

# The Inka Medicine Wheel

The Inka Medicine Wheel is a shamanic leadership training in the wisdom teachings of the Andes. It is a magical healing journey around the four directions where you weave together the spiritual and the physical dimension of who you are, which gives you renewed power in how you see, feel and act in your world from a holistic perspective with everything in life. It is about spiritual awareness, healing, tracking = to see beyond illusions, to get in touch with the soul's dream, to become a visionary...

In each direction, you build your altar of Medicine stones through the healing ceremonies in the training. Within each class, you will learn how you can work in your medicine altar as a source of power in healing and visions.

Shamanic initiations are energetic medicine that assist healing and spiritual development. They are gifted in each direction to raise frequency in the energy body. When receiving initiations, the healing journey accelerates, support spiritual growth, and give renewed energy to move forward with a new sense of soul-nourishment.

Below you find a presentation of each class in the Inka Medicine Wheel.

Does it feel exciting? A shaman training you feel called to or perhaps have been waiting for to grow your spiritual consciousness? Then send an email to [inka@jeanettemantel.com](mailto:inka@jeanettemantel.com) and we book a call to talk more!

I welcome you!

Jeanette

## Class 1 South direction - The Healer

### What story are you living

In this first step you learn the foundational principles in Shamanic Energy Medicine. We look at what story you are living and how you construct your life based on past experiences. This work process includes the whole container of how you hold yourself in the physical world. This brings awareness to what need to be shifted in the energetic in order to transform how you create reality.

The South direction is about the archetype of the power animal Serpent. You learn to shed the past like she sheds her own skin by leaving the old stories behind that no longer serve your growth. You dive deep into your personal healing, learning that life is movement, renewal, and rejuvenation. In this process you start to create your own altar of Medicine stones which becomes your sacred space of dreams and visions.

South class includes four Andean initiations to strengthen your energy with the elements of nature, open up your intuitive vision, get into an energetically close relationship with the shaman's archetypes, and through ceremony create your altar of healing stones.

## Class 2 West direction - The Spiritual Warrior

### Walking in balance on the power path

This direction is about doing your shadow work, letting go and change your relationship to how you hold life and death in energy. Here you work and heal your basic ancestral and karmic structures that holds you in the past or in disempowerment. You learn how to shift engagement with yourself and the world by shifting your perception of what you see and experience, which is a powerful shaman tool for positive change.

Through teachings, meditations and practical processes the West direction focuses on finding balance in all areas of life. You learn that true power is internal and radiate in all your actions, in your presence, in your way of walking in the world. The archetype of the West is Jaguar. Like her you learn how to walk with grace and a high level of integrity, with no need of enemies anywhere, living and leading with Munay, the power of love and compassion. The initiation in the West direction is Pampa Mesa Yok- The medicine woman/man who works with Mother Earth's healing power and nature's cycles of wisdom.

## Class 3 North direction - The Wisdomkeeper

### Living in Yes to life

Here you take a big step up into the mystery teachings of the Inka medicine tradition. The North is the home of the master, the sage, the wisdomkeeper. This direction is about surrender to the unknown and still work it outside ego investments. Here you learn how to flow with effortless action within time with synchronicity as fuel, how to track new possibilities, shapeshift your consciousness and release limiting thought patterns that stops you from fully living your souls-dream.

The archetype of the North direction is the Hummingbird, the one who responds to a call from within, courageously saying Yes to life by embarking upon a journey beyond what she already knows. Accessing this knowledge opens your ability to navigate from the skyworld to the earthworld, a journey towards destiny!

The initiation in the North is Alto Mesa Yok- The Shaman who communicates directly with mystical wisdom outside the ordinary sense of time and space.

## Class 4 East direction - The Visionary

### See the world into being

In this direction you learn the powerful steps of creating your world as well as the importance of becoming aware about your projections and limiting beliefs around reality. This is the sacred work of the Visionary. You learn how to create, or dream in inka terms, your world into being, becoming conscious about the ripples this creates as it manifests in the material world.

The Archetype of the East is the Eagle/Condor that connects you to Spirit and your own clear vision. Through the teachings and ceremonies, you will naturally be drawn into a deeper alignment with your intuition, or spiritual intelligence, which will be available to serve not only you, but all of life.

The call of the Eagle/condor is to spread your own wings and envision your greatest dreams. The initiation in the East is Kurak Akullek, the medicine man/woman who draws power and information from the stars.