



THE PACHKUTI MESA TRADITION

CROSS CULTURAL SHAMANISM

THE HEART OF THE HEALER

WEDNESDAY NIGHT LINK UP

The purpose of the Wednesday link-up is to link our mesas in order to add the intention of each of us to a single concentrated intention of global power for the cleansing and healing of *Pachamama* as well as the collective psyche. Link-ups can be practiced individually, as we sit at our own *Pachakuti Mesas*, collectively, or by simply connecting our awareness and highest heart, wherever we are, at this sacred time.

Core Steps in the Wednesday Night Link-Up Process

- **Invocation** of *Pachamama*, *Mamakilla*, *Wiracocha*, *Inti*, and *K'uychi* 3 times each to open the ceremonial field, harmonize participants, and establish connection with the Spirit-infusing powers of Creation.
- **Brief Visualization** on the celestial light (*k'anchay*), to resonate with supreme source of illumination and establish a connection to the *saywa*, the pillar of light that stretches between the *kaypacha* and the *hanaqpacha*.
- **Planetary Healing:** The awakening forces of the Universe are transmitted into the living body of the Earth through the center of the mesa, while participants remain in open meditative engagement. Holding the highest intentions for beneficent transformation and healing in the world, incoming power (*kallpa*) is transmitted by drawing it in through the crown, down to the heart, and out each arm and hand into the center of the mesa. 9:45 pm – 10:00 pm.
- **Distance Healing:** The accumulated power may be used to promote healing in the lives of those who are “intended” into the mesa: each person concentrates on someone in need and releases that mental intention into the mesa. 10:00 pm – 10:15pm.
- **Closing of Ceremony** by intoning the directions one time each. This integrates and harmonizes all forces, while building the future potential of the mesa.

Remember:

Wednesday Nights are an opportunity to “link-up” with the circle of *Pachakuti Mesa Practitioners* world-wide, strengthening the work of this community on the “inner Universe.”

As a weekly practice, Link-up provides the time to deepen one’s experience of the mesa – performed both in circle and alone at one’s mesa it offers a rich “meeting” with this tradition, as a way of convergence of self and lineage.

The power that is being harnessed and transmitted is deep and sentient nourishment for the Earth: She knows what to do!

Ayllu – An *Ayllu* is an extended family gathered together for a common task and connected to a sacred site or *Apu*. We often sit in many circles. The Wednesday night link-up ceremony is a good chance to connect with members of your different *Ayllus*.