

Opening the Sacred Space and Heart of the Mesa Carrier

A ceremonial practice for entering, aligning, and receiving guidance.



You've entered the Sacred Circle within the structure of the Munay Ki Mesa Carrier class series. You may adapt this ceremonial approach for your personal practice or to open a communal ceremony, workshop, or retreat you are guiding. Always remember that your inner wisdom is in direct conversation with the Cosmic Wisdom. This is your Medicine to discover, embody, and share freely.



1. Activating Sacred Space – Calling Upon the Directions

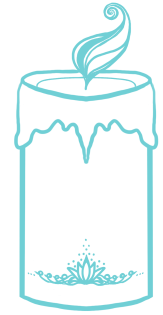
During a class series or weekend workshop, Sacred Space is opened at the beginning and closed at the end of the gathering. This honors the journey, heightens awareness, and strengthens support as the group moves together through the process.

Whenever you gather, you may acknowledge and strengthen the Directions with a brief, respectful mention and a heartfelt expression of gratitude for their presence.



2. *Awaken the Altar*

Light a candle. Bless with the smoke of sage or palo santo. Mist a healing aroma. Sing a song, ring your bells, drum, or pray your way. Acknowledge the living aspects of this Sacred Altar, including your Munay Ki Mesa bundle, as companions and allies in this ceremonial space.



3. *Organize Your Physical–Light Body*

Engage the practice of the 9 Self Regulating HeartBreaths, taking your time as your body reorganizes itself into a powerful harmonic, communicative field. Feel your energy roots extending deep into Pachamama, grounding you like a great Redwood with many roots anchoring into The Mother. Breathe Her nourishing energy up to your wisdom belly to share this powerful gift throughout your LightBody.



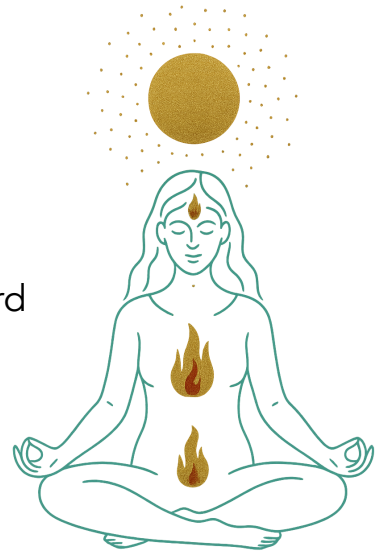
4. *Open and Share Your Wiracocha*

Hands in prayer position, slowly raise them and bring your awareness to the luminous sphere of your Wiracocha, your eighth chakra, a radiant Sun above your head. Feel the energy of this Source of the Sacred.

With intention, expand this sphere until it surrounds your entire body in golden light. Invite it to shine fully, creating a protective, vibrant field. Cleanse and strengthen your LightBody by opening every pore and

breathing this golden light through your auric field every aspect of your body.

Sharing the Wiracocha: If you are with a group, guide all to repeat this process. This time, extend the Wiracocha outward (by throwing it like a blanket of light over the group) to connect with and bless those present. Imagine the group's Wiracocha weaving together into a great shared sphere of light, creating a unified ceremonial field.



5. ***Tapping the Lines of Light***



Activate the luminous pathways of perception gifted in the Kawak Karpay, the Seer's Rite. These Lines of Light awaken your ability to see with the heart, to perceive beyond ordinary sight, and to recognize the living energy that flows through all of creation.

With gentle tapping along these pathways, you reawaken the seeds of vision, clarity, and direct knowing—opening your awareness to the subtle messages, guidance, and beauty present in this moment.

6. ***Spinning the Bands of Power***

Acknowledge and awaken the woven light of the elemental powers, Earth, Water, Fire, Air, and Ether, within and around you.

Perceive the color of each frequency (information-energy) that is woven in



your field. Spin the Bands clockwise to release Hucha (dense energy) from your field.

Group Practice: Together, open and reweave the Bands to embrace the Sacred Circle. Once activated and perceived, draw a line down the front center of your body to separate and open your Bands. Invite this blanket of woven elemental light to extend and connect with the person to your right and to your left.

In this Sacred Circle, you are now held within the weaving of the group's Bands. Notice how this feels. As one, spin the Bands clockwise to release any stagnant energy that may hinder the group's graceful and easeful movement through this ceremony (or class). Pause again to sense the shift in the field and the spaciousness now present.

7. ***Engage Your Archetypal Healer***

Call upon your personal Archetypal Healer to be present. Notice how this energetic presence arrives. Is there a felt sense, image, or message for you in this moment? Invite your Healer to sit with you in the Sacred Circle and support/guide you throughout your personal reflection or group experience. Remember to attune to the Healer from time to time so you build the skill of open communication.



8. *Welcome the Hampe and Pampa Mesayok Lineages*

Feel the arrival and the supportive presence of these etheric groups gathering around you. Notice any new instructions, impressions, or energetic transmissions being offered.



At times you may have some sense of the entire group or a single Lineage Presence may appear. Use your extraordinary senses and trust your growing capacity to translate the information flowing to and around you. Do not engage the mind or try to perceive as this will only dim your awareness. However you perceive is perfect for you in the moment .

In future Munay Ki Mesa Carrier classes, additional Lineages will be welcomed. You may always adapt this step to the intent of your ceremony, inviting personal Guides, elemental forces of Pachamama, or Beings of Light most beneficial to your purpose.

9. *Ask and Receive Guidance – Reflection Questions*

Today, what needs attention, love, healing, and compassion...

... in me?

... in my community (of focus)?

... in Pachamama?



Today, what action shall I take that best serves...

... me?

... my community (of focus)?

... Pachamama?

10. Fire Ceremony (Choose Focus)

In today's class, you are leaving the South Direction. Use the fire to burn anything left undone or unknown, offering your gratitude for the journey so far.



As you enter the West Direction, offer your prayer for the courage to see, learn, and experience what awaits. Give to the fire anything that stands in the way of fully engaging with the gifts of the West.

Finish by feeding your 3 centers and auric field with the fire. This strengthens and cleanses your seeds and your field. Thank Wilka Nina (fire) for this support.

Adapt this step to the unique purpose of your ceremony, workshop, or gathering. You will take the opportunity to explain the purpose and process of a fire ceremony in the Andean tradition if you have participants new to this wisdom path. Every ceremony or class is an opportunity to share your wisdom, as it lives within you, and empowers others to grow their own wisdom in their own way.

11. Prayer of Gratitude

You are always encouraged to pray from the heart. Written prayers or invocations can help set the tone and align the group, but over time these words will naturally flow from your heart as the cosmos plays its beautiful tune through your being.

***Thank you for this gift of life and the opportunity to
be together today. May all beings know the joy of
living together in harmony and love in
our shared Garden of Pachamama.***

