



LESSON 7



We will be opening Sacred Medicine Space on the next lesson bringing energies in that you may not be familiar with. In this lesson, we are exploring the 4 directional energies. Each direction brings an elemental energy that is seen in the Q'ero culture as animals in the forest and mountains. We recommend that you take 4 days to experience this lesson, learning about one energy every day. Each direction has multiple characteristics. Some you will relate to more than others. It is vital you connect to them so the experience of creating Sacred Space becomes truly sacred for you. Take your time and feel into it.

Day 1. SOUTH

Fire - represents the direction of South

color: red

symbol: triangle



altar tool: candle

spirit: Salamander



Fire represents transformation, passion, and energy. Fire is associated with strength, activity, blood, and life force. It is also seen as highly purifying and protective, consuming impurities and driving back the darkness.

While salamanders do not possess any literal association with fire, their connection to this element lies in their ability to regenerate. Unlike humans, salamanders have the extraordinary power to regrow damaged or lost body parts, including limbs, tails, and even parts of their heart and brain. This remarkable ability to regenerate is akin to a metaphorical rebirth, signifying the transformative nature of fire.

When we call in the fire element, we are opening to transformation, allowing the energy of fire to move us forward.



In Munay-Ki we call in the **Great Serpent** in the South, She who sheds her skin. We also bring in the element of **fire** to release what doesn't serve us and make space for changes that are coming. A serpent crawls on the belly of the Mother (Earth) with beauty and sleekness. She observes from below and can slither up a tree to change her point of view. Because she is cold blooded, injuries made to her can slide off her thick scales, moving on with grace and not a care in the world.

Great Serpent is Fire energy, but also has Water element traits, as it can swim in water and is called Mother of the Water in some indigenous tribes.

Creation: The Great Serpent is often linked with the creation of the world and the nurturing aspects of nature, such as rain and agriculture.

Destruction: Conversely, it also signifies the destructive forces of nature, such as floods and storms, which can devastate crops and communities.

Through its connection to water, the Great Serpent was seen as a source of fertility, essential for agriculture and sustaining life. This made it a vital figure in the agricultural practices of the Aztecs, who relied heavily on the bounty of the land.

The Great Serpent, often associated with water and fertility, symbolizes the duality inherent in nature. It embodies both creation and destruction, representing the cyclical nature of life. When you bring in her energy to protect your South, think of one or more of its characteristics and how it can benefit your life:

- Its transformative power
- Purification
- Ability to ignite passion
- Helps spark creativity
- Sheds light on important truths that can help us learn about ourselves and make important life-altering changes
- Heal from past hurts
- Leads us through change and showing us paths when things get messy



Connect to Serpent energy:

- Throughout history the serpent has had many legends associated with it linking it to creation, fertility and transformation.
- Serpent teaches us how to shed the old ways and habits of the past as we grow into higher spiritual ground.
- Serpent is the guardian of sacred places and the keeper of hidden knowledge

Optional Activity.

Get down to the floor with belly on the ground. Slither around and see the world from the serpent's point of view. How different do you see your space? Reflect on a journal the following: Think of something that recently made you angry or hurt. Write about it. Then, consider what you wrote might be from a limited point of view, such as from the ground. What would that event look like if you went up on a tree and looked as a third person at the event. Would you still be angry or hurt? Could you write the story from another person's point of view? How would it change?

Another Activity that can connect you to Serpent energy is to write on a paper something you don't like about yourself or about your current life situation. Take a tin can, cauldron, or safe fire pit, and burn it. As you watch it burn, consider the space you have opened up by releasing that burden. What will you place in that space instead? What do you want to bring in? As you look at the flames dancing, make a powerful request to the consciousness of the flame and tell it to bring you what you desire.

Note: We will be performing fire ceremonies after every rite. This can be done outdoors with a fire pit or inside with a candle.

Day 2. WEST



Water - represents the direction of West

color: blue

symbol - upside down triangle



altar tools: bowl or cup of water

spirit: Undines, Mermaids



Water is the element of fluidity, adaptability, emotions and the unconscious, as opposed to the conscious intellectualism of air. Its energy is Receptive. Water has a physical existence that can interact with all of the physical senses. Water has a unique ability to evoke emotions. Crying in the shower or swimming in the ocean can release pent-up feelings.

Water is often associated with intuition due to its deep connection to the subconscious mind. By allowing ourselves to “go with the flow,” we may become more attuned to our inner voice, leading us toward better decision-making and greater clarity in our lives.

Meditation with water elements incorporates visualization, sound or physical interaction to enhance our energetic connection. These practices recognize water’s ability to store and transmit vibrational information, making it an ideal medium for spiritual communication and transformation.

When we call on Water to enter our circle and protect our West, we are open to healthy communication, receptive to learn, adapt, and go with the flow.



In Munay-ki we bring in the energy of Mother Jaguar to bring us Courage on all we face. Jaguars have no known animal enemies in the jungle, they are the sovereign species. Mother jaguars tend to their cubs and are fiercely protective and nurturing. They teach their cubs how to hunt and survive. Like water, they flow with nature.

When you bring Mother Jaguar into Sacred Medicine Space to protect your East, you are bringing in the powerful characteristics of the water element also. Consider which characteristics you can use for this period of your life and concentrate on that energy as you call Mother Jaguar into the circle:

- Purify, Soothe
- Emotional Release
- Mindfulness and Presence
- Courage
- Communication

- Flexibility, Adaptability
- Nourishment
- Renewal
- Gratitude
- Increase Intuition



Connect to Jaguar Energy

- Jaguar teaches us how to move without fear and to trust our personal instincts.
- Jaguar asks us to go within, release our fears, heal our emotions and awaken our inner sight.
- Jaguar medicine will guide us into the underworld where the secrets of life and creation are found.

Optional Activity:

Get down on all fours. Imagine yourself as a jaguar cub. Growl and feel the safety of Mother jaguar watching you. Feel as if you can take on the world! Then, for the next 24 hours, keep your chin up. You are sovereign. Nothing scares you. You readily say "No" to favors being asked of you. Walk into a room repeating silently "I am desirable. I am admired. I can accomplish anything." Watch how others change their attitude around you. That's because they feel your strong Jaguar presence. Reflect on a journal how the last 24 hours went and what you can add to your daily life because of it.

Another activity that connects you to Jaguar energy is to connect to bath water. Prepare a warm bath. Add any oil or flower you want to it. Soak in the bath water as you reflect on the day. Think positive thoughts about yourself. Human cells are made up largely of water and react to the energy of thought and sound directed at them. Direct your words to your physical body and find every beautiful, strong, admirable quality. Tell your cells what a great job they are doing and how pleased you are with them. After this session of self-gratitude, rinse and go about your day. Your dreams may be vibrant and your experiences pleasant after this activity.

Day 3. EARTH

Earth - represents the direction of North

color - green

symbol - upside down triangle with horizontal line running through the lower part (apex)



altar tools - crystals, bowl of salt, soil, or stones, flowers

spirit: gnomes



Earth is the element of stability, grounding, and firmness. Earth elemental spirits, known as Gnomes, are beings deeply connected to the land, stability, growth, and the hidden treasures of the Earth. They are believed to reside in forests, mountains, caves, and underground realms, tending to plants, minerals, and the energetic balance of nature.

Gnomes are guardians of wisdom, patience, endurance, and the physical world, teaching humans about grounding, resilience, and the slow but steady unfolding of nature's cycles. They are often depicted as small, sturdy beings with deep knowledge of the land, capable of working unseen to maintain harmony in the environment.

- The Earth element represents foundation, security, and physical well-being.
- Gnomes remind us to stay grounded, build strong foundations, and cultivate patience in life's endeavors.
- Gnomes are believed to tend to the roots of trees, enrich the soil, and protect sacred places in nature.
- They are also associated with hidden knowledge, buried treasures, and the mysteries of the natural world.
- As tireless workers, gnomes symbolize perseverance, responsibility, and craftsmanship.
- They teach the importance of dedication, patience, and steady progress toward goals.
- Gnomes are linked to gardening, herbalism, and crystal healing, as they are believed to understand the energy of plants and stones.
- They assist those working with natural remedies, agriculture, and sustainable living.
- Gnomes possess deep ancestral knowledge of the land and its cycles, offering practical guidance for those who seek it.
- They are known as protectors of the Earth and its sacred resources, warning against waste and disrespect toward nature.



In Munay-Ki, we bring with the element of Earth the Royal Hummingbird. It is said it can travel within the earthly realm and spiritual realm. The hummingbird is able to hover in one spot with wings smaller than his body that defies the laws of physics. He conquers the “impossible” And so when we bring him into the circle, he makes the impossible happen. He brings the belief in possibility. With the hummingbird, we also bring in your benevolent ancestors, their wisdom and guidance.



Connect to Hummingbird energy.

- The hummingbird teaches us that we are not limited, to see things from all perspectives and shows us how to expand our perceptions.
- The hummingbird serves to remind us of the beauty and wonder of the world. While their speed and sound may sometimes startle us, they help pull our attention out of the mundane so that we can acknowledge and appreciate the beauty of Creation.

Optional Activity:

On your knees, bend your elbows and flutter your hands like little wings. Imagine being a hummingbird. Drink from the nectar of life and enjoy every moment life offers for the next 24 hours. Your mantra is JOY. After 24 hours, write about your day and consider how different it would have been if you had not drank from the nectar of Life.

Another activity you can do is meditate asking for a connection to a benevolent ancestor. Picture the person as if they were alive. What is their message for you? Don't forget to write it down.

Day 4. EAST

Air - represents the direction of East

color: varies- white, yellow, or mint

symbol: triangle with horizontal line running through the upper part



altar tools: incense, hand fan, feather, wand, sword, dagger, athame

spirit: sylph / fairies



Air symbolizes intellect, communication, and freedom. It is the element of knowledge, creativity, and beginnings.

In many spiritual traditions, the air element symbolizes:

Thoughts & Intellect – Logic, reason, and mental clarity.

Communication – Language, writing, and social connection.

Freedom & Movement – Travel, change, and adaptability.

Spirituality & Breath – The connection between body and spirit.

Air is associated with the mind and higher consciousness. It's the fuel for deep conversations, brilliant ideas, and the ability to talk yourself out of anything.

But it's not just about thinking—it's about the movement between ideas, places, and people. It's what makes knowledge spread, allowing humans to innovate, learn, and evolve.

Without air, we'd all be stagnant, stuck in one place, mentally and physically. That's why understanding this element is crucial for personal and spiritual growth.

Largely intangible and without permanent form, air is an active, masculine element.



Connect to Eagle energy.

- The eagle is a sacred messenger, carrying our prayers to the Creator and returning with gifts and visions for the people.
- Eagle teaches us to rise above our limitations and view our lives and our experiences from the perspective of Great Spirit.
- Eagle shows us how to accept what comes our way and see everything as a gift from Great Spirit.

ACTIVITY (OPTIONAL)

Want to invite more air energy into your life? Here's how:

1. Breathe with Purpose (Pranayama & Breathwork)

- Deep breathing clears the mind and calms anxiety.
- Try box breathing: Inhale 4 sec → Hold 4 sec → Exhale 4 sec → Hold 4 sec.

2. Journal & Write Down Your Thoughts

- Writing organizes the whirlwind of ideas floating in your head.
- Morning pages (writing three pages of stream-of-consciousness) help clear mental clutter.

3. Speak, Sing, or Chant

- Voice your thoughts, sing a song, or recite mantras.
- Singing raises vibration, and let's be real—it's fun.

4. Spend Time in Fresh Air

- Nature is the air's natural playground. Take a walk outside, breathe deeply, and let the wind remind you how free you are.

5. Use Air Element Tools in Rituals

- Incense & Smudging: Sage, palo santo, and essential oils clear energy.
- Wind Chimes & Feathers: Represent the movement of thoughts and ideas.



By embracing the air element, you open yourself to new perspectives, greater mental clarity, and spiritual alignment. It is no coincidence that in Munay-Ki, we bring the Great Eagle or Condor to protect our West. **The Great Eagle** can see things clearly from afar,

bringing clarity to our work. It also flies high above the mountains, wingtip to wingtip with Great Spirit. When we bring him into the circle, the Great Eagle brings a new perspective from above, seeing the entire scenario, and not our limited point of view.

Of all the elemental activities, this one is Lu Mira's favorite. To bring forth the energy of the Great Eagle, consider a story about your past that you felt was unfair. Play the situation in your mind how you have always pictured it. Write down what you feel. Now, instead of seeing what happened as something done TO you, shift the perspective to something you needed to happen to make you who you are today. It happened FOR you. At first you may feel cheated of not being able to resent someone or to feel like a victim. But stay with me. What if that person is your best friend in the spirit world and volunteered to do something terrible to you in order to teach you a hard lesson? (The children's bedtime story THE LITTLE SOUL AND THE SUN comes to mind. Read it and let's talk about it. You can find it on YouTube).



The Archetypal Powers of the Four Directions

You will develop your own relationship with the archetypes over time.