



# *Munay Ki Mesa Carrier*

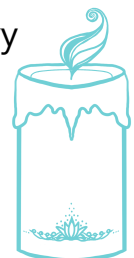
## Kawak Karpay ~ The Seer Rite



The Kawak Karpay or Rite of the Seer a new energetic-neural pathways linking the visual cortex with the heart and intuitive center of your third eye. These light filaments, woven into your energetic field and strengthened with practice, expand your capacity to see beyond the ordinary into the subtle realms of energy, myth, and Spirit. This enhanced perception speaks directly to the heart, inviting you to keep your energetic center open, harmonious, and wise.

The Kawak Karpay calls you into the living awareness of the Seer—one who perceives the hidden patterns beneath the surface of the world. Seeing becomes more than eyesight, it becomes insight which is heart guided and Spirit aligned. As you strengthen this inner architecture, you deepen your ability to sense the movement of energy, whispers of Pachamama, and presence of Archetypal Guardians and Guides who walk beside you in the seen and unseen realms.

With these pathways open, you're invited to view the the worlds within, around, and beyond you through the eyes of the heart. This is not passive witnessing. This participatory engagement reveals a Sacred sensory conversation with Life. Colors brighten, invisible patterns reveal themselves, and your heart centered sight speaks the language of energy. You begin to witness the preciousness shining



within everyone and everything, yourself included. Even when you encounter someone who presents harshly, you may engage your “Crown of Sight” and “Necklace of Light” to meet them with clarity and compassion. Whether you choose to engage or step away, you do so from a place of knowing their deeper truth.

This Rite calls for your courage and willingness to witness everything the world holds: the beauty of life as well as that which is frightening, uncomfortable, or unfair. The Kawak Karpay prepares you to look with clear eyes at the shadow within yourself and the world. It helps you move beyond conditioned perception, beyond the lens of family, society, and culture, into direct communion with the subtle realms and your intuitive senses.



## The Seer Within Asks Beautiful, Empowering Questions



Are you willing to open your eyes and heart and really look at yourself and the world around you?  
Can you behold the beauty and shadow, truth and lies with equal courage and compassion?



With practice, this Rite strengthens your ability to navigate dreamtime and waking life with clarity. It teaches you to recognize when a vision,

synchronicity, or dream is Spirit speaking directly to you. Over time, your “seeing” expands beyond personal insight into visionary service—allowing you to witness for others, your community, Pachamama, and the unfolding future.

## **A Note on the Lineage of Seers**

In the Peruvian world, the gift of visionary sight is cultivated across many lineages and also carries unique expression depending on the land. The medicine people of the coastal regions of Peru are known as Seers for their visionary skill, navigation of dreamtime, and access to altered states to bring guidance for their people. These coastal traditions often differ from the high mountain paqos of the Q’ero or the medicine people of the jungle, whose practices are deeply attuned to their distinct landscapes and energies.

The gift of the Kawak Karpay awakens this ancestral remembrance and offers a restoration of ancient knowing. This Rite carries the energetic memory of these seer traditions, expanding your capacity to walk between worlds with clarity, insight, and humility. You become a luminous being capable of perceiving the greater tapestry of existence while walking awake in the Mystery.

## **Transmission of The Rite of the Seer**



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. As you

enter this Sacred Space, you step out of the world and into the realm of the Soul. When you draw down the energy from the Source of the Sacred around you, a cleansing and enlivening of your LightBody occurs. You are being resourced by Kawsay. When you are opening/receiving the Wiracocha with others in ceremony, remember that you are sharing the Kawsay and not using your own life force.

The Munay Ki Practitioner prepares you for the weaving and activating of the light filaments with grounding and breathing practices. Once centered within your own being and intent upon opening your Sacred Perception further, these lines of light will be traced on your head. First the 5 lines connecting your third eye to your visual cortex and then the heart with the vision center at the base of your skull. Once woven in, you'll tap your own lines of light - crown and necklace - to activate the refined light.

Always the completion of a Rite involves gratitude, commitment to practice, and closing of your Wiracocha and Sacred Space (unless the class or ceremony continues).

***I view Life with the Eyes of my Heart,  
perceiving the subtle beauty, truth,  
and mystery in all things.***





## Kawak Karpay Integrative HomePlay

### ***Activating Heart Centered Perception and Wise Discernment***

#### ***Tapping the Crown of Sight and Necklace of Light***

Each day, you may nourish your LightBody by tending to its subtle architecture. Tapping your lines of light enhanced the new energetic-neural pathways. Begin with 9 HeartBreaths, grounding into Pachamama, and Resourcing your Bands of Power. Once your system is awake, organized, and nourished, you may begin tapping the light filaments installed during the Kawak Karpay.

You may begin at the third eye and tap the line straight over the top of the head to the base of the skull and back. With both hands, begin at the third eye and tap along a diagonal arc on both sides of the head to the base of the skull and back. One more time tapping from the third eye around the sides (just over the ears) to the occipital point and back. You may choose to start at the heart or the base of the skull as you tap this connection forward and back.

As you tap, tune into the sensation in your energy body, head, and heart. Let your subtle perception sense the light pathways as they brighten. You may add an empowering statement such as “My heart guides my vision in every moment.” Or, “I am capable of seeing the hidden realms with courage, compassion, and clarity.

## ***Transcending Worlds: The Power of Discernment***

It is helpful to tap on your Kawak architecture (5 lines in the crown, connecting lines to heart) prior to going on a shamanic journey or entering meditation to reflect on a challenging situation. When you can “see in the dark with the eyes of the heart,” you are better able to discern between helpful energies that are light in nature (Sami) and dense or wayward energy (Hucha) that distracts and derails your process.

Discriminating between helpful and unhelpful energy within your own field and flowing through the 3 Worlds is an essential skill for a Luminous Wisdom Keeper. Given the unconscious nature of much of humanity, a world that has experienced trauma for generations, and the negative thought patterns or discordant spirits moving through the ether, clarity of perception is critical. When sensing you are encountering dense energy within your field, you engage in practices to own, understand, release/clarify, and up level your energy.

When perceiving the heavy energies of the Middle World or during Journeying or Dreamtime, it is critical to have a strong boundary. Strengthen the boundary of the LightGlobe, spinning the Bands of Power, and claiming “This is my energy field where I am sovereign and nothing enters without my permission.” Using any technique or energetic assistance from the Lineage, Pachamama, or an Archetypal Guide/Guardian bolsters your intent and actions to return to a harmonious energetic state which supports safe Journeys and Dreaming.

Where is Spirit asking me to look more deeply  
with curiosity, compassion, and courage?



### ***Playing with Enhanced Perception***

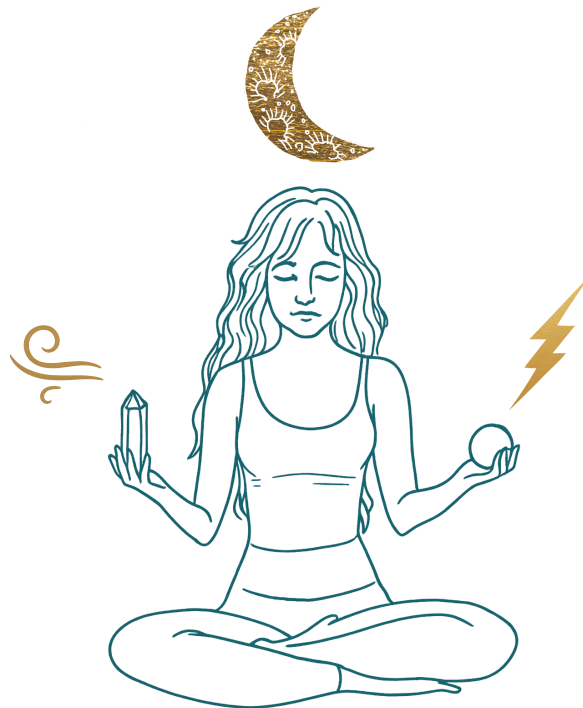
Practice and play are great ways to strengthen your skills with perceiving the subtle energy. There are many ways to do this, so start building upon something you've already gotten good at. The *Stilling Practice*, which you've already learned and integrated, is a beautiful jump off point for engaging a higher level of integrated ordinary and extraordinary sight.

Choose a quiet place in the natural world or a special energetically rich space (eg, Soul Sanctuary, your own sanctuary). These spaces are full of enlivening form - both natural and human made. Once your body is still and organized (HeartBreathing + Grounding), enhanced with an activation of Sacred Space or opening the Wiracocha, and your Bands and Lines of Light have been awakened, you are ready to perceive.

Let your eyes wander until they rest on some form. Keeping them open, you may soften your gaze and commune with that form. While you are looking at it with soft sight, you're also feeling or sensing into the energy. Notice what occurs within your own body and in the energy field of the form. Perhaps there is a sense of light (with or without a glow), sensation in

your body, or interpretation via some emotion, thought, or image. Stay with this gentle focus as you open your heart and remember your own bright lines of light. Next, close your eyes and see if there is any other information flowing through your body or inner sensory apparatus. When you feel complete, thank your own sensory structure as well as the form which shared the information-energy. Then, try it again when your eyes alight on a new form.

Practices such as these are many and quite varied. Let your intuition guide you as you adapt and adopt those practices which support enhancement of your ability to see the subtle realms. When you meditate with eyes closed, you may also pause at any moment and sense into an image, thought, physical sensation, sound, or movement. Also enjoy being in nature with eyes closed, listening through your expanded senses or feeling through your heart.



## Living the Kawak Karpay



### ***A HeartSeeing Practice to Strengthen the Seer's Vision***



Create your Sacred Space by awakening your altar, calling upon the Directions, opening your Wiracocha, and/or sitting your Munay Ki Mesa. However you choose to settle within an intentional space is perfect. Notice that how this happens may change - be fluid in your devotional practices.

Whenever you are engaging your extraordinary perception and seeking to commune with the Living Energy, it is important that you enter into a coherent, calm state. Engage the practice of HeartBreathing with the basic sequence of laying palm over palm in the center of your chest. Let your body breathe you for 3 or more breaths before switching and repeating. Take your time with at least 9 HeartBreaths (3/3/3) or more if that is your preference.



***View each HeartBreath as a prayer that steadies the body, quiets the mind, and illuminates the soul's vision.***

Once centered, ground like a redwood into Pachamama and drink up her nourishing energy to your wisdom belly. Centered, grounded, and calmly organized, you are ready to tap your lines of light to activate the luminous pathways installed during the Kawak Karpay. Take some moments to settle within the stillness and feel your LightBody as these pathways brighten.

### ***HeartSeeing Practice***

Place one hand on your heart and one over your eyes. Breathe deeply. Invite your inner Seer to awaken, not through effort, but through presence.

Now gently open your eyes and gaze around you. The activated pathways of light allow you to combine the extraordinary senses of your inner sight and loving heart. Your soft gaze perceives, rather than looks, at the world around you. Allow yourself to perceive the aliveness of the world: envision the deva spirit of the tree, sense the whisper in the stone, feel the pulse of color, shadow, or embody the silence.

When you “see with your heart” all of your extraordinary senses awaken so that you perceive the subtle realms of energy in which you live, move, and have your being.



*I awaken the eyes of my heart to perceive  
the world in beauty, truth, and love.*

## Beautiful Questions for Kawak Karpay

Soften the mind, open the heart, and deeply remember as you reflect upon these questions with your lines of light and extraordinary HeartSight activated. You are practicing asking a simple question: What is this moment revealing to me?

Trust the first impression, image, or sensation. Let your heart interpret what the mind cannot grasp.



## Awakening Perception



1. What do I notice when I soften my gaze and allow my heart to guide my seeing?
2. How does the world appear when I listen with my whole being, not only my ears? How may I use this HeartSight when practicing WholeBody Listening with another?
3. Where do subtle whispers of energy invite me into deeper awareness today? Hint: slow down as you move through your day and check in with this question. One breath, enter stillness, ask the question, notice .....

## Living Vision



1. What vision is Spirit revealing regarding the question I am asking? Hint: in the meditative moment, see what is available. Before exiting the

question, ask to be shown more subtle and obvious signs throughout the day.

2. How do I personally sense the threads of connection between myself, others, and Pachamama? (this develops/evolves with practice)

3. What does my heart perceive that my mind alone cannot grasp?

### **Walking the Mystery**



1. In what ways am I being invited to trust the unseen, ineffable presence at this time/in this situation?

2. What emerges when I look beyond appearances into the luminous essence of life? What is actually here with me in this room/setting, nature, or witnessing person/group before me?

3. How can I honor the gift of extraordinary perception in service to beauty, healing, and love for my community, the world, and Pachamama?

### **Creating a Sacred Record**

When you keep a journal and make notes about your visions, insights, Sacred Dialogues, and synchronistic noticing throughout your day, you discover even more.

Recording your experience (or sharing it with another) adds another layer of information. Making it a multidimensional discovery.

