

The Path of the Energetic Mystic

Part 2

Explore the Essence of Your Heart

**The Path of the
Energetic Mystic**

Part 2

Explore the Essence of Your Heart

Inge Teunissen



Path of the Heart Series

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Voices from Q'ero: Puriq qoto, Wiqsa qoto, Qoto k'anchaq,
Ñawi qoto, Qoto kallpa

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*In loving memory of
don Bernardino Quispe,
whose teachings and spirit are still with us*

“We do not own the cosmos”

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Tawantin Suyukuna

Anti suyo, hampuy hampuy
Kondorpa kallpan
Chay sumaq kallpaykita chaskiykusaikiko
Inti Tayta sumaq k'anchaynikita qoykuwayku
Sonqoykuta kichariwayku
Sumaq k'anchaynikiwan!

Hayaya

Qolla suyo, hampuy hampuy
Mach'aqwaypa kallpanta qoykuwayku
Chay allpa patapi, sumaqta yacharichiwayku puriyta
Sumaq ñawikiwan!

Hayaya

Conti suyo, hampuy hampuy
Hatun choquechinchay
Hatun yachaynikita qoykuwayku
Allinta khawachiwayku
Sumaq kallpaykiwan puririchiwayku!

Hayaya

Opening Sacred Space

Spirits of the East, come and heal what our soul already
healed

Power of the Condor

We open ourselves for your unique sacred energy, so beautiful
Father Sun illuminate us with your radiant light
Open our hearts with your pure rays!

Hayaya

Spirits of the South, come and heal what our soul already
healed

Sachamama on the sacred soil

We open us for your energy
Teach us to walk
And to look through your beautiful eyes!

Hayaya

Spirits of the West, come and heal what our soul already
healed

Sacred Puma

We open ourselves for your wisdom
You give us clear vision
Teach us to walk with your inner strength!

Hayaya

Chinchay suyo, hampuy hampuy
Q'omer q'ente, hatun q'ente
Misk'iykita reqsirichwayku chay sumaq t'ikaqta
Sonqoykita t'ikarichwayku!

Hayaya

Pachamama, hampuy hampuy pachamamita!
Kay mañakuskaykuman hatun kallpaykita qoykuwayku
Chuchu sayanaykupaq kanwan kushka mamita!

Hayaya

Hanaqpacha, hampuy hampuy
Inti Tayta, Mama Killa, chaskakuna, q'oyllorkuna
khajakuna, Wiraqocha
K'anchaynikita k'ancharichwayku
Apukuna, Ausangate, Salkantay, Huamanlipa
Kallpaykista saminchariwayku!

Hayaya

Sonqoykuna, hampuy hampuy
Sumaqta riqchariychis allinta munanakunaykupaq!

Hayaya

Spirits of the North, come and heal what our soul already
healed
Sacred green Hummingbird, lovely one
You show us the nectar of the beautiful flowers
Let blossom our hearts!

Hayaya

Pachamama, sweet Mother, come and heal what our soul
already healed
In our prayers we open ourselves to your sacred strength
So we stand firmly grounded on you, sweet Mother!

Hayaya

Heaven, come and heal what our soul already healed Fa-
ther Sun, Mother Moon, Mother stars and constellations
Lightning, Wiraqocha
Illuminate us with your light
Spirits of the mountains, Ausangate, Salkantay, Huaman Lipa
Bless us with your sacred power!

Hayaya

All hearts, come and heal what our soul already healed
With your beauty you reawaken
The Love we are!

Hayaya

Foreword

The first edition of part 2 of this series dates from November 2013. A lot has changed since then. Despite the major problems that currently exist on a global level, an important positive development is that Inca shamanism has spread in the Western world. What started in 2011 in a living room setting, grew into an international event. The training of the Q'ero shamans that is recorded in this series, started in The Netherlands, named Serena Anchanchu. Trainings of the Q'ero shamans soon followed in Sweden, Germany and Peru. Then in Switzerland, Belgium and the United States. This development was possible because graduated students of the Q'ero shamans started to give their own trainings in Inca shamanism. As a result, more Q'ero shamans, both medicine men and women, travelled to our Western world with their interpreters/translators and the number of students steadily increased.

Reason for me as editor of this series to include a list of websites of Western shamans who give trainings in Inca shamanism in collaboration with the Q'ero shamans at the back of this book. This gives the reader the opportunity to contact them. It should be noted that this list is not exhaustive, but to the best of my knowledge.

I hope the reader enjoys this second volume and that the series contributes to the further spread of Inca shamanism in the Western world.

Inge Teunissen, editor
March 2025

Travelling with the Children of the Stars

In the first volume of this extraordinary series of *The Path of the Energetic Mystic, A Key to Open Your Heart*, we recounted the wondrous events that led to its publication. For this second volume we wish to give you some background of the Q'ero community. It are the shamans (paqo's) from their community who share their ancient wisdom in these pages.

The Q'ero are an indigenous nomad tribe that originates from before the rise of the Inca Empire. Little is known of life back then of the many pastoral tribes of the Inca's, which are said to have been there around since the 12th century. One of the reasons for our ignorance on their history is that their civilization did not have a written language. Information becomes more coherent from the beginning of the 16th century onward. This is due to the 170 Spanish adventurers who, led by Francisco Pizarro, succeeded in overthrowing the Inca Empire in 1532.

When it became obvious that the invaders intended to root out the entire Inca culture, as well as their people, some of them managed to flee. Among them the Q'ero. For almost five hundred years they lived in the most remote places in the Peruvian Andes, located on the Eastern side of the snow-capped Vilcanota range. Not only did they manage to survive all these years at elevations of

14.000 feet or higher. They also maintained their culture, which is considered to be “the purest form of an ancient way extending back to a time before the Inca’s.”¹ Also the Q’ero “are thought to have among them the most traditional and powerful shamans.”²

For nearly five hundred years the Q’ero preserved the pureness of the wisdom of living energy directed by the cosmos (*Kawsay pacha*) and the earth (*Pachamama*). Their ancient knowledge was passed on through generations by word of mouth. Then in 1949 the anthropologist Oscar Nuñez del Prado of the San Antonio Abad National University in Cusco ‘discovered’ this secluded community. Whatever the degree of reclusiveness was that the Q’ero held, this gradually opened up from 1955 on, when Oscar Nuñez del Prado made public his acquaintance with the Q’ero.

The paqo’s who are teaching the students of Centre Serena³, tell us that there are a lot of changes going on in the Kawsay pacha, the world of living energy. According to them we are in the middle of a revolution in which everything is moving forward and everything is changing. This revolution, called the *pachakuti*, is foretold in an important prophecy that has lived among the Q’ero for centuries. This prophecy basically tells us that one cycle in time is ending and another is about to begin. The

1 J.E. Williams, *The Andean Codex, Adventures and Interpretations Among the Peruvian Shamans*, 2005.

2 *ibidem*.

3 Mama Serena is the goddess of the sea. Serena Anchanchu is the name of the centre in The Netherlands where the paqo’s give the training for Pampamesayoq. Anchanchu is the Quechua word for Serena.

prophecy specifies that these changes are about to commence when the ice in the higher Andes glaciers will start to melt. At that point, the prophecy dictates, the Q'ero must descend from their mountains in order to share their knowledge with the world. This occurred around 1980. The time had arrived to share and spread their knowledge of the Kawsay pacha, the world of living energy.

The Q'ero say that Mother Earth, Pachamama, is screaming, because she is in pain. The snow is melting and the vibrations are changing. So the world and its people are in need of the cultural heritage of the paqo's. They are also known as 'The Keepers of Mother Earth'. They live in *ayni* with the earth, meaning 'with respect and reciprocity'. In the Western world *ayni* has faded and people are used to take from Mother Earth and give nothing in return. Mother Earth is exhausted and polluted. The paqo's teach us to live with respect and humility towards the earth, our fellow human beings and towards ourselves.

The basis of the prophecy is formed by the constellations of the stars. It is not surprising to know that the Q'ero regard themselves as children of the stars. For as long as they can remember the stars have guided them, telling them when to sow and when the time was right for harvesting their crops.⁴

4 Those who wish to study the major role astronomy plays within the Inca Empire, we would recommend 'The Secret of the Incas' by William Sullivan.

So, directed by their prophecy, the Q'ero have come out of their hiding to share the wisdom of their ancestors in order to relieve the suffering of Mother Earth. The Q'ero have set up their own training in Centre Serena Anchanchu, which is now running in The Netherlands. Trainings soon followed in Sweden, Germany and Peru under their guidance. Their apprentices learn the authentic way of becoming a Pampamesayoq, a keeper of Mother Earth. This is one of the paths of the paqo. Initially the complete training took up four years. Each year is captured in a book. With Centre Serena Anchanchu as a starting point – and the publication of *The Path of the Energetic Mystic* – the ancient knowledge comes available straight from the source. One on one, oral knowledge with an unfathomable legacy, now has become scriptural knowledge, accessible for all who are perceptive.

Ed Lute, publisher
November 2013

Before You Start

This book is initially intended as study material for students of the training for *Pampamesayog*, which means keeper of Mother Earth. But it is also suitable for people who haven't attended the training.

The training started in 2011 in The Netherlands and the following years in Sweden, Germany and Peru. This volume, part 2, consists of the subject material of the second years tuition, as given to several groups.

In The Netherlands the complete training from the paqo's took four years. Each year comprised four days of intensive training. The first two days took place in spring, the second two days in autumn. The text in this book is the result of the training of the second year (April 2012/ November 2012). Everything that was said and practised during these four days was recorded and subsequently transcribed and edited.

The paqo's who lead the training have pronounced the wish to remain anonymous in the text. For this reason the paqo's carry the names of stars of the Pleiades. This constellation is very important in their cosmology. Their anonymity indicates that the wisdom they share in this book comes from the Q'ero tribe. Who passes on what part of their wisdom is of no consequence. At the end of this book they are introduced by their proper names.

Not all the wisdom the paqo's teach is immediately clear. The process of becoming a Pampamesayoq unfolds gradually. Knowledge that can be fully understood by a third or fourth year student, may remain without its full meaning to a second year student. The paqo's disclose their wisdom step by step. The four years of training together make one whole. This means that some of your questions will be answered later on in the text or in the books of the following years.

To become a shaman is a personal experience. The basic teachings of the Q'ero paqo's are the same. However, they do have individual differences in implementation and in detail. This will be apparent in the text. All the more reason for you to find your own way, like they do.

The paqo's strongly advise you – while reading the book – to feel the ancient wisdom of their tradition, above all.

This book is published after the important year of 2012. In that year, according to the prophecy of the Q'ero paqo's, the transformation to a new era took place. Multiple chapters in this book are dedicated to the changes and stages of transformation of this new time.

The paqo's tell you that it is still possible to reconnect consciously to the different phases that have passed in 2011 and 2012. Go back to the periods that are mentioned in the book. Try to remember what happened to you and what you felt at that time. Experience what you have to experience and let go what you have to let go. Subconsciously you already went through the transition.

Before practicing any of the exercises in this book, open sacred space and call the powers of the four directions, the cosmos and Mother Earth. You will find an example of an invocation to open sacred space in the first pages of this book. After your practice you do not have to close sacred space, only when you feel you have to.

After opening sacred space you always have to open the *Wiraqocha* (in this case the Cosmos, Lord of creation and manifestation). You can find the instruction for opening sacred space in the exercises, starting on page 207. After practicing you may close the Wiraqocha or leave it open, according to your own feelings at that moment.

Above each text you will find a name on the right hand side. This refers to the person who is speaking. When the paqo's are teaching, their words are being translated from their own language, Quechua, to English by Dennis Alejo Mango. As mentioned above, the name of the paqo who is teaching, is represented by a name of a Pleiades- star.

Most of the English in this book originates from the translated Quechua, the language of the paqo's. In our effort to stay as close to the original message as possible, the English may seem somewhat flawed at times. We trust that the reader will accept this minor sacrifice.

In this book you will find many Quechua words – the native language of the paqo's. If they are not explained, you will find their translation in the glossary at the end of this book.

Day 1



April 14 2012

1. Welcome and Introduction

Inge

Good morning! Welcome again. It is very nice to see you. Last weekend there was a new group. There are two new groups this year with 22 new students in total. It is nice to see familiar faces today.

Introduction paqo's

Before telling you more about some practical matters and giving you an overview of the programme, I would like to introduce the paqo's to you.

Qoto k'anchoq

This is Qoto k'anchoq. It is his first time in Europe. The first week in The Netherlands was very difficult for him as he is 86 years old and was not sure if he wanted to stay. But he received very much support from the students, which gave him the strength to stay. This is the first time he has ever left his village in Peru. So you can imagine Qoto k'anchoq is shocked. Qoto k'anchoq is the brother of don Manuel Quispe. This is an important reason for Qoto k'anchoq to come here. Don Manuel Quispe was a famous paqo, in his own community, but also internationally. He was a great healer. Qoto k'anchoq, as his brother, comes to keep open for us the path which don Manuel walked. He is here just this once and won't be coming back. All the more reason for us to enjoy his

presence. Qoto k'anchoq is a silent paqo, he doesn't talk much. We can learn from him to be in silence. But if he does say something, it is very much to the point.

Ñawi qoto

Ñawi qoto is one of Qoto k'anchoq's sons. Ñawi qoto will do most of the talking. He is trained by his uncle, don Manuel Quispe. Ñawi qoto is a powerful paqo and he enjoys being here. He is here in The Netherlands for the first time as well and just like Qoto k'anchoq is very much in shock about our culture, especially the technology we use. We showed them a short film on YouTube about the first men on the moon. They cannot believe it. They asked themselves 'Why are we coming here? These people can already do everything!' Then Dennis explained to them that all the technology is coming from the mind. We are extremely good with our mind, but not that good in walking the path of the heart. That is the reason why they are here and they will tell you more about this in the coming days.

Dennis Alejo Mango

I do not need to introduce Dennis to you anymore.⁵ Welcome Dennis! Dennis will translate everything the paqo's will teach us.

5 See biographical information in the chapter 'Voices from Q'ero'.

Farewell ritual

I have something to tell you about John.⁶ As you can see he is not here. He has decided not to follow the path of the Pampamesayoq anymore, but to walk another path. The paqo's respect that. John contacted Dennis and the paqo's about it. They invited him to come tomorrow to disconnect from the training and to say goodbye to the group. It's a pity that this is not possible for him. Maybe he will come next weekend for the ritual in another group.

Programme

The paqo's have made a great programme for you. First we will open sacred space and then we will share experiences of the last months, for example with the homework. Nawi qoto would like to do the *Muki* and *Anchanchu* exercise again to reconnect with it. He will explain once more how to do the exercises and then you can practise them together.

After lunch the paqo's will start with their explanation of the seven layers of Pachamama. This afternoon they will probably teach us about three or perhaps even four of the seven layers. Tomorrow morning we will continue with this topic.

The paqo's are also giving a three-day workshop in The Hague about the seven layers. It is obvious that it takes time to teach about the layers and how to work with them. Today or tomorrow we will talk again about the

6 For privacy reasons we use a fictitious name here for one of the students.

Sami exercise, but this time in connection with the four suns. So, we are going more into depth this time. The paqo's also want to talk with you about the nine chambers of the heart. This is connected with what they have seen here, how we are, meaning so much in the mind.

You will also need your new stones. Tomorrow everybody needs to bring the eight new stones for their mesa.

Student

I did not meet four stones, I have only met one. I can pick up stones randomly, but that is not the same as actually meeting them.

Inge

If you have one stone, you have one. That is good.

Ñawi qoto will open sacred space now in his own tongue: Quechua. We open first in the east direction. You can hold your heart.

At this point the opening of sacred space takes place.

Dennis/Ñawi qoto

His name is Ñawi qoto. He comes from Q'ero, from the mountains. He is happy to be part of the Serena training. When he heard the other paqo's in Peru talking about the Serena training, he felt a strong calling to join. It was like a dream come true. Pieces of the puzzle came together for him. We are humans with different gifts. Ñawi qoto honours the other paqo's and gives gratitude to them, but for now he will teach you in his way.

Ñawi qoto was literally struck by lightning when he was a young boy. It was a big initiation for him. As you have already heard, to become an *Altomesayoq* you have to be struck by lightning. It is a way of being chosen by