

Shamans Altar Mentorship

11.00 Introduction & Welcome

Mesa Mastay- Open up your mesa and share life journey through the voice of your stones

Then exercise – working your mesa deeper

South – healing themes

West – female jaguar – protector. Male- great tracker. Rainbow-between the worlds.

North – family of Wisdom. Journeyer-Nectar-stillness

East- Family of the visionary stone- tracking states- seeing

Building Maps 3 Fields mesa

Teachings on Lloque and Pana. Create third field like spine.

First Activate through meteorites, songs, bells, sage...

Sagwa Mesa- changing vs unchanging.

Track what is changing & look at roles connected to that change.

Create mandala on roles. Bring invisibility stone out.

13.30 coffee break

14:00 Talk Shadow-power-dark light. What is that big stuff you are caught within? What do you hold in duality? Find 1 stone that you are least connected to. Journey to underworld and sit with Huascar. What shadow does the stone hold for you? (Just sit with it) Extra bag for the shadow stone in mesa.

14:45 Track roles. Take apart Mandala. Bring items to fire.

15:00 Fire ceremony.

Homework Word Deconstruction – pick one word or sentence for both shadow and strength.

11:00 Stillness – finding the still lake concept (1/2hour) Observing the “mad” mind. Fly mind, monkey mind, dog chases stick mind. **We do not engage it, or identify with it - We simply observe - we override the more primary functions of the brain.** We learn to incorporate the slamming door, the buzz of flies, the flash of **-NOTHING DISTURBS THE DEEP STILLNESS**

11:30 Tracking skills – 4 brains and 4 perceptual states.

12:30 Track one of your own mesa stone through the 4 perceptual states for gifts.

13:00 Bring forth Shadow altar. How does it make you feel? What part of you is there? Outcast-forgotten-disliked.

(Groups of 2 – bring the shadow stone to 3rd eye and do michui. Then each person tracks their own stone for strength/gifts/medicine. Use basic tracking -smell, feeling, taste, seeing, hearing.)

13:30 Beak

14:00 Stone Casting Intro.

– What is the question? What do you want to know about your journey? No yes/no questions.

1, Do reading for yourself. 2, Find partner and offer a reading

14:30 Dialog of Munay, Taqe-passion

14:45 Come in Ayni - Teach 7 principles and The bridge mesa.

15:00 Put out mesa with 7 organizing principles around the head in a spiral. Find your own prayer your own voice. Your big agreement with Love. Your bridge to the essential. What is your agreement? Upper world journey. Medicine gift or new medicine name. Bring down qualities.

The way of life is the way of munay. Share what are you bringing home? Your commitment to self and destiny journey?

Homework: Feeding waka 28 days. Dream stone in your mesa.

Despacho on what is changing – honoring the 7 principles. Do a death arrow for the work done (3 mesa’s) – take the time to decorate sticks