware that subtle forces can be involved. "Love is the most important thing if you want to have a good work" All shamans agree.



SACHA WAYRA