



# *Munay Ki Mesa Carrier*

## Nourishing your Mesa



### ***The Mestana and the Living Mesa***

A medicine bundle is called a “Misha” in Quechua and a “Mesa” in Spanish (table or altar). Mesa is the more common name used by many paqos in South America and the Western world. The Andean medicine tradition, similar to other indigenous wisdom traditions, recognizes that every place upon Pachamama is a holy place. This is why the medicine person carries their Mesa with them as they offer healing, ceremony, guidance, and other rituals for the benefit of community and the planet.

The Mestana is the Sacred cloth that holds and protects the Khuyas and Crystals in your Munay Ki Mesa. Often woven in the style of the Q’ero or weavers of the Andes, the colors and geometric symbols represent the living map of the Cosmos. As this cloth carries your Khuyas and Crystals, it

is an important part of your Sacred Altar. You may envision it as offering a visual prayer to harmonize the living wisdom carried within your bundle.

### ***Opening the Mesa***

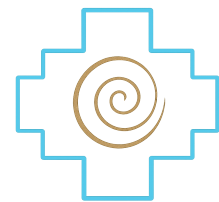
When you open your Mesa, you naturally engage Sacred Space. With conscious intent, you commune with each Directional Khuya, Animal Guardian, and Archetypal Guide. However you welcome or honor them is yours to decide each time you open your Mesa.

Bring your reverence and ceremonial style and this will be perfect.



To open your Mesa is to enter into ceremony. When you first open the Mesa, feed it with love, song, prayer, and breath. When you close it, fold it with gratitude, bringing Heaven and Earth together in your hands. In this exchange, you are participating in the eternal flow of giving and receiving (Ayni). This is the law operating within the Cosmos, demonstrated by the very act of breathing, and a principle known as the Golden Rule across many wisdom traditions. Life is movement - a constant dance of giving and receiving, receiving and giving.

### ***Unfolding and Folding the Mesa***



The Mesa may also be viewed as a representational mirror of the Andean Cosmivision. The lower half of the cloth represents Hucha, the dense or heavy energy of the Earth. Only produced by humans, this is a heavier energy that may need to be released. It also honors the Earthly realm

which is rich, fertile, and alive with wisdom. The upper half represents Sami, the refined energy of light and Spirit. The center of the Mestana represents the mediating presence or axis where Earth and Heaven meet in balance. When you unfold and fold your Mesa, you are moving between worlds each fold an act of creation, an energetic prayer.

### ***Opening or Unfolding your Mesa***



Place the Mestana as a diamond, aligning the four points to the Cardinal Directions. The bottom point faces the South, the direction of the Serpent, where you shed past wounding and heal through love and power. The left point faces West where Jaguar teaches you to see clearly within both the world of form and the invisible world of Spirit. Here, you walk with courage and release anger and violence as operating principles of life.

The top point leads you North toward the realm of Hummingbird and lifts you to a timeless place of the Soul. Here, you celebrate the beauty of life and take your place at the fire circle as both student and wisdom keeper. The right point guides you higher to the mountains (Apus) of the East upon the wings of Eagle and Condor so you may vision the possible and call forth who you are becoming.

### ***Closing or Folding your Mesa***



Folding from **bottom to top** brings Earth to Heaven, lifting dense energy into light — a gesture of transmutation

and offering. Folding **top to bottom** draws Heaven to Earth, calling Spirit into matter, anchoring celestial blessing into the physical world. Folding **left to right** moves through the field of mystery and magic, integrating the unseen and ancestral into the active, manifest realm. Folding **right to left** brings the field of justice, teaching, and healing into the receptive space of the heart. In this way, the Mestana becomes both altar and teacher, weaving the dualities of life into harmony.

When you place your Mesa upon the ground or on any offering space (altar) and unfold it, you actively opening Sacred Space. While every place upon the Earth is Sacred, some places vibrate with greater potency. Examples include mountains, rivers, intersections of rivers/ocean, caves, or fresh water springs. Many ancient temples or the newer temples built upon these sites represent the flowing ley lines or intersection of lines of power upon the planet. When you bring your Mesa to these places of power, you naturally nourish your Khuyas and Crystals with the high vibration of the powerful land.

### ***Nourishing your Mesa***

When you nourish or feed your Mesa, you are engaging in the conscious action of Ayni (Sacred Reciprocity) with Pachamama. Before you begin working with your Mesa, open or closed, you may offer Florida water (and your breath), smoke (sage or palo santo), music (song or bells), or a spoken prayer to honor the living wisdom held with the Khuyas and Crystals.



Each Khuya (wisdom stone) and Crystal represents an aspect of nature and holds a relationship to a place of power — a mountain, a river, an animal

ally, or an archetypal energy. As you work with your Mesa over time, these stones come alive, becoming repositories of healing and wisdom. They are no longer only symbols of your inner landscape, but living connections to the great web of creation.

The Mesa is energized through prayer, attention, and contact with Sacred sites. Take it to the mountains, the Apus, to Machu Picchu or the rivers and lakes that speak to you. Breathe your intent into the stones, then blow out the stories, patterns, and energies that are ready to be transformed. The Khuyas will absorb and begin the healing, releasing the old frequencies back to the Earth to be composted.

When creating ceremony in places of power, you are both strengthening the power of the Mesa (and your interactions with it), as well as nourishing and honoring the place of power.

### ***The Shaman's Mesa***

When a Shaman's Mesa is fully awakened, it becomes a living altar through which knowledge and power flow.

This Sacred transmission invokes the presence of Hatun Spiritus (Great Spirit), the Munay Ki Lineage, and Pachamama. This is part of how you've received Munay Ki Rites when you've received them directly from a Shaman or Shamanic Practitioner who is using the Mesa. During each specific Rite, you are receiving through the Shaman or Shamanic Practitioner the energy, codes, and seeds of light for that specific Lineage and Rite. In addition, you are receiving the wisdom stored within the



Shaman's Mesa.

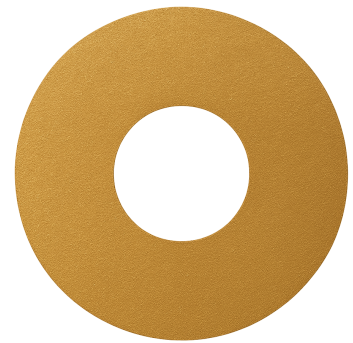
This is a different transmission process than when you receive a Munay Ki Rite via a Pi Stone. Both avenues of transmission support your receipt of Seeds of Light and Living Wisdom from the Lineage to enhance the awakening of your Luminous Field and potential for Dreaming and embodying a new Way of Being.

### ***The Munay Ki Mesa***

While your Munay Ki Mesa is not used to pass on the Munay Ki Rites, it does serve as a living vessel of service in your work as Healer, Explorer, Teacher, Artist, and Ceremonialist. Engaging with the Mesa as both Teacher and Partner, you discover that its power eventually ceases to be merely personal and becomes part of the great current of the Lineage. With nourishing attention, prayer, and ceremony, it matures into a flowing river of wisdom that sustains the world.

The Mesa teaches you that knowledge has three forms: that which can be known, that which can be experienced but modeled, and that which remains a mystery. As you grow your relationship and work with your Mesa, in your unique fashion, you enter direct relationship with all forms of knowledge. You engage the power of knowledge emerging into wisdom, not as an idea, but as living energy moving through your hands and heart.

When you complete your Munay Ki Mesa, you are not only a student of this path and a student to Spirit in every form. As you, your Mesa, your Seeds of Light, and your embodied understanding mature and ultimately



surrender, you become Hatun Spiritus' instrument, voice, and bridge between worlds.

How you embody the Andean Cosmivision, grow your Munay Ki seeds, and enliven your Mesa is up to you. Know that this path, your bundle, and your LightBody support the discovery and emergency of your medicine. Trust that you'll be guided perfectly to share your gifts in a practical and beneficial manner. Begin now, right where you are. Having direct experience with your Living Mesa, the Archetypes, Munay Ki seeds of light, and your gifts offered to the world will enhance all aspects of your unique medicine.

