

The Muña Breath

A Reader Companion

By Davilyn Atwood
From The Apothecary Press

Welcome to The Muña Breath

The Muña Breath is a story about returning, to breath, to land, and to the quiet wisdom that waits when we slow down. Set in the high valleys of Peru, this novel invites readers into a world shaped by terraced gardens, sacred water, ancestral memory, and the gentle courage it takes to choose a different life.

This Reader Companion is designed to deepen your experience of the story, offering reflections, herbal wisdom, character insights, and quiet moments inspired by the valley.

The Setting - The Valley of Pacha Mama

The story unfolds in a quiet Andean valley where:

- Terraced gardens climb the mountainsides
- Sacred springs feed irrigation channels
- Muña grows wild along sun-warmed paths
- Wind moves slowly through stone and soil
- Community forms through shared work and quiet understanding

This is a place where healing is not rushed — it is lived.

Meet the Characters

Amaya Valera

Amaya returns to the valley seeking rest, but finds something deeper waiting. Her journey is one of remembering, who she is, where she belongs, and how to listen again.

Amaya's Journey

- Returning to the land
- Learning to slow down
- Finding her voice
- Choosing belonging

Mama Tika

Mama Tika is the herbalist and quiet teacher of the valley. Her wisdom is grounded in generations of healing and lived experience.

Mama Tika's Wisdom

- Healing happens slowly
- The land teaches us
- Breath is the beginning of restoration
- Community is medicine

Inti

Inti is the keeper of the sacred spring, steady, grounded, and quietly present. His presence becomes a gentle anchor in Amaya's journey.

Inti Represents

- Quiet strength
- Steady support
- Listening over speaking
- Healing through presence

The Herb of the Story: Muña

Muña (Andean Mountain Mint)

Muña grows high in the Andes and is traditionally used for:

- Breath support
- Digestion
- Altitude adjustment
- Gentle restoration

In *The Muña Breath*, Muña becomes symbolic of:

- Slowing down
- Clearing space
- Learning to breathe again
- Returning to balance

Herbal Reflection

Consider these gentle questions:

- Where in your life are you being invited to slow down?
- What helps you breathe more deeply?
- What does restoration look like for you right now?

The Long Breath

Throughout the story, Amaya learns about "The Long Breath" a quiet practice of slowing, listening, and allowing.

A Gentle Practice

Take a slow breath

Hold gently

Release slowly

Repeat three times

Ask yourself:

What am I carrying that I can soften?

Themes of The Muña Breath

- Returning home
- Quiet healing
- Community care
- Ancestral wisdom
- Protecting land
- Slowing down
- Listening deeply

Reflection Journal Prompts

The Valley Reflection

What place helps you feel grounded?

The Breath Reflection

What helps you slow down?

The Community Reflection

Who in your life offers quiet support?

A Letter from Mama Tika

Child,

The mountain does not hurry.

It watches. It remembers.

You do not need to rush your healing.

The land will teach you how to breathe again.

Stay long enough to listen.

Stay long enough to remember.

Mama Tika

A Quiet Quote from The Muña Breath

"Some healing does not arrive as change, but as remembering what was always waiting."

The Muña Breath Tea Ritual

A Gentle Ritual Inspired by The Muña Breath
By Davilyn Atwood, The Apothecary Press

The Meaning Behind This Tea

In *The Muña Breath*, healing begins with breath, with slowing down, listening, and allowing the land to teach what the body already knows.

This tea ritual is meant to recreate that quiet moment, the stillness of the valley, the soft wind across terraces, and the gentle return to yourself.

This is not just tea.

This is a **long breath in a cup**.

The Muña Breath Tea Blend

If Muña is available:

- Muña leaf (primary herb)

If Muña is not available (gentle substitute blend):

- Peppermint
- Spearmint
- Lemon Balm
- Optional: Eucalyptus leaf (very small amount)
- Optional: Honey

These herbs reflect:

- Breath
- Clarity
- Calm
- Gentle restoration

How to Prepare

1. Boil fresh water
2. Place herbs into a teapot or cup
3. Pour hot water over herbs
4. Cover and steep for 5–7 minutes
5. Sip slowly and quietly

Let the steam rise before you take your first sip.

The Muña Breath Ritual

Before drinking, pause.

Hold the cup in both hands.

Take one slow breath.

Then reflect gently:

- What am I carrying today?
- What am I ready to soften?
- What would it feel like to slow down?

Take your first sip slowly.

Allow the warmth to settle.

Take another breath.

A Quiet Reflection

The valley does not hurry.

The mountain does not rush.

Healing unfolds slowly.

Let this tea remind you that you do not need to move quickly to move forward.

When to Drink The Muña Breath Tea

This tea is especially meaningful:

- In the early morning
- During quiet afternoons
- After emotional days
- While reading
- Before journaling
- When you need to breathe again

A Blessing for the Cup

May this tea soften your breath

May this moment steady your heart

May you remember that healing grows quietly

From The Valley

In *The Muña Breath*, Amaya learns that healing is not something we chase — it is something we allow.

This cup is your invitation to allow.

Take the long breath.

Gentle Closing Reflection

The valley in *The Muña Breath* reminds us that healing does not need to be dramatic. Sometimes it arrives through breath, stillness, and the quiet courage to stay.

Closing Blessing

May you find the breath that steadies you,
the land that welcomes you,
and the quiet courage to grow where you are planted.

Continue the Journey

Discover more Gentle Healing Fiction from **The Apothecary Press**, where each story becomes part of a growing garden of restoration, community, and care.