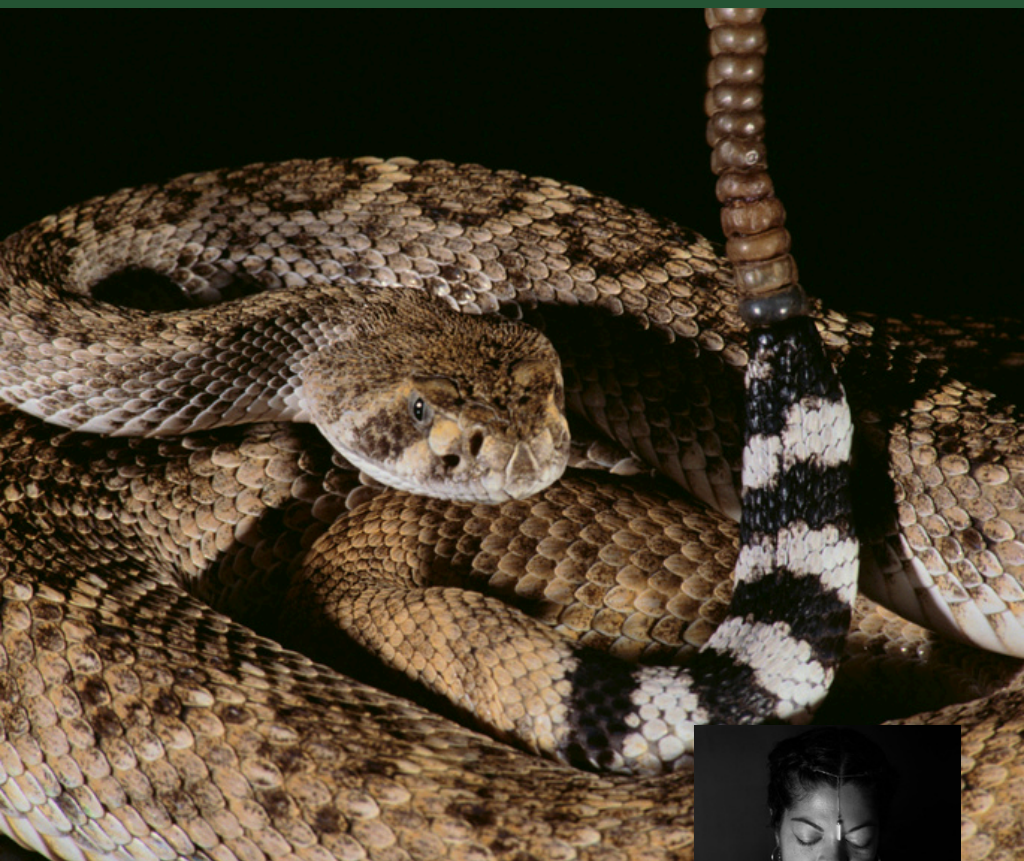


A HOW-TO GUIDE

Integrate Snake Venom into Daily Life



Nydia GanjaClergy
@urwellnessofficial



Table of Contents

Introduction	03
A Three Day Process	04
The Venom You Are Recieving	05
Pre-Session Preparation	06
Post-Session Care	07
Personalized Care	08
Heal Though The Kingdoms	09
Stay Connected	10

INTRODUCTION

Hello, I'm your practitioner _____

As an ordained clergywoman and holistic practitioner, I specialize in bridging the realms of mysticism and science through transformative healing modalities. My work integrates ancient wisdom and modern practices, including snake venom therapies, spiritual counseling, and guided ceremonies, all designed to empower individuals on their unique journeys of growth and self-discovery. With a foundation in traditional and esoteric philosophies, I create a safe and supportive space for profound transformation.

My approach emphasizes the interconnectedness of mind, body, and spirit. Whether facilitating venom therapies, teaching conscious practices, or hosting ceremonies, I strive to guide clients toward alignment, resilience, and enlightenment. I draw from extensive training in energy work, entheogenic integration, and natural healing systems to ensure each session is tailored to the client's needs and goals.



At the core of my practice is a deep commitment to fostering balance and awakening the potential within every individual. Together, we will explore transformative tools and timeless wisdom to help you navigate life with clarity, intention, and empowerment.

- Nydia GanjaClergy

INTRODUCTION

A Three Day Process

Snake venom therapies offer unique benefits for physical, emotional, and spiritual well-being. Integrating this practice into daily life requires mindfulness, consistency, and respect for its potency. Use this guide to maximize your healing journey.

Snake venom integration is a three-day process, each day focusing on a different aspect of healing:

– **Day 1: Spiritual Enlightenment** – Cultivate clarity, insight, and a deeper connection to your higher self.



– **Day 2: Character Growth and Development** – Focus on self-awareness, emotional balance, and cultivating resilience.



– **Day 3: Physical Healing** – Support your body's healing processes, reduce inflammation, and enhance physical vitality.



Pre-Session Preparation

There are no special preparations required prior to your venom session. Simply:

- Wear comfortable clothing.
- Be ready to sit or lay still for about an hour while the venom is soaking in.
- Arrive with an open mind and a willingness to engage in the process.
- Write intentions and place them in a sacred space or altar.
- Use affirmations or mantras to reinforce your healing goals: "I embrace transformation with grace and strength." "My body, mind, and spirit align in harmony."



Post-Session Care



Hydrate

Drink plenty of water with chlorophyll to support detoxification and cellular recovery.



Rest

Prioritize rest and integration, especially in the first 24 hours.



Mindfulness

Practice gentle activities such as meditation, yoga, or Qi Gong to maintain energy flow.

No need to practice any kind of wound care. as explained during your session your gates were promptly sealed. You are free to resume any and all activities as you were doing prior to administration of the venoms.

Personalized Recommendations

These are the personalized recommendations that you and Nydia came up with collectively. Recommendations at UR Wellness LLC are always invitations, not obligations. Should you have any problem sourcing any of these please reach out and we can see how to remedy the situation.

Affirmations: Select affirmations that align with your personal goals and healing intentions.

***** View the [UR Wellness LLC Youtube Channel](#) for more inspiration

Supplements you are taking: beet root, vitamin C, vitamin D, (lots of natural supplements)

Daily Practices: 24/7 practices, meditation, movement, breath work

Integration Focus: "healing internal wounds & allowing the medicine to do what it needs to do"

Kingdom Guidance: Explore specific suggestions within the kingdoms (e.g., crystals, mushrooms, or rituals) that resonate with your healing path. *See Next Page*

Healing Through The Kingdoms



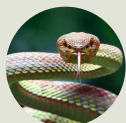
Mineral Kingdom: Use crystals or salts or take supplements (e.g., amethyst, quartz, Himalayan salt, magnesium or colloidal silver) to ground and stabilize energy. ***Choline***



Plant Kingdom: Integrate herbal teas, tinctures, or essential oils (e.g., lavender, chamomile, eucalyptus, or cannabis) for calming and balance. ***Cannabis***



Fungal Kingdom: Explore medicinal mushrooms like reishi or lion's mane to support immunity and cognitive health. Please ensure to take days off between doses. ***Magic Mushrooms***



Animal Kingdom: Work with totem animals, venom wisdom, or animal-based symbolism for guidance and transformation. Read the venom specific information provided to you by your practitioner. ***(Page 5)***



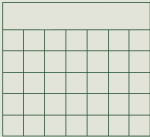
Human Kingdom: Build connections through group healing, therapy, or supportive communities to enhance growth. Join ***UR Wellness Ceremonies, or Events, Youtube channel***



Spiritual Kingdom: Engage in prayer, meditation, or rituals to align with higher energies and divine wisdom. ***Frequencies***

CONCLUSION

Stay Connected



Your integration call or check-in with Nydia Ganja Clergy is Scheduled for:

Date:

Time:



Join our [Patreon Community](#) to support your healing and spiritual journeys, be around like minded individuals and gain insights to how to continue on your path/. with over three membership options there is something for everyone..



Join our [YouTube Channel](#) where your are affirmed in your daily life through various affirmation videos and frequencies, education and workshop insights at no cost to you.

www.urwellnessllc.com



THE VENOM YOU ARE RECEIVING IS:

Western Diamondback Rattle Snake

Symbolism and Power of Venom

The Western Diamondback Rattlesnake embodies balance, caution, and resilience. Its venom symbolizes transformation and the duality of destruction and healing.

Movement and Interaction with Enemies

- Known for its signature rattle, the rattlesnake warns before striking, symbolizing wisdom in conserving energy and setting boundaries.
- Its venom is a metaphor for transmutation, turning challenges into opportunities for growth.

Esoteric Symbolism of Venom

- Transformation: Poison as a tool for change and growth.
- Grounded Wisdom: Rooted energy emphasizing discernment and purposeful action.
- Cycles of Life: The shedding of skin mirrors rebirth and renewal.

Lessons from the Rattlesnake

- Heed warnings and respect boundaries.
- Embrace challenges as catalysts for growth.
- Transform difficulties into sources of power.

Therapeutic Applications:

- Cardiovascular Health: Disintegrins and SVMPs prevent blood clot formation, reducing the risk of strokes and heart attacks.
- Anti-inflammatory: PLA2 can help reduce chronic inflammation.
- Antimicrobial: LAAO shows potential in combating infections.

THE VENOM YOU ARE RECEIVING IS:

Water Moccasin (Cottonmouth)

Symbolism and Power of Venom

The Water Moccasin, or Cottonmouth, represents emotional depth, adaptability, and overcoming fear. Its venom symbolizes the ability to navigate murky waters with clarity and purpose.

Movement and Interaction with Enemies

- Agile in water and on land, this snake's movements reflect fluidity and the importance of adapting to surroundings.
- Its defensive displays emphasize standing one's ground with confidence and resolve.

Esoteric Symbolism of Venom

- Emotional Healing: The venom represents the cleansing of emotional toxins and fear.
- Adaptability: Embracing transformation amidst uncertainty.
- Clarity in Darkness: Guiding through shadowy and unclear times.

Lessons from the Water Moccasin

- Adapt to emotional or situational challenges with grace.
- Use fear as a motivator for growth.
- Balance assertiveness with calm decisiveness.

Therapeutic Applications:

- Wound Healing: Hyaluronidase aids in repairing tissue damage and improving skin regeneration.
- Immune Modulation: C-type lectins can assist in autoimmune and inflammatory conditions.
- Neuroprotection: PLA2 may provide therapeutic benefits for neurodegenerative diseases.

THE VENOM YOU ARE RECEIVING IS:

Copperhead

Symbolism and Power of Venom

The Copperhead symbolizes balance, transformation, and the flow of life. Its venom represents healing through alignment and cardiovascular health.

Movement and Interaction with Enemies

- Copperheads are calm and deliberate, often relying on camouflage rather than confrontation.
- Their presence reminds us to stay grounded and avoid unnecessary conflict.

Esoteric Symbolism of Venom

- Balance and Flow: The venom symbolizes healthy circulation—physically and spiritually.
- Subtle Power: Quiet strength that works beneath the surface.
- Harmony: Aligning life's rhythms with purpose.

Lessons from the Copperhead

- Find balance in your personal and spiritual life.
- Approach challenges calmly and with composure.
- Trust the subtle flow of energy to guide you.

Therapeutic Applications:

- Circulatory Health: Fibrolase and disintegrins prevent clots, enhancing cardiovascular function.
- Wound Healing: Hyaluronidase and serine proteases accelerate tissue repair.
- Anti-inflammatory: Provides relief for chronic inflammation.

THE VENOM YOU ARE RECEIVING IS:

Monocled Cobra

Symbolism and Power of Venom

The Monocled Cobra embodies transformation, wisdom, and spiritual awakening. Its venom represents the duality of poison and medicine, teaching the power of transmutation.

Movement and Interaction with Enemies

- Cobras are commanding and deliberate, often displaying their hoods as a warning.
- They strike with precision, symbolizing calculated power and restraint.

Esoteric Symbolism of Venom

- Awakening: The venom represents unlocking dormant energies for spiritual growth.
- Transformation: Turning challenges into opportunities for enlightenment.
- Wisdom and Balance: Acting with purpose and clarity.

Lessons from the Monocled Cobra

- Embrace personal transformation as a path to enlightenment.
- Use your power sparingly and wisely.
- Seek balance in both physical and spiritual pursuits.

Therapeutic Applications:

- Pain Management: Alpha-cobratoxin is studied for its analgesic properties.
- Anti-inflammatory: PLA2 reduces chronic pain and swelling.
- Neurological Disorders: Alpha-cobratoxin is being researched for treating conditions like Parkinson's disease.

THE VENOM YOU ARE RECEIVING IS:

Black Necked Spitting Cobra

Symbolism and Power of Venom

The Black-Necked Spitting Cobra is a powerful symbol of defense, transformation, and the ability to command respect through controlled force. Unlike other cobras, it possesses the unique ability to spit venom at threats, emphasizing the importance of boundary-setting and assertive protection. This snake represents the mastery of energy—knowing when to warn, when to retreat, and when to take decisive action.

Movement and Interaction with Enemies

- This cobra is highly adaptable, capable of moving efficiently on land and in trees, symbolizing flexibility in overcoming obstacles.
- It spits venom accurately at enemies' eyes to cause temporary blindness, reinforcing the symbolism of insight, perception, and neutralizing threats before direct conflict arises.
- Like other cobras, it only bites as a last resort, demonstrating the wisdom of conservation—exerting energy only when necessary.

Esoteric Symbolism of Venom

- **Boundary Setting & Self-Defense:** The ability to spit venom without physical contact represents the power of projection—using words, energy, and presence to set strong boundaries.
- **Awakening & Insight:** The venom's ability to blind symbolizes clearing illusions and false perceptions, forcing clarity and deeper self-awareness.
- **Transformation & Alchemy:** As with all venoms, this cobra's secretion carries the power of poison and medicine, embodying the transmutation of challenges into wisdom.

Lessons from the Black Neck Spitting Cobra

- **Master Boundaries:** Learn when to engage and when to protect your energy from a distance.
- **Sharpen Perception:** Recognize illusion and seek deeper truths.
- **Harness Transformation:** Use challenges to refine your wisdom, turning poison into power.
- **Balance Defense & Action:** Choose your battles wisely, knowing when to strike and when to retreat.

THE VENOM YOU ARE RECEIVING IS:

Fer De Lance

Symbolism and Power of Venom

The Fer-de-Lance (Bothrops asper) embodies power, unpredictability, and deep transformation. Feared yet revered, this snake represents both destruction and renewal, symbolizing the raw force of life's challenges and the wisdom to navigate them. Its venom is a potent agent of change and adaptation, reflecting the duality of life and death, suffering and healing.

Movement and Interaction with Enemies

- **Swift and Decisive:** Unlike some snakes that warn before striking, the Fer-de-Lance acts quickly and powerfully, emphasizing decisive action and fearlessness in the face of adversity.
- **Camouflage and Stealth:** This snake blends into its environment, teaching the value of patience, timing, and the element of surprise when approaching life's challenges.
- **Powerful Defensive Response:** The Fer-de-Lance is known for its explosive strikes, reminding us to respond to threats with precision rather than react impulsively.

Esoteric Symbolism of Venom

- **Transformation Through Struggle:** The venom of the Fer-de-Lance, though deadly, is also being studied for its healing potential. This symbolizes the ability to extract wisdom from suffering.
- **Unpredictability and Change:** Life, like the Fer-de-Lance, can be sudden and unexpected—embracing its lessons helps one adapt, survive, and thrive.
- **Rebirth Through Chaos:** The destructive power of its venom mirrors the purging of old energy, making way for renewal and rebirth.

Lessons from the Fer De Lance

- **Embrace Change & Unpredictability:** This snake teaches us that life's shifts can be sudden, but adapting swiftly leads to survival and growth.
- **Harness Power with Precision:** Like the Fer-de-Lance, strike when the moment is right, without wasting energy.
- **Use Destruction for Renewal:** Its venom reminds us that sometimes old structures must break down to allow healing and evolution.
- **Flow Through Life's Obstacles:** Just as the venom dissolves clots, we must let go of stagnation and resistance to move forward.

THE VENOM YOU ARE RECEIVING IS:

West African Gaboon Viper

Symbolism and Power of Venom

The West African Gaboon Viper (*Bitis gabonica*) is a symbol of patience, precision, and silent power. Unlike many other venomous snakes, it relies on stillness and camouflage rather than speed or aggression, teaching the wisdom of waiting for the right moment to act. Its venom, among the most potent of any viper, represents deep transformation, cellular regeneration, and the balance between destruction and healing.

Movement and Interaction with Enemies

- **Masters of Stillness:** The Gaboon viper blends seamlessly into its environment, symbolizing the power of patience and discernment.
- **Silent but Deadly:** It rarely bites unless provoked, emphasizing strategic action rather than impulsive reaction.
- **Infallible Strikes:** Once it decides to act, its precision is unmatched—this teaches us to strike with certainty and effectiveness when necessary.

Esoteric Symbolism of Venom

- **Transformation & Cellular Renewal:** The venom contains enzymes that break down and rebuild at a cellular level, mirroring death and rebirth cycles.
- **Mastery of Timing:** It embodies the wisdom of knowing when to remain still and when to act decisively.
- **Healing Through Stillness:** Unlike aggressive predators, the Gaboon viper's energy is grounded, contemplative, and transformative, teaching that healing often comes in quiet moments.

Lessons from the West African Gaboon Viper

- **Master the Art of Stillness:** This snake teaches us that not all action is visible—true power often lies in silent observation and patience.
- **Strike Only When Necessary:** The viper reminds us to act with precision and confidence, avoiding wasted energy.
- **Embrace Deep Transformation:** Just as its venom breaks down and rebuilds, we must allow old structures in our lives to dissolve for new growth and evolution.
- **Trust in the Timing of Nature:** Healing, change, and success come at their own pace—forcing things too soon may lead to destruction rather than transformation.