

Sun Dance: Healing and Transformation

A Personal Testimony

Greetings, Galactic family. My name is Gustavo Ik, Kin 2, White Lunar Wind.

With an open heart, I would like to tell you about my experience of the Sun Dance and how it connects with my path with the Law of Time. For the last 21 years of my life, I have navigated with this system of life where time is art or creation.

I have had the opportunity to travel, get to know ancestral cultures, and, above all, get to know my time and my mind better. I am not going to talk about codes or my personal interpretation of them but about a direct experience of transformation.

The power of 4 and 7 manifests itself in various ways in dance. The Sundance is a process of four days.

[Note: The Sun Dance is a sacred ceremony practiced by various Native American tribes. It is a deeply spiritual ritual that involves prayer, fasting, dancing, and physical endurance as a form of personal sacrifice and communal connection to the Great Spirit, or Creator.]

Every morning prior to dawn, two rounds of the sweat lodge are conducted, followed by a dance in the sun for a duration of four to seven rounds per day. In the afternoon, another two rounds of the sweat lodge are performed to complete the traditional four rounds of a ceremonial sweat lodge.

In the dance, there is always an alignment with the four directions, and each one has a color: black, yellow, red, and white. Everything revolves around Can Wakan, which is the Tree of Life. The drum and the chants move the dancers, and the guides carry out the alignment within the Arbor (the inner circle around the Tree of Life). The commitment is usually to dance for four years with these intentions.

The first day/year is for the Great Spirit (God).

The second day/year is for the family.

The third day/year is for ancestors and relationships.

And the fourth day/year is for personal dreams and the realization of the divine purpose.

I never thought I would dance to the sun. However, this changed with the cancer process of I'x T'zunun (Paola kin 117 Red Cosmic Earth, who was my partner). When her health began to decline, I didn't know what else to do, and the sun dance came to my mind. I said, "I'm going to dance." I had run out of options, and I saw the Sun Dance as a light to elevate my prayer for her life.

Participating in this ceremony as a dancer means many things. One of them is fasting without food or water for 3-4 days. You have to prepare yourself with a sweat lodge beforehand and

carry out the respective abstinence from bad thoughts, drugs, sugars, flour, and sex. You have to prepare the offerings for the tree and the grandparents holding the space, and finally, make the trip to the mountain to help set up camp and get ready for the ceremony.

Thus, due to the difficulties I was facing, I began to prepare myself physically and mentally to participate. The organization I am part of, Roots of the Earth, is supported by the Oglala Lakota tribe of the American Horse and Afraid of Bear Lineage families. They are the ones who support this ancient design.

It was the middle of 2020, and the elders from the North could not leave their country, so the dance was canceled. To a certain extent, it was a relief. However, 4 moons later, T'zunun passed away on kin 208 Yellow Cosmic Star; my reality was shaken strongly once again. I felt terrible; just 9 days before her death, I had just entered my 39th (13x3) solar return.

The Mayan elders of Guatemala consider that every 13 years, we enter a process of initiation and change. I was very tired and sad after the process that took over 2 years. However, I knew that I had to do something urgently for my life, and that's when the sun dance came to my mind again. That's how my process of preparing to go to the Sun Dance began once again.

To be honest, I was very scared; I didn't want to give my "offering/sacrifice" (what some people call "hanging" out of ignorance). It is very difficult to explain what the Offering is, and everyone has their own way of understanding, living, and feeling it. At its most basic level, I think giving something to Can Wakan shows respect, gratitude, and reciprocity. The blood or skin you give is for God, family, ancestors, and your dreams.

In the circle to which I belong, no one is forced to give an "Offering." It is something very personal and totally optional. There are participants who never do it since the physical effort, the fasting, and everything that entails being there for four days under the sun, with rain, cold, heat, thirst, and hunger, is enough of a sacrifice.

However, after many synchronicities, I felt the call to make my Offering.

We all have fear at the moment prior to offering in one way or another; it does not matter if it is the first time or the last, and doubts arise. The pain of the piercing with the scalpel, the stakes in the chest connected to the rope that is in the tree. It is a very intense process in which you enter a state of expanded consciousness. It is very important to remember your intention, know your mind well, think about your prayers, and focus on why you are there.

At the time of the Offering, I learned that it is not a matter of strength but conviction. It was a very liberating moment.

There is much more to tell you, beautiful things and important details, but it is important to start to close the sharing.

In summary, after my first dance, which began at 39 years old, I felt like this initiation opened my path to that of a mature man. I felt that I had entered a new stage of my life, and now, after dancing for four years, I feel that a cycle of healing has been completed.

The purpose of the Dance is not to make marks on the chest to be a warrior, nor to be a shaman or medicine man. The Sun Dance is to heal, open the way to family and ancestors, and be a better human being. With that determination with which one gives an Offering, one can also fight for their dreams and a better world.

I am very grateful for all the blessings I have received, even through difficulties. I am grateful for all the amazing humans in my life: my living teachers, those on the "other" side, my partner Giovanna, and all my friends. I feel more alive than ever, with my purpose clear, health, prosperity, and much love in my life.

I hope this personal story inspires you if you are going through a difficult or transitional moment in your life. I hope your practice of the law of time opens the way to synchronicity and that you can see the steps to follow.

Greetings and blessings.

I am another you.

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Aho Mitákuye Oyás'in
(We Are All Related / For All My Relations).