

# The Path of the Energetic Mystic

## Part 4

### Blessings of the mesa



# **The Path of the Energetic Mystic**

Part 4

*Blessings of the mesa*

**Inge Teunissen**



Path of the Heart Series

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Voices from Q'ero: Wiqsa qoto, Qoto kallpa, Munay qoto, Mama qoto,  
Tarpuy qoto and Puriq qoto

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*In loving memory of*

*Doña Ernestina Isabel Quispe Chura  
& Doña Asunta Quispe Yapura*



*“This path is not about structure, but about feeling”*

Wiqsa qoto

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## Tawantin Suyukuna

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

*Hayaya*

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

*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  
Songoykita 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'anchorichwayku  
Apukuna, Ausangate, Salkantay, Huamanlipa  
Kallpaykista saminchariwayku!

*Hayaya*

Songoykuna, 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  
Father 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*

## **Acknowledgements**

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First and above all and with deep gratitude the paqos of Centre Serena Anchanchu who made this series possible.

The late Dennis Alejo Mango and his younger brother Luis for bringing the Q'ero paqos to Europe and for their excellent translation.

Students of Centre Serena who offered pictures for this last book of the series.

Tom den Daas for the creative way he redesigned the covers for this second edition of the series.

Inge Teunissen

## Foreword

This is the last book in this series. Four years of beautiful teachings of the Q'ero paqos in Centre Serena are transcribed in this series, most of it in their own words. As editor my main intention writing this series has been to record their unique and authentic sacred wisdom of the path of the Pampamesayoq to make it accessible to Western English speaking people. To make their legacy available to a world that needs change. A world that needs a path of the heart, a world that needs peace, a world that needs to re-establish a reciprocal and respectful relationship with our planet, Mother Earth.

This book being the last of the series means that this very special project comes to an end. Every ending goes hand in hand with a mixture of feelings. Gratitude prevails to the paqos who were so willing to teach and share their ancient wisdom in Centre Serena and in this series. Admiration as well, because they teach time and again with so much love, respect and humbleness, whoever they meet. There are also feelings of regret and relief that this work is done.

Transcribing their wisdom in a book has certain limitations. In all four parts of this series beautiful techniques and rituals are described for the reader to be used. However, their wisdom is not about techniques, tools and rituals as such. We, Western people love schemes and ask to break exercises down in steps, because we believe our mind needs it. Therefore, during the training, Wiqsa qoto repeated numerous times this one sentence: "This path is

not about structure, but about feeling”. To work with their wisdom, time for integration is needed; time for self-healing, for making connection with and feeling the initiated stones of the medicine bundle, the mesa, for learning to journey in the layers of the world above and below, to feel the sacred energies of the temples in those layers, to feel what is going on in other people.

This is one of the reasons the paqos of Centre Serena decided not to disclose the transmission of rites and initiations in this series: you cannot give rites and initiations to other people by reading a book. You need to receive them yourself first, you need time for integration and practise as well. This fourth part of the series is mainly focused on how to connect with and honour the full mesa. After all, the mesa has a central place in the wisdom of the Q’ero paqos. The medicine bundle represents the sacredness of nature and mirrors the sacred nature of the shaman who carries it. It is the basic tool for self-healing and for healing others.

In the tradition of the Q’ero paqos the full mesa contains basically twelve khuyas and the lineage stone. In this last part the meaning of all thirteen medicine stones is described, including exercises with each of them. The khuyas of the mesa represent all kinds of pure cosmic forces. Connect with them and the mesa becomes you and you the mesa.

In addition, this book offers a treasure of traditional cleansing and healing techniques, ceremonies and meditations. A brief description of the Hatun Karpay, the three main initiations on this path of the Pampamesayoq, is offered in

chapter 12.

Lastly I want to stress that an initiated medicine bundle is needed to work with the exercises for self-healing and for the healing of others described in this volume. This can be done by the Q'ero paqos or by Western healers who have been trained on this ancient Incan shamanic path.

In conclusion I want to say:

Urpichay songoy to the paqos, thank you with a dove from my heart!

Enjoy reading and tupananchis kama to the reader, until we meet again!

Inge Teunissen

2016, 2025

## **Before you start**

This book is initially intended as study material for students of the training for Pampamesayoc. But it is also suitable for people who haven't attended the training. To enjoy the wisdom in this edition it is not required to have read the previous parts in the series.

The training started in 2011 in the Netherlands and expanded the following years to Sweden, Germany and Peru. This volume, Part 4, consists of the subject material of the fourth year's tuition. It is the last part of the series.

The paqos who led the training have expressed their wish to remain anonymous in the text. For this reason, the paqos 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 which 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 paqos teach is immediately clear. The process of becoming a Pampamesayoc unfolds gradually. Knowledge that can be fully understood by a student who has walked this path for some time, may remain without its full meaning to a student who has recently begun his training. The paqos disclose their wisdom step by step. All the separate trainings together make one whole.

To become a shaman is a personal experience. The basic teachings of the Q'ero paqos 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 paqos strongly advise you – while reading the book – to feel the ancient wisdom of their tradition, above all.

Before practising 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).<sup>1</sup> After practising you may close the *Wiraqocha* or leave it open, according to your own feelings at that moment.

Above each part of the text you will find a name on the right hand side. This refers to the person who is speaking. When the paqos are teaching, their words are being translated from their own language, Quechua, to English by the late Dennis Alejo Mango and since the second half of 2014 by his brother Luis Alejo Mango. As mentioned above, the name of the paqo who is teaching, is represented by a name of a Pleiades-star.

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1 In this edition we repeat how to open and close the *Wiraqocha*, because this must always be done with every treatment. You can find the instruction at the end of this book.

Most of the English in this book originates from the translated Quechua, the language of the paqos. An exact one-to-one translation is impossible, because of the symbolic nature of the Quechua language. In our effort to stay as close to the original message as possible, the English therefore 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 paqos. If they are not explained, you will find their translation in the glossary at the end of this book.

The paqos and the editor of this series don't own the cosmos. However, we would appreciate some respect when teaching this beautiful wisdom to other people in person or by reading from the books or copying from the books at any kind of social media. We therefore kindly request you to ask permission beforehand to Inge Teunissen.