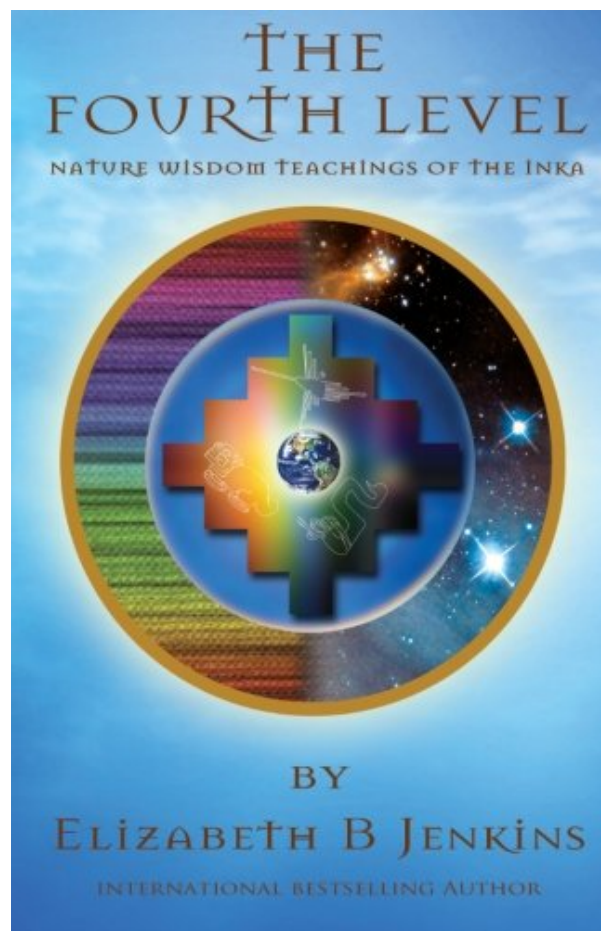
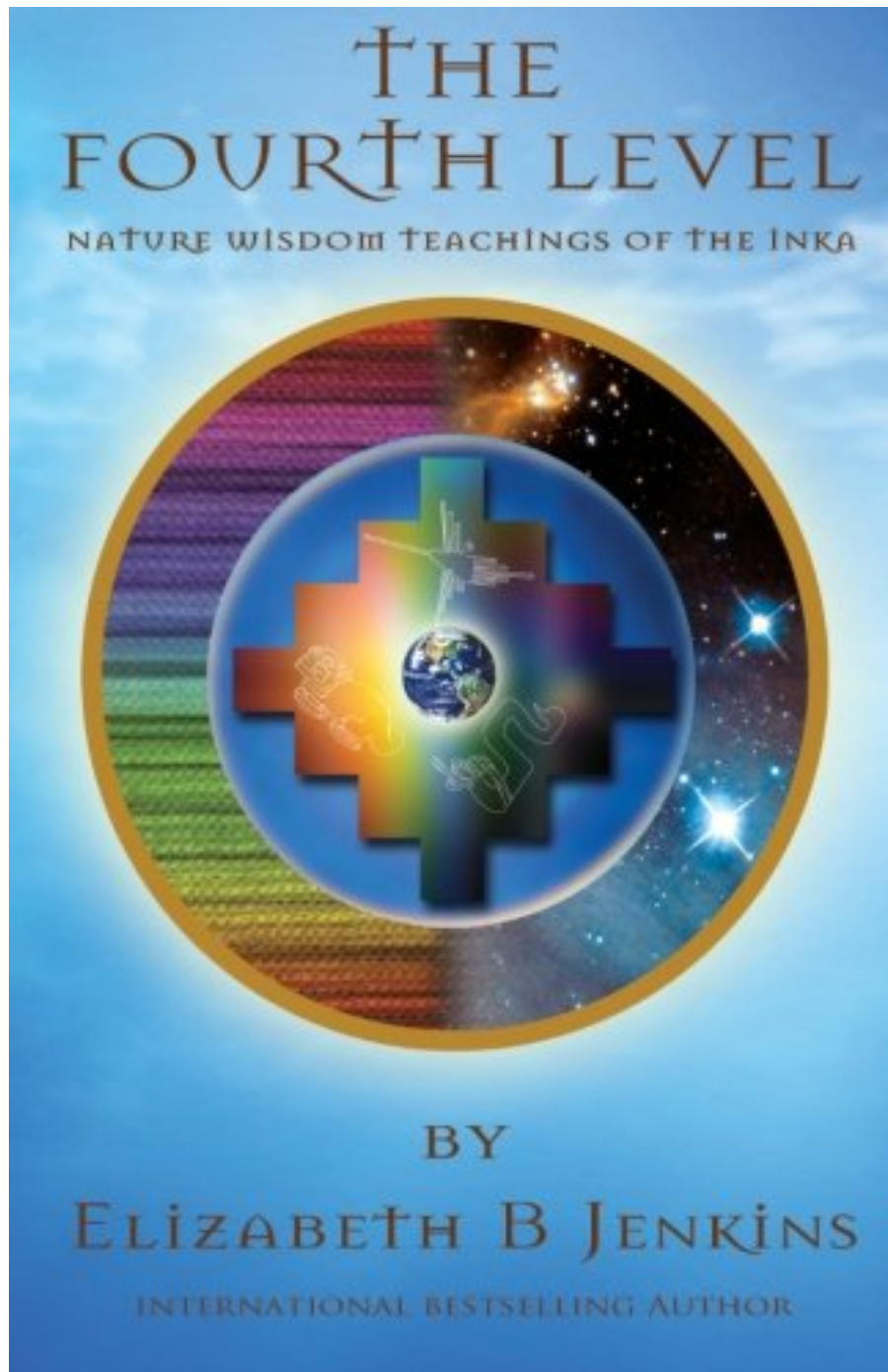


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This book is the culmination of Elizabeth's twenty-five years of study, exploration and practice of the Inka Nature Wisdom Tradition. A primer on how humans can increase their Nature Intelligence, this book translates the worldview of the Q'ero Indians of Peru, through Seven Energy Principles that reveal how we are each inherently connected to Nature. The book includes 7 authentic Inka practices or, "Nature Contemplations," that allow the reader to experience each one of the principles personally and directly. Companion audio tapes of these Nature Contemplations are also available.

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- Binding: Paperback
- 178 pages

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11 of 12 people found the following review helpful.

In unity with Nature Intelligence

By Grady Harp

Elizabeth B. Jenkins has studied and indeed lived with the Inka, a near extinct tribe of peoples known as the Q'ero Indians in the Andes of Peru who are mystically in touch with nature in a way that to us, the novices to their culture, seems to be magical. And reading this intensely illuminating book by Jenkins is like stepping into a higher level of consciousness. It is not a book to be read quickly but instead a volume to slowly be absorbed so that the beauties it addresses can hopefully become a part of the way we view life and the universe and the spiritual realm.

Jenkins offers the history of this unique isolated tribe of Indians and then begins to share her years of time with them - the 'miracles' she observed and learned and that now she brings to us, the readers. The Q'ero Indians of Peru 'are a people who understand Nature, and the way in which humans are related to it, in a manner that is staggering. It is my hope that the application of this knowledge will result in our deeper global collaboration with Nature through which we can provide ourselves, our children and grandchildren with what we all need most...a future.'

She shares that the Inka prophecies declare that 'now is the time of the age of meeting ourselves again. This time is marked by the global need for humanity to exchange all of our cultural achievements, a time when each human being is required to step forward into their destiny. We are growing from spiritual adolescence into spiritual adulthood. This time demands that we all begin to develop our individual and collective capacity for what we may currently think of as 'magic' - not controlling Nature, but working with Her as friends and collaborators. According to Jenkins it all has to do with energy: trees and plants not only produce

oxygen for us but they also produce a refined living energy, called `sami' - meaning nectar in the Inka language. Advancing this information further she speaks of the seven principles of the living energy world: the Living Energy World, the Sacred Exchange, Harmonious relationship between Complements, the Energy Seed, Irrigation or Energy Trigger, Energetic Germination of our Sacred Identity, Energetic Flowering. These concepts form the remainder of the book and reading them slowly enough to absorb them produces a change almost immediately, and it is this gradual give and take transformation that unites with Nature's omniscient power.

Gift yourself with this book, spend hours exploring all of Elizabeth B. Jenkins' writings. Life as we grow to know it is salvageable. Grady Harp, December 13

7 of 7 people found the following review helpful.

Read in One Sitting

By karmakarmic

Elizabeth B. Jenkins has succeeded on two fronts: synthesizing the Nature -Wisdom teachings of the Inka into an easily-accessible guide to achieving spiritual consciousness and making a strong case that the disconnection from Nature and Mother Earth is the root cause of misery in the world. The guide helps to deepen ones intrinsic nature intelligence - making well-being attainable and possible for everyone - regardless of what spiritual tradition one follows. Through this work, she demystifies Nature Mysticism providing simple, concrete, pragmatic tools for all humans to connect and commune with Nature and Mother Earth.

8 of 9 people found the following review helpful.

Good info, a little thin if you've read in the topic previously

By MysticJaguar

If you are interested in intuition and energy and have not heard of Sami, Apus, and Munay, then you may be very interested in this book. This is a good, but very, very, brief introduction to Andean energy concepts and cosmography. The writing style sometimes accessible and well composed. But often there are one or two sentence paragraphs that do not complete the current thought before attempting to move on. The writing style feels rushed and this is not good for a book that is trying to guide you into have inner experiences.

This is not as solid of a book like *Masters of the Living Energy: The Mystical World of the Q'ero of Peru* or *Andean Awakening: An Inca Guide to Mystical Peru* then you will get a review but not necessarily alot of new information. At 178 pages it seems like there was another half of a book that could have been written here to help you get into the topic and ceremonies a little more. Very Good for those new to the subject. A likely borrow or pass for those who have been to Peru and/or heard of these topics before. The author is very knowledgeable on the subject, but the book was a bit short of what the world needs to hear and the writing style is rushed and incomplete.

I highly recommend *Chamalú: The Shamanic Way of the Heart: Traditional Teachings from the Andes* if you want to learn of the heart of the native people of the Andes direct from them. It's a monumental volume that will challenge whatever pieces of the mechanistic/reductionist/Western mindset you hold within yourself.

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