MASTER COMPARISON TABLE

Sacred Rapéhs of the Forest · Best Use & Moment

DISCOVER YOUR HEART ◆ FAMILIA CÓSMICA

RAPÉH	PRIMARY ENERGY & MAIN CHAKRAS	BEST FOR & MOMENT OF USE	STRENGTH
NAWA	Connection with nature, ancestral resilience ● Root **LAM** · ● Third Eye **OM**	Clarity in decisions, reconnecting with the forest within, ancestral strength. Morning	●●●
SHAWADAWA	Masculine, spiritual study, visionary ● Crown **AH** · ● Third Eye **OM** · ● Solar Plexus **RAM**	Visionary work, energetic cleansing, opening to spirit, deep ceremony. Evening	●●●
MURICI	Cleansing, soothing, grounding ● Root **LAM** · ● Sacral **VAM**	Energetic purification, emotional balance, grounding. Morning · Daily Use	●●●
PIXURI	Uplifting, focus, calming · made by women, pure divine strength ● Solar Plexus **RAM** · ● Third Eye **OM**	Concentration, lifting low vitality, gentle clarity, heartache. Morning · Daily Use	●●●
JAGUAR	Masculine, warrior, protective ● Root **LAM** · ● Solar Plexus **RAM** · ● Third Eye **OM**	Focus, courage, spiritual protection, dream work, deep meditation. Evening · Dreamwork	●●●
ROSA BRANCA	Feminine, heart-opening, soothing ● Heart **YAM** · ● Sacral **VAM** · ● Crown **AH**	Grief, heartbreak, softness, divine feminine, peace. Evening	●●●
JIBOIA SERPENT	Feminine-mystical, transformational ● Root **LAM** · ● Third Eye **OM** · ● Crown **AH**	Shadow work, vision, ancestral connection, deep introspection. Dreamwork	●●●
TSUNU	Grounding, balancing, foundational ● Root **LAM** · ● Crown **AH** · ● Heart **YAM**	Daily use, clarity, focus, fatigue release, balance. Morning · Daily Use	●●○
MULUNGO	Calming, soothing, sedative ● Heart **YAM** · ● Crown **AH**	Anxiety, insomnia, emotional balance, deep peace. Evening · Dreamwork	●●○
SAMAÚMA	Spiritual elevation, "tree of life" ● Crown **AH** · ● Sacral **VAM** / Umbilical	Spiritual connection, relationships, divine wisdom, ascension. Evening	●●●
JATOBÁ	Grounding, masculine-nurturing, strengthening ● Heart **YAM** · ● Root **LAM** · ● Solar Plexus **RAM**	Healing focus, inner strength, grounding, holding space. Morning	●●●
NUKINI	Third-eye opening, visionary ● Third Eye **OM** · ● Crown **AH** · ● Throat **HAM**	Vision work, opening the third eye, dream work, sensational. Evening · Dreamwork	●●●
CAPIM SANTO	Uplifting, citrus, joy-bringer ● Solar Plexus **RAM** · ● Heart **YAM** · ● Crown **AH**	Lifting sadness, energizing, gentle daily use, joy. Morning · Daily Use	●●○
HORTELANA	Fresh, clarifying, uplifting · a sense of fresh mint, clearing ● Third Eye **OM** · ● Throat **HAM**	Mental clarity, breath, daily use, lightness. Morning · Daily Use	●●●
COPAIBA	Clarity, dignity, golden strength ● Solar Plexus **RAM** · ● Root **LAM**	Inner sovereignty, redefinition, grounding, spiritual protection. Morning	●●●
GREEN RAPÉH	Ancestral Andean, dreaming, plant communion ● Third Eye **OM** · ● Crown **AH** · ● Heart **YAM**	Dream work, meditation, plant communion, ancestral work, ancestral Muisca medicine. Evening · Dreamwork	●●○

STRENGTH · ●○○ Gentle · ●●○ Medium · ●●● Strong

CHAKRAS · ● Root **LAM** ● Sacral **VAM** ● Solar Plexus **RAM** ● Heart **YAM** ● Throat **HAM** ● Third Eye **OM** ● Crown **AH**

Each rapéh is a prayer made medicine.

Receive in stillness · Set a clear intention · Breathe with reverence