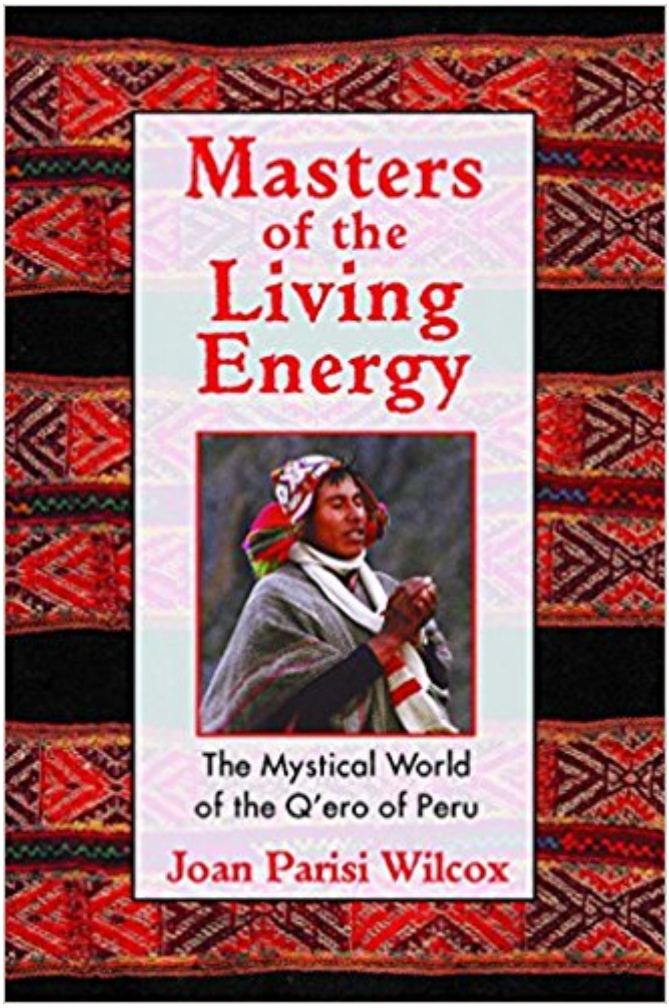
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Masters Of The Living Energy: The Mystical World Of The Q'ero Of Peru



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Synopsis

An intimate glimpse into the world of ancient Peruvian spiritual practice and cosmologyÃ¢â ¬Â¢ Reveals the mysteries of the world of living energy (kawsay pacha) through intensive in-depth interviews with six QÃ¢â ¬â„¢ero mysticsÃ¢â ¬Â¢ Explores the energetics, spirits, tools, and practices of Andean mysticism--the real story behind the fictionalized accounts in The Celestine Prophecy Known as the Ã¢â ¬Å“keepers of the ancient knowledge,Ã¢â ¬Â• the QÃ¢â ¬â„¢ero Indians of Peru are the most respected mystics of the south-central Andes. In 1996 Joan Parisi Wilcox traveled to the Andes and was able to record the mysteries of > pacha, the multidimensional world of living energy, through more than 40 hours of intensive interviews with six QÃ¢â ¬â„¢ero paqos, masters of the ancient spiritual traditions of Peru. The QÃ¢â ¬â„¢ero are known for having preserved the Inca spiritual tradition more purely than any other indigenous population in the Andes. The in-depth interviews presented in this book recount the direct words of these masters so readers can discover for themselves the mind and heart space of these people. Four new chapters of this revised edition focus on the work of the mesa, the Andean form of a spiritual medicine bundle, and its use as a conduit for the healing energies of nature. The mesa is called the Ã¢â ¬Å“heartÃ¢â ¬â„¢s fireÃ¢â ¬Â• because it represents the finest energy--the energy of compassion--that a paqo cultivates while walking the sacred path. Wilcox provides instructions on how to make, activate, and work with a mesa, as well as other practical exercises showing how we can use the power of the Andean spiritual tradition in our own lives.

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Customer Reviews

"Joan Parisi Wilcox has given us a mature and sensitive portrait of a mystical system as seen through the eyes of its practitioners, the Q'ero. Written with heart and respect, this book is a gateway for serious seekers to discover the world of living energy and to learn how to live in harmony with nature and each other." (Deepak Chopra, author of The Seven Spiritual Laws of Success)"You will bring the word of the Q'ero to the world." (Don Mariano Apasa Marchaqa, Q'ero Master, speaking to the author)" . . . a really fabulous book! . . . if you have any interest in the 'Mystical Q'ero' (who had been thought of only as 'legends' before their re-appearce in the late 50's!), this is probably the most legitimate over-view that's out there . . . highly recommended!" (BTripp, LiVE JOURNAL, April 2009)"A treasury of shamanic knowledge and practices whose insights into an ancient wisdom can help those of us living in a modern society find attunement with nature and harmony within ourselves." (Kenneth Meadows, author of Shamanic Experience)"The QÃ¢â ¬â„¢ero have preserved a path for which many in the modern world hunger and thirst--how to participate in a world of living energies." (William Sullivan, author of The Secret of the Incas)"Treats the beliefs and religion of the Quechua people with profound feeling and a deep identification seldom seen." (Jorge A. Flores Ochoa, professor of anthropology, National University of Cuzco, Peru)

INDIGINOUS CULTURES / SHAMANISM Ã¢â ¬Å“The QÃ¢â ¬â„¢ero have preserved a path for which many in the modern world hunger and thirst--how to participate in a world of living energies.Ã¢â ¬Â• --William Sullivan, author of The Secret of the Incas Ã¢â ¬Å“Treats the beliefs and religion of the Quechua people with profound feeling and a deep identification seldom seen.Ã¢â ¬Â• --Jorge A. Flores Ochoa, professor of anthropology, National University of Cuzco, Peru Ã¢â ¬Å“A treasury of shamanic knowledge and practices whose insights into an ancient wisdom can help those of us living in a modern society find attunement with nature and harmony within ourselves.Ã¢â ¬Â• --Kenneth Meadows, author of Shamanic Experience Known as the Ã¢â ¬Å“keepers of the ancient knowledge,Ã¢â ¬Â• the QÃ¢â ¬â„¢ero Indians of Peru are the most respected mystics of the south-central Andes. In 1996 Joan Parisi Wilcox traveled to the Andes and was able to record the mysteries of kawsay pacha, the multidimensional world of living energy, through intensive interviews with six QÃ¢â ¬â„¢ero paqos, masters of the ancient spiritual traditions of Peru. The QÃ¢â ¬â„¢ero are known for having preserved the Inca spiritual tradition more purely than any other indigenous population in the Andes. The in-depth interviews presented in this book recount the direct words of these masters so readers can discover for themselves the mind and

heart space of these people. Several chapters focus on the work of the mesa, the Andean form of a spiritual medicine bundle, and its use as a conduit for the healing energies of nature. The mesa is called the Ã¢â ¬Å“heartÃ¢â ¬â„¢s fireÃ¢â ¬Â• because it represents the finest energy--the energy of compassion--that a paqo cultivates while walking the sacred path. An Andean paqo provides instructions on how to make, activate, and work with a mesa, and Wilcox provides other practical exercises showing how we can use the power of the Andean spiritual tradition in our own lives. JOAN PARISI WILCOX has been studying the spiritual arts of Peru since 1993 and has received the rites of the QÃ¢â ¬â„¢ero and other Andean masters. She is the author of Ayahuasca: The Visionary and Healing Powers of the Vine of the Soul and has published articles in ShamanÃ¢â ¬â„¢s Drum and Magical Blend. She lives in North Carolina.

It’s difficult to find a well written book about the Q’ero. This is a long book and it does have some good information. I’ve read several other books about the Q-ero and this one despite it’s drawbacks is probably the most informative and least ’new agey’. The downside is it’s a very slow read. The writing style is way too wordy for me and lack of editing doesn’t help. She tends to overexplain. The author presents too much detailed (where I would have been happier with much less) and glosses over practical details where I wanted them. The Q’eros perspective (from my point of view) has some parallels with the Dine’(Navajo), so if you’re well steeped in Dine’, you might want to skipthis one. If you’re curious and want to know more about the Q’ero, this book is probably worth wading through....

This is one of the must read books about incan shamanism. If this is your path, this book is a must have. It explains in clear and concise language the different practices and rituals. Very easy to read and informative

I read a ton of books on spirituality, and especially Andean and ian healing - this book is excellent and easily one of my favorites. The philosophies of the Q’ero are some of the most enlightened and relateable that I have ever read. I actually read this book while spending the month in Cusco, and had time to work the Q’ero on a few occasions, and this book was helpful in adding to what I learned in person with the Q’ero.This book rocks in all ways - great read!

I read this after my journey to Peru. At first I wished I had read it before going, but found it fascinating to revisit the places this book takes you, far more than Machu Picchu!! Interviews with

the Q’ero are painstakingly translated and the author is diligent in getting the true meaning. Having participated in/observed several despacho ceremonies while in Peru and on the Island of the Sun at Lake Titikaka, I particularly enjoyed the explanation of how to make a despacho ceremony. This is a valuable book before or after going to Peru.

"Masters of the Living Energy": Joan Parisi Wilcox aptly titles her book, honoring the Andean teachers -- several Q’ero elders, mestizo paqo Americo Yabar, anthropologist Juan Nunez Del Prado, and young paqo Puma Quispe -- who are interviewed in this pioneering work, which brings elements of the indigenous cosmology of the region to those English speakers who are taking a serious interest in it. The result is not a well-defined, clear-cut, organized system. This is good. The understandings and practices of the native peoples of the Andes do not constitute a body of doctrine. There is no counsel to rule on what is approved and what is heretical.There is though an underlying ground of experience and shared awareness, which is revealed. The book is a little bit raw. I love that Wilcox has resisted the temptation to cook it too well. As we read the accounts of a variety of elders, investigators, teachers, we’re let in on the messiness of coming into a culture not our own; our minds, being jostled about by the unfamiliar details, are left to ponder the real quarry: this field of "living energy" (Kausay, in the Quechua language). The indigenous "spirituality" (our concept) does not constitute a religion. There isn’t a holy book, a clergy, or other means of authority. There isn’t a bureaucratic structure between man and godhead, to grant favors or levy punishment, earthly or in the afterlife. What we glimpse instead is an archaic, pre-"civil"-ized, before city, before stratification, form of awareness. Each individual in connection (munay), balance, with the elements of nature, with others in the human family, and with and within the field of energy that constitutes itself into what we experience in this everyday world as well as in non-ordinary realms.As it turns out, although these realms, which the conventional mindset of our modern culture would classify as superstition, are not described in an objectively identical way across cultures, there do turn out to be interesting parallels among indigenous peoples around the globe. And similarly, the diverging but overlapping prescriptions of elements of the Andean experience, as chronicled by Wilcox, leave us an impression, a feeling for the experiences that these teachers share. Opening a variety of doors, and peeking behind them ... such investigation is suggestive of the methodology of awakening that indigenous shamans - journeyers, travelers, dreamers - undertake. And while reading a book about such experiences is exactly Ãƒâ Ã Â¬not the same as having them, since mental investigation is the tool at hand for many of us, we’re invited to engage that tool and see if some of this speaks to a part of us we’ve been missing.For those readers already somewhat familiar, there is much to ponder

here, on topics like the mesa, Andean initiations, energetic healing practices, and ways to move the kausay using one's own field.

I read this on a kindle and maybe that wasn't the best format. The history and personal account is in the beginning and exercises in the back. With an actual book, I could have gone back and forth, but kindle makes that so difficult, it isn't worth the effort. I would have preferred the exercises to be dispersed throughout the book where they are relevant to the story. The history and personal account at the beginning make a case for the exercises being relevant to the reader, but by the time I made my way to that part of the book, I was no longer interested. I was really interested in this topic so I'm sad the format created such an experience.

Best book on any shaman masters ever written. Very thorough insider view and quite different from most western shamanism traditions. I'm headed to Peru soon to experience q'ero ceremony and can't imagine better information for someone heading that way. My experience will be much richer for this.

This is a really great book loaded with a lot of amazing energy!

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