

The Medicine Wheel circle has no beginning or the end! The East represents Spirit, both the time when we transition from our physical form and when we transition back into it. Our life begins and ends in the East, and our true lessons start in the South, and so does our journey around the wheel.

THE SOUTH

In the South, we work with the medicine of the Coyote. The qualities are love, trust and growth represented in the Wheel by the Wolf, Salmon, and the Rabbit, and their plants and minerals. There is no love without trust and not trust without growth, no trust without love and growth and no growth without love and trust. The Great Serpent, Hatun Amaru brings the medicine and the teachings in the South, on how to discover our core wounds and stories that we created around them, and how to shed our stories, just as the serpent sheds her skin. She helps us meet our wounded inner parts and start healing together, to attain ayni with all of them. The South is our place of awakening from this dream that we consider reality. We realize that there is nothing to be waiting for, that our longings will not come from outside of us, but that we are the ones who create our reality. We embark on a Hero's Journey to change our reality and dream the world of beauty, love, and ayni, the right relationship with all within and around us, into being. With Hampe Karpay, the Healer's Rite, we awaken our inner healer and start the process of self-healing. Chumpi Karpay, the Bands of Power, clear and balance our energy field, to be protected and ready to meet the world in calm and non-reactive way. The archetypes installed with Ayni Karpay, the Harmony Rite, guide us, protect us, and reset our instincts fed by our fears. Kawak Karpay, Seer's Rite installs energetic pathways on our head and connects them to our heart, so that we expand our seeing into the invisible realms of energy and inner healing. The element of earth, and the Turtle Clan guide us in the South, as we heal our relationship with Earth Mother, our Pachamama, and work with the Serpent on the health of our physical bodies, and our lower energy centers. We learn the Illumination practice, that allows us to clear our energy field from imprints of traumas that feed our stories with their limiting beliefs and prevents us from finding safety and belonging in the world.

THE WEST

In the West, we meet the Great Grizzly Bear that teaches us about the qualities of strength, introspection and experience represented by the Ant, Mouse, and the Whale, and their plants and minerals. We will also meet Otorongo, the Jaguar, who brings the

medicine and the teachings on how to look into our Shadow, discover our shadow parts and befriend them, so that when we turn the mirror of our interactions towards us, we see no projections, only love. With Pampa Mesayok Karpay, The Daykeepers Rite, we open our hearts to our communities, greet each day with activating our altars and invoking the directions to guide us. The element of the water, and the Frog Clan will guide us in the West, as we connect to the waters within us and around us, with the Spirits of Grandmother Moon, snow covered mountains and plains, rain, rivers and streams, lakes and with Mother Ocean, Yemaja, and work with the Jaguar on the health of our psyche and our emotions. We learn the Extraction process that clears our energy field from the intrusive energies, relationship cords, and entities that have been feeding us with the old energies and contracts that we made or that were made by our ancestors and were passed onto us. Over many lifetimes, our physical, mental, and emotional traumas left intrusive energies in our energy field. Our affinities opened our energy field to entities that seek energy to sustain them, and we created relationship cords that still feed us old information harmful for our wellbeing.

THE NORTH

In the North, we are taught by the Great White Buffalo, about cleansing, renewal, and purity represented by the racoon, earthworm, and the dolphin and their plants and minerals. Siwarkenti, the Royal Hummingbird teaches us how to bring stillness into our lives and choose beauty in our relationships, our actions, and our thoughts. The element of fire, and the Thunderbird Clan guide us as we heal our hearts and continue uncovering the Oneness within our Soul, with some help from the Buffalo and the Hummingbird. We will be guided to explore the Lower World and meet Huascar, the Guardian and Keeper of our unconscious, who will teach us the practice of Soul Retrieval, through which we retrieve our Soul Parts that were lost in the moments of trauma. In this reunion, we will find wholeness, and start understanding that we can left our everyday lives into the Sacred, into Munay, beauty, and into ayni, the right relationship with all inside and outside of us. With Alto Mesayok Karpay, the Wisdom Keeper's Rite, we will meet out Itu Apu, our Sacred Mountain, that will guide u to truly understand what our wisdom is and where that wisdom calls home.

For people of the Andes, the lore says that when they die, their physical bodies return to Pachamama, their Spirit to Creation, and their wisdom to their mountains, the Apus. What feeds your wisdom? Where does your wisdom return to? Where is your home?

THE EAST

In the East, we take flight with the Great Golden Eagle and Hatun Kuntur, the Condor. With their medicine, we gain clarity, wisdom, and illumination, represented by the Hummingbird, Owl, and a Firefly and their plants and minerals. We release limiting beliefs, and find forgiveness, gratefulness, and love for all. The element of the air, and the Butterfly Clan help us take flight with the Eagle and the Condor, as we balance our energy field and open ourselves to the right relationship with Spirit, co-create with Spirit, and dream the world of our longing into being. With this lightness of our being, we meet Pachacuti, the Guardian and Keeper of the Upper World, the time to come. We are guided to explore all the levels of the Upper World, learn from the Stone People, Plant People, Animal and Human family, and to die consciously and to assist others die consciously. We learn the process of Destiny Retrieval that guides us to our highest destiny, and different ways of Divination to help ourselves and others. We are supported by Kurak Akuyek Karpay, the Earthkeepers Rite, Mosoq Karpay, the Rite of the Time to Come, Taitanchis Rantis Karpay, the Creation Rite, and Kisma Karpay, the Rite of the Womb. These amazing Rites and the lineages that they connect us to and open our hearts and expand our consciousness further. Hampe Karpay opened our hearts to ourselves, Pampa Masayok to our communities, Alto Mesayok to our places of wisdom, Kurak Akuyek to the whole of Pachamama and all her children, Mosoq to the stars and galaxies, and the time to come, Taitanchis Rantis to the whole universe, and Kisma to deep healed feminine!

This is our journey, healing on all levels, physical, mental, emotional, healing of our Soul, and of our energy body! We become lighter, gentler, and kinder to ourselves and others, we gather the tools for self-healing and healing of others, we step into ayni, into oneness!