

The Way of the Shaman

The Medicine Wheel of the Incas

A journey of change, evolution
and growth

with

Joe Molloy



A Personal Journey and Sacred Journey

We find our way to this journey because we have had 'a calling' or because, perhaps, the map we have used to 'navigate' through our lives seems to have 'run out.' We have tried everything else and nothing else takes us beyond where we are, we feel stuck, but we know there is more. This is not a path of 'last resorts,' but a path of realising that while our 'map of the world' has run out, it is not the end, but a beginning. We just need a new map, new beliefs and mythologies, and we need them now!

Whatever we have been told, I believe we have a right to more in our lives. More love, more happiness, more contentment. Better relationships, better finances and greater connection in every way. But we have inherited or created stories that tell us quite the opposite a lot of the time.

The path of the Shaman helps us to create

new relationships with ourselves and with the world we live in. Relationships where we are no longer limited by the beliefs we have been living with, or the beliefs of friends and family, or of the societies we live in. As well as teaching the healing tools, ceremonies and skills of the Shaman this is a personal healing journey that asks ~

“If we did not have to be limited by these old beliefs, what lives could we live instead?”

We are just required to say 'Yes!' Yes! to wanting more in our lives. 'Yes' to not wanting to be at war with ourselves or with others. It is a journey that opens us to new possibilities. We open to rediscovering our destiny and living it.

The Inca prophecies speak of the time in which we live now as being a time of great change. They say that, once again, the world has turned over and we enter a new age or 'Pachacutti.' The traditions, teachings and Shamanic Healing tools that we share with you come from an unbroken lineage that reaches back thousands of years, even before the times of the Incas. They are teachings, traditions and healing tools that are as relevant now as they have been for thousands of years.



At the core of our personal healing work and of our work with others, in this tradition, is our 'mesa.' The mesa is your healing or medicine bundle.

As you make your personal journey around the medicine wheel, through each of the four directions you will add stones to your mesa that undergo processes of transformation to become your 'khuyas' or personal healing stones. They hold your healing gifts and healing energy, becoming healing tools that you use for your own benefit and in your shamanic healing practice with others, informed by the wisdom of your healing journey, and joined to the lineage of medicine men and women who have come before you, and also who are yet to come!

The Incas and the Qero call themselves the 'Children of the Sun.' And this is who we are also. We come here to shine like the bright stars that we are and always have been, even if we have not known this until now.



Healing rites

Empowerments and Attunments

The Medicine Wheel is a path of initiations. At every stage of the wheel you are gifted the lineage rites of the Incas as well as being introduced to and learning how to practice the Shamanic Healing tools of this tradition.

Inca Cosmology sees how we pass through cycles in time, Pachacutti's, where everything 'turns over.' We transit through these cycles of dark and of light every 500 to 600 years. This is seen as a natural flow. We stand now at the beginning of the next cycle of light and to support us on our journeys at this time of great opportunity and potential the traditional healing practices and energetic empowerments, rites of passage of the Incas are shared with us.

We share these initiations up front, before we have worked to receive them, so that we can be resourced and ready for lives beyond

those we are able to imagine, even with the greatest imaginations.

As you journey around the medicine wheel and receive your initiations you learn all the healing practices that make up the energy medicine of the shaman:

- Illumination
- Energy and entity extraction
- Soul Retrieval
- Journeying
- Death rites and much more

We no longer have to wait for others to come and lead or inspire us. 'We' are the ones that we have been waiting for and this journey we take together calls the future versions of ourselves forward across time so that we don't have to wait lifetimes or even years to evolve. We 'become' the future version of ourselves now, in this lifetime. This is the time the Inca call the 'Taripay Pacha.' The time that we come face to face with who we really are, and who we came here to be.

These are evolutionary 'leaps.' During the journey around the medicine wheel you will receive the Hampe Carpi, Healers rite. The Pampamesayouk Carpi, Day Keepers Rite.

The Altomesayouk Carpi, Wisdom Keepers Rite and the Kourak Akouyak Carpi, the Earth Keepers Rite.

These rites are healing empowerments that help to bring us into balance with the world within ourselves and the world around us. They help us to evolve and become, in this lifetime, the future version of ourselves that we have been aspiring to. And to bring our lives into balance with that in every way. You are also welcome to join me in my Munay Ki workshops and learn how to give these rites as well as also receiving the rites that are given 'beyond' the medicine wheel. The Mosoq Carpi, rites of the time to come and the Titanjis Carpi, the creator rite.

Through these rites you can pass on the gifts and opportunities for healing, evolution and growth that you experience, to others.

You can also receive all these rites in their traditional form on my group journeys in Peru.



The Way of the Shaman

The Way of the Shaman is a path that helps us to create an animistic relationship with the world around us. Everything has life of its own in some way and so, in some way everything has a voice and can speak to us. Imagine how your life can change when you can access the wisdom and the different perspectives, the different ways of seeing the world that nature has in its many different forms.

We begin by developing a relationship with the organising principles of the universe. Physicists describe these as Gravity, Electromagnetism, Weak Nuclear force (the power within the atom) and Strong Nuclear force (the power within the sun). Ancient indigenous people knew these in a different way. They understood them through the behaviours of the natural world and created a relationship with these forces by relating them to animals they knew and observed every day. Serpent, Jaguar, Hummingbird

and Condor Eagle.



Our relationship with the forces that hold the universe in balance helps us to be in balance too. In what the Incas call “Ayni.”

Ayni is the ‘fluid’ and harmonious forces that works to keep all things in a balanced relationship with each other.

The healing rites, carpi, that you receive in the medicine wheel, as well as the healing practices, illumination, energy extraction, soul retrieval, also all help us to be in balance with the world within ourselves and the world around us.

As you journey around the medicine wheel you will learn all these practices, and how to live and work in ceremony. You will learn to be a “Fire Keeper” by serving your own apprenticeship with fire. Developing a relationship with fire as a living thing. Having your own personal fire ceremonies with the full and new moon. And when the time comes, inviting others to join you around the fire in your ceremonies and gatherings if you wish.

At each stage of your journey with the medicine wheel you receive the initiations of the Incas. Receiving first the Hampe Carpi, healer’s rite. Setting you on your journey in a deeper, fuller and more empowered way, with the support of a lineage of healers forwards and backwards in time.

In the West you receive the Pampamesayouk Carpi, the Daykeepers rite. Taking your place as a custodian of the sacred places all over the land. And balancing your relationship with the sacred feminine principle.

In the North the Altomesayouk Carpi, the Wisdom Keepers rites, connecting you with the snow capped peaks of the mountains where the wisdom of all our ancestors and past lives is said to reside and balancing your relationship with the sacred masculine principle.

And in the East the Kourak Akouyak Carpi, taking your place as a visionary, dreaming a new dream, a new future into being.



The Way of the Shaman

The Training Programme in the UK

The Medicine Wheel teachings are the fundamental principles that sit behind 'The Way of the Shaman.' During this course you will deepen and explore your personal healing journey. At the same time, you will learn powerful healing processes and techniques that you can share to help others.

South Class:
November 17th to 22nd 2022
The Way of the Wounded Healer
The healing power of Serpent

Here we begin our journey together. Learning the foundation of all the healing tools of the Shaman, the Healing Tool of 'Illumination.' We uncover and reveal the personal stories that bind us to living

repeating patterns over and over so that we can begin to step away from them.

West Class:
February 9th to 14th 2023
The Way of the Peaceful Warrior
The healing power of Jaguar



Working with the lineage of our ancestors and our past life karmic lineages we make peace with ourselves and with the world around us. Stepping out of the place of victim in our lives and claiming our 'own' power. Here we learn the energy extraction healing tools of the jungle shaman.

North Class:
June 1st to 6th 2023
The Way of the Hero
The healing power of Hummingbird

The foundation of the healing journey that we have created in the first half of the programme allows us now to call in the lives we really came here to live. We step away from the old stories we are used to in this and in past lives. Here we listen not to who we have been, but to the voice of the future and who we can be. This is where we learn

and practice the healing tool of 'Soul Retrieval.'

East Class:
September 7th to 12th 2023
The Way of the Seer
The healing power of Condor Eagle

We cannot arrive at the place of the 'East' without the healing journey of the earlier parts of the programme. Here, having let go of our old stories and begun to open more and more to who we can be we learn how to work with the creative force of the universe, 'Kausay,' or Shakti energy. Also, we learn and practice the great 'death rites' of the Incas. We learn how to live and how to die consciously.

This is the end of the programme and also the real beginning of the journey.





Joe Molloy ~

Shaman, Healer, Teacher and practitioner of the Energy Medicine of the Inca's. I will be your facilitator and guide as we journey together through the Medicine Wheel. I have worked with individuals and groups for over 35 years. I teach shamanism and shamanic healing in the UK and Europe and lead Sacred Group Journeys to Peru and India. I also offer this Medicine Wheel programme elsewhere in Europe. If you would like to know more please ask.

We have become so used to 'getting by' and being independent that we have forgotten how to connect to the world around us, to a

life more fabulous and amazing than we expect. We have forgotten how to connect to our highest destinies. Now is the time to re ~ member. The Medicine Wheel is both a personal journey of healing and self-discovery, a journey of evolution. It is training for life.

Join us and learn the powerful healing tools of the Inca Shaman that will change your life and the lives of those you know.

The UK Venue for 2022~2023
Ragman's Farm Retreat ~ Forest of Dean

The programme consists of 4 modules. These are the 4 directions. The total cost of the whole programme, including accommodation and food is £3800. You are welcome to pay this as one amount prior to the start of the South class, or as 1 deposit payment of £200, followed by 4 equal payments of £900 each, before the start of the workshops for each of the four directions. Accommodation is arranged on a shared room basis. I will send you details about how and when you need to pay once you decide to join.

Each module is comprised of 6 days.

The 4 directions take you on the great personal healing journey and in addition, give you the knowledge, skills and experience that you need to practice the powerful, healing, Energy Medicine of the Shaman of the Inca tradition. I will support you throughout the programme and I include 1 to 1 sessions with me between the medicine wheel directions in the course costs.

I have given you a 'taste' of what to expect here in this brochure. But such a short collection of words cannot describe everything. So, if you are curious and would like to know more, please get in contact.

I look forward to hearing from you.

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