

The Path of the Energetic Mystic

Part 3

Opening up to Sacred Cosmic Energies

The Path of the Energetic Mystic

Part 3

Opening up to Sacred Cosmic Energies

Inge Teunissen



Path of the Heart Series

Copyright © 2025 by Inge Teunissen

First edition January 2015, second edition April 2025

All rights reserved. No part of this book may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

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

Editor: Inge Teunissen

Interpreter from Quechua to English: Dennis Alejo Mango

Art direction: Qoto

Photos: Inge Teunissen, Saskia Kuipers, Luis Alejo Mango, Tom den Daas

Layout: Annelies van Roosmalen

English editor: Dave Townsend and Joe Khoury

Quechua glossary: Emma Olofsdotter

ISBN: 9789403798691

*In loving memory of
Dennis Alejo Mango*

“An important question for the paqos is
why they are coming to the western world.
Then I explain that they come here
to teach about the way they
live from their heart in the Andes.”

Contents

Invocation opening sacred space	9
Acknowledgements	13
In memoriam Dennis Alejo Mango	15
Before you start	19
Day 1 – March 31 2013	
1. Welcome and introduction	24
2. The new time	33
3. Hucha rumi	41
4. Meditation with the three discs	63
Day 2 – April 1 2013	
5. Welcome and sharing experiences	68
6. Exercise with wooden stick	70
7. Intermezzo	82
8. The stars of the Pleiades	85
9. Divination with the stars of the Pleiades	96
10. Incan technique of illumination	104
Day 3 – November 10 2013	
11. Welcome and introduction	120
12. The new time	122
13. The seven layers of the hanaq pacha	125

Day 4 – November 11 2013

- | | | |
|-----|--|-----|
| 14. | The mesa | 149 |
| 15. | The seven layers of the hanaq pacha
(cont.) | 162 |

Additional Wisdom

- | | | |
|-----|---|-----|
| 16. | Temples in the first main layer of
Pachamama | 184 |
| 17. | How to do a shamanic journey | 195 |

Voices from Q'ero

- | | | |
|--|------------------|-----|
| | The paqos | 200 |
| | The contributors | 204 |

Quechua Glossary	208
------------------	-----

Websites with trainings in Inca Shamanism

Notes

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 reqsirichiwayku chay sumaq t'ikaqta
Sonqoykita t'ikarichiwayku!

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'ancharichiwayku
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
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

I wish to thank the following people:

All Q'ero shamans who have preserved the authentic Incan wisdom and knowledge of the world of living energy for centuries and share it with Western people to create a world that starts from the heart, from love, from reciprocity and equality between people.

All graduated Western students of the Q'ero shamans who now give training in Inca shamanism themselves and thus contribute to the spreading of their wisdom and knowledge.

Victor Forselius for being a good friend and for sharing his notes of the training of the Q'ero shamans in Stockholm.

Tom den Daas, who encouraged me to publish a second edition myself and has given a new touch to the covers of the four parts of this series.

All the people who, through social media or otherwise, responded enthusiastically to this reissue, thank you for your support in accomplishing this task.



Dennis Alejo Mango
(picture Luis Alejo Mango)

In memoriam Dennis Alejo Mango

On a beautiful late summer day in September 2015 I completed the text of part 3 of this series, except for the in memoriam. I looked back on the last couple of months and thought about my good friend, interpreter and agent of the Q'ero shamans Dennis Alejo Mango. Due to a tragic accident, Dennis completely unexpectedly passed away on June 26, 2014, at the age of 35 years.

His sudden death was a big shock for many people. In the first place for his family: his mother, his wife and little son, his brother and sisters. For the paqos, who knew him so well and had travelled with him through the world for many years. For his many, many friends in Peru, Europe, and in the US as well. For the students of the training that the paqos offer in Peru, Sweden, Holland and Germany, for whom Dennis did a great job translating from Quechua, the ancient Inca language, into English. And for me too.

During the five-week mourning period that the paqos proclaimed following Dennis' death, I wrote the largest section of this book. In this period of deep silence and reflection, it comforted me to listen to Dennis' voice on the tapes of the training. I enjoyed hearing his laugh and funny giggle, his playfulness with the paqos and students, and his serious questioning of the paqos when he didn't understand part of their teachings. This helped me to recover from the blow of his death.

I asked myself if writing a book was perhaps a peculiar

way of mourning, until I realised that this was exactly what Dennis and I shared together: the passion for this path of the heart - bringing the rich, beautiful and comprehensive wisdom of the world of living energy of these Andean paqos to the western world.

Dennis was one of the first Peruvians who brought the paqos to the western world to offer programmes of healings, initiations and workshops. He was a man with a mission and he accomplished this very well. Because of Dennis many western people came into contact with the paqos. And because of him the paqos were able to offer ways of healing to western people that were completely different from what westerners were accustomed to. Dennis made it possible for westerners to open their hearts, to nourish themselves with the spiritual wisdom of the paqos, a wisdom that western society lost a long time ago, and to walk an ancient path with an awareness of the beautiful feminine energy of Mother Earth and the pure forces of the cosmos that our contemporary western society doesn't provide. This is why so many people had such a deeply felt gratitude and love for Dennis as a person and as a Peruvian who helped bring beautiful and potent indigenous wisdom from his country to the west.

Dennis and I met in 2008 in Holland for the first time. Our working relationship and cooperation intensified considerably when, in 2011, the paqos started offering the training for Pampamesayoq, keeper of Mother Earth, which is transcribed in this series. Dennis became a good friend. I enjoyed his humour and playfulness, his Peruvian way of doing business (which helped me to solve culturally rooted control issues and a tendency to over

structure), his hedonistic way of life, his warm heart and everlasting readiness to help other people, his great ability to process and release comments that touched you inside (which I admired and learned from) and last but not least his mercurial, bright intelligence. He was much more than an interpreter, although this was the humble way he always introduced himself.

Dennis knew the paqos very well: he lived with them and took care of them. He walked the path of the paqo for many years himself, undertaking many pilgrimages with them. Very few people could compete with his extensive knowledge about their language, culture and wisdom. With his background in cultural anthropology, he was very interested in the scientific underpinnings of the wisdom of the paqos. He loved travelling and comparing cultural habits and values. He showed a touching sensitivity and understanding in his relationships with people all over the world.

Most of all I loved Dennis because he was so human. Both his positive and shadow sides were so obvious and on the surface. He didn't hide them and he didn't want to. His charming character helped people to forgive him in an instant, any glitch or disturbance just melting away. You couldn't help loving him.

I will miss Dennis dearly, but my gratitude surpasses my grief. I am grateful we walked this spiritual path together for so many years, that we inspired each other in many ways, and that we supported each other in the good and the bad times. Once I heard a saying about friendship: friendship is like a ship at the horizon. Sometimes it disappears and appears again, sometimes it doesn't come

back and disappears for ever. Dennis' ship will not come back. But I know, walking the path of the paqos, that I am able to contact him and maybe will meet him again in another life.

According to the paqos death is an ending and a new beginning at the same time. A cycle ends, a new cycle begins. For many people, including myself, Dennis' death was also a new beginning. Every ending brings a lesson, a message, a shift in awareness, new projects and friendships, and all of these things are new beginnings.

One of Dennis' most important messages to me was: "Enjoy life, mama Inge." I hold that in my heart.

Urpichay sonqoy, Dennis.

Tupananchis kama (until we meet again).

Inge Teunissen

September 2015

Before you start

This book is initially intended as study material for students of the training for Pampamesayoq. 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 3, consists of the study material of the third year's tuition, as given to several groups.

In the Netherlands the complete training of the paqos 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 third year (March 2013/ November 2013). Everything that was said and practised during these four days was recorded and subsequently transcribed and edited.

The paqos who lead the training 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 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 paqos teach is immediately clear. The process of becoming a Pampamesayoq unfolds gradually. Knowledge that can be fully understood by a third or fourth year's student, may remain without its full meaning to a second year student. The paqos disclose their wisdom step by step. The four years of training can be seen as one whole. This means that some of your questions will be answered later on in the text or in Part 4, the book of the last year.

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.

This book is published after the important year of 2012. In that year, according to the prophecy of the Q'ero paqos, 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 paqos 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 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).¹ After practising 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 paqos 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 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.

1 You can find the instruction for opening (sacred space) the *Wiraqocha* in both previous parts (1 & 2) in the exercises section.

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 it if the beautiful wisdom in these books is treated with respect.

Day 1



March 31, 2013