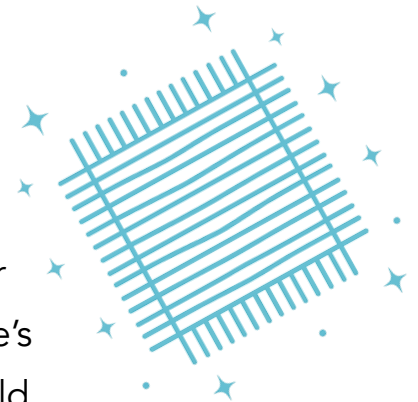


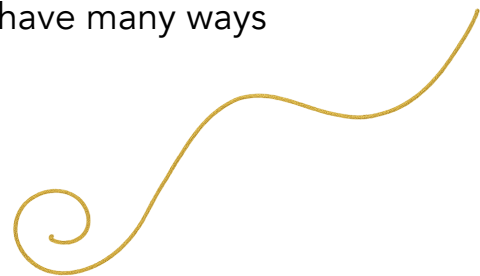
# Unweaving the Patterns that Bind

## ***An energetic practice to loosen hidden influence***



You live within a luminous, woven field of light. These threads are pathways for information to travel. Some clear and open, others tangled and dense. Throughout your life's many highs and lows, you've stored information in this field. Some of it carries your gifts, skills, wisdom, and inherited blessings. Other strands hold your wounds, unresolved patterns, difficult emotions, and ancestral burdens.

Both the clear pathways and the tangled ones transmit this information. You move through this woven field of light in every moment. When a pattern repeatedly emerges in your life, you have many ways to shift and clear the energetic architecture.



Remember this, you are sovereign as you embody the light, wisdom, and love of the Munay Ki Mesa Carrier's path. Clarifying your energetic field is fundamental. While many practices and ceremonies are offered, you are also awakening your Healer and Explorer Archetypes. They will guide you toward your "best practice" in each moment. Trust yourself (and them).

Practices you have already explored include: releasing in a fire ceremony, blowing your emotions or stories into a khuya, working with an Archetypal

Guardian or Guide, spending time in nature, creating an offering to Pachamama (such as an altar or k'intu), and shamanic journeying for support. All these practices foster surrender, forgiveness, compassion, and the transmutation of dense energy. As you embody the Hampe, Pampa Mesayok, and Alto Mesayok seeds of light, you will continue to “lighten up” your field, your mind, and your emotions.

### **Carrying Burdens and Laying Them Down**

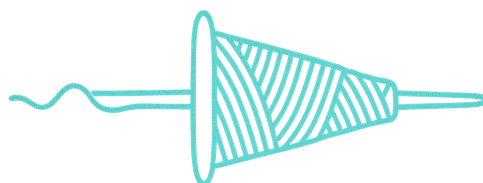
As a human, you’ve acquired many patterns along your journey. Some are the result of childhood or early adult experiences. Others arise from trauma encountered through life. Still others are inherited such as ancestral patterns carried forward through generations. Imagine an unresolved issue from your great-great-grandfather reappearing again and again through your own life.



Every difficult experience and inherited burden carries a hidden gift, yet these patterns also disrupt the LightBody in its potential to be a luminous weave of loving intelligence. The Medicine Wheel teaches us that the South and West are directions of surrender, inviting us to shed, burn away, and let die whatever has become a burden.

### **Unweaving the Filaments**

This practice honors that you live in a woven field of light, with each luminous strand carrying information. When a pattern is brought into



awareness, it can be unwoven. This is not a mental practice. It requires only that the pattern be seen and named. As you work with the steps, allow yourself to adjust or add what feels right. Trust your intuition.



### **1. Activate Sacred Space & Open Wiracocha**

Create Sacred Space in your own way. Bring your Munay Ki Mesa—it may remain closed or be opened, depending on how you wish to engage your altar. Light your fire and have a stick or coffee stirrer ready. (Avoid toothpicks; they are too small to hold the strands of light.)

### **2. Identify and Name Your Pattern**

Clarity is essential. Each pattern is a cluster of informational strands encoded with instructions to keep the cycle active. Your intention is to remove them as fully as possible so the pattern loosens, perception shifts, and behavior may change.



Be simple and precise. Label the issue rather than writing a full story. Then ask your wisdom if this pattern belongs solely to you or if it is also ancestral. Note your intuitive response as you'll return to it later.

### **3. Unweave the Filaments of Light**

Stand grounded in Pachamama. Ask the Lineages to support you. With your stick in hand, close your eyes and invite your inner knowing to reveal the strands that are ready to be unwoven. Let your hand move naturally, seeking, finding, and winding threads.

Do not try to follow a single strand. Simply allow the process. If you lose the thread, pause and restate your intent: "Unwind this [pattern]." Begin again, continuing until you feel complete.



#### **4. Return the Pattern to Your Ancestor**

If you sensed this was ancestral, invite the ancestor forward. Whether you know them or not, ask them to take the burden (the filaments wound around your stick) back into their keeping. Speak firmly and lovingly: you are no longer willing to carry this energy. It is time to return it in full.

This is not done with apology or elaborate blessing. It is a matter of clarity, of restoring energy to its rightful place, and reclaiming your sovereignty.



#### **5. Burn the Pattern**

Offer the stick, carrying the invisible weaving, to the fire. Pray gratitude for the gifts you received while carrying the pattern and for the freedom that comes with release. Watch as the fire consumes the form and the smoke carries it away.



When complete, bless your three centers and aura with the fire—feeding the seeds within and brightening your luminous weave.

## **6. Reflect on the Gifts**

Pause and consider what gifts you gained while carrying this pattern—resilience, calm, generosity, sensitivity, or other strengths. Create a mantra to anchor this wisdom:

“I am resilient.”

“I stand strong in the face of challenge.”

Write it down. Place it where you will see it often and let it shape your daily embodiment.

## **7. Closing the Ceremony**

Close this Sacred work in your own way. Offer gratitude to all who assisted—the fire, the stick, Pachamama, the Guides and Guardians, the Lineages, your ancestors, and all the unseen allies who stood with you. Go forward and walk in the freedom through the doorway of potential.

