



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

GLOBAL WEDNESDAY NIGHT LINK-UP RITUAL

The purpose of the Wednesday Link-Up Ritual is to connect our Mesas for the cleansing and healing of *Pachamama* as well as the collective psyche. Link-Up can be practiced individually or in a group, ideally starting a little before 9:45 pm local time.

REGARDING TIMING: The timing noted is especially sacred, but as shamanic time is fluid, you can Link-Up as you are able in light of family and work schedules. And, if you cannot be at your Mesa at all on Wednesday evening, simply connect in briefly with your awareness and highest heart, from wherever you are.

Core Steps in the Wednesday Night Link-Up Process

INVOCATION: Intone the five directions three times each (*Pachamama, Mama Killa, Wiracocha, Inti, and K'uychi*) to open the ceremonial field, harmonize participants, and establish connection with the Spirit-infusing powers of Creation.

BRIEF VISUALIZATION: Focus 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: Draw incoming power (*kallpa*) into the crown, through the heart, out each arm and hand into the center of the Mesa while holding the highest intentions for beneficent transformation and healing in the world (9:45 pm - 10:00 pm local time).

DISTANCE HEALING: Concentrate on a person or persons in need and release that mental intention into the Mesa. The accumulated power may be used to promote healing in the lives of those who are "intended" into the mesa. These can be personal relations or others such as political leaders (10:00 pm - 10:15 pm local time).

CLOSING OF CEREMONY: Intone the five directions one time each. Seal the ceremonial field through a single, focused clap of the hands done collectively and in unison by all participants. This integrates and harmonizes all forces, while building the future potential of the Mesa.

Remember:

- Wednesday Nights are an opportunity to energetically connect in soul presence with the circle of Pachakuti Mesa Practitioners worldwide, strengthening the Great Work of our shamanic planetary tribe.
- Adding your own creative ceremonial offerings (such as music or poetry) to the field is welcome!
- Performed as a weekly practice, Link-Up provides an opportunity to deepen one's ritual mastery of the mesa. Whether performed in circle or alone at one's Mesa, it offers a rich "meeting" with this tradition – allowing a convergence of self, culture and nature within the experience of the practitioner.
- The power that is being harnessed and transmitted is deep and sentient nourishment for the Earth.