

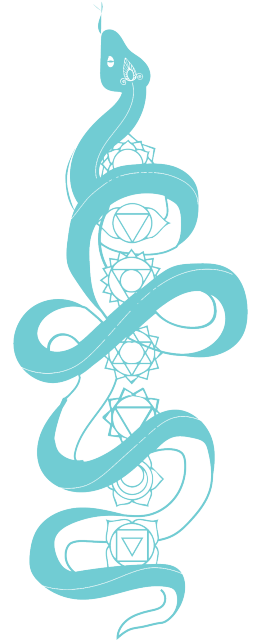
# *Munay Ki Mesa Carrier*

## Fire Ceremony of the South

### Sachamama



Open Sacred Space  
Open Wiracocha  
Light Candle/Fire  
Tune in with Sachamama  
Offer your personal prayer



May I be a clear flute so the energy of the  
Cosmos may play its music through me.  
May I surrender my ignorance and what was missed.  
May I release my attachment to my self  
importance or the outcome of my actions.  
May I be of service to those I meet along the path.  
May I radiate love, beauty, and appreciation  
for Pachamama and all my relations.  
May all be blessed with the love of Creation,  
know their worth, and be blessed.  
May I walk in beauty as I trust, learn, embrace,  
and serve in ayni and love.

Aho



## Step 1

### Letting Go. What Needs to Be Shed?

Dropping within stillness, examine your current life as it is now.

Be not afraid to witness whatever arises.

Let whatever wants to arise reveal itself.

Make a brief note - just a word or two.

Drop back within your still noticing.

You may prompt this by examining areas of life.

Begin with the personal. Visit the Ancestral and Collective.

The intent is to shed your skin - all of it - so you empty and become aware of the void from which potential arises.



Awareness precedes choice precede change.



### The Sorrowful Stories

These are what you'd expect them to be: difficult.

What wounds, beliefs about self/world, stories need to be shed?

What is no longer sustainable?

What deadens your joy, life force, energy?

What feels obligatory or unwanted?

What is old, tired, and a burden?

Where are you feeling victimized?

What hurts, resentments, grudges am I still carrying?

What fears do I carry?

(about situations, body/health/aging, finances,  
relationships, unmet dreams, people)

Do I have leftover grief, hurt/betrayal, loss?

What family legacy of loss, challenge, failure, heartbreak, catastrophe,  
mental/physical illness am I carrying in my DNA, energy, mind/emotions?

(Family of origin, generational trauma.)

What are the stories of my people/my land or country  
that are embedded within my field?

(religious persecution, war, famine, disaster)

What else is hidden from view and may be released?



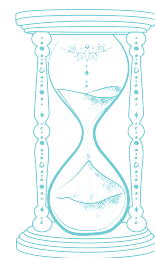
### **The Lovely Stories**

These are the ones which bolster your worth, ones you want to keep,  
want the world to see, and fall back for reassurance.

They may bring you joy and energy or, at times,  
slip into roles that drain your time, energy, and joy.  
Shed everything. Even the lovely and comfortable.

What are the roles that you play in life?  
What are the titles or degrees that you hold?  
To what groups do you belong?  
What accomplishments have you achieved?  
What wonderful work has blessed the world?  
What talents or special skills do you display?

Good daughter or good girl  
Successful entrepreneur or ABC career title  
Educated one or good student  
Caring friend. Kind stranger.  
Good, loving parent  
Accomplished artist, creative, healer  
Humanitarian or volunteer doing good  
Wise woman, teacher, mentor  
Spiritual or religious practitioner.  
Committed, loving partner  
Business partner with integrity  
Good shape: physical, financial, material



### **The Health and Life Span**

Here you find your family legacy, DNA, personal ideas/fears

Stories about aging.  
Expectations of life span and quality of health span.  
Family history of illness, dementia, becoming feeble

Experience/stories of parents, grandparents as aged  
Concerns about illness or injury  
Ideas about dying (or avoidance of topic)  
Fears/concerns about financial wellbeing in old age  
Thoughts about independence. How you'd like to live.  
Support system as you age  
What has been avoided or hidden from view?



## **Step 2**

### **The Shedding. Death Arrows.**



When you've reviewed your list, choose what wants to be given to the fire in this ceremony. You may do this all at once or with many ceremonies. You are at choice. Sachamama will be present with you however you proceed.

Sit with the candle or fire.

Have your toothpicks/plate or sticks (Death arrows) handy. Inside, use a votive candle with a dish for burning toothpicks.

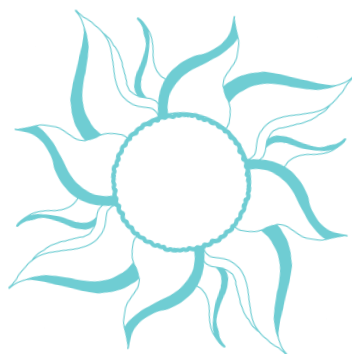
Blow into each toothpick 3x whatever you wish to release. You may take one issue at a time: blowing 3x and burning.

This allows for concentrated focus on each area.

You may also prepare a number of toothpicks (blowing issue) and burn them one after another when done.

(You do not have to track which toothpick holds which issue).

Witness the fire, glowing wood, and releasing smoke  
with gratitude for the release and healing.



### Step 3

#### **Feeding your 3 Wisdom Centers**

You have made space within your  
bodies (physical, energetic) as you  
released the stale, dense energy that  
you have carried with you for years.

The Fire now offers its healing energy to fill your  
3 Centers - belly, heart, heart - so you may  
create from the realm of potential  
rather than from a history of trauma.

Draw your hand over the flame 3x as you bring the light into your

Belly: the space of right action and manifestation

Heart: the space of right relationship and love

Third Eye: the space of clear vision and new perception

Offer your gratitude to the fire and your own body of light.



## Step 4

### Creating 4 Life Arrows

Cleared and renewed, you again offer your gratitude to the fire, Sachamama, and all etheric elements and lineages who assisted with your ceremony of release and healing. Next, you engage the healing of the firelight with prayers at four levels.

#### #1 Healing for Pachamama

Blow into your toothpick all your prayers for the wellbeing of Pachamama and all her children. The plants, animals, waters, stones, humans, fish, birds, creepy crawlers, and so on.



#### #2 Healing for a Loved One in Need

Choose an individual, group, place, or situation

#### #3 Healing for your Health, Wellbeing, and Service

Pray that you may be gifted with clear vision, right action, health, and courage as you bring healing, beauty, and peace to the world (your way).

#### #4 Healing for your New Growth - New Body

Gratitude for assistance of this ceremony, etheric helpers, teachings, and guidance that allows you to grow a new body of light, shifting the DNA, calling forth destiny, and the evolutionary potential of the Homo Luminous.

**With gratitude to All,  
close your Wiracocha and Sacred Space  
Witness the fire as it dies (no water)  
or let candle burn down naturally (with supervision).  
Release Sachamama.  
Journal. Drink fluids. Rest body. Listen to inner wisdom.  
Aho**

