

[9-9-9 Munay-Ki Workshop](#)

9 days, 9 Rites of the Munay-Ki, 9 Participants led by Paula Curtis

www.innerbalance-healing.com

February 18-26, 2019

Paula received the Munay-Ki Rites during a workshop led by Christine Hart and Cathy Brett in February 2016. The materials presented here are drawn from Hart's workshop, the Munay-Ki website (munay-ki.org) and from Paula's inspiration and co-creation with the Earthkeepers. In particular, the exercises and Oracle cards were chosen for this group.



"The Munay-Ki is your invitation to dream an entire new world into being." (Alberto Villoldo, Founder)

Rite 1 - Healer

Description:

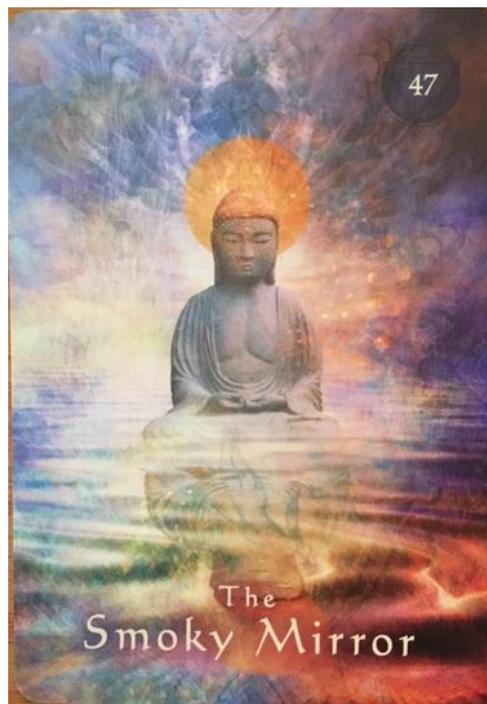
This rite connects you to a lineage of Earthkeepers from the past that come and assist you in your personal healing. It awakens healing power in your hands. These luminous light beings work on us during our meditation and sleep time to heal the wounds of the past.

To Download Rite:

- Follow instructions on the [Fire Ceremony Handout](#) to create sacred space and to perform the fire ceremony.
- For this rite, sweep the fire into the 2nd (belly), 4th (heart) and 6th (third eye) chakras

Oracle Card (from Mystical Shaman Oracle):

I pulled the Smoky Mirror card for us to contemplate with this rite. When the symbol of the Smoky Mirror appears, you're invited to see beyond yourself. The world will hold you accountable for what you see and create. Can you see through the eyes of truth and faith?



THE ESSENCE

The Smoky Mirror represents the aspects of what is implied yet cannot be immediately known in the world, the mystery of how things come together and how they fall apart without obvious causality. This symbol also represents the shadow of the human psyche, the parts of the self that one disowns. The Smoky Mirror can also represent a state of denial, or the inability or refusal to see the truth.

THE INVITATION

When the symbol of the Smoky Mirror appears, you're invited to see beyond your own self. Acknowledge that, past the limits of your current ability to perceive, there is a vast interconnected world where events are orchestrated in divine order but challenging to fully grasp. Now is the time to trust that no matter what the current conditions of your world reflect, in the Hidden Realms all aspects of the human journey are celebrated: the beauty and the darkness, the misery and the courage. No matter where you are on your journey, know that some things are meant to be a mystery, which you are meant to understand only through experience. Take heart, for the Smoky Mirror will ultimately show you beauty and wonder once the fog lifts the distortion you see now.

THE MEDICINE

Understanding the shadow of the human journey requires that you go deep into your story to discover the wound that prevents you from seeing the truth of your current situation. Your fears and expectations of disappointment and unworthiness may be clouding your capacity to see the potential in yourself and others.

The Smoky Mirror may be showing you things you don't want as a result of your conditioning. These can become even more real, but only because you are making it so. The choice is yours. The world will hold you accountable for what you see and create. Can you see through the eyes of truth and faith instead?

Exercise:

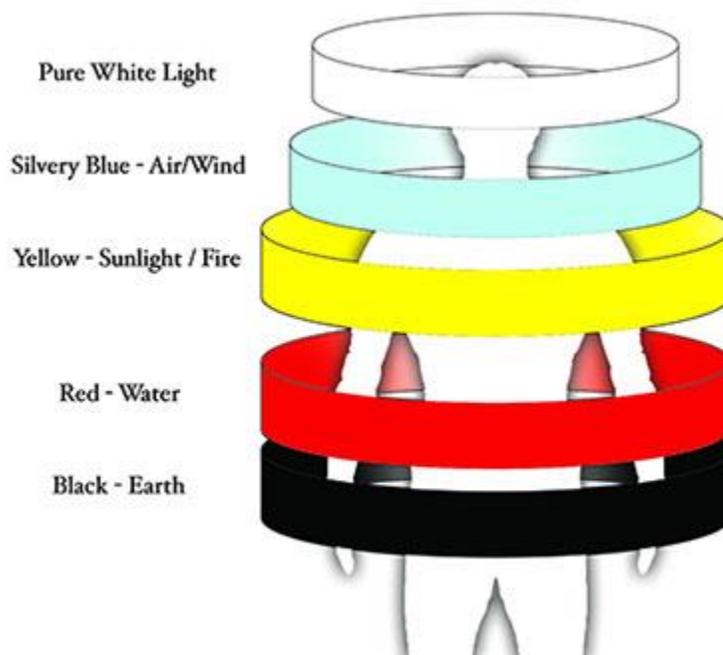
After you have completed the fire ceremony, take your candle and place it near a mirror. Look at your face in the mirror. See deeply into your eyes. Soften your gaze as you look at yourself through the eyes of spirit. Relax your body and take easy breaths as you ask to meet the Earthkeepers who have come to help you heal the wounds of your past. If you get tired, close your eyes for a couple of breaths and then bring your gaze back to the mirror. Continue for 5-10 minutes.

Rite 2 - Bands of Power

Description:

This rite consists of protections installed into your luminous energy field. There are five energetic bands that act as filters, breaking down any negative energies that come your way. The bands are woven into your energy field from bottom to top:

- Black band - the band of **Earth**; your foundation, soil, the garden, the Mother who never leaves you
- Red band - the band of **Water**; oceans, rain, the blood of humans, the flow of nutrients
- Gold band - the band of **Fire**; the sun, lightning, electricity, the fire in your cell's mitochondria, the father who builds what you dream
- Silver band - the band of **Air**; winds that blow away chaff, the breath of life, the moon
- White band - the band of **Spirit**; pure energy, the mind of God, consciousness, unconditional love (munay), vision to see beyond what is obvious to what is possible.



(image from <https://blog.sivanaspinit.com/walking-with-protection-bands-of-power/>)

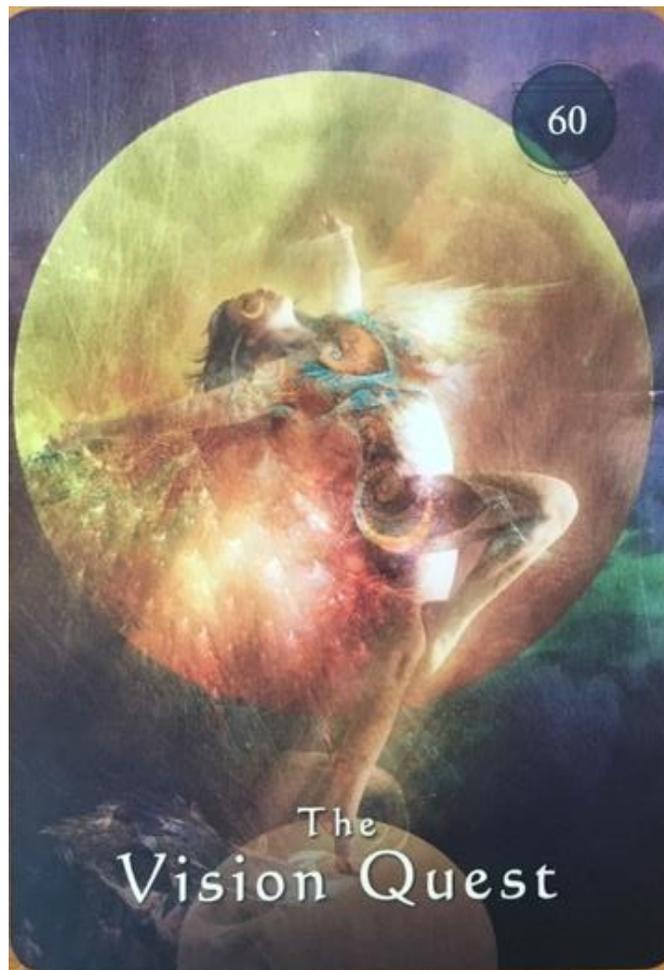
The bands take 3-4 weeks to fully integrate into your field. During this time, these bands are working with the energies of the other rites to clear your field of old, accumulated stress and bring you a clean slate. Once activated, the bands are always "on".

To Download Rite:

- Follow instructions on the [Fire Ceremony Handout](#) to create sacred space and to perform the fire ceremony.
- For this rite, sweep the fire into each of the five bands

Oracle Card (from Mystical Shaman Oracle):

I pulled the Vision Quest card for us to contemplate with this rite. I love this image of the energy field that is bright and clear and free of sludge!



THE ESSENCE

In the vision quest, you face your fear, embrace your mortality, and then meet face-to-face with Spirit. When we feel stagnant, a vision quest brings our lives into perspective. We realize our flaws, our potential, and the opportunities life is now offering us. We remain on a vision quest until we find the key to open a new door or write a new chapter in our lives.

THE INVITATION

Find clarity by spending time alone in nature. If you live in a city, go for walks in a park. If you live in the country, make sure that you spend time outside, in contemplation. Get off the couch, get away from your desk, go outside! Spirit helps those who help themselves, so set your intention and ask nature for a guiding vision for your life.

THE MEDICINE

Spirit has been trying to contact you but received no answer. You are too busy with your life, and there is too much noise inside your head. Do not miss the call again! Make room for quiet time this evening, allow yourself to become bored for a little while, and you'll be able to hear the important message trying to get through.

Exercises:

1. Breath of fire - to energize yourself for the day and to enliven the Bands of Protection. It would be great if you could do this daily for the next 3 weeks or so. I like this youtube video by Adriene to teach you this pranayama breath if you don't already know it:
<https://www.youtube.com/watch?v=jbtLH-3DfLc>
2. As the Vision Quest card suggests... get out in nature as much as you can. As you are walking, running or sitting in contemplation, tune into each of the 5 bands and how they flow with elements in nature.

Rite 3 - Harmony

Description:

In this rite you receive seven archetypes into your chakras. These seven energies help to clean the psychic sludge that has built up and to help you shed your past the way the serpent sheds her skin. You may also use the archetypes to bring you into balance by inviting the seven different voices to "talk" to each other, energetically realign, and reestablish harmony with each other.

The first four chakras receive the energy of the four principles of the universe: beauty, peace, joy, freedom.

- Root chakra - **Serpent**; earth healer, primary life force, one who lives in the garden with the closest physical connection to Mother Earth, teaches the way to shed our past. She promises *Beauty*.
- Sacral chakra - **Jaguar**; warrior, protector, reminds us to walk and speak with integrity, provides courage to do so, understands the life/death/renewal cycle, protects the center of our personal power. Promises *Peace*.
- Solar Plexus chakra - **Hummingbird**; represents the ancestors and ancient wisdom, connects us with our past lives, and knows the value of our present life. The tiny one who follows inner guidance and takes an "impossible" and arduous migration - and who knows there is also a time to just hover and sip sweet nectar. Promises *Joy*.
- Heart chakra - **Eagle**; visionary seer from the high perspective of clarity, flies in pure energy of synchronicity and miracles. Accesses the place of our becoming and encourages us to spread our wings and fly towards it. Teaches compassion for our self and others and to see with the eyes of the heart. Promises *Freedom*.



(image from <https://blog.sivanaspirit.com/walking-with-protection-bands-of-power/>)

The upper chakras receive the energy of three Archangels

- Throat chakra - Lower World - **Archangel Huascar**; keeper of the subconscious, is a shapeshifter and presents in all forms; brings shadows up from the underworld at opportune times for "a-ha" moments. Promises *Growth*.
- Third-Eye chakra - Middle World - **Quetzalcoatl**; keeper of the conscious world where we live. Teaches that the real world is both seen and unseen, and helps us to both create order and energy flow. Promises *Order*.
- Crown chakra - Upper World - **Pachakuti**; keeper of the upper world, of possibilities. Embodies the concept of circular time, bringer of heavenly order. Allows us to recognize what can be changed before it becomes manifest. Promises *Miracles*.

To Download Rite:

- Follow instructions on the [Fire Ceremony Handout](#) to create sacred space and to perform the fire ceremony.
- For this rite, sweep the fire into each of the seven chakras, visualizing and greeting each of the archetypes as you do so.

Oracle Card (from Mystical Shaman Oracle):

I pulled the Blade card for this rite. When the 7 archetypes of your chakras are aligned and balanced, you embody the qualities of Blade: sharpness of mind, body and spirit. It becomes natural to draw your blade and use it to take decisive action. And to know when to sheath it.



THE ESSENCE

The Blade represents sharpness of the mind, body, and spirit. Pointing upward, it summons the power of heaven. When aimed down to the ground, it anchors the power of the heavens on Earth. The blade can be a healing tool or a weapon. Wield it wisely, and it will transmit power, bestow initiations, cut energetic cords from the past, or sever toxic relationships. Use it with anger, and it will slash, stab, and kill.

THE INVITATION

You are invited to draw your blade and use it. It is not auspicious to hesitate, to waste time in idle talk, or to hide from the inevitable. Heaven and Earth are aligned to support you in claiming your power, so take decisive action. Overcome your fear of hurting others, unsheathe the blade, and use it wisely!

THE MEDICINE

It's time to put down the sword and place it back in its scabbard. Do not offer your blade in service to toxic emotions! You will be faced with an even more disagreeable future with the people or situations you are attempting to banish. Put the blade to rest until your inner fire has mellowed. Then use your blade with impeccable intention to cut the energetic cords that are tying you to the drama at hand. Set yourself free!

Exercises:

The first exercise is to listen to the following guided visualization I found on YouTube. It's 7 minutes long and introduces you to each of the archetypes:

<https://www.youtube.com/watch?v=QDq6Pol5rxM>

The second exercise can be helpful when you have a decision to make or have been going back and forth about an issue. You can check in with your seven archetypes to gain their perspectives. Consider the issue at each level and ask what each of your advisors wants you to know. Notice that some may be in conflict with others. None is more important than any other, but the opinion of each is helpful to evaluate an issue from multiple points of view. As you bring your awareness and attention to each chakra and to each archetype, you may want to ask these types of questions:

1. Serpent

What are the facts of the issue (without emotion)?

What's involved in terms of resources; time, people, place?

How does it affect Beauty in my life?

Does the issue take me closer or further from nature?

2. Jaguar

What are my emotions around this issue, especially my fears?

What are my beliefs? What would others say about it?

What is "dying" that I may want or need to release?

Am I walking with integrity?

Which choice energizes me? Which depletes me?

3. Hummingbird

How does the issue serve my life path, my journey, my deepest values?

Is there Joy when I work with this issue?

Does this issue or decision require hard work (like a hummingbird's migration) or a time for rest and drinking the sweet nectar?

4. Eagle

How does this issue look from the highest perspective?

What synchronicities have occurred with this issue?

What choice brings freedom? Which a sense of being trapped?

5. Huascar

What old stuff might be coming up to work through with this issue?

What have my dreams shown me about this issue?

Do I feel lost or in the dark?

What a-ha moments have occurred?

6. Quetzalcoatl

Does the issue affect order in my life or create disorder?

What are the issues in both the seen and unseen world?

7. Pachakuti

How does the issue want to unfold in my future?

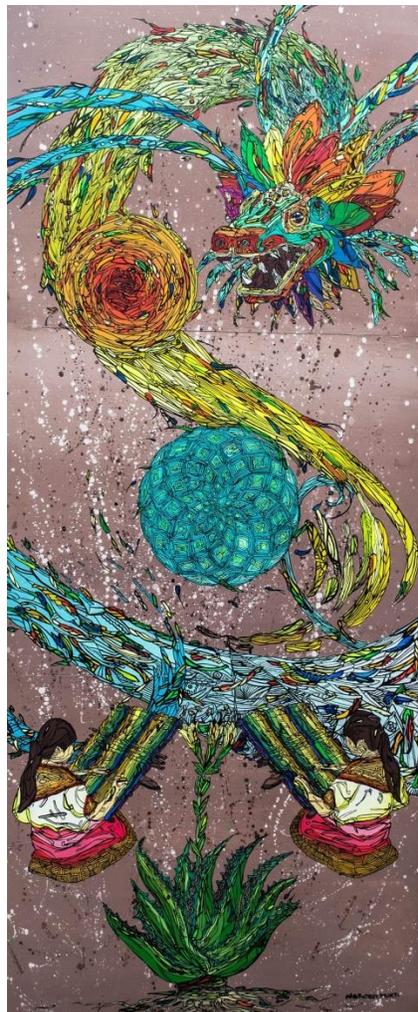
How does my connection to Source affect the issue?

After checking in with each advisor, it can be fun and helpful to start back with the serpent and ask for a number from 0-10 on her reaction to a decision, with 0 = not happy at all, 5 = ambivalent, 10=very happy. Then, ask the same question of the rest of your advisors.

For example, if I'm thinking of taking a workshop in Peru, my serpent may say 2. When I ask hummingbird, she may give me a 9. Why the difference? My serpent is considering the expense, the physical rigors of travel, not having someone to care for my mother-in-

law in my absence, etc. My hummingbird is excited about how this trip will connect me to my past lives as a shaman and further my healing journey. I can place a hand on each chakra and ask them to talk to each other.

I've occasionally coached clients with this exercise when they are struggling with a major decision. It's been fun to watch a couple of them forgo the 0-10 approach and instead look at the behavior of the archetype. If Jaguar is pacing and agitated, then there's a sense of danger and feeling unsafe. If Jaguar is lazing about in the sun, then she's more at ease and positive about the issue.



Quetzalcoatl - winged serpent, firmly planted on the ground while at the same time able to take flight

Rite 4 - Seer

Description:

The Seer or Perceiver rite installs filaments of light extending from your visual cortex in the back of your head to your third eye and heart chakras. It awakens your ability to perceive the invisible world. After receiving this rite, provided you work with it and grow it, you will be able to "see" parts of yourself previously hidden from view. You're invited to look at these shadows with great compassion and understanding for yourself - and to do the same for others.



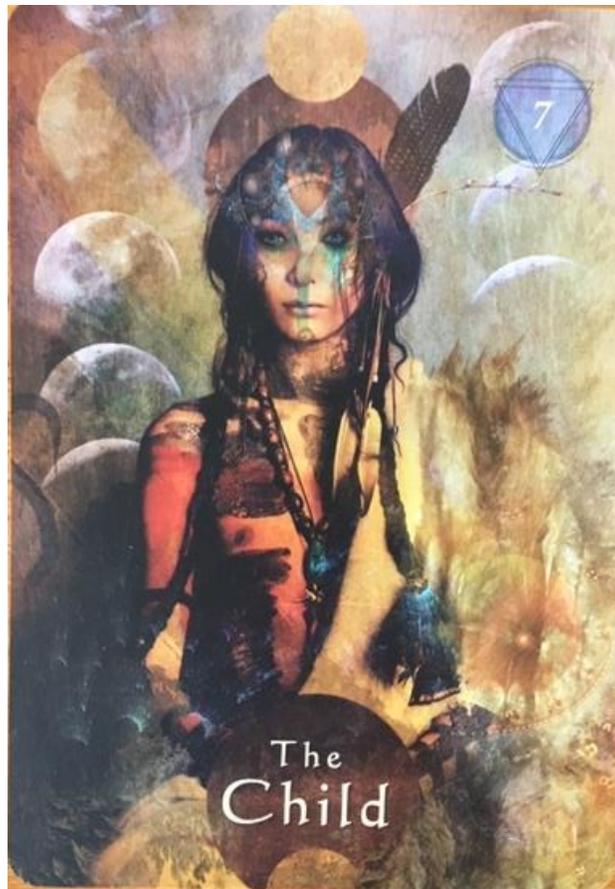
(image from <http://www.steppingintofreedom.com/munay-ki/nourishing-the-seers-rite>)

To Download Rite:

- Follow instructions on the [Fire Ceremony Handout](#) to create sacred space and to perform the fire ceremony.
- For this rite, sweep the fire along the luminous pathways shown in the above image.

Oracle Card (from Mystical Shaman Oracle):

The Child card hopped right out of the deck to play with us and nourish the Seer's rite. Can you see yourself and others with fresh eyes? As you see more of what has been hidden from view, can you rediscover your beginner's mind?



THE ESSENCE

The Child knows the way to joy and happiness. The Child offers the return of a second innocence, a time born of wisdom and not of naiveté. This card allows you to correct your course and offers you a second chance. It brings you the possibility of redemption and entering heaven while on Earth.

THE INVITATION

The Child is here to release you from the habit of being yourself, and to help you acquire a beginner's mind so that you can see life as if for the first time. Remain open to learning and discovery. Who is your spouse or partner today? Can you see them with fresh eyes? Who is looking back at you in the mirror this morning? Become a mystery unto yourself, and reconnect with a sense of childlike wonder.

THE MEDICINE

The Child comes to show you how you can correct the course of your life without being punished. Set yourself free from your conditioning for suffering; you were born unfettered and happy, and can be so again if you make the choice right now! The Child will help you climb out of the hole you may have dug yourself into, to recover your sense of play.

Exercises:

1. Anytime you want greater clarity, tap along the energy lines (see image) with the intention of empowering your inner sight.
2. Repeat the mirror exercise you were given with the first rite, except set your intention to see the child within. As you gaze into the mirror, ask to look forwards and backwards in your soul's timeline to see yourself with the innocent and fresh eyes of your inner child.



Rite 5 - Daykeeper

Description:

The 5th rite is the Daykeeper rite. It connects you to a lineage of masters from the past. Daykeepers are able to call on the ancient altars to heal and bring balance to the earth, call on the sun to rise each day, and bring humans into harmony with Mother Earth. They are the midwives, herbalists and curanderas. This rite helps you begin to heal your inner **feminine**, step beyond fear, and practice peace.

We all have both masculine and feminine energies. This isn't about gender, but about the way we hold these energies within ourselves. In these times, there is a tendency for all of us to have an excess of masculine energy and undeveloped feminine energies.



To Download Rite:

- Follow instructions on the [Fire Ceremony Handout](#) to create sacred space and to perform the fire ceremony.
- For this rite, sweep the fire along the 2nd, 4th and 6th chakras.

Oracle Card (from Mystical Shaman Oracle):

The Hummingbird card offers the following wisdom to our inner feminine self: *"this mighty being comes to teach you stillness in motion and to trust your inner knowing that the sweetest nectar is assured."*



THE ESSENCE

Despite being so little, hummingbirds are great journeyers, migrating between North and Central or South America to feed from the summer nectar. This gentle creature can be fiercely territorial to protect its home. Hummingbird teaches us to be gentle to ourselves and protect our personal space.

Hummingbird invites you to embark on your epic quest, bypass the dung pile of old pain and hurts, head for the flowers, and learn to trust the calling you hear ever so softly.

THE INVITATION

The buzzing you feel is the sound of your hummingbird wings preparing you to say yes to a new adventure. This is not the time to linger on what has gone wrong, but to trust in the rightness of the moment and take bold action. Trust that success is assured, even if you must face tests and challenges to reach your destination. Know that all will be well because the All is in the small.

THE MEDICINE

This mighty being comes to teach you stillness in motion and to trust your inner knowing that the sweetest nectar is assured. Failing to act when the moment is right can spoil your journey. If you feel your safety, comfort, or day-to-day survival are more important than saying yes to the invitation to explore the unknown, you will have to work much harder to achieve what is being offered to you freely now. Still your mind, even in the midst of your very hectic schedule, and heed the gentle voice that calls to you to test new wings.

Exercises:

1. These are some of the traits of a wounded feminine: *emotionally reactive, isolated, anxious, manipulative, escapist, indecisive, secretive, self-absorbed, narcissistic, poor boundaries, co-dependent, vindictive, resentful, passive, self-destructive, lazy.*

Choose one of these traits that resonates for you. Then, connect in with your inner hummingbird, who resides in your third chakra or solar plexus. Pick up a pen and a blank sheet of paper and ask hummingbird to take you on a journey to heal your inner feminine. This is a free writing exercise - don't censor, don't stop, don't edit. Just keep writing until your hummingbird rests.

You may want to repeat this exercise for other wounded traits...

2. Walk a labyrinth near you. As you walk the path, feel your connection with the daykeepers who have come before you, tending the earth and restoring balance. If you don't have access to an actual labyrinth, take a virtual walk through one.



Rite 6 - Wisdomkeeper

Description:

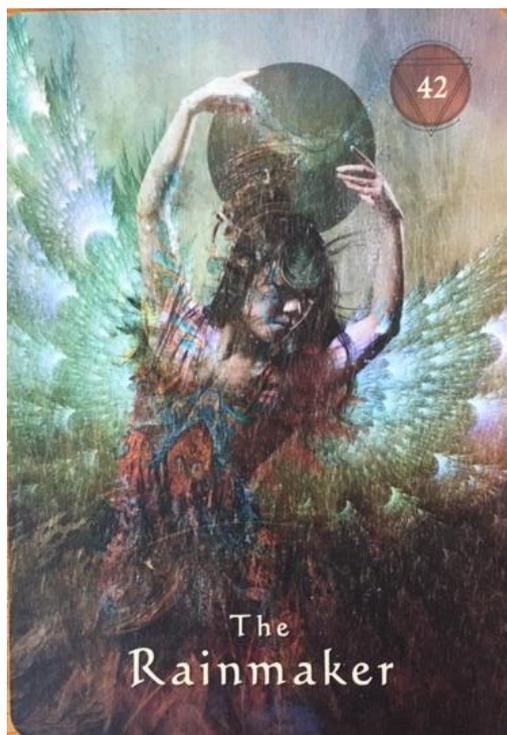
The Wisdomkeeper rite connects you to a lineage of luminous teachers from the past and the future. This rite is associated with the snow-capped mountains, perhaps a distant memory of our ancestors from the Himalayas. This rite helps you to begin to heal your inner **masculine**, step outside of time, become steeped in the medicine teachings, and taste infinity.

To Download Rite:

- Follow instructions on the [Fire Ceremony Handout](#) to create sacred space and to perform the fire ceremony.
- For this rite, sweep the fire along the 2nd, 4th and 6th chakras.

Oracle Card (from Mystical Shaman Oracle):

The Rainmaker is calling on you to harness your masculine energy to co-create with integrity, beauty and to the benefit of all.



THE ESSENCE

The Rainmaker is the master of manifestation, who can call on the elements of nature to serve the greater good. When the power to co-create is used with integrity, great beauty and benefit flow to all. When this power is used for personal gain only, everyone suffers. When the earth is parched, the Rainmaker calls the waters from the heavens, and all that is dormant in the fields and in people's hearts springs to life again.

THE INVITATION

The Rainmaker is calling you to create something new from the elements that are already in your life. Be sure you work with what is, and not with what might be or could have been. The seeds that have been silently germinating in your heart will burst forth ready for the sunlight. Do not hold back; put all your chips on the next roll of the divine dice!

THE MEDICINE

Recognize how you are co-creating your world—nothing is happening “out there” without your involvement. Remember that the world is only mirroring back to you the condition of your love and your intent, so change these within before you take any action. Do not take life personally.

Exercises:

3. These are some of the traits of a wounded masculine: *self-centered, egotistical, competitive, aggressive, pragmatic, expedient, calculating, controlling, overly cautious, distrustful, domineering, greedy, vindictive, inconsiderate, insensitive, sarcastic, self-righteous, judgmental, rigid, violent.*

Think of a situation in your life right now where you are enacting one or more of these traits. Pick up a pen and a blank sheet of paper and call on your inner Rainmaker to suggest ways that you can act with more courage, intelligence and compassion. This is a free writing exercise - don't censor, don't stop, don't edit.

4. Wisdom is kept in many places. Walk over to your bookshelf and look at what's there with your enhanced Seer's sight. Choose the book that shines the brightest - whatever catches your eye. Open to a page and read with an open heart and mind. Here's what I found when I did this exercise. The book "Navigating the Tides of Change" by David La Chapelle shone for me. It must have been one my husband purchased long ago. I turned to page 104:

"I wish to speak of the desert yucca. It was that simple plant I remember more than even the terrible light of Trinity. The yucca looked a bit like a menorah, hands upraised toward the heavens, as if it were waiting patiently for human foolishness to be at an end. In the middle of its sharpened lances was a lone delicate flower. I do not practice the religion of my people, but I saw the eye of the Creator in that single yucca flower. I saw in one brief moment that the delicate beauty of one flower could outshine the raging power of a sun."



Rite 7 - Earthkeeper

Description:

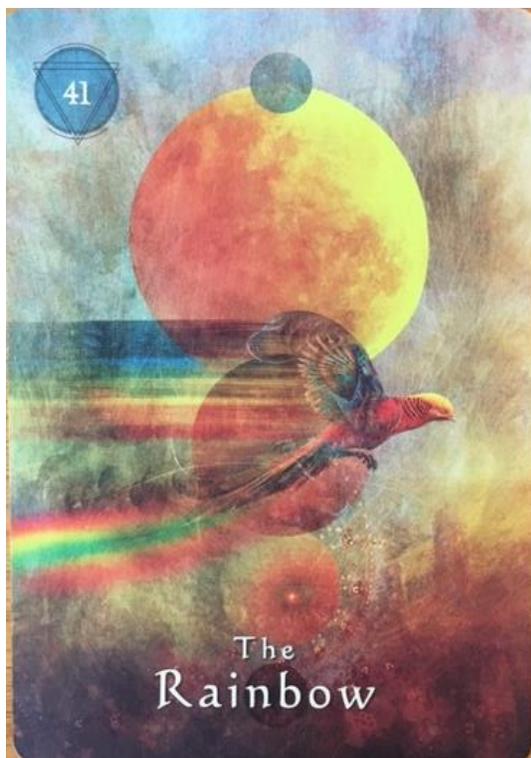
The Earthkeeper rite connects you to the archangels that are stewards of all life on Earth. This rite connects you to the stars, and to the sun - our local star. It helps you to experience your relationship with the galaxy and time/space beyond our earth home. The Earthkeepers will help you learn the ways of the seer and to dream the world into being.

To Download Rite:

- Follow instructions on the [Fire Ceremony Handout](#) to create sacred space and to perform the fire ceremony.
- For this rite, sweep the fire along all seven chakras.

Oracle Card (from Mystical Shaman Oracle):

The Rainbow card acts as a bridge between the physical and the spiritual worlds - and from planet earth to all that lies beyond.



THE ESSENCE

The rainbow symbolizes the seven steps of a true spiritual path, which manifest as the colors of the seven chakras. In the Himalayas, the rainbow body is seen as the full realization of our essence. The rainbow also represents the bridge between the physical and the spiritual worlds. At the end of our lives, we can journey across the rainbow bridge to the highest heavenly realms. When the rainbow appears, it is an affirmation that all is well and that you are in right relationship with Spirit.

THE INVITATION

The rainbow tells you that the end of the storm is near. Persevere, and remember that it is darkest just before the dawn. Do not give up hope; things are about to take a positive turn. Listen for the morning rooster that announces the coming of the dawn even while the night is still darkest. But do not claim victory yet or let your guard down fully.

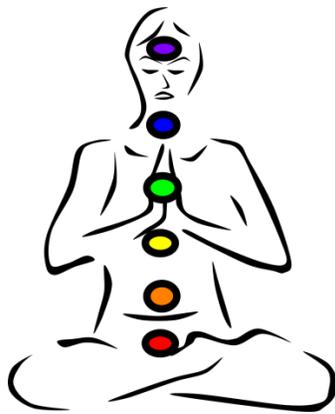
THE MEDICINE

Don't get caught in pursuit of the illusion of the pot of gold at end of the rainbow. Find the treasure now, in the moment, by coming into right relationship with those around you. All your gifts are at hand, so obvious you may have missed them. Be true with your intentions, and do not be led astray by daydreams.

Exercises:

1. Rainbow breath

Beginning with your root, breathe into each of your seven chakras three times, imagining its color in the rainbow (red, orange, yellow, green, blue, purple, white). When you reach your crown, breathe in iridescent white light until you feel your crown open and connect you to the stars. Then, move your breath back down your body, again breathing 3X into each chakra, until you once again fill the root with deep, vibrant red light. Take a few moments to feel yourself grounded to the earth from below and anchored to the heavens above.



2. Super-charged Rainbow Breath

This exercise combines the pranayama technique of alternate nostril breathing with the rainbow breath. The alternate nostril breath is wonderful for balancing the sympathetic and parasympathetic nervous systems. You simply take turns breathing out of one nostril, like the diagram below. You switch sides on the outbreath. Try it for a few breaths. Then, if you like, add in the rainbow visualization from the previous exercise. It's a bit tricky at first, but your mind is kept busy and can't wander too far. Your body will feel light, balanced, relaxed and yet energized at the same time!



Rite 8 - Starkeeper

Description:

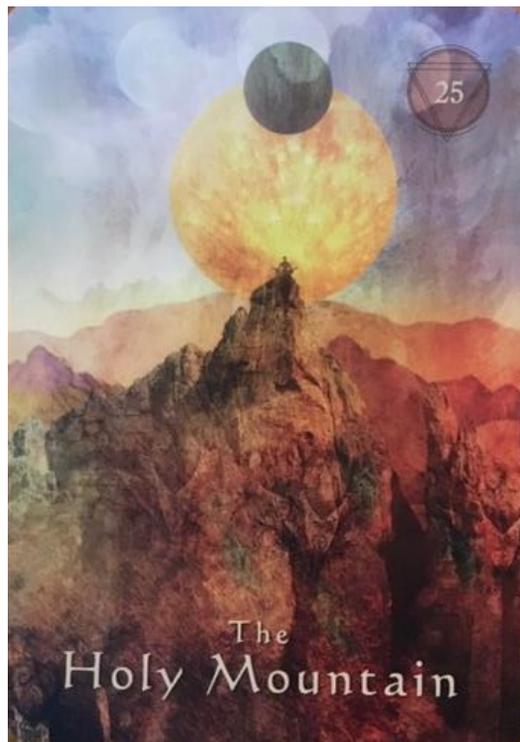
The Starkeeper rite anchors you safely to the time after the great changes that are occurring now in our part of the solar system. This energy connects you to an advantageous place in your future and allows you to reach back from the future and pull yourself forward in time. It installs a frequency that allows you to process situations that occur in the levels of your mind and body at the level of spirit. Your physical body will begin to evolve into homo luminous, the aging process is slowed down, your DNA is re-informed, and you become more resistant to disease.

To Download Rite:

- Follow instructions on the [Fire Ceremony Handout](#) to create sacred space and to perform the fire ceremony.
- For this rite, sweep the fire along all nine chakras (9th is a few inches above the 8th)

Oracle Card (from Mystical Shaman Oracle):

The Holy Mountain card invites you to go on a sacred pilgrimage to acquire vision and perspective. With the help of the Starkeepers, this journey can be into your own future...



THE ESSENCE

Native peoples around the Earth recognize mountains as places of great power where one encounters Spirit or where the gods or goddesses reside. In ancient Greece, Mount Olympus was the home of the 12 main Gods and Goddesses. In Tibet, pilgrims circumambulate Mount Kailash to bring prosperity. In Perú, pilgrims climb the ice-capped Mount Ausangate to receive the starlight and bring fire to the Earth.

THE INVITATION

The Holy Mountain invites you to go on a sacred pilgrimage to acquire vision and perspective. First you must accept the present situation as an opportunity to discover higher understanding. Find a sacred altar where others who came before you have prayed and found wisdom, and make your offering there. Make a commitment to walk with courage, love, and compassion until you see with clarity the perfection of all.

THE MEDICINE

When the Holy Mountain shows up, it is time to be active. Do not let your doubts deter you and keep you bound. This is a time to leap over challenges and to remember that from the top of the mountain there are no obstacles, only beauty and an unobstructed view of the entire Earth. And there's no need to go shopping for the right hiking boots or camping equipment to climb the holy mountain; you already have all the gear you need. Overcome any lethargy, indolence, and laziness, as these are the real obstacles.

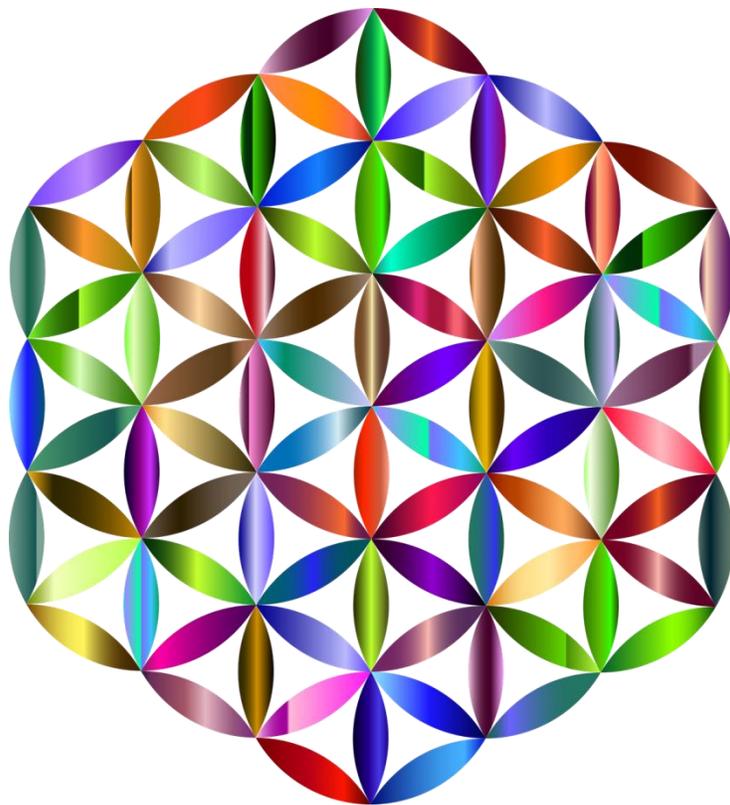
Exercise:

[Dance of the Flower of Life Meditation](#)

Note: If clicking on the link above doesn't work, paste this into your browser:

<https://www.sacreddnakeys.com/sacred-geometry-visual-meditation/>

I found this while preparing for this workshop. I am absolutely blown away by the beauty and transcendence of this meditation. It's animated, fractal geometry set to music that is tuned to 432 Hz. Put on your headphones, get comfortable, and flow with this 13-minute glimpse outside of time and space. Thank you Leon van Kraayenburg (sacreddnakeys.com) for creating and offering this out to the world!



Rite 9 - Creator

Description:

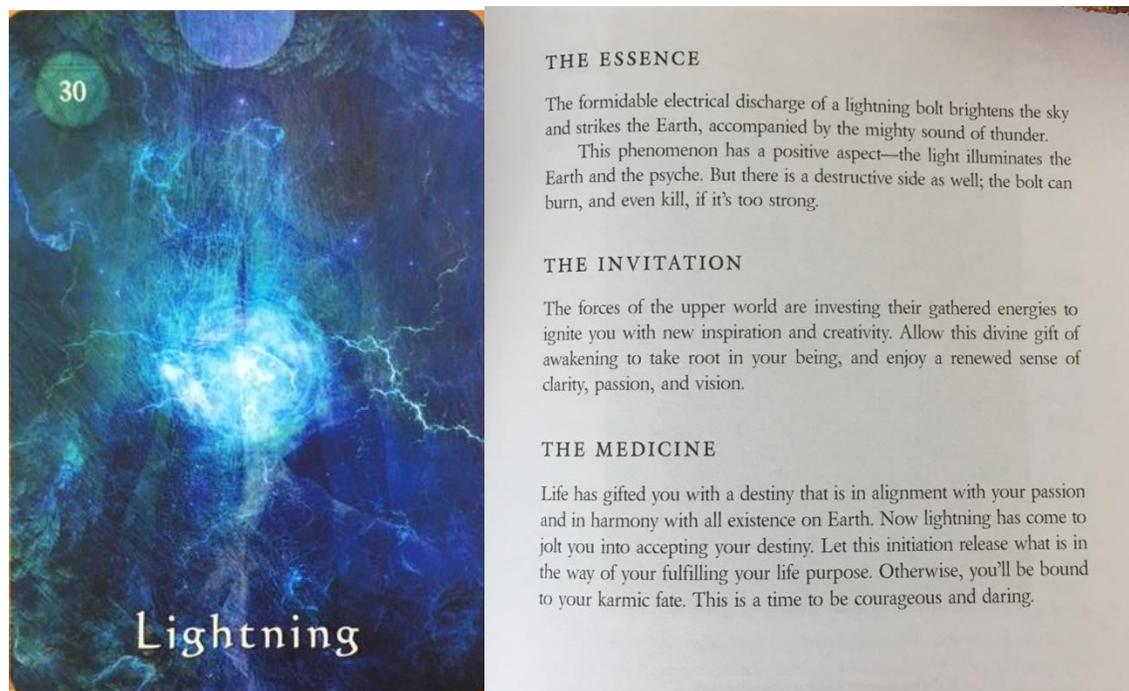
The 9th rite is the Creator rite. It awakens the Creator-light within and brings forth a sense of stewardship for all creation, from the smallest grain of sand to the largest cluster of galaxies in the universe. Once attained only through direct transmission from Spirit, it is now possible to transmit from one person to another.

To Download Rite:

- Follow instructions on the [Fire Ceremony Handout](#) to create sacred space and to perform the fire ceremony.
- For this rite, sweep the fire into the 2nd (belly), 4th (heart) and 6th (third eye) chakras

Oracle Card (from Mystical Shaman Oracle):

The Lightning card ignites you with creativity that aligns with your passion and destiny!



Exercise:

This is a Hopi poem that is circular in nature, meaning it ends where it begins. It is meant to be repeated four times, once for each of the four directions and the four races of humankind.

There is a circle here...
There is a web
A network
Strands connecting
Those who share the vision
Who feel the hope
Who sense the mystery
We touch life
We hear the planet's pulse
We work quietly
Together
And alone
Each task
Each piece
Each a part of wholeness
There is a circle here ...



This exercise to nourish the Creator rite is borrowed from <http://www.stepsintofreedom.com/munay-ki/nourishing-the-rites/nourishing-the-creator-rite-the-9th-munay-ki-rite-1>

Munay-Ki - Transformational Fire Ceremony

The fire ceremony is a key practice of the Munay Ki. Bringing in the light and warmth of the fire germinates the seeds (or downloads the energies) that have been transmitted into the Luminous Energy Field.

1. Create Sacred Space

Prepare a place that is quiet and calm - open Sacred Space by calling in the four directions, the earth, and the heavens. (See prayer on next page) Prepare to do sacred work - take a few deep breaths to release the everyday world and drop into the vibration of the sacred.

2. Open Personal Sacred Space (Wirra Cocha)

Your personal sacred space is engaged by opening the *Wirra Cocha*, the 8th chakra. It's located a few inches above the head. We expand this chakra over our own body and place it over the person to whom we are giving the rites, or over the fire when we are germinating and nurturing the rites. To open your own sacred space:

- Bring awareness to your intention.
- Place your hands in prayer position in front of your heart.
- Raise your hands upwards until they are a few inches directly above your head, in the space of the 8th chakra.
- Feel the energy of this chakra, connecting directly to your soul.
- Expand this 8th chakra energy around yourself by separating your hands and draping its energy around you. Completely encompass your own body.

3. Germinate the Seeds

- Light the fire - you may choose to light a candle, group of candles, or a bonfire outdoors.
- Expand your 8th chakra energy to encompass the candle(s) or bonfire.
- Enter into the vibration of the rite you have received with your intention.
- Looking into the fire with a soft gaze, use your hands to draw the energy of the flame into your body. Draw the energy of fire into your heart, your chakras, or any area of the body that is associated with the rite you are working with.
- Pause for a moment and allow the light and warmth of the fire to penetrate into your being. Invite spirit to germinate the seeds to release their power and beauty. Spend the time that feels appropriate to you.

4. Closing

- Close personal sacred space by gathering up your *Wirra Cocha* from your feet back up to the 8th chakra. It can feel like lifting and gathering a fine curtain.
- Place your hands back in prayer position in front of your heart and offer a "thank you" to the illuminated ones.

- Put out the fire if working with a candle, or let the bonfire burn down naturally.

Prayer for Creating Sacred Space

South

To the winds of the South, *Great Serpent*,
Wrap your coils of light around us,
Teach us to shed the past the way you shed your skin,
To walk softly on the Earth.
Teach us the *Beauty Way*.

West

To the winds of the West, *Mother Jaguar*,
Protect our medicine space.
Teach us the way of peace, to live impeccably
Show us the way beyond death.

North

To the winds of the North, *Hummingbird, Grandmothers and Grandfathers, Ancient Ones*
Come and warm your hands by our fires
Whisper to us in the wind
We honor you who have come before us,
And you who will come after us, our children's children.

East

To the winds of the East, *Great Eagle, Condor*,
Come to us from the place of the rising Sun.
Keep us under your wing.
Show us the mountains we only dare to dream of.
Teach us to fly wing to wing with the *Great Spirit*.

Mother Earth

We've gathered for the healing of all of your children.
The Stone People, the Plant People,
The four-legged, the two-legged, the creepy crawlers,
The finned, the furred, and the winged ones.
All our relations.

Father Sun

Father Sun, *Grandmother Moon*, to the *Star Nations*.

Great Spirit, you who are known by a thousand names,
And you who are the unnamable One.
Thank you for bringing us together and allowing us to sing the Song of Life.