



Alto Mesayok Karpay ~ Wisdomkeeper Rite



The Rite of the Wisdomkeeper opens the doorway to an ancient lineage of guardians who hold the teachings of the mountains and the stars. In this transmission, you are connected with the mountain spirits (Apus) of the Stone Kingdom. Their wise presence has endured through the rise and fall of countless civilizations carrying the memory of Pachamama.

When you enlist the Apus and the bridge to the celestial realm (Upper World), you're reminded of the infinite nature of Kawsay. And how this Living Energy, which has animated all existence throughout time, is also available to you in this very moment. The Apus invite you to release the restless preoccupations of the mind and conditioned beliefs of society so you may enter the fertile stillness where wisdom speaks.

The Rite of the Wisdomkeeper encourages you to slow down, listen deeply, and realign with the rhythms of the Cosmos.



The Apus teach patience, perspective, and endurance. They remind you that you are part of an ancient lineage who communed with the celestial libraries within the constellations and stars. The Alto Mesayok Rite strengthens your capacity to perceive and receive wisdom teachings from all three worlds. Inviting the harmonizing of this energy within yourself, your community, and Pachamama.

When you receive the Alto Mesayok Karpay, you are invited to explore the planet to find what mountain(s) call to you. While you may seek to learn the mountain closest to your birthplace, often the powerful mountains in Sacred places upon the planet have an allure for you. Notice which mountain captures your attention now or perhaps has been present throughout your life. There may be a hint how the Apus have been guiding you or waiting for your acknowledgment of their presence as teacher.

The Alto Mesayok Karpay also carries the invitation to heal the unbalanced Masculine within yourself, your family, and society. Where the Pampa Mesayok Rite tends the Feminine at the personal, ancestral, and cultural and cultural levels, the Alto Mesayok restores the harmonious essence of the Masculine. Too often the cultural and ancestral Masculine has been distorted into domination, control, absence, and self-centered greed which imparts the wounds of abuse, separation, fear, and disconnection.

This misuse of power is easily recognized in how governments, corporations, religious organizations, and societal groups harm vulnerable individuals and the planet. Remember that which is observable to you in the Middle World is also living within you.



Tend to your own garden first to weed the ancestral, societal, and personal imbalances carried within you.



The mountains, steadfast and enduring, remind you of the true nature of the Masculine: presence, clarity, guardianship, and the capacity to hold space with patience and strength. Through the Alto Mesayok Rite, you are invited to release inherited patterns of wounded masculinity and to embody its healed expression — one that protects without oppression, leads without control, and acts with wisdom and compassion.

When you realign the Masculine within you to serve as a steady guide who is attuned to the vastness of the stars, you live grounded in Pachamama and in harmony with the Feminine. This Rite knows that stillness is essential. It is the sanctuary in which the voices of the Apus, ancestors, and celestial beings may be heard. In this silence, you become a vessel free from distraction and mental preoccupation so that wisdom may be

received and shared for the healing of individuals, communities, and the Earth.

The Wisdom Path in the Andes

In the Andes, an Alto Mesayok's training begins after a Sacred calling. Sometimes this call is dramatic such as surviving a lightning strike or receiving a vision or dream of an Estrella, a Sacred star-being often clothed in white. This marks the Soul as chosen to walk the path of the Wisdomkeeper.



In Quechua, Alto means "high" and Mesayok "one who has power; one who has the signs. Whereas the Pampa Mesayok is considered connected strongly to Pachamama and serves as a healer and ceremonialist, the Alto Mesayok is considered a mystic or high priest. Communing directly with the Apus and celestial realm, they support the community through prophecy, empowering social cohesion, and healing.

The Alto Mesayok training itself is demanding and may take the shaman over a decade to complete. Through this arduous journey, the aspirant learns to commune directly with the Apus of the Middle World (Kay Pacha), the Celestial Apus of the Upper World (Hanan Pacha), and the mystical forces of Kawsay Pacha. The ability to perceive and communicate with the subtle and magical world of Living Energy becomes more refined.

Each Apu carries unique energy and offers special gifts which the Alto Mesayok weaves into their service, healing, and leadership for individuals,

communities, and the whole of the collective. They tend to the harmony within nature and aim to align human life with the Cosmic order. They draw on the wisdom of both the stone and the stars, integrating vision and prophecy with grounded action. The Wisdomkeeper moves fluidly through worlds and time to support the evolutionary potential of the collective whole.



The Bridge Between the Alto Mesayok Karpay and West Direction

The Alto Mesayok Karpay is received in the West, where you are invited to explore the landscapes of stillness, integration, and courage. Here, the Rite calls forth the qualities of the Explorer Archetype:

Acceptance

You have traveled the Medicine Wheel, shedding a need to fight reality. There is a gradually letting go of needing to fix yourself, those around you, and the situations of the world. You recognize the inherent wisdom to walk your path with a willingness to face what is without resistance. Trusting Life to give you every opportunity to heal and grow, you practice receiving each moment with openness and grace. Walking in Beauty invites you to recognize and trust the Cosmic harmony in all moments.

Fearlessness

You recognize the necessity of diving deep within the unconscious areas of your psyche to clear the developmental and ancestral stories, beliefs, and patterns. You develop the courage to walk into shadow, knowing you are fully supported by the West Direction and Ottorongo. Fearlessness doesn't mean being without fear. Rather, you view fear as teacher and continually release it in your quest to enter the unknown landscapes so you discover your infinite nature.

Fluidity

Moving easily through the Middle and Lower Worlds, the practice of shamanic journeying enhances the fluid nature of Kawsay Pacha. This supports a loosening of the rigid ideas of time, the direction of healing and growth as only forward, and yourself as a physical entity. With practice, you develop the skill to move gracefully between Worlds, seeking guidance and opportunities for healing. This allows you to go with the flow more easily in practical ways as Life is always shifting.

Integration

Through shamanic journeying and communing with the Apus, the Wisdomkeeper learns to enter the fertile silence, allowing insight to flow from stones, waters, winds, stars, animals, and Guardians. The Wisdomkeeper's task is to stand as a bridge, fluidly moving between worlds, gathering "medicine" (gifts), higher perspectives, and vision. Integrating this lived wisdom not only inspires and contributes to your own transformation, you may now serve as guide and fellow explorer for those who seek clarity, renewal, and living in right relationship.

Transmission of The Wisdomkeeper Rite



As with all of the Munay Ki Rites, the Alto Mesayok Karpay places a seed of wisdom and vision in your luminous field. This seed carries responsibility: to walk your path with clarity, humility, and devotion to the good of all beings. The seed must be tended like a living flame, nourished through prayer, practice, service, and silence, so that it blossoms into luminous presence for the benefit of life.

You'll begin by opening Sacred Space, calling upon the Directions and all Guardians and Guides, and opening your Wiracocha to pull the light of your Soul around you. Choose 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 Alto Mesayok 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 Alto Mesayok 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 Alto Mesayok within you.



Integrative HomePlay - Alto Mesayok Karpay

Visionary Leadership, Balancing Masculine, Harmonizing Presence

The Explorer's Journey

You have access to recorded Journeys in the Munay Ki Mesa Carrier Archives. Listen to these to become familiar with the Path to the Middle and Lower Worlds, as well as the Guides, Guardians, and Gatekeepers whom you work with in these Journeys. In time, you will journey on your own to discover the never ending wonder, wisdom, and support available to you as an Explorer of Kawsay Pacha.



Dialogue with the Mountain

Open Sacred Space, Root like a Redwood into Pachamama, and call upon the Alto Mesayok Lineage to assist you. Place a stone (or sit near a mountain if available) before you as the embodiment of the Masculine. Sit in stillness and breathe until you feel attuned and steady within.



Place one hand on your heart and one on the stone (or open toward the mountain). Begin a silent or spoken conversation with the mountain. Ask what you need to know about the unhealed Masculine within you. Or perhaps, ask: What pattern in my life/lineage represents the unhealed Masculine?

Enter the Sacred Dialogue as what you notice the impressions, images, or sensations that arise. Explore what you're being shown about strength, patience, guardianship, or presence. Journal or reflect on what you received. Remember to ask what steps might assist your healing, what support (celestial, human, your inner wisdom) is available and what the healed Masculine would look like in your daily life.

End your practice with gratitude to the Alto Mesayok, your inner wisdom (and seeds), the stone or mountain, and Pachamama for their guidance. Complete by standing upright, steady and rooted. Close Sacred Space and walk with purpose into the world.



Standing as Steadfast Presence

It is important for every Munay Ki Rite to not only nourish your seeds, but to embody the gifts and teachings. This helps you move beyond intellectual understanding into a practical, lived energetic experience.

Stand barefoot, feet firmly planted upon Pachamama, arms gently open at your sides. Imagine yourself as a mountain deeply rooted in the Earth with



Beautiful Questions

You're skilled in the Art of Sacred Dialogue whether in your journal, speaking aloud, walking/talking to Nature, or conversations with your many etheric guides. Remember to explore different communication styles as these not only bring forth new information, they open your intuitive perception. You may be surprised by what you discover.

What call has awakened me to walk the path of the Wisdomkeeper?

How can I cultivate stillness so I may hear the voices of mountains, stars, and ancestors?

In what ways am I being asked to accept, integrate, and act on the wisdom I have already received?

How do I use shamanic journeying to gain wisdom in service to healing and wholeness (for myself, for my community, for the world)?

What seed of vision have I been given, and how will I tend it so it may blossom for the good of all life?

