



Munay Ki Mesa Carrier

Pampa Mesayok Karpay ~ The Daykeeper Rite



A Pampa Mesayok walks the path of luminous service with humble devotion, rooted in Munay, the generous, Soul-born love that nourishes all life. As an altar keeper and Earth tender, the Pampa Mesayok becomes a Living Prayer, an oasis of goodness, integrity, and beauty offered for the benefit of the whole.

In the Andean Cosmovision, this Rite marks a Sacred turning point. Having journeyed through the Medicine Wheel, you have healed much within yourself, come into harmony with the Archetypal Guardians, deepened into the Hampe lineage of healing, and cultivated the three energy centers of Llank'ay (right action), Munay (right relationship), and Yachay (wisdom-vision). These awakened centers now offer fertile ground for deeper service.

“Pampa” refers to a fertile, life-giving place. It is round, open, and receptive, like the belly of the Sacred Feminine. It is the Earth’s generous

field, where nourishment flows and wholeness is restored.

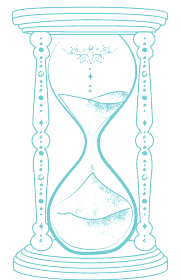
“Mesa” is the altar, a Sacred bundle of medicine stones, stories, and healing energies that connects you with the powers of nature, ancestral teachers, and the direct path of lived experience.



“Yok” means to carry power in right relationship, as a steward of harmony, reciprocity, and the Sacred.

A Daykeeper is one who honors the rhythms of time, not as a clock, but as a living, cyclical presence. You track the movement of the sun, the moon, the stars, and the seasons. You listen to the subtle shifts in energy, in light, and in the dreaming of the world.

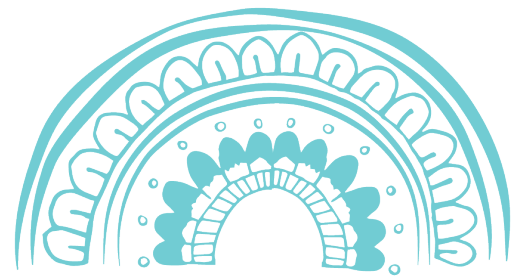
Each day is seen as Sacred, an opportunity to walk in Munay, to restore harmony, and to be in right relationship with the world. You are a guardian of the Sacred flow of time. You understand that each day arrives with its own spirit, its own invitation, its own potential for harmony. You meet this invitation with presence and Munay.



A Pampa Mesayok listens with their whole being to the pulse of Pachamama. They pray with great altars, such as Machu Picchu and Stonehenge, and with humble ones, too: a circle of river stones, a kitchen table, the garden at dawn. They carry the mesa as a living altar of service, anchoring the lineage of beauty, harmony, and right relationship into the world.

Traditionally, Daykeepers also tend to the communal altars and ancestral ceremonies that ensure health, abundance, and harmony for the whole. This service is Earth-honoring and life-sustaining. You are also a caretaker of community and Pachamama. Whether tending ceremonial space or quietly caring for your neighbor, you become a vessel for healing, integrity, and belonging. You walk in Ayni with the world. You ask how you might serve, and you listen deeply for what is needed.

As a Daykeeper, you serve as a harmonizer between worlds. Through your connection to the mesa and the Lineage, you serve as a bridge between Ukhu Pacha, Kay Pacha, and Hanan Pacha - between the visible and invisible realms, and between the past and future.

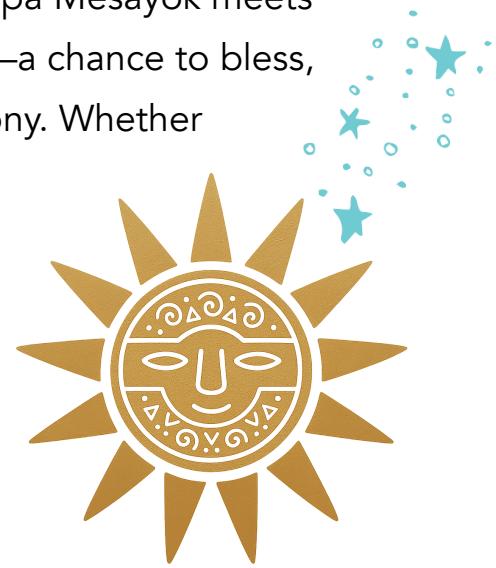


Through your mesa, prayers, and presence, you reach to the Lower World to draw energy from the roots of the ancestors and tend the hidden, unseen dimensions of life. Through dreams, symbols, and vision, you receive guidance from the Upper World. And as a conscious steward, you plant beauty in the Middle World with every loving act. Weaving the purpose and potential of each of the three worlds into a grounded practice of service. You restore balance where it has been lost and keep the light flowing through all timelines.

This Karpay awakens your Sacred responsibility to walk with reverence and reciprocity upon the Earth. You begin to feel the invisible web of life not as an idea, but as an embodied truth. The Pampa Mesayok Karpay expands the understanding and practice of healing beyond self to the whole

community, all societies, and the natural world. Especially for those raised in fragmented or individualistic cultures, the Daykeeper’s Rite invites a deep return to Pachamama’s arms, to communal wisdom, and to the gentle, fierce art of care.

To be a Daykeeper is to make life ceremonial. The Pampa Mesayok meets each day not as a repetition, but as a unique doorway—a chance to bless, tend, and restore beauty. You tend each day as ceremony. Whether through greeting the sun, tending a garden, lighting a candle, or placing your hands on the Earth, you make life Sacred through your attention. The day itself becomes the altar, and each moment is infused with sacred intention. You carry the unseen into the seen, infusing your daily life with Soul.



The Pampa Mesayok does not seek the spotlight.
She carries the light into forgotten places.



The Daykeeper’s path is deeply feminine in essence—nurturing, receptive, and present. It is cyclical, intuitive, relational. It honors the garden and the womb, the soil and the story, the seasons of birth, decay, and renewal. This work of healing the Feminine, within yourself and all communities, restores harmony, generous love, and the art of caring for each lovely blossom within the garden. Seeing the similarity of all things, you recognize both the frailty of the physical and the boundless nature of light inherent in

every life form.

This Feminine path is not about grand spiritual achievements, but about how one walks *today*—with kindness, integrity, awareness, and connection. It is a path of embodied love made visible through daily living. Healing is no longer about fixing, but about tending. You care for the world like a beloved as you engage in listening, offering, blessing, and restoring.

The Feminine Principle of Daily Devotion means you do not rush. You receive. You listen. You bless. You return again and again to the garden of this moment. You let your love be practical. You let your offerings be simple. You know that the way you live the day becomes the way you serve the world.



***Feminine power does not force.
It nourishes, invites, and transforms
through Presence.***

This Rite is a call to embodied love where every act, from sweeping a floor to blessing water, becomes medicine. You no longer serve to feel good or grow your light alone. You serve because your light belongs to the collective. Because your mesa is part of the great altar of the Earth.

As the Pampa Mesayok seeds take root, you may notice a deepening trust in your inner guidance, a greater sensitivity to the subtle, and a magnetism toward places and people in need of remembrance. Your mesa will guide

you, as will the trees, the animals, the wind. Your task is to stay in prayerful relationship with life. Grateful, grounded, and willing to be shaped by love, each day becomes your offering.

May your seeds continue to root deep and rise luminous. You are tending the day, and the days are grateful.

Transmission of The Daykeeper Rite



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. This is a beautiful time for 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 Pampa 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 Pampa 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 Pampa Mesayok within you.





Pampa Mesayok Karpay

Tending the Altar, Community Healer, Pachamama's Gardener

Greeting the Day. Gathering the Energy.

An Ecuadorian Practice for Harmony

Each morning, step outside and place your bare feet upon the grass, concrete, dirt, or sand—if you can. Cross your hands upon your heart as you begin your HeartBreathing sequence. Notice how you come into resonance with Pachamama as you still and breathe.

Once you feel coherent, trace the equidistant cross (the Four Directions) three times on the ground with your hand, saying “Pachamama, Pachamama, Pachamama.” Then scoop the energy from the center of the cross and place it into your heart. Breathe deeply in gratitude for this gift from the Mother.

Next, spread your legs and reach your hands up wide to the sky. Call down the cosmic energy by saying “Universo, Universo, Universo.” Repeat this three times. Then gather the energy and place it in your heart again, with gratitude. Pause for a few moments as the celestial and terrestrial energies mingle, bless, and strengthen your luminous field.

Before moving on, speak your version of the following prayer:

“Pachamama, I am here. I am available. May I serve the Beauty Way today. Show me what is needed.” Listen for a whisper, sensation, or felt sense of

guidance. Carry this awareness with you throughout the day. Notice what you are called to bless, tend, or witness.



Beautiful Questions to Reveal the Heart of the Pampa Mesayok

Engage in sacred dialogue to deepen your personal connection to this Rite. Invite the Hampe Lineage and your personal Archetypal Healer to enter the conversation and inform your understanding.

What does it mean to walk in loving service, without agenda or reward?

How might I tend my home, body, or land as a sacred altar?

What might true nourishment look like—for myself and for the world?

What Feminine wounding am I carrying - personal experience, mothering wound, generational trauma - and how shall I lay it down?

Where is life asking me to return to the Feminine? How can I be of service to Pachamama, the people, and the unfolding of beauty today?



Practical Actions to Improve Now and Seed the Future

When you beautify a space upon the planet, care for your neighbor, or tend an altar in ceremony, you open the way for greater beauty and nourishment in the future. Consider



your actions in light of their impact on the land, people, and creatures of generations to come.

With your ability to map the needs of a community and listen deeply to Pachamama, you'll intuit the most beneficial paths of action. The Pampa Mesayok greets the day and Earth's inhabitants with love and appreciation. Through cultivating impactful thoughts, words, and deeds, the ripples of your intentions heal, inspire, and empower those you encounter.

Understanding that energy is always in motion, your intentions move both forward and backward in time, blessing all who are touched by your care. Ask yourself "What practical action may I take to improve life in my community or world now, which also benefits the future?"

Listen with an open mind and a caring heart for the subtle suggestion, the clarity of vision and voice, and the synchronicities that guide your way. Tiny actions, carried out with love, are powerful generators of a harmonious, abundant, and loving future.

Wearing the mantel of Daykeeper goes beyond just tracking time, rather you are now tending time. You greet the sun, honor the moon, bless the food, tend the fire, and whisper gratitude to the soil. You ensure that no day goes unnoticed, unloved, or unblest.





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Why is the Pampa Mesayok called a Daykeeper?



Guardian of the Sacred Flow of Time

A Daykeeper is one who honors the rhythms of time—not as a clock, but as a living, cyclical presence. Each day is seen as sacred, an opportunity to walk in Munay, to restore harmony, and to be in right relationship with the world. The Daykeeper tracks the movement of the sun, the stars, the moon, the agricultural cycles, and ceremonial timeframes. They live in alignment with cosmic and earthly rhythms.

How may I put this principle into practical action in my life?

Tending Each Day as Ceremony

To be a Daykeeper is to make life ceremonial. The Pampa Mesayok meets each day not as a repetition, but as a unique doorway—a chance to bless, tend, and restore beauty. The day itself becomes the altar, and each moment is infused with sacred intention.

How may I put this principle into practical action in my life?

Harmonizer Between Worlds

The Daykeeper is a bridge between the visible and invisible realms, and between the past and future. Through their mesa, prayers, and presence, they weave together the energies of Ukhu Pacha (Lower World), Kay Pacha (Middle World), and Hanan Pacha (Upper World) into a grounded practice of service. They keep the light flowing through all timelines.

How may I put this principle into practical action in my life?

Caretaker of Community and Pachamama

Traditionally, Daykeepers also tend to the communal altars and ancestral ceremonies that ensure health, abundance, and harmony for the whole. Their service is Earth-honoring and life-sustaining. Each day, they ask: *How can I be of service to Pachamama, the people, and the unfolding of beauty today?*

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The Feminine Principle of Daily Devotion

The Daykeeper's path is deeply feminine in essence—nurturing, receptive, and present. It's not about grand spiritual achievements, but about how one walks *today*—with kindness, integrity, awareness, and connection. It is a path of embodied love made visible through daily living.

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