

# Introducing the Medicine Wheel and Healing Skills of the Incas

September 2<sup>nd</sup> to 4<sup>th</sup> 2022

Join us for three days working together, experiencing, enjoying and learning the energy medicine and practices of the Andes.

This introduction weekend will take you on a journey with the traditions and energy medicine of the Incas, including the beginning of the creation of your Mesa, your Medicine Bundle.

Through the weekend you will have the opportunity to learn and practice many skills including "Khuya Limpia," an energy cleansing "massage" like technique from the Andes that lifts "heavy energy" out of your body, or that of another person. We will use "sand painting" techniques to work with and transform life issues that may be coming up for you to release, Fire Ceremony, Working in Sacred Space and much more.

Please get in touch for more details and to reserve your place.

As this is an introductory weekend, and I hope you will want to join us later in the Autumn as we step into a new group Medicine Wheel programme together in England, I am offering the workshop to you at a subsidised price of just £390 per person including all your meals and accommodation

More and more people like ourselves are reaching out, searching for new ways to create meaning and understanding in our lives. Shamanism is a path that, I have found, helps to do this. It is, in its nature, non dogmatic. It speaks to everyone who will listen, but speaks with a different voice to each of us. Calling us into greater harmony and balance with the world we live in.

There are traditions of people, men and women, all over the world that follow the footsteps of their ancestors, and also traditions such as the “Kayahuaya,” in the Andes. Medicine men and women. Healers who take what they feel is the best, from each lineage and tradition they are introduced too, and bring this into their practice, creating new traditions.

In all of the “Western World” we have lost the thread that connected these wisdom teachings to the land and to the people. In almost all parts of the world our ancestors, and perhaps ourselves in some of our past lives, brought thousands of years of healing traditions and practices to an end around 600 years ago. However, in the Andes, the Qero people, who were the “Shaman,” the priests of the Incas, saw the world was about to go through transition, they saw the whole world literally “turning over.” And they decided as this cycle approached, that they had choices to stay, and be changed by the new culture coming to their land, or to leave their palaces and return to the mountains where they could hold all of their teachings and traditions as a gift for future generations when the world “turned back again,” and the people were ready to receive their teachings as a new gift, as a necessary resource to help us with the transition and the possibilities of the times we are living in now. And to remain in harmony and balance with the seasons and cycles of life, death, rebirth and renewal.

So, they “disappeared.” They left for the mountains and were not seen for around 500 years, until the last century when they returned, sensing the new “Pachacutti,” the beginning of the new cycle on earth.

This weekend workshop introduces the healing practices of the Incas and also the “Medicine Wheel” journey that will follow later this year for those who are interested to follow it.

Our weekend together will include some indoor and outdoor working, we hope the weather will be favourable

to us as always, but suggest you bring boots, clothing etc in case of warm or cold weather.

During our weekend you will be introduced to the “Cosmovision” of the Incas. This is an initiation in itself and opens our eyes to see and experience the world we live in, in new ways.

You will begin to create a “Medicine Bundle,” a “Mesa.” To do this you will need to bring a few essential things. Three “ordinary” stones that will become your first “Khuyas,” Medicine, Healing stones. You will need a cloth, about 24 to 30 inches, as square as possible. This will become your medicine bundle and will hold your “Khuyas,” healing stones. A cord or ribbon of some kind that you like, to wrap around and hold the bundle together, and a pendulum.

During the weekend you will learn and do the following, and more:

- ~ How to open “Sacred Space,” in resonance with the Inca traditions

- ~ You will begin. The creation of your medicine bundle

- ~ How to hold fire ceremonies

- ~ You will learn how to work with the “Wirracocha,” the 8th Chakra, a resource that you can use in all your healing work, personal practices and meditations.

- ~ You will receive the first of the initiations, “Carpi,” energetic empowerments, rites of the Incas.

- ~ Working with your new stones you will “transform” them into healing stones, turning three stories from your lives that have followed you and shown up repeatedly, into healing gifts that will enhance your life, rather than keeping you stuck in the ways you have experienced before.

~ We will explore the Cosmology of the Incas. Their relationship with the Apus, mountain spirits, and the Pachamama, the Earth. You will also be introduced to the archetypes the Incas work with to develop a living relationship with the organising principles of the universe.

~ You will learn how to work with “Sand Paintings.”

~ And of course, so much more. The workshop is a great way to step into an experience and understanding of Andean healing skills and practices, and of course, the “Healers journey.” For anyone interested in following the complete programme it is important to begin with the understanding that we are all on a healing journey of some kind and to be of service in this way to other people we need to attend to our own healing needs and experiences first.

For more information and a chat about the workshop, and other opportunities that will follow on this year please get in touch.

The cost per person including all meals and accommodation for the weekend is just £390

Our venue will be:

Ragman's Farm Retreat, Lower Lydbrook, Lydbrook  
GL17 9PA

Further details will be shared when you confirm your place on the workshop.

Please message me directly through Facebook, or by email: [joe@joemolloyshaman.com](mailto:joe@joemolloyshaman.com)