



BECOMING HAMPIKAMAYOQ A CARRIER OF SPIRIT MEDICINE

Step 1: Becoming a Visionary Watcher

Build Your Energy Base

An increased energy base equals increased efficiency and wellness, harmony and joy. A decreased energy base leads to feelings of alienation, victimization and disease. This is the work of fortifying your energetic constitution. To build your energy base you will practice ceremony, work your Mesa, commune with Nature, and practice *Hampikamayoq* breathwork and other Self-renewal processes.

Refine Your Ability to See

To become a medicine carrier you must experience the world as an animated and interconnected field of infinite probabilities. This must be more than an intellectual knowing. You must have direct visceral experience. To develop this ability to see (sense) the Unseen world, you will learn to “pay attention” and explore alternate modes of consciousness with heartfelt intention to be of service.

Step 2: Becoming Heart-Centered

Open Your Heart

The *Hatun Sonqo* or Great Universal Heart is the vehicle by which forgiveness and release is made possible. To live with an open heart we must practice *Ayni* (sacred reciprocity), become containers of compassionate love, retrieve our lost soul parts, face our shadows, and experience emotional clearing. In addition we define our own personal codes of honor and strive to act with integrity.

Accept a Path of Healing Service

Ayni is the supreme Andean concept of sacred reciprocity – “today for me, tomorrow for you.” Becoming a medicine carrier means that you will have increased capacity for manifesting change in the world. While no one can define what your path should be, identifying some dream or vision of how you might be in service and right relationship to your family, friends, community, or the planet itself, is an important element of this work.

While I don’t mean to suggest that this work will be easy, this first phase is preparatory. It works to heal us – to make us whole – so that we may choose whether to continue along this path or to put what we have learned into service for healing.





Step 3: Becoming a Shamanic Healer

Practice Energetic Healing

Learn techniques for *scanning, clearing, energizing, balancing and transmuting* energy. This includes the heart-centered harnessing and delivery of *K'anchay, Sami, and Kawsay* energies into the client's luminous template.

Develop an Open-Ended Creative Healing Practice

Whether you choose music, dance, art, writing or performing, the development of some form of creative expression is essential to the recovery and integration of the wounded healer archetype and your own shamanic dream artist. Manifesting your self-directed dream artist in the waking world is what connects you to the highest creative source.

Shamanic Journey on Behalf of Others

Whether you intercede on behalf of friends, family or the community, you will need to attain mastery in the art of soul retrievals, illness extractions, the functions of a psychopomp, ceremonies for sacred alignment with the Earth Mother, and how to perform propitiatory spirit offerings to the Seen and Unseen worlds (*Despachos*).

Step 4: Becoming a *Hampikamayoa*

Accept Higher Guidance

The final step in an apprenticeship in the *Paqowachu* tradition is to make a pilgrimage to a sacred mountain. The purpose of this pilgrimage is to develop a direct connection with one's own *Apu-Guia* (spirit guide). This *Apu-Guia* eventually becomes embodied as your true Shamanic Self, taking the place of your teacher in the waking world.

While we will be making this journey together, we may also be at different points on our own paths of service. Some of us will progress at different speeds, as defined by our interest, dedication, and the extent to which this work calls us. We form this *Ayllu* (family of spirit) to support each other on that path and to focus the healing power of a sacred circle in service of community and our planet as a whole.

Commitment to Sacred Relationship

I enter this Relationship to celebrate my Self and to support you in celebrating your Self. Remembering our equality, I commit myself to treating you lovingly, gently, and respectfully, in thought, in word, and in action, when we are together and when we are apart.

I accept you as you are.

When anything less than Love surfaces, I will remember that the Wholeness of Relationship is more important than any issue. I will keep communication open and will recreate our Relationship anew - fresh in the Perfection of the Moment.