

*Munay Ki*

Mesa Carrier

Awakening the

Luminous

Wisdom Keeper



# Munay Ki Mesa Carrier GuideBook

The Munay Ki Mesa Carrier GuideBook has many sections and houses energetic keys, portals, and embedded wisdom. Consider it a magic book: a Living System of Information. Visit it often. It will continue to grow. Just like you.

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## Welcome Wise One

You have arrived at a Sacred threshold to receive the deep wisdom, energetic transmissions, and Soul nourishment offered through this evolving path of transformation.



Rooted in the luminous Q'ero medicine tradition, the journey of the Munay Ki Mesa Carrier arises in response to the momentous potential of this Pachakuti. The world is shifting. Old structures are falling. Humanity and Pachamama suffer.

And still, a deeper harmonic rhythm pulses beneath the chaos. It is the song of the Sacred Dream.

This Journey is a call for wise women to return to the altar of Life. To remember their gifts, reclaim their power, and rise in love to midwife a more beautiful world into being. As you walk the Medicine Wheel anew, the Rites of the Munay Ki and creation of your mesa will activate your LightBody, ignite ancient remembrance, and invite you to become a radiant steward of the Sacred Dream.

You have arrived at a Sacred threshold to receive the deep wisdom, energetic transmissions, and Soul nourishment offered through this evolving path of transformation.

Within this Journey to become a Munay Ki Mesa Carrier, you'll discover a rich, living tapestry of wisdom designed to guide you back to your own

luminous truth. And forward into a new spiral of service and Sacred leadership. Never alone, you'll walk in beauty, sit in ceremony, and travel the unseen realms with the full support of the Munay Ki Lineages, Archetypal partners, Pachamama's elemental powers, and the primordial Cosmic Light.

May these teachings empower your personal medicine path releasing what no longer serves, remembering your Soul's essence, and dreaming the world anew.

***Welcome home, beloved one.***

***Take your seat at the fire.***

***Let us begin.***



## Once Upon a Time .....

...there were wise women and men scattered across the Earth, Souls deeply connected to both the Earth below and the heavens above. With reverence and curiosity, they studied the rhythms and mysteries of the natural world. Without the tools of modern science or technology, they turned inward—into the landscape of the psyche and body—to explore the ecosystem within.

In communion with nature, and their own true nature, these wise ones attuned themselves to the cosmic intelligence woven through all matter and ether. Through direct experience, deep contemplation, and sharing of wisdom within Sacred circles, they perceived a greater order within the world and its unseen forces.

What emerged from their explorations were symbolic maps—medicine wheels, spirals, and Sacred frameworks—that organized their understanding of life. These ancient maps hold relevance in today's world and may be understood in relation to emerging scientific understanding. Yet, these ancient wheels of knowledge offer more than insight as they serve as powerful vehicles for personal and collective transformation.

The cosmovision of the Andes, similar to wisdom traditions around the globe, engages the cosmic luminous system and reveals how archetypal and mythic structures can support deep, multilayered growth across body, mind, emotion, and energy.

As modern society accelerates along a path dominated by intellect, technology, and artificial intelligence, a quiet summons rises from the heart of creation. This is a call to reawaken the Soul's relationship with living energy. An invitation for the evolving wise woman to reengage with the subtle, intelligent fields of information that permeate the cosmos.

In the face of ecological crisis and cultural fragmentation, this call becomes an urgent plea to return to the Sacred bond with Pachamama. To remember yourself as both Her child and Her steward as you care for all beings as beloved kin. What began as a Soul whisper has become an the Mother's powerful command: awaken your wisdom, align with purpose, and reclaim the capacity to partner with ancestral lineages, archetypal forces, and guardians of light. She and all relations are waiting for you.

Beyond each map, myth, and archetype lies a living field of information.

Sourcing you who are brave enough to enter. Step forward with trust, courage, and curiosity to embark upon the Sacred path of remembering.



This is the path of the Munay Ki Mesa Carrier.  
The one who answers the call to awaken the  
Luminous Wisdom Keeper within.



Every journey begins with a single step, a whispered yes, and a longing to uncover what no longer wishes to remain hidden.

***Step in. A new spiral is calling your name.***

## The Surprising Arrival of the Munay Ki Mesa Carrier

After a period of deep rest and profound shedding, a quiet stirring began within me. The Teacher—an embodied, archetypal presence—began to clamor for my attention. Recognizing Her voice, I emptied myself of expectation, opened Sacred Space, and sat before a blank page with a single question in my heart.



***“What shall I teach?”***

What followed was not thought, but a transmission. A new path of learning, healing, artistry, and becoming poured onto the paper and soon spilled beyond it, flowing outward toward others. The energy felt different. The archetypal presence carried new tones. The vibration lifted higher with every word.

I felt a delightful power move through me—bold, untamed, creative. The writing carried wild outcomes, unexpected clarity, an unseen future potential, and an answer to a longing I sensed in the world.

I slipped beyond time, traveling on the wings of the music that played in the background, and transcribed a path meant for the emerging Luminous Wisdom Keeper.

Freed from the familiar contours of my training and the structures of past teachings, my sight opened to infinite outcomes—each one seeded and shaped by the blossoming of the Munay Ki Mesa Carriers. For three days, I listened, received, and wrote as instruction, purpose, and structure flowed through me.

This path was for those called to activate the LightBody, awaken the heart, enhance skillful communion with the Living Energy of the Earth and Heavens. Ultimately growing a Luminous Wisdom Keeper sourced by living wisdom, transformed by Cosmic Light, and loved into purer expression by Archetypal partners.

As the seeds of the Munay Ki transmissions take root and restructure the energy field, the Soul guides an elevation of your potential to receive, translate, embody, and share the Cosmic Light. Opening the way for the

Inner Teacher, Explorer, and Artist to come alive within you. To support your capacity to create, celebrate, and contribute joyfully to life in Pachamama's Garden in a deeply personal, highly practical.

A personal mesa is built to support your embodiment of refined light, enhanced Archetypal connections, and store wisdom as old patterns and wounds are released through ceremony, light transmissions, transformative journeys, and healing practices. Every stone and crystal represent archetypal and elemental forces.



As your relationship with the Living Energy deepens and wisdom is woven through your field, the Mesa grows in light, love, and power.



Enlivened and enlivening, the Luminous Wisdom Keeper brings forth her unique, radiant, creative medicine—expressing it in whatever way flows most joyfully through her—offering it into a world hungry for authentic power, mutual respect, and love.

I have walked within the tradition of the Andean Medicine Wheel for over 20 years. My first introduction came through the teachings of Alberto Villoldo, who trained with don Manuel Q'espí, a Q'ero Wisdom Keeper (Alto Mesayok), and other elders across the Sacred regions of Peru. Through this lineage and my training with The Four Winds Society, I became an Advanced Master Practitioner in Andean Energy Medicine,

Munay Ki Practitioner, and Munay Ki Teacher. Each layer of learning deepened my relationship with the land, the lineages, and the Living Energy that flows through all things.

During my journeys to Peru’s Sacred Valley, I’ve been blessed to sit in ceremony, receive Munay Ki rites, and engage in healing sessions with the paqos. I have been welcomed, guided, and held by the land and its people. I’ve received wisdom and healing from Pachamama in places where the mountains speak, the meadows embrace, and the rivers carry memory. This relationship with Kawsay, the living world, is alive in me, and I carry it with reverence.

While I feel called to introduce you to the Andean Cosmivision, the Medicine Wheel, and the Sacred lineages and practices that continue to shape my life, I do not claim to be an expert. I am a fellow traveler—one who honors the Living Universe, the Medicine Wheel, the Sacred Lineages, and the Archetypal Guardians as the true Teachers.

This Sacred journey invites you to open your heart, lay down your mind and protections, and receive the love of this Living Universe.

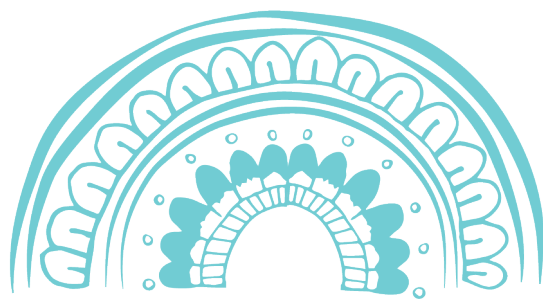
***To remember***

***To embody***

***To serve all life***

**Aho**





## The Munay Ki Mesa Carrier Journey

Becoming a Munay Ki Mesa Carrier is an invitation to step beyond the familiar edges of your life—to embark on a Sacred pilgrimage into the unknown: within, around, and beyond you.

By choosing this path, you commit to a deeply personal journey, one guided by the sweet aloneness of your own being and the Soulful wisdom that lives there. It is a path of becoming, remembering, and reweaving.

***Yet you are never truly alone.***

You walk alongside the Healing Lineages, Archetypal Guardians, and your own personal Archetypal Guides. With each step, you deepen your connection with Pachamama, the Cosmic Light, and your own precious Soul. All the while, you are held within a Sacred circle of sisters where you experience the joy and inspiration of shared discovery.


Not all journeys come with maps, marked trails, or promised outcomes. Some begin with nothing more than a whisper, a stirring, or a call to move. And that call, though subtle, always points toward the next place your Soul is ready to inhabit.

So you step in, perhaps with excitement or perhaps with trepidation. Yet

knowing that calling forth the Luminous Wisdom Keeper within will bring change, revelation, and a return to something ancient and essential.

This is the nature of true journeying. When your Soul extends the invitation to elevate, awaken, and remember the gifts you carry. And the importance of sharing your unique wisdom, healing, and creative medicine to a world in need.

Throughout this journey, you'll walk with the Medicine Wheel as your guide. Each Direction offers a structure, a container, with plenty of spaciousness for your own guiding light to come alive. The Wheel is a living map, and with every turn, a doorway opens into deeper wisdom.

To step onto this path, you are invited to pack light. 

Bring only your willingness to participate fully with an open mind, a tender heart, and a spirit ready to be shaped by the Sacred.

Within the co-creation of Sacred Space, where harmony, love, respect, and delight dwell, you'll release what is heavy, remember what is true, and awaken what is possible.

You will be supported and guided by Pachamama, Archetypal allies, the seeds of Cosmic Love, the forces of the Directions, nature spirits and elements,. You'll walk with your beloved sisters as this circle returns.



## The Andean Cosmivision



The wisdom tradition of Peru is rich, layered, and deeply alive. Among its many lineages are the Q'ero medicine people, direct descendants of the Inka, as well as healers and seers from the coastal regions and the jungle. Each lineage, shaped by oral tradition, carries intersecting perspectives shaped by land, animals, plants, and Spirit.

This is not a singular path, but a tapestry. A weaving of initiatory levels, Sacred teachings, energetic transmissions, and diverse approaches to healing. What they all share is a relationship with the Living Cosmos, a luminous web of energy that exists within all form and connects every part of Earth and Heaven. The medicine people live the knowledge that life is not separate from Spirit, but woven through it.

In the Andean worldview, cultural and indigenous are perspectives are intertwined. People see themselves as Children of the Sun and Stewards of Pachamama who are living embodiments of reciprocity with the land, sky, and Sacred forces.

As with many ancient cultures, modern influences have shifted the core principles and ways of living. Drawn by technology, material goods, and formal education, many younger generations have left the high mountain villages, farming traditions, and apprenticeship in the medicine path for life in the cities. Cell phones, sneakers, and Western ideals often replace coca leaves, cornfields,



and direct communion with the Apus (mountain spirits) and the wisdom of Pachamama. The slow, Earth-based rhythm of life, once very attuned to the Spirit realm, has been disrupted.

The arrival of the Spanish conquistadors and the Catholic Church brought great upheaval to the Andean people and the Inka empire. Much of their Sacred knowledge was suppressed and driven underground. The oral teachings—already intimate and initiatory—became hidden and protected. And yet, the Andean Cosmvision endured.

***Like seeds beneath snow, it waited for the right time to rise again.  
That time is now.***



Calling upon the celestial light,  
the protection of the Apus,  
and the love of the Mother,  
let the journey begin.

A note about your unique medicine path. Whenever you explore a wisdom tradition that you haven't been raised in, yet calls you heart and Soul, you step in with humility and respect. As you travel the Medicine Wheel, receive the Munay Ki Rites, perform the ceremony, and practice the healing arts, remember this.

***This is your personal journey of Spirit. It goes beyond one system of knowledge while honoring all wisdom.***

You'll be presented with a worldview, language, and way of living that is ancient, rich, and walked by many in Peru. All that you'll explore in the Munay Ki Mesa Carrier Journey will be offered in a way that may be practically embodied and integrated into Western culture. You aren't being trained as a *paqo*, a traditional Andean medicine woman, yet you are learning from their path.

Honor their path, traditions, language, and medicine. Yet, make your offering to the world your own. This is done through a Sacred Intent and your Soul's direct partnership with Pachamama, the Cosmic Light, and all Archetypal Presence.

Discover your own medicine. Develop your own gifts. Serve in your own way. The Living Cosmos recognizes you as an essential part of the Sacred Dream and thanks you for your Presence.



# Kawsay Pacha

## The Cosmos of Living Energy



### **Kawsay, Sami, and Hucha**

In the Andean tradition, all life is understood as energy in motion—alive, conscious, and Sacred. This living cosmos is known as the Kawsay Pacha: the world of Living Energy that animates and interconnects all beings, visible and invisible, form and formlessness. You are not separate from this field. You are a luminous thread woven into the vast tapestry of Kawsay.

Many wisdom traditions share a worldview of an animating life force. In the Vedic tradition, this animating life force is known as Shakti, is viewed as stored in your root to rise when awakened through inner spiritual practice. In contrast, the Andean Kawsay is not only internal—it flows within and between all things. It rises through you, dances through the natural world, and is activated in relationship.

***To walk the path of the Munay Ki Mesa Carrier is to awaken to your identity as Living Energy in Sacred relationship with the seen and unseen worlds.***

Within the Kawsay Pacha, energy flows along a continuum—from subtle, refined light to dense, disordered frequency. These two primary energetic expressions are called Sami and Hucha. Rather than labeling energy as good or bad, the Andean medicine path recognizes all energy as Sacred. It is serving as either empowering or disempowering, aligned or distorted,

light or heavy. Both are part of your human experience and each carries a message and opportunity for transformation.



## **Sami: The Energy of Harmony, Beauty, and Light**

Sami is the refined, harmonious energy that flows when you are in Ayni, right relationship, with Life. It is the subtle frequency of reverence, peace, and natural joy. It moves like fragrance, poetry, breeze, or birdsong. You feel it when you walk barefoot on the land, when you speak truth from your heart, when you listen with devotion to the wind or pray in stillness with a candle flame.

You cultivate Sami through presence, gratitude, and intentional beauty. It gathers in your field when you sing to the trees, light a candle with prayer, offer kindness to a stranger, or rest in silence under the moon. Sami is strengthened through ceremony, devotion, and your connection with the Sacred—whether through nature, the Apus (Mountain Spirits), the Ñustas (Feminine Nature Beings), or your own Soul.

The more Sami you embody, the more naturally you transmit healing, harmony, and higher dreaming into the world. You become a beacon of luminous presence. Over time, your LightBody becomes a living altar—radiant, vibrant, and aligned with the original design of your Soul.

## **Hucha: The Energy of Density, Disconnection, and Resistance**

Hucha is the heavy, discordant energy that accumulates through disconnection—when you move out of Ayni with yourself, others, or the

world around you. It arises from fear, stress, grief, judgment, resistance, and the stories that separate you from your true essence. It is not wrong or shameful. In fact, humans are the only beings who create Hucha through distorted thought, emotion, and action.

This density is not something to fear or exile. It is part of being human. It signals where something is ready to shift or be offered in Sacred exchange.

The Andean way teaches that Hucha is not to be fought or analyzed. Instead, you offer it to Pachamama, the Great Mother, who receives your Hucha with love and transforms it back into Sami. This is the Sacred reciprocity of Ayni. You give what you no longer need, and the Earth composts it into beauty for all.

To release Hucha, you may: Place your hands on a tree and ask for its help. Lie on the Earth and exhale your weariness. Speak your truth into a fire stick and offer it to the flame. Cry, sing, sigh, or breathe into the wind. Visualize Hucha turning into compost for new life.

To transform Hucha, you don't need perfection. You need presence, honesty, and reverence. Your breath, voice, choice to release is enough.

## **Walking in Ayni with Kawsay**

To live as a Munay Ki Mesa Carrier is to be in relationship with Kawsay—not as an idea, but as a living, breathing force that moves through you and around you. You begin to notice when your field feels heavy or bright. You learn to discern what is yours to carry and what is ready to be released.

You become a clear vessel for the Sacred Dream to sing through you.

You are not here to be perfect. You are here to be present—to become a conscious participant in the Kawsay Pacha, nourishing your field with Sami, releasing Hucha with love, and honoring the Sacred movement of energy through your life.

Your daily life becomes ceremonial. Every word, breath, and gesture sends ripples into the field. With humility, you aim to live in Ayni, cultivate Sami, and walk in Munay. You tend to your energy as a Sacred responsibility—not just for yourself, but for your ancestors, descendants, and all your relations.



## Ayni: Sacred Reciprocity



At the core of Andean culture and its healing traditions lies the living principle of Ayni—a Quechua word meaning “today for you, tomorrow for me.” More than a simple exchange, Ayni is a Sacred way of life, a dynamic flow of reciprocity, harmony, and mutual support. It is the heart of how Andean people live in right relationship with themselves, one another, Pachamama, and the Living Cosmos.

Ayni begins within. It invites you into energetic reciprocity with your inner nature and expands outward into how you engage with the world. This includes your connection with humanity, Pachamama, the elemental forces and nature spirits of every kingdom, and the creatures who living in Her garden. Looking to the celestial realm, you recognize your dance of giving and receiving with the subtle archetypal energies that influence and empower life.

On an ethical level, Ayni shapes how you exchange energy and live in relationship with others. It is present in family dynamics, friendships, community life, and the larger web of society. It asks you to show up in balance, respect, and mutual upliftment, bringing care and consciousness to every interaction. With awareness, you observe your own energy and ask what you are offering to the vibratory field. Gentle monitoring your thoughts, words, actions, and reactions (without self judgment) offers you the opportunity for moment by moment realignment, learning, and improved contribution to the field.

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Ayni is the rhythm of giving and receiving,  
the Sacred breath that sustains life.

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In the Andean medicine tradition, Ayni is both a personal responsibility and a collective necessity. It is essential for your well-being and for the evolution of life on Earth. When you live Ayni, you are a participatory Dreamer of the Sacred. Co-cultivating a harmonious future with with all beings, seen and unseen.

In Quechua, Ayni is understood as a Tawantin or living cycle made of four interwoven elements. These include the following:

**Intention** – a conscious prayer or purpose behind your action.

**Action** – embodying that intention through how you live, give, and receive.

**Conscious awareness** – noticing the feedback that comes from people, nature, society, and the Living Cosmos.

**Perception and adaptation** – reflecting on that feedback, discerning whether to continue, adjust, or release your action.

Living in Ayni as both a practice and way of being means embracing this Sacred cycle of intention, action, reflection, and adaptation. Be gentle upon this path of Sacred Reciprocity as you were raised outside of this culture in a society that lacks conscious awareness. Monitor your own reactions both internally and externally with the intent of a gradual

movement into ease of reciprocity.

To walk as a Munay Ki Mesa Carrier is to embody Ayni in every breath and offering. It is to remember that you are not a consumer of life but a participant in its Sacred reciprocity.



## Energy Bodies & The Three Centers

You are aware that you are a multidimensional being with Living Energy (light, information) as your foundational structure. The LightBody includes your physical body and biofield (LightGlobe, bubble) which is woven with energetic architecture: light filaments or pathways, energetic wheels/spirals, layers of the aura, and for the Andean culture, 3 primary centers.

As you heighten perception and your capacity to interact and consciously respond to the kawsay within and around you, each aspect of your LightBody becomes more illuminated. This is to say, your energetic architecture supports greater skill in navigating the seen and unseen

worlds. Holding and flowing refined light improves capacity to resonate with higher energy frequencies, elevate subtle energy perception, embody positive wellbeing and health, enhance beneficial energetic reciprocity, and partner effectively with archetypal guides and guardians.

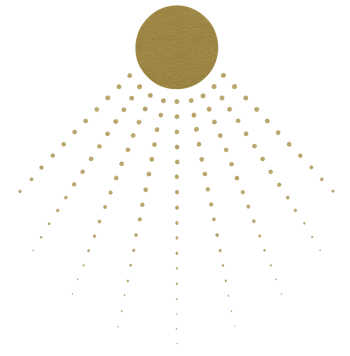
In Quecha, your LightBody is called the *poq'po* (*POKE po*) which means bubble. When you activate your LightGlobe practice, 'pop into your bubble,' or engage your Bands of Power, you are cleansing and strengthening your LightBody.

## Opening your Wiracocha

Opening your Wiracocha is a simple, yet powerful energy resourcing practice. The Wiracocha, sometimes described as the "Source of the Sacred," invites you to center, ground, and from the heart send your hands up to the space above your head. Feeling into this energy of the Sacred, that from which all things come, you draw this energy around you and into the Earth. Pausing, you feel the interaction of this high refined light with your field.

When you open the Wiracocha, you are surrounding yourself and infusing your 3 energy centers with the primordial *Ti*, the energy of creation. Create a practice to infuse yourself with *Ti* before prayer, altar work, ceremony, Living the Mystery practices, class, or anytime you feel called to strengthen your field or enter into ceremonial exchange with life.

Often in ceremony, healing sessions, or class gatherings, you next open your Wiracocha over another person or the whole group. At the same



time, others may be sharing the Wiracocha with you as well. This practice of Ayni is a sharing in the Sacred Source Energy. Important to note, you are not expanding your own luminous field around others. Rather, you've reached up to the everlasting energy of Ti and serve this creative force by sharing it in the world.



To Walk in Beauty,  
you must learn to  
think with your head,  
love with your heart, and  
act with your whole being.



## Three Primary Energy Centers

Within the Andean tradition, you are taught that your body is a living map of the cosmos. Never separate, you are woven into its very fabric, a thread of starlight and elemental earth, breathing as Spirit. As you walk the Medicine Path, three primary energy centers become gateways for deep healing, embodiment, and transformation.



These centers of power and Presence, known as *Yachay* (Head), *Munay* (Heart), and *Llankay* (Belly), invite you into a fuller way of being. They teach how to think with clarity, feel with love, and act in harmony. When aligned, these centers create a living flow of energy that allows you to walk as a luminous being in right relationship with yourself, others, Pachamama, and the Cosmic Light.

### **Yachay: The Center of Vision and Wisdom**

In Quechua, *Yachay* (YAH cheye) means “knowledge” or “wisdom.” Located in the head, this is the seat of higher knowing enhancing your capacity to receive vision, insight, and understanding beyond the limitations of ordinary thought.

When this center is balanced, you think clearly, perceive truthfully, and navigate life with discernment. You are able to engage the Great Mystery without clinging to rigid ideas, opening instead to the intuitive knowing that arrives like a whisper from Spirit.

### **Munay: The Center of Love and Right Relationship**

*Munay* (MOON eye) translates as “love,” but this is understood as far more than an emotion. It is an active, living energy and a conscious choice/intent to be in *Ayni* (right relationship) with all that exists. This center lives in the heart and is the bridge between heaven and earth and between the higher vision of *Yachay* and the grounded action of *Llankay*.

When Munay flows freely, you walk with compassion, forgiveness, and joy. You begin to see with the heart's eyes, recognizing the Sacredness in every person, creature, and stone.

### **Llankay: The Center of Action and Service**

*Llankay* (YAHN keye) means "work" or "right action." Residing in your feminine wisdom space, the belly is the grounding place where vision becomes embodied reality. It is the seat of your vitality, courage, and the will to serve the greater good.

When Llankay is strong, you act from alignment so your words, choices, and deeds flow from the higher vision of Yachay and the loving connection of Munay. This is the realm of living your prayers through your gifts and way of being in the world. Drawing down from the head, through the heart, you bring the invisible world into form.

### **Walking in Harmony**

When these three centers align, you walk in harmony. In the Andean way, you mature into a beneficial bridge between worlds as you think with clarity, feel with compassion, and act with integrity. this is how you walk the Beauty Way: in balance, reciprocity, and luminous presence.

*I open my mind to the clear light of wisdom.*



*I embody the living energy of love in all my relations.*



*I walk in right action, serving life with courage and grace.*



## The Andean Medicine Wheel

The Medicine Wheel of the Andean tradition may be understood and experienced as both a map of awakening and a living vehicle for transformation. It was born from the careful observation and deep listening of the medicine people who studied the natural world, heavens, and inner landscapes of the mind. Through ceremony and communion with

Pachamama and the Cosmos, these Wise Ones charted a Sacred pathway for those who seek healing, wisdom, and Soulful remembrance.

Your Soul's wisdom works in harmony with the mystical wisdom of this tradition to reveal what most wants to be known. Working within The Mystery is never an intellectual exercise. It is deeply personal and often symbolic, inviting you to lay down the mind's analysis and society's directives for living.

***You are called to enter as a Curious Child Scientist who is capable of seeing with wonder while trusting the Mystery to guide you perfectly.***

The Medicine Wheel honors the powers of the natural world in the Four Cardinal Directions. As Peru is south of the Equator, you begin in the South, followed by the West, North, and East. Each Direction serves as a Sacred gateway of initiation, teaching you how to engage with the material world, the unseen realms, and the Cosmic Archetypal energies that reside within and beyond you. These Directions are living portals, each carrying medicine and an invitation for growth.

This circular Wheel reflects a profound truth: life moves in cycles. With each journey of becoming, you spiral outward into greater wisdom, deeper connection, and a fuller expression of your luminous potential. Every time you enter the Medicine Wheel, you walk the same circle, yet you yourself are not the same. This alchemical spiral reveals new layers of healing and discovery with every turn.



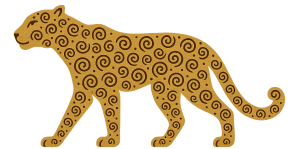
The Medicine Wheel is a map, vehicle for transformation, sanctuary, and Sacred Teacher to guide your epic journey to becoming a Luminous Wisdom Keeper.



In the South, the great serpent Sachamama guides you to shed the past like old skin and learn to walk softly on Pachamama, trusting her steady presence and capacity for beauty.



In the West, Otorongo the jaguar guides you fearlessly through shadow, limiting beliefs, and death, awakening the courage to release fear and step fully into your power.



The North offers the joyful stillness of Siwar Q'enti, the royal hummingbird, who teaches how to drink deeply from the nectar of life as you fly with grace into the Great Mystery.



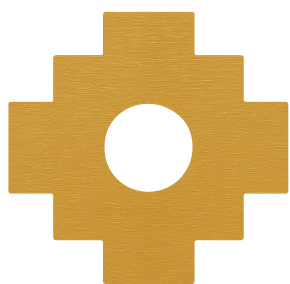
The East lifts you to the highest perception with Anka, Kuntur, and the celestial condor Apuchin, empowering you to soar high, see with vision, and call forth your personal dream in alignment with the Sacred Dream for all life.



***This Spiral Medicine Path is not linear. It is a dance of initiation and integration, of listening and acting, of healing and dreaming.***

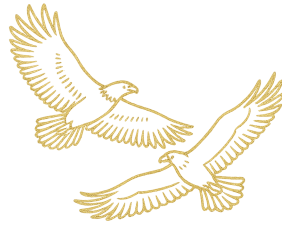
When you enter the Medicine Wheel, know that your intent, Soul's guidance, and body's wisdom will guide your process. All healing, ceremony, and discoveries are empowered by your own Soul working in partnership with the energy, wisdom teachings, Andean Lineages, Archetypal Guides, and Animal Guardians living within the Medicine Wheel.

As you journey, you will find that the Medicine Wheel mirrors the vastness of your own being. It offers you the chance to shed what no longer serves, remember what is eternal within you, and dream a luminous path forward. As you upgrade your LightBody, your direct connection to Cosmic and Earthly wisdom expands and empowers your skill as a Visionary Dreamer, no longer only for yourself, but for the healing of Pachamama.



May I become a clear flute so the  
Cosmic Beauty will play its healing tune  
through me for the benefit of all Life  
Aho





## The Archetypal Guardians of the Four Directions

It takes courage to enter the Medicine Wheel, responding to the call of your Soul and that cosmic invitation to evolve. Remember that while only you can choose to enter the Spiral Path, you will never walk alone. The Lineages, Guides, and Guardians are plentiful and always available. Together, you walk the Wheel with power and love.

As you enter every Direction, you immediately call upon and are greeted by an Archetypal Guardian or Power Animal Spirit. This is a living, energetic presence that supports you, models new ways of being, and invites you to deepen your path. In Andean wisdom, the Serpent, Jaguar, Hummingbird, and Eagle/Condor are not distant mythic figures, but accessible teachers and partners who freely offer you their medicine.

In time, you come to realize these Archetypal Guardians as siblings in the cosmic family. Moving around the Wheel and elevating along the Munay Ki Path, you'll also feel their encouragement to embody the teachings and their energetic presence so you may discover your unique medicine and manner of imparting your gifts to the world.

### **South    *Serpent (Sachamama /Amaru)***

This Sacred being emerges from the Earth, guiding you through healing that is gradual, regenerative, and aligned with Pachamama's own rhythm. As she sheds her old skin, you too are invited to release what no longer serves you. Inviting the rebirth into deeper connection and power.

### **West    *Jaguar (Otorongo), Puma (Puma)***

The jaguar's energy is fierce and catalytic, helping you move through shadow, release conditioning, and step into sovereignty. She guards the threshold of transformation, reminding you that what truly endures is always in process of renewal.

### **North    *Hummingbird (Siwar Q'enti)***

This small yet mighty being teaches you to find sweetness, joy, and abundance—even after long pilgrimages inward. She embodies resilience, ancestral memory, and the courage to savor beauty along the journey.

### **East    *Eagle + Condor (Anka / Kuntur / Apuchin)***

From high above, these sky messengers show you how to see with vision and heart. They cradle your dreams with clarity, guiding you to align your purpose with the Sacred Dream for all life. Their flight reminds you: destiny waits for those bold enough to soar.

These Guardians are not distant archetypes. Rather, they are accessible Forces of Nature inviting you to awaken. Meditating with them in subtle realms opens a living dialogue inviting their presence to engage with your energy, inviting transformation beyond words. With respect and upon invitation, each Archetypal Animal Guardian will move you, enter you, and realign you with the luminous path of Soul.

In the Medicine Wheel section of the GuideBook and the Archives you'll find more information and audio recordings to support your relationship building with the Archetypal Guardians and empowered walking in each Direction. As you deepen your lived understanding of this energetic map, spiral, and transformational vehicle, the Medicine Wheel and Guardians will ask that you live in Ayni. Having received so much along your exploratory journey, you are asked to offer your gifts, wisdom, and enthusiastic love with the world at large.



# Personal Archetypal Guides

## Healer, Explorer, Teacher, Artist

As a Munay Ki Mesa Carrier, you first deepen into your own personal transformation as you walk the Spiral Path of the Medicine Wheel. Along the way, you deepen your lived knowledge of the Andean Cosmivision, receiving the Munay Ki Rites, strengthen relationship with the Archetypal Guardians of the Four Directions and the Lineages, as well as become skilled in energy tracking, shamanic journeying, and co-creating ceremony.

Having prepared through earlier transit around the Wheel and engagement in many ceremonies, you enter into art of creating the Munay Ki Mesa. This journey not only awakens your heart and elevates your LightBody, this path invites connection to new, personal Archetypal Guides which help you embody and share the gifts distinct to each Guide and associated Direction. Unlike the Archetypal Animal Guardians which hold a shared representational form and description, these personal Guides are yours to meet, relate to, be taught by, and ultimately embody. In times, they shift from mentors to partners, to energetic wisdom encoded within your LightBody.



### **The Path of the Healer – South Direction**

The wisdom of the Healer is alive in the South and modeled beautifully by the Great Mother in the Earthly Garden. Here you surrender what no

longer serves, enter into Sacred reciprocity with life, nourish body and spirit, and rest in at-home-ment with Pachamama. As you engage your own healing path, you naturally model this way of being, supporting others in remembering their wholeness.

Healing is not what you do. It is what you embody. Move beyond your idea of a traditional healer to discover how this archetypal presence wants to live and move through you.

***In the South Direction, you'll embody skills of the Healer Archetype  
Surrender · Reciprocity · Nourishment · At-Home-Ment.***

## **The Path of the Explorer – West Direction**

When you walk in the West, you are asked to see in the dark and travel to places previously unknown. Developing a relationship with the Explorer Archetype is essential as this teaches fearlessness, fluidity, acceptance, and the art of integration. While you are not fearless, with the support of the Archetypal Explorer, you may move with courage into multidimensional landscapes and worlds, welcome the lessons of both shadow and light, discover new areas of growth, and weave joy into your work, play, and Sacred service.



The Explorer walks courageously into the unknown, trusting that each step is already held in beauty. She can not know where she is headed nor what to pack for her journey. Thus, even when fearful or believing she is not fully

prepared, she has the strength to trust and take the next step. And the next.

**In the West Direction, you'll embody skills of the Explorer Archetype  
Fearlessness · Fluidity · Acceptance · Integration**



## **The Path of the Teacher – North Direction**

As you fly North of your own accord, you move directly within the heart of the Teacher. This realm of the Wisdom Keepers invites you to lay down what you think you know. The Archetypal Teacher reminds you that first you unlearn what you think you know so that you may absorb wisdom directly from Pachamama, the energetic realms and worlds, and those many Guardians and Guides who walk with you.

The Teacher integrates and embodies truth until wisdom becomes lived presence. From this place, you discover your own authentic way of modeling and sharing what flows through you, rooted in stillness, integrity, and collaboration. Not everything learned is to be shared. Teacher listens deeply, integrates fully, and shares only what is lived in truth.

***In the North Direction, you'll embody skills of the Teacher Archetype  
Stilling · Integrity · Leadership · Collaboration***

## The Path of the Artist – East Direction



By the time you fly East, your Artist is ready to reveal herself in perfect alignment with your Soulful desires, your seen and unseen gifts, and the needs of this beautiful world. Now the Medicine Wheel has launched you into the realm of pure energy where Angels soar along with the highest vision. The Sacred Artist calls you into mystical connection, nonlinear ways of knowing, and the alchemy of co-creation.

No longer defined by traditional forms, although these are welcome, you embodied artist reveals how she walks in beauty, creates beauty, and inspires beauty in others. You become a dream-weaver, a co-creative partner with the Cosmos, as you birth new luminous expressions into the world.

The Artist reveals beauty not by making it, but by becoming it. Exploring what it means to be an Artist invites you to move beyond the painter, musician, or potter. You weave Spirit into Matter in a way that is unique to you. There is no limit in the East, so monitor how you may maintain a boundary by thinking your 'creative offering' is bound to your work. This is a Cosmic offering, so let the Kawsay download beautiful inspiration directly within your being.

***In the East Direction, you'll embody skills of the Artist Archetype  
Mystical Connection · Visioning · Nonlinearity · Creative Alchemy***



## The Three Worlds & Guardians

Across time and traditions, many cosmologies speak of a triune world, realms of consciousness that map the unseen architecture of life. The Collective Map of Consciousness in the Andean Cosmvision, rich in beauty and mythic depth, also honors this Sacred trinity of Ukhu Pacha (Lower World), Kay Pacha (Middle World), and Hanan Pacha (Upper World). These are not places one can physically travel to, but vibrational dimensions of experience. Mythic realms that can be consciously accessed for guidance, healing, remembrance, and awakening.

The Medicine People of the Andes know that each world holds teachings, transmissions, and light codes essential for your evolution as a luminous being. With training and Sacred intention, the shaman journeys between these worlds to restore wholeness to the Luminous Energy Field, track potential destinies, and retrieve lost Soul parts.

Each world is tended by a Gatekeeper, a being of immense wisdom and

benevolence who does not ask for worship but invites you into relationship. These archetypal allies serve as thresholds between dimensions and are vital to your deepening connection with the larger cosmos.

### ***A Note on Form and Familiarity***

While the Four Directional Archetypes (Serpent, Jaguar, Hummingbird, Eagle) may feel familiar through animal wisdom across traditions, the Gatekeepers of the Three Worlds originate within the Andean lineage. Their mythic and energetic nature may initially feel mysterious or unfamiliar. This is Sacred invitation, not to recreate them in the image of what you know, but to allow them to reveal themselves directly to you.

You will meet these Gatekeepers much as you will meet the Archetypal Power Animals of the Four Directions through experience, intuition, and reverent dialogue. Create space for these relationships on your altar and in your dreamtime. Allow them to arrive in the forms they choose: in symbol, in dream, in synchronicity. Let them reveal themselves, and in doing so, reveal more of you.

### ***Ukhu Pacha The Lower World***

*The realm of Soul retrieval, ancestral memory, and deep creative potential.*



Ukhu Pacha is the place of the ancestors, the collective unconscious, and the archeological record of humanity. It holds the vast reservoir of

forgotten wisdom, buried trauma, and Sacred memory. This is where lost parts of your Soul may dwell. Those aspects of yourself that left when life became too painful, too overwhelming, or too unsafe.

Shamans journey to Ukhu Pacha not to dwell in the past, but to heal it. They track the missing pieces of Soul and invite them home, weaving the luminous threads of wholeness back into your being.

### **Gatekeeper: Huascar**

Huascar (WASS-kar) is the harmonizing principle of the Lower World, known as the Lord of Life, Death, and Rebirth. He is the Guardian of the Medicine Teachings, said to have been a Inka priest who hid the Sacred knowledge in the Ukhu Pacha when the Inka were threatened by conquest. He brings peace to chaos, order to the collective unconscious, and joyful restoration to the Soul.

Be open and curious as Huascar may appear to you in many forms. Your relationship with Huascar will grow stronger the more you engage him in reverent dialogue and ceremony.

### **Kay Pacha The Middle World**

*The realm of everyday life, right relationship, and conscious embodiment.*



The Middle World is the dimension of the seen world. This is the material world which includes what you touch, taste, and move through each day. It

is far more than the mundane world, as it is the place of integration, where Spirit meets form, and your inner truth is lived out loud. Many dwell here unconsciously, bound by survival, unaware of their power to walk this world in beauty and reciprocity.

**Gatekeeper: *Queztlcoatl***

Queztlcoatl (ketz-al-KWAT-al) is the winged serpent, the mythic bringer of higher consciousness. This is the one who abolished sacrifice to gods, teaching instead that humans are meant to co-create with the Divine. In stories, he walks among humans to teach music, medicine, irrigation, and stonework. He demonstrates joy and peace as the true sacraments.

Seen in the myths of Kokopelli and Johnny Appleseed, Queztlcoatl is the Sacred trickster, the culture bringer, and the one who quickens your awareness and aligns you with the Sacred flow of life.

**Hanan Pacha *The Upper World***

*The realm of destiny, divine potential, and luminous becoming.*

Hanan Pacha is the dimension of Spirit, of pure potentiality, of your future self waiting to be embodied. This is not the personal dream, but the Sacred Dream, the one that serves all life and emerges from beyond linear time. Shamans journey here not to escape the world but to retrieve light codes and bring them back to Earth, grounding the highest vision in form.

**Gatekeeper: *Pachakuti***



Pachakuti (PACH-a-kuti) is both the Gatekeeper of the Upper World and the organizing principle of this time. Remember that you are living in the age of Pachakuti known as the turning over of the world. *Pacha* means time/space or world, and *kuti* means to turn or shift.

As a luminous being of high frequency, Pachakuti helps you see from the perspective of destiny, not fate. This Guardian invites you to rise above your karmic patterns and step into the golden age of possibility that lives within and around you. Right now. Step in. Pachakuti holds the blueprint of the Luminous Human and makes this available to you.

### ***The Triune Path of the Visionary***

As you engage these Gatekeepers and worlds with reverence, the intent of each realm of consciousness offers a path supporting your evolution.



***Ukhu Pacha teaches you how to reclaim what was lost and befriend the shadow.***

***Kay Pacha shows you how to walk in right relationship with life, others, and Self.***

***Hanan Pacha reveals your highest vision, asking you to live as an embodied prayer.***



This mythic map is not linear and not static. You will revisit these Worlds many times and discover anew what is waiting for you. What shifts is your awareness, willingness, and devotion to live in Ayni, the river of reciprocity, which flows through the three Worlds and nourishes your Sacred becoming.



## Ceremony, Altars, and Prayers

Throughout the Munay Ki Mesa Carrier Journey, ceremony will be both the container and your compass. These Sacred moments invite you to pause, attune, and step into the timeless space where the seen and unseen meet.

Whether simple or elaborate, ceremony is how you honor the turning of the seasons, the archetypal forces guiding your path, and the living energies that walk beside you. You will experience these moments interwoven into live classes, offered as thresholds into deeper presence and connection.

Your altars will serve as living maps of the journey, evolving with the teachings and your own unfolding relationship to the Sacred. Whether you tend a personal altar at home or join the communal one we build together, each stone, candle, and symbolic item becomes a prayer made visible.

Prayers themselves, spoken, sung, whispered, or silently held, will be shared in class, posted in the Archives, and encouraged as part of your Living the Mystery practices. In this way, this Journey together becomes not just a course, but a living conversation with Spirit, embodied and carried forward in your own daily life.

There is a special section within the GuideBook that offers written descriptions of a variety of ceremonies and practices. These are offered for instruction and to empower you to use them (as is or adapted) to create your own ceremony. Audio recordings of various ceremonies are also embedded within the Archives and class recordings. Listening provides a modeling, and opportunity to participate, and encouragement to grow yourself as a Ceremonialist.

## 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. Healing, Integration, 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**

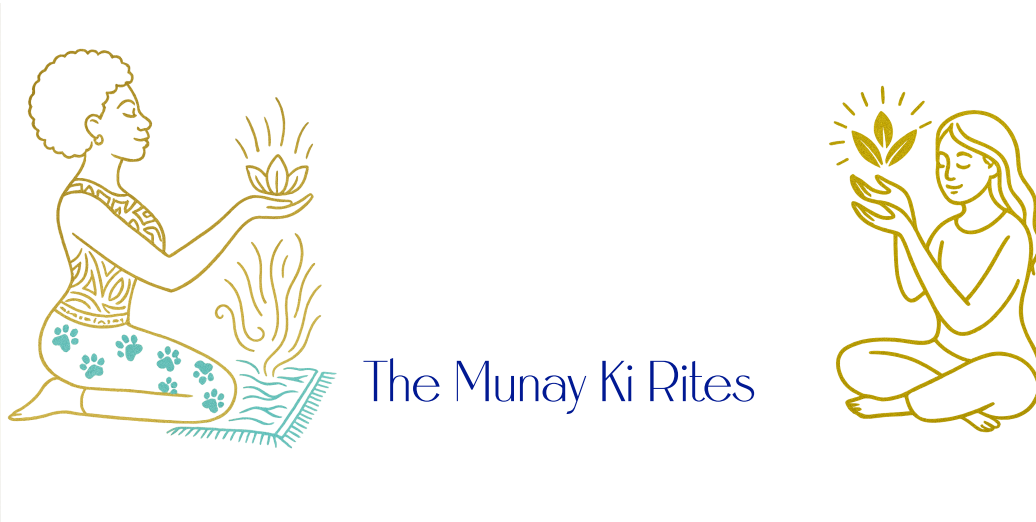
*Energetic and healing practices to transform learned knowledge into lived wisdom*

**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.*



The Rites of the Munay Ki belong to a universal body of wisdom available to all peoples of the Earth. While they carry threads of commonality with many Sacred traditions, their particular lineage flows from the initiatory practices of the shamans of the Andes (the mountains), the Amazon (the jungle), and the Peruvian coast (the oceans).

In Quechua, Munay means “love” and across many wisdom traditions Ki refers to “life force” or “power.” This translates to the power of love and the awakening of the heart.

In Peru, a shaman (paqo) undergoes an intense initiatory period of many years to grow into a person of wisdom, such as a Pampa Mesayok or Alto Mesayok. Along the way, they receive light transmissions from their teachers. Many medicine men and women in Peru share the wisdom and rites passed down to them with people around the world. Each lineage

carries its own teachings, practices, and rituals.

The Munay Ki Rites you are receiving have been organized into ten initiations for the Western world by Alberto Villoldo. With full permission from Alberto's teacher, don Manuel Quispe, Alto Mesayok, these Rites were distilled so that they might be carried into new lands. Don Manuel foresaw that seekers would arrive to learn from the Q'ero shamans about healing, caring for Pachamama, and awakening the heart, so they might walk in wisdom, beauty, and love.

In this time of planetary change (Pachakuti), the Munay Ki Rites are offered as gifts to help you remember that you are a child of Pachamama and a sibling to all creatures and kingdoms. Through the elevation of your LightBody and the integration of knowledge through practice, the Rites awaken a lived understanding that the cosmic ecosystem is reciprocal, inclusive, and harmonious.



***The Munay Ki extends an invitation to Return to the Garden and take your place as a healing presence as a Luminous Wisdom Keeper.***

The “lightning seeds,” energetic transmissions passed from the Lineage, are given to nourish, awaken, and upgrade your luminous architecture. These seeds bring opportunities to heal old woundings and release burdens carried from your lived history, ancestral imprints, and karmic patterns. With intentional practice, you help these seeds take root, supporting the integration of the energies and the rewriting of your

luminous field.

The Andean Medicine Path and the Rites of the Munay Ki offer both a map for personal transformation and the potential for an evolutionary shift for humanity as a whole. They guide you to walk in beauty, cultivate wisdom, and live Munay in your daily life, so you may live in Ayni, right relationship, with nature, your Soul self, and all your relations.



The cosmic ecosystem is reciprocal,  
inclusive, and harmonious.  
You are part of its living design.  
Claim your place.

The Rites are not concepts to be understood with the mind alone. While context for each Rite is helpful, the greater power is energetic. The lightning seeds enter directly into your luminous field, catalyzing deep insight and transformation.

As you nurture the seeds, your heart opens in stages. Old patterns rise into awareness so that the unconscious becomes visible and may be healed. Your inner work softens reactivity, releases wounds, and integrates the wisdom of lived experience. Moving through the Munay Ki, like walking the Medicine Wheel, you come to see that you are not only healing yourself—you are opening a path for all beings to evolve.

Mystics across traditions remind us that fleeting moments of love and luminosity are beautiful, but not enough. The Rites of the Munay Ki, together with the Medicine Wheel and the Archetypal teachers, provide a living path that helps you grow into a Luminous Wisdom Keeper who lives in alignment with the Whole.



***Growing into a Munay Ki Mesa Carrier, you discover you are never alone. The Lineages, Archetypal Guardians, and your Personal Guides surround you, mentor you, and love you deeply as part of one family.***



When you are called to receive a Rite, Sacred space is created and your intent aligns with the transmission. Your Munay Ki Practitioner prepares your energy body by purifying the centers and balancing the masculine and feminine currents. The Practitioner serves as a vessel for the Lineage,

who are the true givers of the Rites.

The transmissions flow easily, whether received in person or across distance, carried by the field of intention and energy. Shamans of Peru and Chile have even embraced the internet as a way of generously sharing the Rites with the world.

Once a Rite is received, its luminous seeds rest within your energy field. You will be guided in ways to nurture them so they may grow strong and fruitful. While the Practitioner plants the seeds, you alone are responsible for tending them. This honoring of your wisdom and capacity is part of the empowerment. Practice, prayer, and service assist your energetic integration. So that your heart opens and you naturally care for the Garden, all creatures, and future generations.

You'll find the written descriptions and specific practices to support integration in the Munay Ki section of the GuideBook. Within the audio recordings of classes, I've kept the description and discussion surrounding each Rite offered. I have edited out the transmission of the Rite as it was completely offered and received in that moment. Re-listening would not add new energy. With that said, you may receive each Munay Ki many times. This offers you additional energy to source your seeds at whatever stage they are in, as well as offers you lived wisdom that flows through your Munay Ki Practitioner, Paqo, or Shamanic Practitioner.



## The Munay Ki Mesa

The Munay Ki Mesa is a Gift of the Lineages. This is a new creation, offered with devotion, love, and respect from the Andean Lineages through me. It was never something personal, rather it is meant as a gift to those who walk a path of beauty, love, and service on the planet.

This Munay Ki Mesa is more than a bundle of stones. It is a living presence, a companion for your journey, and a luminous map of becoming. As you move through the initiations and practices to create your Munay Ki Mesa, you are contributing to your own evolution as a Luminous Wisdom Keeper. You become one who carries lived knowledge of the Andean Cosmivision, within you and within your Munay Ki Mesa. You are invited to receive this gift with reverence as you are seeded with light and refined energy for accelerated awakening by the Munay Ki Rites and integrative practices of this medicine path.

***The Mesa is not simply carried. It carries you into wisdom, into beauty and love, into ceremony, and into your own luminous becoming.***

Through this path you will receive ten Munay Ki Rites and invite this energy to be held and amplified in your bundle. Your Munay Ki Mesa grows into a vessel for wisdom from the Cosmic Kawsay, the Lineages, and Pachamama. It serves as a bridge to the Archetypal Guardians with a

luminous thread connecting you to the Four Directions. The Munay Ki Mesa anchors the potential of each of your personal Archetypal Guides: the Healer, the Explorer, the Teacher, and the Artist.

### ***The Living Munay Ki Mesa***

Your Munay Ki Mesa is a Sacred bundle woven with intention, prayer, and ceremony. Each Direction holds three stones or crystals:

- A khuya stone, carrying wisdom and healing energy
- A crystal, embodying the qualities and skills of your personal Archetypal Guide (Healer, Explorer, Teacher, Artist)
- A stone or crystal representing the Archetypal Animal Guardian anchoring the Direction

As you walk the spiral path, these representational objects are awakened through ceremony and initiatory practices. Over time, your Munay Ki Mesa becomes a living force—a font of wisdom, a ceremonial ally, and a reflection of your luminous journey. It holds the energy of the Munay Ki Lineages, while guiding you directly into dialogue with Spirit, Pachamama, and the many dimensions of your own Soul.

The Munay Ki Mesa evolves into your altar  
Teachers, and Council of luminous allies  
Awakening your heart and  
Carrying the power of Love Itself



This Munay Ki Mesa is distinct from the traditional medicine mesa of the Paqos or Shamanic Practitioners. It is not used to transmit Munay Ki Rites or to offer healing sessions in the old ways. Instead, it is a devotional practice gifted for this time, calling you to weave ceremony into your life and community with authenticity, reverence, and love.

## Shamanic Journeying



Shamanic journeying is an ancient practice of entering the unseen realms with conscious intention. Across cultures, mystics and medicine people have recognized that the visible world is only one layer of reality. Beneath and beyond what the eyes perceive exists a vast field of Spirit, archetype, and energy. Journeying opens a doorway into these realms, where wisdom, guidance, and healing are available.

In the Andean tradition, journeying is not escape or imagination. It is a Sacred act of relationship. Through rhythm, breath, or guided intention, you shift your subtle awareness into a more spacious state, where the veils thin and your perception expands.

You may travel to the *Ukhu Pacha* (Lower World) to meet ancestral teachers, to the *Kay Pacha* (Middle World) to gain insight into everyday challenges, or to the *Hanan Pacha* (Upper World) to connect with archetypal and celestial guides. Each realm carries its own teachings,

transmissions, and gifts, offering a mirror for your Soul.

Journeying is a path of direct revelation. No intermediary stands between you and Spirit. You step into the journey with respect, openness, and a clear intention. Spirit responds with imagery, sensations, insights, and encounters uniquely tailored to your Soul's unfolding. With practice, you learn to trust this dialogue, recognizing the symbols and messages that emerge as guidance. The unseen becomes familiar, and you discover that your inner world and outer world are woven of the same luminous fabric.



Journeying empowers you to weave Spirit into matter  
Awakening your skill as a Luminous Wisdom Keeper  
A co-creator within the field of Cosmic Kawsay

As a Munay Ki Mesa Carrier, journeying helps you strengthen your relationship with the Lineages, the Archetypal Guardians, your personal Archetypal Guides, all kingdoms, and your own luminous field. It becomes both a healing practice and a training ground, where you learn to move between the worlds with balance and integrity. Journeys may help you

release burdens, retrieve lost wisdom, awaken your mythic story, or receive visions of service. Always, the intent is not to indulge in the experience, but to bring back useful wisdom, power, healing to embody in your life.

To journey is to remember your place in the interconnected web of cosmic creation. It is a way of listening to Pachamama, celestial bodies, and your own luminous heart. When you return from a journey, you bring a piece of the unseen into the seen, weaving Spirit into matter, and becoming more fully yourself. In this way, shamanic journeying becomes an Art of Becoming. It is a Sacred practice that awakens you into reciprocity with the Whole.

Your recorded Journeys from class will be found in the Archives. There is a benefit for listening on multiple occasions. Each Journey offers you a new experience and access to current information to support your healing, path, and becoming. Additionally, you are learning the map to the Three Worlds, the Archetypal Guardian who travels with you, and the Gatekeeper who grants you entry (and who may serve as mentor and guide).





## The Arts of Becoming

The Creative Arts of Becoming are living practices of the Feminine Way, pathways of Sacred artistry that unfold through this Medicine Path. Each Art is both a teaching and an invitation: a way of seeing, creating, and embodying the luminous life that is already within you.

These Arts are not skills to master with the mind alone, but Sacred modes of Being to be absorbed, practiced, and lived. They guide you into deeper relationship with the unseen, with Pachamama, and with your own Soul essence. As you walk with them, they shape you into a vessel of beauty, wisdom, and service.

To enter the Creative Arts of Becoming is to step into ceremony with life itself. You are invited to dive in, to allow these Arts to awaken you, and to weave them into the fabric of your daily living. In embodying them, you not only transform your own life, you become a living demonstration of possibility, a guide for others on the path of remembrance. Every step within the Garden matters to all who surround you and all who come after you.

The Creative Arts may be found in their own section with practical suggestions for bringing these into your own life. As with every aspect of

the Munay Ki Mesa Carrier Journey, you'll add to these practices as you discover what works for you.



You are the medicine.  
This is the ultimate revelation.

## The Munay Ki Mesa Carrier Archives

The Munay Ki Mesa Carrier Archives are a living library, a Sacred storehouse of wisdom created to support your journey. Within these Archives you will find class audio recordings, each section of the GuideBooks, and a treasury of recorded journeys, practices, and ceremonies.

The intent of the Archives is to offer a wealth of inspiration and empowerment. They are designed as companions that return you again and again to the teachings, inviting you to deepen your understanding, embody the transmissions, and carry them into daily life.



As you engage these resources, you are invited to grow in confidence and clarity, emerging as a Luminous Wisdom Keeper. The Archives encourage you to practice, to develop the skill of offering your own ceremonies, and to discover the joy of sharing your unique gifts with others. This rich resource stands as both a sanctuary and a catalyst, supporting you in becoming an active co-creator in the lineage of beauty, healing, and love.

The Archives have been created in a field of love for you. Inspired by the Andean Wisdom Teachings, the whispered guidance from the Lineages, my personal integration and translation of this medicine path, and you, sweet sisters. All of you walking the Medicine Wheel and creating your Munay Ki Mesa have spoken through these Archives.

With love, anything is possible  
Claim your place in the Garden  
Step into the World which is  
Hungry for your tremendous heart  
Anyi! Sisters Anyi!

