



# *Munay Ki Mesa Carrier*

## *Hampe Karpay ~ The Healer Rite*



The Healer's Rite, a gift of the Munay Ki, is a living transmission from the Hampe Lineage to awaken the memory of the Healer Archetype within you. This etheric living lineage, representing all wisdom traditions, may be understood also as a fluid body of wisdom come to serve you as guides and partners along your healing path. To walk with the Hampe Lineage is to remember that healing is natural, woven into the fabric of Life itself.

Every Karpay is an enlightened exchange, a Sacred reciprocity, where both power and responsibility are passed to the recipient of the Rite so the Lineage may continue to serve Life through you and your unique approach to healing.

Once seeded with the Hampe energy, you are invited to call upon this Lineage for your own healing and in support of your healing work in the world. Notice who arrives within this living circle of love, wisdom, and power. Sourcing strength and perfect guidance from the Hampe, your expanded senses will assist your perception of how to engage this vital and fluid Lineage. And, in time, claim your rightful place among them.

The Hampe Karpay enriches your LightBody with seeds of light that enhance your three centers. Your belly (Llankay) as the center of service and right action. Your heart (Munay) as the center of devotional love and right relationship. Your head (Yachay) as the center of pure vision and clear seeing. As this light drops within each center and connects with the hands, you create a healing bridge of wisdom, love, and service radiating out to the world.

Just as a seed requires fertile soil, nourishment, tender care, so do these Hampe seeds grow with your loving attention. A commitment to 'water' your seeds with fire, ceremony, song, body care, and conscious action allows them, and you, to evolve into servants to the healing presence of the Cosmos.



## Healing in the Andean Tradition

In the Andean tradition, healing does not focus on treating symptoms or disease in the same manner as the Western world. The primary focus is upon restoring harmony within your body, energy, and Spirit. Also inviting the healing of any and all wounding that disrupted your ability to live in harmony with Pachamama, family and community, all creatures, and all kingdoms.

The healers of the Andes focus upon restoring harmony and right

relationship (*Ayni*) within a person or community, as well as between humans, community, nature, and Spirit. They clear heavy energy so that Sami (light energy) may flow freely through a system (body, family, community).

The healing abilities and work varies and often includes their luminous presence and teachings. Andean healers may tend to community harmony through ceremony, prayer, ritual, and despacho offerings within nature.

Plant and herbal remedies, bone setting, or reconnection between a person and their vitality are other examples of healing practices in the Andes. Use of the mesa, communion with nature spirits, guidance from the Apus are helpful to empower recipients. They may offer prayer and ceremony for Pachamama, as well as work to restore balance between the three worlds Uku Pacha (Lower World), Kay Pacha (Middle World), and Hanan Pacha (Upper World).

To the Andean healer, health require a sense of wholeness, harmony, and reconnection. The Healer's Rite awakens this awareness within you, inviting you to become a person who carries blessing of wisdom, love, and service to your local, global, and cosmic family.

The Healer's Rite is inspired by the ancient ways, yet it is carried into the modern world. When receiving the Hampe Karpay, you aren't asked to imitate the Andean culture. You are invited to embody the essence of this healing path so you're empowered to express your offering with humility, reciprocity, beauty, and love in action. The Hampe Lineage invites you to contribute and manifest what lives in your heart.



***When you practice walking in Beauty,  
living in Ayni, and sharing Munay,  
you deepen your own transformation, and  
become a blessing to the world.***



## **The Bridge Between the Hampe Karpay and South Direction**

Consider how the the Rite of the Healer naturally engages the South Direction. Both invite a personal path of transformation which evolves into the emergence of you as a healing presence for the community, Pachamama, and the future. Just as Sachamama glides close to the Earth, the South teaches us to stay rooted, embodied, and connected to Pachamama as we explore new ways of being, eating, relating, and communing.

This is a body that lives within the Garden, is made of the elements, and knows you as a biological, chemical being. Eating wholesome food, drinking the light, nourishing the seeds, and moving in flow with the rhythm of The Mother are all part of healing in the South. Shifting the LightBody and DNA are entirely possible within this perception of healing.



## **Shedding the past**

The Hampe Lineage supports the release of old wounds, karmic patterns, and ancestral burdens, just as Sachamama sheds her skin. These are the patterns of scarcity, disease, and insecurity that are carried or activated within both the physical and energetic bodies. Identifying addictions, poor nutrition, and toxic patterns of relating allows you to let go of these in order to cherish and nourish your precious vessel.

## **Healing through the body**

The seeds of light you receive in your three centers activate the LightBody and energize the hands as a healing mechanism. With enhanced receptivity for the refined light (Sami), you become a clear flute or vessel for the Cosmos to move its intelligent design through you to the world at large. The clearing of heavy energy (*Hucha*), the soothing of old pain, and the restoration of vitality naturally encourages healthier behavior.

## **Reconnection to Pachamama**

In the South Direction, you're invited to take your place as an essential blossom in the Garden of The Mother. The Hampe guide you to understand that true healing arrives when you are living in right relationship with Pachamama. As love guides your actions with consideration for all Life, you flow the Cosmic frequencies through deep roots for your benefit and that of the community.

## **Path of wholeness**

The Hampe Lineage and the South Direction remind you that healing is not fixing for you are not broken. Rather, the focus is upon releasing interference in order to restore the natural flow of Kawsay. When you

experience deep restoration and rejuvenation within the beautiful holding of Pachamama, you open to the flowing refined light, flow, recover your balance, and experience deep belonging.

## Transmission of The Healer Rite



As with every ceremony, you'll begin by opening Sacred Space together. First calling upon the Directions and all Guardians and Guides. Next opening your Wiracocha to pull the light of your Soul around you. This is a beautiful time for a personal prayer in your own words or use this one:

***May I become a clear flute so that the Lineage may play its beautiful melody through me, seeding the Light for the benefit all life.***

The Munay Ki Practitioner will balance your masculine and feminine energies and clear your central column before beginning the light transmission. Calling the Hampe Lineage to work through the Practitioner, she shares light from her three centers (belly, heart, head) to enhance the receptivity of your LightBody. Then foreheads come together as she calls the Hampe to flow the lightning seeds through you.

You'll be guided to integrate the seeds within the fertile soil of your three centers. A meditative or imaginal journey supports the dream of growing this light of the Hampe within you.



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Sachamama teaches you to shed the past  
The Hampe offers you a luminous embrace

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### **Reflecting upon Healing**

The Healer's Rite does not limit you to one definition or cultural model of a 'healer.' It doesn't have to refer to traditional Western roles such as physician, psychologist, minister, energy healer, or body worker. When the Hampe Lineage transmit seeds of light within your LightBody, activating your three centers and hands, you are empowered to discover your unique healing gifts or style of medicine for the modern world.

Who has helped you heal? Consider the teachers, friends, family members, or even strangers who helped you restore hope, find balance, or remember who you are. What roles were they playing and what actions did they take that inspired or aided your transformational journey?

What counts as healing outside the usual definition? A piece of music, a walk in the forest, a conversation that opened your heart, a painting, or a moment of silence might have carried healing to you.

It's helpful to notice where people, communities, animals, and the Earth are suffering. What really upsets you and what do you wish you could do about it? Don't be afraid to dive into the suffering of the world that breaks your heart. This is often a way that you can organically realize what you'd like to do help others. Whether you have the skill or need to develop it from scratch, just notice what calls you and begin with a first step. If you don't know what that is, perhaps you can call upon the Hampe to guide you. Stay open and receive their loving assistance.

What skills have you developed? Notice the tools, strengths, or practices you've grown — listening, creating, holding safe space, touch, laughter, resilience. These, too, are medicine.



## Integrative HomePlay - Hampe Karpay

**Community Healer, Balancing Energy, Bringing Harmony**

### Practical Ayni

Every day, take a moment to tune in with the Hampe and Pachamama. Ask *'What, who, or where needs healing today?'* Engage the Hampe in determining the practical action for your focus. You will receive the refined light flowing from the Lineage through you and through your action. Both receiving and giving. Being



aware that every time Sami moves through you and inspires loving right action, you are in Ayni as you receive and share this light.



### **Nourishing your Seeds. Blessing the World.**



Open Sacred Space, activate your altar, gather your Munay Ki Mesa, and meditate with awareness of your activated belly, heart, head, and hands. Send love to each center. Cross your hands upon your heart as you HeartBreathe and activate the fire within. Open your palms outward and flow energy to Pachamama, a particular group or situation, or simply let Love travel where it is most needed. Flowing love as a clear flute allows the seeds to be nourished, your LightBody to be blessed, and the world to receive healing. Complete this practice by pulling fire within your belly, heart, head, and aura.



### **Whispers from the Mesa**



Activate Sacred Space by opening your Munay Ki Mesa. Sit with the Khuyas (wisdom stones) and Archetypal allies. Once you are rooted within Pachamama, engage some Beautiful Questions. With each question, you may engage the Sacred Dialogue in different forms: silently, speaking aloud, or journaling. You'll be naturally engaging the Hampe as they are connecting to you and the Mesa, as well as nourishing the energy of your

Mesa with this attention and being present to whatever healing work unfolds.



## **A Few More Beautiful Questions**

*In what ways do I resist receiving healing, and how might I soften into it?*



*Which of my ancestral patterns are asking for healing now, and how can I honor that call?*

*How is healing already moving through me in ways I may not have named as “healing”?*

*What does my heart already know that my hands are ready to practice*

*Where is my community asking for healing that matches my true gifts?*

*Where do I feel most connected to Sami, the refined light, and how can I return there more often to nourish my seeds, LightBody, and Spirit?*

