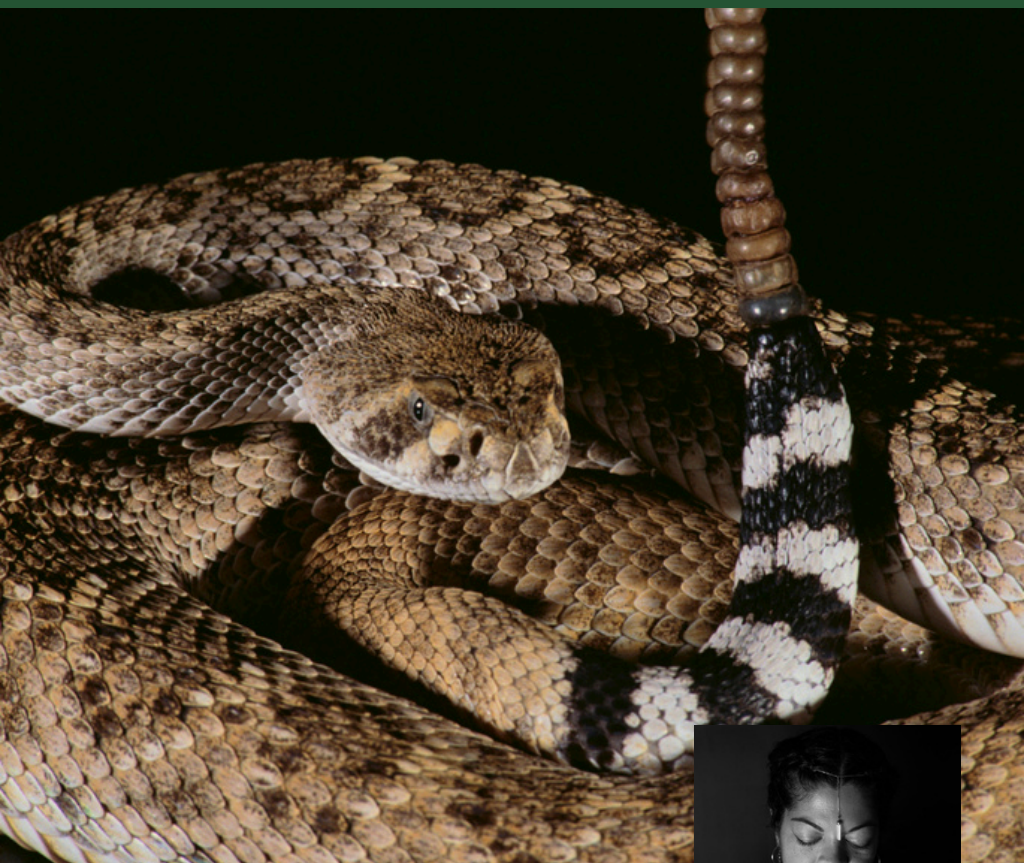


A HOW-TO GUIDE

Integrate Snake Venom into Daily Life



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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 WellnessLLC Youtube Channel](#) for more inspiration

Supplements you are taking:

Daily Practices: affirmations,

Integration Focus:

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



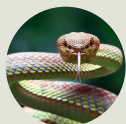
Mineral Kingdom: Use crystals or salts or take supplements (e.g., amethyst, quartz, Himalayan salt, magnesium or colloidal silver) to ground and stabilize energy.



Plant Kingdom: Integrate herbal teas, tinctures, or essential oils



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.



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



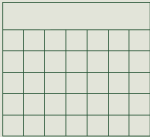
Human Kingdom: Build connections through group healing, therapy, or supportive communities to enhance growth. Join *UR Wellness Ceremonies, or Events, Youtube channel*



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: 3/16/25 via phone

Time: 10 am



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



Western Diamondback Rattle Snake

Scientific Profile

Primary Compounds:

- **Disintegrins** – reduce blood clotting and improve circulation.
- **Metalloproteinases** – break down scar tissue and support tissue remodeling.
- **Serine Proteases** – modulate pain, inflammation, and immune response.

Mechanism of Action:

- Enhances circulation and clears stagnant blood.
- Supports lymphatic drainage and tissue regeneration.
- Regulates inflammation, easing chronic pain and swelling.

Therapeutic Potential:

- Valuable in protocols for arthritis, chronic inflammation, and bone remodeling.
- Supports detox, somatic release, and connective tissue healing.

Spiritual Use

Element: Earth

Chakra Activation: Root & Solar Plexus

Esoteric Significance:

- Symbol of boundaries, protection, and ancestral wisdom.
- Encourages grounded presence and cutting energetic cords.
- Invokes stability and embodied awareness.

Character Development

- Builds confident boundaries and assertive clarity.
- Transmutes fear into presence and power.
- Helps release guilt, shame, or over-responsibility.

Physical Healing

Systems Affected: Circulatory, lymphatic, and fascia

Benefits:

- Breaks down adhesions and scar tissue.
- Improves blood and lymph flow.
- Aids in arthritis, injury recovery, and structural detox.

 **May Aid With:** Pain Relief, Bone Remodeling, Arthritis

Water Moccasin (Cottonmouth)

Scientific Profile

Primary Compounds:

- **Phospholipase A2 (PLA2)** – modulates inflammation and degrades damaged lipids in cell membranes.
- **Myotoxins** – disrupt skeletal muscle cells, causing localized muscle breakdown and regeneration.
- **Anticoagulants** – reduce blood clotting, enhancing fluidity in circulation.
- **Serine proteases** – influence inflammation and immune regulation.

Mechanism of Action:

- Promotes blood thinning, reducing congestion and supporting vascular flow.
- PLA2 and myotoxins stimulate localized detox and repair in soft tissues.
- Supports tissue oxygenation and reduces muscular tension.

Therapeutic Potential:

- Effective in addressing fluid stagnation, muscle tension, and trauma stored in the body.
- May benefit conditions related to menstrual irregularity, pelvic pain, and hormonal congestion.
- Often paired with somatic release therapies and womb-clearing rituals.

Spiritual Use

Element: Water

Chakra Activation: Sacral & Heart

Esoteric Significance:

- Aligned with emotional alchemy, grief release, and heart-womb connection.
- Assists in healing inner waters—our emotional body and feminine essence.
- Brings fluid movement to emotions that have been “frozen” in trauma.

Character Development

- Invites surrender, softness, and emotional flow.
- Assists in the integration of emotional depth and feeling states.
- Strengthens emotional maturity through non-reactive witnessing.

Physical Healing

Systems Affected: Muscular, circulatory, reproductive

Benefits:

- Relieves chronic muscle tension and blood stagnation.
- Enhances pelvic circulation and hormonal balance.
- Supports healing from womb trauma, grief held in the body, and emotional stagnation.

May Aid With: Womb Healing, PCOS, Menstrual Pain, Pelvic Congestion, Muscular Tension, Emotional Grief Release

Copperhead

Scientific Profile

Primary Compounds:

- **Contortrostatin** – a disintegrin protein shown in peer-reviewed research to inhibit tumor cell adhesion, migration, and angiogenesis (formation of new blood vessels that feed tumors).
- **Metalloproteinases** – degrade extracellular matrix proteins and assist in tissue remodeling, but also have regulatory effects on tumor progression.
- **Phospholipase A2 (PLA2)** – modulates inflammation and supports immune signaling.
- **CRiSP Proteins** – influence ion channels and muscle tone, supporting vascular and energetic relaxation.

Mechanism of Action

- Contortrostatin disrupts cancer cells' ability to anchor and spread by blocking integrin receptors—essential for metastasis and angiogenesis.
- Metalloproteinases both remodel tissue and may disrupt tumor microenvironments.
- PLA2 and CRiSP proteins may aid immune response modulation and vascular access, creating metabolic shifts that starve and stress abnormal cells.

Therapeutic Potential

- One of the only snake venoms studied for its direct anti-cancer effect, especially in breast, ovarian, and glioblastoma models.
- May assist in tumor regression support, preventing metastasis, and enhancing immune surveillance.
- Best used in protocols targeting systemic immune dysregulation, particularly where stealth pathogens or precancerous conditions are present.

Spiritual Use

Element: Earth-Metal

Chakra Activation: Root, Solar Plexus & Heart

Esoteric Significance:

- A venom of surgical insight and energetic extraction—targets what doesn't belong.
- Helps the body and spirit recognize and release foreign energies, parasitic patterns, and energetic tumors.
- Resonates with inner alchemy—transmutation of toxicity into clarity and life-force.

Character Development

- Builds the strength to discern and destroy false attachments, whether they are energetic, relational, or physical.
- Activates warrior calm—clear, sober courage without aggression.
- Encourages people to face what they've "tolerated too long."

Physical Healing

Systems Affected: Immune, lymphatic, vascular, endocrine

Benefits:

- May reduce tumor-supporting vascular growth and cellular adhesion.
- Enhances detox through blood and lymphatic modulation.
- Supports recovery in those who've had chronic immune stress, stealth infections, or unresolved inflammation.

May Aid With

Cancer (esp. Breast & Ovarian), Tumor Suppression, Chronic Inflammation, Immune Surveillance Deficiency, Lymphatic Blockage, Energetic Parasite **Expulsion**

Monocled Cobra

Scientific Profile

Primary Compounds:

- **Alpha-cobratoxin** – blocks nerve signals at neuromuscular junctions.
- **Phospholipase A2 (PLA2)** – modulates inflammation and tissue repair.
- **Cardiotoxins** – disrupt cell membranes and influence muscle activity.

Mechanism of Action:

- Calms overactive nerves and may ease chronic pain.
- Interrupts dysfunctional nerve firing and reduces inflammation.
- Balances sympathetic and parasympathetic nervous systems.

Therapeutic Potential:

- Studied for use in Parkinson's, ALS, MS, and neuropathic pain.
- Supports nerve healing, clarity, and regulation.

Spiritual Use

Element: Fire

Chakra Activation: Third Eye & Crown

Esoteric Significance:

- Symbol of Kundalini awakening and sacred wisdom.
- Clears ego-based illusions and sharpens spiritual vision.
- Often used for deep energetic purification and rebirth.

Character Development

- Promotes emotional clarity, courage, and truth-telling.
- Helps dissolve fear-based behavior and thought loops.
- Encourages self-discipline and inner alignment.

Physical Healing

Systems Affected: Nervous and muscular systems

Benefits:

- Calms spasms and nerve-related tension.
- Reduces inflammation and supports neuroplasticity.
- Supports protocols for Parkinson's, ALS, MS, and trauma recovery.

May Aid With: Pain Relief, Parkinson's Disease, ALS, Multiple Sclerosis, Arthritis, Spinal Cord Injury

King Cobra

Scientific Profile

Primary Compounds:

- **OH-1 Neurotoxin** – modulates acetylcholine receptors, calming nerve signal transmission and reducing muscle tension.
- **Three-Finger Toxins (3FTx)** – affect both muscular and cardiac receptors, contributing to systemic relaxation.
- **Cytotoxins** – promote immune activation and localized cellular turnover.

Mechanism of Action:

- Downregulates overactive nerve pathways, making it a potent tool for calming the nervous system.
- Relieves muscular spasms and tension through its action on both skeletal and smooth muscles.
- Encourages parasympathetic dominance, shifting the body from fight-or-flight into deep rest.

Therapeutic Potential:

- May support individuals with neurodegenerative conditions, nervous system hyperactivity, or stress-based inflammation.
- Excellent for recovery from overexertion, trauma, or nervous system depletion.
- Most potent when paired with meditation, Qi Gong, or deep breathwork.

Spiritual Use

Element: Solar Ether

Chakra Activation: Crown & Solar Plexus

Esoteric Significance:

- Known as a royal initiator, King Cobra represents divine masculine energy, inner command, and spiritual sovereignty.
- A symbol of authority without aggression, it invites one to master personal power and act with integrity.
- Bridges spiritual downloads with embodied leadership.

Character Development

- Fortifies inner will, focus, and resilience.
- Dissolves self-doubt, over-identification with roles, and fear of one's own power.
- Encourages long-range vision and the discipline to bring it into form.

Physical Healing

Systems Affected: Nervous, muscular, cardiac

Benefits:

- Reduces overactivation in the nervous system.
- Calms muscular rigidity and nervous tension.
- Supports recovery in ALS, Parkinson's, and chronic stress patterns.

May Aid With: Parkinson's Disease, ALS, Muscle Spasms, Anxiety, Nervous Exhaustion, Executive Dysfunction

Black Necked Spitting Cobra

Scientific Profile

Primary Compounds:

- **Cytotoxins** – target and destroy cellular membranes, prompting rapid immune responses and localized regeneration.
- **Neurotoxins** – affect peripheral nerve endings, modulating sensory input and motor activity.
- **Phospholipase A2 (PLA2)** – regulates inflammation and supports tissue turnover.

Mechanism of Action:

- Induces a strong local immune response, which can enhance regeneration in topical or targeted applications.
- PLA2 and cytotoxins stimulate tissue breakdown followed by cellular renewal.
- Neurotoxins influence sensory pathways, potentially interrupting chronic pain cycles.

Therapeutic Potential:

- Useful for immune stimulation, skin regeneration, and topical scar repair.
- May aid in breaking through energetic or physical stagnation in the throat, chest, or solar plexus.
- Best used in controlled, diluted applications or energetic dosing with clear intention.

Spiritual Use

Element: Air

Chakra Activation: Throat & Third Eye

Esoteric Significance:

- A venom of truth-telling, psychic clarity, and voice liberation.
- Clears blocks in communication and perception, particularly for those who have been silenced or suppressed.
- Spitting cobra energy teaches how to defend sacred truth with precision—verbally, energetically, or psychically.

Character Development

- Encourages integrity in speech, confronting fear of visibility or rejection.
- Helps shed shame, confusion, or self-doubt held in the vocal and mental fields.
- Supports the emergence of one's true voice, calling, and message.

Physical Healing

Systems Affected: Integumentary (skin), immune, peripheral nervous system

Benefits:

- Stimulates tissue regeneration in wounds, scars, and topical imbalances.
- Enhances immune system responsiveness.
- May aid those dealing with psoriasis, eczema, or post-surgical healing—especially when combined with plant-based healing salves.

May Aid With Skin Lesions, Scarring, Throat Blockages, Energetic Suppression, Immune Activation, Communication Wounds

Fer De Lance

Scientific Profile

Primary Compounds:

- **Metalloproteinases:** tissue-degrading enzymes that help clear out necrotic/damaged material but can also cause hemorrhaging if uncontrolled.
- **Serine proteases:** modulate blood pressure, coagulation, and immune response.
- **Thrombin-like enzymes:** promote fibrin clot formation (pro-coagulant effect).
- **Disintegrins:** affect cell adhesion and may have anti-cancer potential.
- **C-type lectins:** modulate platelet function and inflammation.

Mechanism of Action:

- Boosts blood and lymph movement, clears stagnation.
- Stimulates detox through capillary dilation and tissue decongestion.
- Aids deep healing where inflammation and trauma are stored.

Therapeutic Potential:

- Useful for inflammatory disorders, lymph stagnation, and deep tissue repair.
- Often integrated post-surgery, post-trauma, or during detox protocols.

Spiritual Use

Element: Water-Earth

Chakra Activation: Sacral & Root

Esoteric Significance:

- A guide through emotional catharsis and ancestral release.
- Helps purge generational wounds and repressed memories.
- Excellent for grief work, trauma healing, and deep energy clearing.

Character Development

- Forces engagement with buried emotional pain and fear.
- Encourages surrender, forgiveness, and inner truth-telling.
- Strengthens courage and the capacity to feel deeply without collapse.

Physical Healing

Systems Affected: Lymphatic, circulatory, muscular

Benefits:

- Opens channels for detox and fluid movement.
- Aids in wound recovery, post-surgical healing, and emotional trauma held in the body.
- Supports cases involving inflammation, scar tissue, and energy stagnation.

May Aid With: Cancer Support, Lymphatic Congestion, Inflammatory Pain, Post-Surgical Recovery, Deep Tissue Trauma

West African Gaboon Viper

Scientific Profile

Primary Compounds:

- **Hemorrhagins** – drastically increase capillary permeability, leading to systemic blood pressure shifts and rapid vascular responses.
- **Serine Proteases** – disrupt clotting cascades and thin the blood to enable deep circulation into tissues.
- **Hyaluronidase** – known as the "spreading factor," it breaks down connective tissue barriers and facilitates venom absorption through the extracellular matrix.

Mechanism of Action:

- Pierces stagnation at a vascular and connective tissue level, unblocking trapped fluids, emotions, and energetic stagnation.
- Induces a deep pressure drop, which creates a full-body recalibration of cardiovascular and energetic systems.
- Hyaluronidase allows other venom components to travel more deeply, essentially opening locked areas of the body—like the chest and heart wall.

Therapeutic Potential:

- Facilitates deep energetic release through the heart and lungs, including grief stored in the fascia and interstitial tissues.
- May help break patterns of cardiovascular constriction, lymphatic freeze, or emotional armor in the chest.
- Useful in supporting trauma recovery from betrayal, heartbreak, abandonment, or shock.

Spiritual Use

Element: Earth-Wind

Chakra Activation: Heart & Root (simultaneously)

Esoteric Significance:

- Acts as a sacred breaker of the closed heart—a key for those who've shut down to protect themselves.
- Taps into ancestral survival trauma, often inherited through lineages with emotional suppression.
- Awakens primal stillness while activating emotional movement and clearing around heart-centered grief and denial.

Character Development

- Teaches the strength of softness—breaking open hardened emotional walls.
- Supports compassion without collapse, emotional honesty, and reconnection with inner truth.
- Helps those afraid to feel or express what lies beneath survival-based personas.

Physical Healing

Systems Affected: Cardiovascular, connective tissue, respiratory (energetic overlay)

Benefits:

- Enhances microcirculation in chest, heart, and lung fascia.
- Assists in grief clearing, heart wall breakdown, and fascia/diaphragm opening.
- May benefit those with emotional shutdown, post-heartbreak grief, or blood pressure irregularities rooted in energetic trauma.

May Aid With Grief Release, Heart Wall Breakdown, Circulatory Stagnation, Energetic Chest Constriction, Post-Trauma Armor, Shock Recovery

Bushmaster

Scientific Profile

Primary Compounds:

- **Bradykinin-Potentiating Peptides (BPPs)** – enhance vasodilation, lowering blood pressure and improving circulation.
- **Serine Proteases** – regulate coagulation and inflammatory pathways.
- **L-Amino Acid Oxidases (LAAOs)** – generate reactive oxygen species and may support immune modulation and metabolic reset.

Mechanism of Action:

- BPPs stimulate nitric oxide release, leading to wider blood vessels and improved oxygenation.
- Serine proteases support anti-inflammatory effects and improved blood flow.
- LAAOs activate immune response and may assist in removing metabolic waste or cellular debris.

Therapeutic Potential:

- May assist with high blood pressure, stress overload, and chronic fatigue.
- Supports deep cardiovascular and adrenal recalibration.
- Often used in conjunction with dreamwork, trauma reset, or ceremonial decompression.

Spiritual Use

Element: Ether

Chakra Activation: Heart & Crown

Esoteric Significance:

- Considered a mystic's venom, Bushmaster opens channels to spiritual downloads and dreamtime.
- Balances left and right brain hemispheres, enhancing psychic vision and heart-mind connection.
- Ideal for those walking a path of spiritual discipline, compassion, and surrender.

Character Development

- Encourages deep stillness, humility, and patience.
- Supports individuals in developing discernment over reaction, especially under pressure.
- Amplifies subtle perception and faith in divine timing.

Physical Healing

Systems Affected: Cardiovascular, adrenal, and nervous systems

Benefits:

- Reduces stress-related tension in the body.
- Promotes heart health and energetic alignment of the emotional and physical heart.
- Helpful for hypertension, stress-induced exhaustion, or integration fatigue.

May Aid With: Hypertension, Adrenal Burnout, Cardiovascular Regulation, Immune Overload, Dream Deprivation, Spiritual Integration