

Shamanic Practitioner's Course Packet (Mesa)



The Chacana Spiritual Center
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Shamanic Apprenticeship & Practitioner's Course Informational Packet

The Mesa Training Journey at The Chacana Spiritual Center

What Is the Shamanic Practitioner Apprenticeship?

The **Shamanic Practitioner Apprenticeship** is an immersive, hands-on **training and apprenticeship within the Q'ero lineage of Peru**, high in the Andes Mountains.

In this sacred tradition, the path of initiation and mastery is known as the **Mesa Training** — a transformational journey that awakens the healer within and connects you to the living wisdom of the Andes.

The **Mesa** is your **sacred healing bundle** — a living altar that holds your personal medicine, sacred stones, and your connection to the **Apus (mountain spirits)**, **Pachamama (Mother Earth)**, and the **luminous forces of creation**.

Throughout this apprenticeship, you will become a **Mesa Holder** — one who carries great power and responsibility, walking in right relationship with the Earth, the ancestors, and the lineage of the **Andean Shamans of Peru**.

This is a **practitioner's apprenticeship designed for personal mastery and service**. Teaching within this lineage requires **further apprenticeship and a deeper level of integration**. Please connect with **Shannon** to explore this sacred commitment.

Students may begin the Mesa Training **immediately after receiving the Bands of Power** — the **first Munay-Ki class**.

You must complete the full **Munay-Ki series** before or during your Mesa journey.

The Journey Through the Medicine Wheel

Your apprenticeship unfolds over **2.5 years**, meeting every three months for **ten immersive weekend intensives** — each aligned with one of the **Four Directions** and their sacred energies.

All core Mesa classes and ceremonies are available **in-person or online**, supporting your continued growth and integration.

THE FOUR DIRECTIONS

SOUTH DIRECTION — The Serpent

The South represents **the Serpent**, who teaches us to **shed the past** and **walk in beauty**. It is the direction of **release, healing, and trust in Pachamama's wisdom**.

Students learn foundational shamanic tools such as:

- Journeywork
- Smudging & energetic cleansing
- Illumination & Decoupling (chakra balancing)
- Scrying & Divination practices

Here, we learn to move like the Serpent — grounded, wise, and reborn.

Class 1 – South 1 (2 days)

- Moon Ceremony
- Mesa Essentials
- Shamanic Ethics (Online Recorded Video)

Class 2 – South 2 (2 days)

- Mesa Essentials
- Moon Ceremony
- **Sacred Boundaries** — a hands-on class in compassionate, professional touch. Students learn to honor energetic and physical boundaries, offering healing through **respect and sacred presence**.

WEST DIRECTION — The Jaguar

The West is the realm of **the Jaguar**, guardian of **courage and transformation**. Here, we release what no longer serves with **grace, strength, and fearlessness**.

Students develop the ability to:

- Communicate with ancestors
- Move through time to heal past or future events
- Perform minor & major extractions to clear the luminous body

Class 3 – West 1 (2 days)

- Moon Ceremony
- Mesa Essentials
- **Shamanic Intake** (Online Recorded Class) — Learn to hold a heart-centered client conversation for safe, meaningful sessions.
- **Sacred Altar & Sacred Fire** — Ancient Andean techniques for prayer, release, and renewal.

Class 4 – West 2 (2+ days)

- Moon Ceremony
- Mesa Essentials
- **Friday Night: Middle World Journey** — Travel through time and space to receive guidance and restore harmony in the present.

In the West, we face our shadows and discover our fearless light.

NORTH DIRECTION — The Hummingbird

The North embodies **joy, lightness, and sacred courage**.

Here, we integrate the wisdom gathered from our journey, weaving it into daily life.

Students learn:

- **Basic & advanced soul retrieval**
- **Destiny-line retrieval**
- **Healing seven generations** before and after their lineage

This direction awakens **ancestral healing, luminous DNA, and the art of invisibility** — moving beyond illusion to embody higher vibration.

Class 5 – North 1 (2+ days)

- Mesa Essentials
- Moon Ceremony
- **Friday Night: Upper World Journey**

Class 6 – North 2 (2 days)

- Moon Ceremony
- Mesa Essentials

The Hummingbird teaches us to drink deeply from the nectar of life — to live in joy, trust, and sacred flight.

EAST DIRECTION — The Condor & Eagle

The East belongs to **the Condor**, who soars closest to the Sun.

It is the place of **illumination, transcendence, and divine vision**.

Students learn to connect with **angels, celestial beings, and perform shamanic death-doula work** — bringing peace, forgiveness, and liberation across realms.

In the East, we rise into light — embodying Creator's wisdom and radiant service.

A **Shamanic Healing Session with Apu Mamma Aku** must be completed prior to beginning **East 1**.

Class 7 – East 1 (2+ days)

- Mesa Essentials
- Moon Ceremony
- **Friday Night: Ayni Despacho Ceremony** — Create sacred balance between Earth and Sky through offerings of gratitude and prayer.

Class 8 – East 2 (2 days)

- Mesa Essentials
- Moon Ceremony
- **Upper World Journey** — A guided connection with angels, ancestors, and celestial teachers.

ADVANCED INITIATIONS

Class 9 – NUSTA RITES

The **Nustas** are the rainbow feminine energies of the Andes — goddesses of the **mountains, waters, and stars**.

This expanded ninth class introduces the **Rainbow Healing Bundle**, awakening the **seven feminine powers** within.

You will learn the **Nusta Healing Technique**, deepening intuition, emotional grace, and connection to the sacred mountains and waterfalls.

- Moon Ceremony
- Mesa Essentials

The Nustas awaken the heart of divine balance — the union of grace and power.

Class 10 – CHUMPI STONES & FINAL INTEGRATION

The **Chumpi Stones** are seven sacred Andean stones that align with the body's energy centers, carrying the frequency of the **Apus** (mountain spirits).

Students receive full training in the **Chumpi 7-Stone Healing Technique**, activating spiritual strength and restoring harmony in the energy field.

Day 1: Chumpi 7-Stone Healing Technique Training

Day 2: Final Rites of the Chumpi & Nusta

- Graduation Despacho Ceremony

This final initiation celebrates your transformation — as you emerge fully as a luminous healer of the Q'ero lineage.

Moon Ceremony

A sacred **Andean ceremony** honoring the **Divine Feminine** and the **natural cycles of renewal**. Through **prayer, offerings, and energy alignment**, students connect with **Mama Killa (the Moon)** for emotional healing, balance, and guidance. Each Moon Ceremony offers deep release, divine connection, and sacred empowerment.

Mesa Essentials

A hands-on **practice session** to integrate previous lessons. Students deepen their relationship with their **Mesa**, refine **healing techniques**, and strengthen **ceremonial presence** before graduation. These sessions are the heartbeat of your training — where wisdom becomes embodied practice.

Note: When you see 2+ days listed, it indicates that a **Friday evening** or **Monday evening** session is included as part of that weekend's teachings.

What You Will Gain

Through this 2.5-year, 10-class journey, you will:

- Apprentice directly with a **Master Shaman**
- Master core Q'ero techniques: illumination, extraction, soul & destiny retrieval, ancestral healing, cord cutting, and more
- Receive initiations into the **Nusta Healing Technique & Chumpi 7-Stone Healing Technique**
- Perform sacred **Despachos, ceremonies, and rites of passage**
- Connect with **angels and celestial guides**
- Develop mastery of **energy, emotion, and sacred presence**
- Learn to **walk in harmony** — *leaving no footprints in the sand*
- Graduate as a **Shamanic Practitioner of the Q'ero lineage**, ready to serve in **right relationship with Earth and Cosmos**.

This is more than a training — it is a remembering of your soul's sacred calling.