

Living the Mystery

Practices for
Integrated
Embodiment



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Living the Mystery Practices



Choose the practices which call to you
Trust your inner compass



The Alchemical Path of the Medicine Wheel offers transformation. This requires commitment, practice, discovery, and integration. Many sections in the Munay Ki Mesa Carrier GuideBook offer suggestion about how you may Live the Mystery in a practical manner. Integration and embodiment of knowledge and direct experience naturally leads to Luminous Wisdom.

1. Engaging the Sacred

Ceremony, altar tending, and prayer for personal, collective, and planetary transformation.

2. Pachamama's Invitation

Nature practices for remembrance, restoration, reciprocity, and reconnection with the Living World.

3. Beautiful Questions

Reflective prompts to soften the mind, open the heart, and invite deep remembering.

4. Sacred Council Dialogues

Practices to engage elemental forces, Archetypal Guides and Guardians as co-creative partners in healing and becoming.

5. Transcending Worlds

Shamanic journeys, creative dreaming, and mystical exploration to heal, imagine, and dream the world anew.

6. Path of Embodiment

Energetic and healing practices to transform learned knowledge into lived wisdom

7. Awakening Hearts with Munay Ki

Integrative practices to ignite luminosity, deepen understanding of Rites, and express unique gifts to the world.

8. Whispers from the Mesa

Discoveries, transmissions, and soul messages from the wisdom stones and elemental allies within your Munay Ki Mesa.

