



THE PACHAKUTI MESA TRADITION®
Cross Cultural Shamanic Arts for Personal & Planetary Renewal
BASIC PRACTICES

**THE PACHAMAMA RENEWAL PROCESS
FOR PERSONAL & PLANETARY HARMONIZATION**

1. The practitioner brings hands together, thumbs and forefingers touching, to form a diamond pattern that is held over the *qosqo*. Knees are best slightly bent, with back straight but relaxed. The feet should be comfortably placed at shoulder width.
2. An energetic filament is extended from the *qosqo* into the center of the ceremonial ground (e.g., the *Misarumi* or even the Earth itself).
3. Through deep breath and focus, resonance is established.
4. "**Qosqo**" is intoned, followed by a deep inbreath and retention in which the power of the Earth or mesa is drawn through the *qosqo* and into the *poqpo*. The practitioner then rotates clockwise one time.
5. The hands are moved into a position with thumbs touching, palms held parallel to the Earth at roughly waist level.
6. "**Allpa**" is intoned, followed by a deep inbreath and retention, incorporating the elemental power of the Earth. The practitioner rotates clockwise.
7. The hands are brought together in a cupping position at the level of the solar plexus.
8. "**Unu**" is intoned, followed by a deep inbreath and retention, incorporating the elemental power of the Waters. The practitioner rotates clockwise.
9. The hands are opened to the Heavens, palms at shoulder level.
10. "**Wayra**" is intoned, followed by a deep inbreath and retention, incorporating the elemental power of the Winds. The practitioner rotates clockwise.
11. The palms are extended forwards, perpendicular to the Earth, with elbows held at right angles.
12. "**Nina**" is intoned, followed by a deep inbreath and retention, incorporating the elemental power of Fire. The practitioner rotates clockwise.
13. The thumbs and forefingers are again brought together to form a triangle, which is brought over the brow. With a wide stance, the back is arched so as to mimic the arc of the rainbow.
14. "**K'uychi**" is intoned, followed by a deep inbreath and retention, incorporating the power of the luminous manifestation of the *T'eqse Muyu*. The practitioner rotates clockwise.
15. The *qosqo* hand position is assumed and "**Qosqo**" is intoned. The practitioner rotates clockwise. As the practitioner inhales, she opens her stance placing hands on the knees in a squatting style. The breath is offered to the central ground or directly into the Earth.

WITH CONSISTENT PRACTICE OF THE PRP ONE EVENTUALLY BEGINS TO EXPERIENCE ITS RITUAL ENACTMENT BEING CONSCIOUSLY ORCHESTRATED BY PACHAMAMA HERSELF, SUSTAINED IN GAIAN SENTIENCE, EMBODIED AS GRACE AND FLOW...A YOGIC LIKE DANCE OF INTEGRATIVE SACRED RELATIONSHIP BETWEEN FIVE ELEMENT-SPECIFIC HAND MUDRAS, QUECHUA INTONATIONS, PRANIC BREATHING, POSTURAL POSITIONING AND ROTATIONAL SPIN – HENCE BECOMING, MERGING, AND BEING ONE, IN PERFECT HARMONY, WITH THE LIVING, PULSING SACRED MATRIX OF OUR MOTHER EARTH AS A WHOLE. WHEN SUCH EXPANSIVELY FLUID AWARENESS OF SELF AS PACHAMAMA AND PACHAMAMA AS SELF – IS ATTAINED THROUGH RITUALLY ENACTING THE PRP AS A SHAMANIC SADHANA, WHATEVER GEOMAGNETIC DIRECTION YOU INTUITIVELY FAVOR TO FACE, SHALL ALWAYS BE "THE RIGHT ONE," FOR YOU AND MOTHER EARTH ARE NOW, SANCTIFIED, AS ONE AND THE SAME. ~ DON OSCAR MIRO-QUESADA



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THE PACHAMAMA RENEWAL PROCESS ILLUSTRATED



Reminders:

- Use proper *mudra* (hand position)
- Chant each name once per *mudra*
- Rotate clockwise between each *mudra*
- Do full cycle three times
- For enhanced spiritual alignment, complete this ritual once a day, not less than once each week

This is best done outdoors