



# Chamalú: The Shamanic Way of the Heart: Traditional Teachings from the Andes

*Luis Espinoza (Chamalú)*

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Chamalu tells the story of a young woman's initiation into Andean wisdom traditions under the guidance of Chamalu, a Quechua shaman. The sacred way of the heart, he tells her, is a spiritual journey that must be undergone by anyone who aspires to be a Wanderer--a person who transcends illusion and embraces primal reality, unmediated by religious doctrine or intellectual constructs. The woman asks him to show her how to release herself from the emotional pain that paralyzes her, and gradually, over a series of meetings, Chamau reveals to her the secret of reconnecting with the spirits of the ancestors and of Pachamama, Mother Earth. Presented as a series of conversations, Chamalu encompasses teachings that can be lived and experienced by anyone who truly desires to learn.

Simply told in language that appeals directly to the heart, Chamalu allows the reader to experience Andean shamanic teachings based on the ancient Inca heritage of wisdom, inner power, simplicity, and joy.

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