



What is rappé snuff?

Rappé snuff (also spelled “rapé” and sometimes pronounced “ha-pay”) is a sacred and legal tobacco medicine that has been used for thousands of years in rituals and daily life by the indigenous tribes of the South American Amazon rainforest. In addition to varieties of tobacco, rappé often also contains ashes from medicinal or sacred trees. Production of rappé entails an experienced shaman cutting, drying, pounding, pulverizing, and sieving the tobacco and ashes over many days until a very fine dust is obtained. Production methods, choice of ashes, and exact compositions and ratios of ingredients are often closely held tribal secrets.

Why work with rappé?

Traditionally, indigenous tribes in Colombia, Peru, and Brazil have used rappé for rites, healings, spiritual ceremonies, and to support daily activities such as hunting, fishing, and harvests. These medicines are deeply integrated with their cultures and way of life. Over the past several years, modern society has begun receiving these medicines in ways that support our own spiritual healing. People have sought the help of rappé to realign and open chakras, support emotional grounding, release sickness on physical, emotional, mental and spiritual levels, open-up the third eye, decalcify the pineal gland, clear mental confusion, release negative thoughts, remove psychic entities, connect to divine breath, and elevate connection with Spirit. Each rappé blend has its own unique vibrations, notes, qualities, subtleties, and very different effects on one's energetic field.

Cultivating a rappé practice

As with any plant medicine, building a relationship with this sacred tobacco medicine is a privilege that demands intention, respect, and commitment. Those of us who were raised in modern societies are still learning from ancient indigenous traditions and developing our own wisdom regarding these sacred medicines. Cultivating healthy and respectful practices in rappé use significantly increases its healing power, the depth of its teachings, and the sustainable adoption of this medicine by our society.

How to use rappé with power and respect:

- Use the medicine in a ceremony, whether alone or with others
- Be in a state of prayer with Spirit, whatever this represents to you
- Take rappé after your daily practices such as yoga and meditation
- Wait until you are feeling peaceful, grounded, and powerful within
- Go somewhere you feel connected with nature

When to avoid rappé:

- With hope that rappé will relieve your pain or weakness
- Casually or when in a hurry, e.g. during a short work break
- In environments that contain chaotic or negative energy
- On days when any amount of alcohol or stimulants is consumed
- Whenever taking rappé does not feel sacred and respectful

Administering rappé to oneself should be done with clean energy and pure intentions. Create a sacred space in a safe, quiet environment, turn off all electronics, and commit at least 15 minutes of uninterrupted time. Rappé snuff is consumed by blowing it up each nostril using shamanic tools such as V-shaped “kuripe” for self-administration and L-shaped “tepi” for administration by another. Be sure to have toilet tissues, drinking water, and a purging bag/bucket/bush nearby prior to beginning.

When ready to administer, be comfortable in a seated position and follow these steps:

1. Place the desired amount of medicine (see below for dosage guidelines) in the palm of your hand, smooth out any clumps, and place half the powder inside the applicator whilst giving thanks to the sacred plants, trees, flowers, indigenous tribes and people, who have made these precious and sacred medicines with profound respect and love;
2. Bring the applicator to your heart chakra and take deep breaths to connect with the medicine, your inner self, and Spirit until you feel radiant energy and peaceful presence, for instance felt as white light emanating from your heart center;
3. While breathing consciously, slowly bring the applicator up to the third eye point, asking the medicine to receive the mental energies that no longer serve such that they can be transmuted into positivity, clear vision, and focused intention;
4. While breathing consciously, slowly bring the applicator down below the rib cage, asking the medicine to receive the visceral energies that no longer serve such that they can be transmuted into joy, empathy, and presence;
5. As you prepare to administer the first nostril, thank the medicine and the indigenous peoples who brought it to us once more and recommit to your connection with Spirit by bringing your prayers to the light of your consciousness and through your breath;
6. There are many blowing techniques used for administering rappé and other medicines. Indigenous tribes have developed their own unique traditions and techniques over centuries. For those of us beginning to build a relationship with these medicines, an effective technique is to start the blow softly and crescendo up to a harder blow. It can also be nice to end by blocking the applicator’s air intake hole with the tongue;
7. Begin by blowing rappé in the left nostril;
8. It is very important to administer to both nostrils in order to maintain balance. It may take a few moments to gather oneself after the first blow, however make sure to proceed as promptly as possible, even if the amount is slightly less;
9. After administering rappé, simply meditate and surrender to tobacco, which is a powerful and reliable ally. It’s fine to spit, blow one’s nose, drink water, lie down, or do anything else that is needed. Rappé can at times cause nausea or even purging; this is a deeply healing process, so experience the discomfort with love in your heart and you will reap benefits.

Dosage guidelines: If this is your first time, start small (half pea size for each nostrils). Dosages increase with experience; a typical amount may be a pile the size of a dime for each nostril. It is fine to start with less and then administer again as many times as needed.