



THE PACHAKUTI MESA TRADITION®
Cross Cultural Shamanic Arts for Personal & Planetary Renewal
COVID-19 TRANSMUTATION PRACTICE

**A Soul-Originating Ceremonial Appeal to Collectively Use Our
Shamanic Healing Grace for the Restoration of Human Divinity on Planet**

To help lessen the widespread suffering and hardship bound to accompany this current COVID-19 initiated planetary rite-of-passage...and better integrate the beneficent transformational power of shamanic awareness into our lives, I humbly offer the following 15-20 minute daily meditation:

- If your life flow allows, in whatever time zone you may find yourself and closest in time possible to 12 NOON – when Inti Taita ('father sun') is most proximate in Zenith – with peace in heart, sit in front of your fully activated (ceremonially raised in power) shamanic altar ground, take 3 deep full breaths and mindfully center yourself in sanctified presence as a 'Hollow Bone'.
- Now, gently bring into awareness the enormous potential our global shamanic community embodies for raising the collective frequency of our essential nature as Munay (i.e., unhindered Love, deeply compassionate caring)—a universal Love and Light-bestowed divine power capable of initiating a positive bio-field contagion that will directly transmute the Covid-19 virus.
- Emit this awareness as pristine radiant light out from your body into the center (Axis Mundi) of your ceremonially activated altar ground and calmly be witness to its effortless assimilation into Gaia-Pachamama's bio-etheric matrix.
- When feeling complete, simply snap your fingers over the middle of your altar ground, thus sealing this luminous cosmic energy within the seven dimensions/directions known to Creation's dreaming ways...that is, the Above, the Below, the Behind, the Before, the Left, the Right, and the Within.

NOTE: Putting on peaceful music will increase the meditation's impact by helping you quiet your mind and calm your emotions if – for whatever reason – you're feeling somewhat unsettled before sitting at your altar.

Understand that beyond the immediate threat of the pandemic, this is an opportunity for humanity to transform the habits of mind and body that have caused our many environmental and social challenges. Since humanity only changes when it is forced to, the disruption to our life and social systems has become the catalyst for personal and planetary change. We and our Earth's ecosphere are now being given an extraordinary opportunity to reset.

We need to directly help ourselves, those in our immediate spheres of influence and all of humanity raise their frequency from fear to love and compassion. The quality of our thoughts determines our frequency. Fearful and negative thoughts lower our frequency, which in turn lowers our immune system and makes us more susceptible to contracting this virus. Uplifting and loving thoughts raises our frequency and immune system and helps inoculate us against contracting the virus, or if we do, having it be a mild form of the flu. Raising our frequency provides the ideal INNER (Ukhupacha) remedy with the side effect of a SUPERIOR (Hanaqpacha) quality and happier life, by which we can once again blissfully learn to celebrate the intrinsic sanctity of THIS (Kaypacha) world.

In fulfillment of the prophesied Taripaypacha ('Era of Re-Encounter') known to Andean mystical traditions, our Great Work as individuals and as a planetary species awakened in shamanic awareness, is to not only learn these frequency raising practices to help us and the planet successfully move through this pandemic experience, but as importantly, to apply them after we get through this. This will create the bulwark to prevent us from reverting to the old habits and dysfunctions of our obsolete sociocultural conditioning.

Humankind has been given a once in a lifetime opportunity to begin the world anew and create it based on our most benevolent dreams of the future. It is possible and it starts now for each of us ready to seize this opportunity – the Pachakuti is in full throttle upon us, the time is NOW, and now is the TIME!

In loving service of human global spiritualization, don Oscar Miro-Quesada Solevo