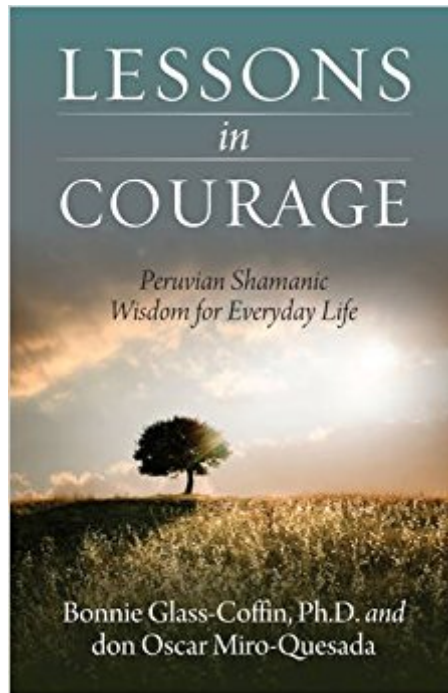


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# Lessons In Courage: Peruvian Shamanic Wisdom For Everyday Life



## Synopsis

Buckminster Fuller reminds us, "You never change things by fighting the existing reality. To change something, build a new model that makes the old model obsolete." This book provides just that model, as well as concrete practices for living it. The model is derived from ancient wisdom traditions, modeled on the pulses, cycles, and seasons of our beloved Earth Mother. It deeply grounds the reader in a "this world" spirituality that blends indigenous cosmologies, earth-honoring ritual, and time-tested models for living with modern sensibilities. The proposed text presents the biography of an extraordinary man, who has awakened to his own purpose in life as a servant to conscious evolution for all humanity. His life story, full of adventure, cosmic interventions, and synchronicity is on par with that of the luminaries documented in these biographies and the time has come for his story to be told. Don Oscar's story is also the story of each one of us. The only reason his story has not been told until now is that he was first charged with creating opportunities for others to awaken to their higher purpose through his teachings as part of an oral tradition. Now, after completing his "compacto" (sacred contract) with his Andean teachers and mentors, he has been released from service to tell his story in writing. And it is an extraordinary story, dealing with nothing less than individual, spiritual, and planetary transformation.

## Book Information

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## Customer Reviews

Lessons in Courage is a perfect title as it certainly took courage to use one's own life and foibles as an example to others showing that Oscar is a man that walks his talk and is helping people grow corn and potatoes for themselves from the seeds of truth and transformation that he provides. As a

current practitioner, this helped me re-member the true essence behind the tradition and transformative possibilities in a way that anyone can integrate.

Lessons in Courage is an adventure into one mans "remembering". Oscar opens to a deep sense of vulnerability. This vulnerability is where the lessons come from. When he starts to remember who he is, who we all are is when he starts to become the man he is today. He allows us into his process of becoming wounded, to healer to adept. He encourages us all to become the people that we are meant to be, that is whole, powerful and full of light. Once we remember who we truly are we have access to this new and glorious world. The book also goes into his teachings from his Peruvian "masters". His forays into this wonderful world of shamanism. The Pachakuti mesa is opened to the public and a brief, but concise description of how to build a "mesa". A mesa is a Peruvian style altar, that assists in healing at many levels. This is not a religion, Oscar's Pachakuti mesa tradition is for anyone who is interested in personal and planetary healing. It is a way of living, being in right relationship with everything. It shows a way to live right now that is sustainable, spiritual, full of love and beauty. This book is a deeply personal glimpse into a mans soul who has since become a master ceremonialist and healer. Enjoy!

I have the honor being a Pachakuti Mesa carrier, as well as a Sanctioned Teacher in this incredible lineage of shamanic practice. This book is something I have been waiting for (without fully knowing at the time) for years. The magic of Bonnie and don Oscar's hearts, as well as the true life-generating energies of the shamanic lineages that birthed this tradition, pumps through the words with every page. Reading this book is itself an experience to be cherished. Where I was once feeling disconnected and at a loss with my own connection the Great Work, this book has helped me re-member, to re-establish the ancient connection and vigor that initially inspired me onto this Path! I feel renewed. I feel replenished. As having the privilege to work with both Bonnie and Oscar personally, I feel I have just gone through another level of my training with them again. Through humility, through surrender, I found found my own courage again to continue my Work with utmost gratitude. Gratitude to Bonnie for her sweetness and clarity of assisting Oscar in delivering this life-changing message. Gratitude to my maestro don Oscar for being a clear channel for the Great Originating Mystery to shine forth this perennial wisdom. Gratitude to don Celso, don Benito, the Shining Ones, and our beloved Pachamama for giving us all we need, right now, in THIS present moment! Thank you, thank you!

"I've heard all of these stories before." I thought as I sat down to read my copy of "Lessons in Courage: Peruvian Shamanic Wisdom for Everyday Life," which I had eagerly awaited as a collaboration between Bonnie Glass-Coffin, PhD and don Oscar Miro-Quesada who are both old friends of mine. I thought that I'd give the book a quick read and fill in any holes that I might still have regarding Oscar's personal development and perhaps a bit about the time-line of the tradition that I have shared with the two of them for many years now. Instead, I was treated to an awakening and quickening experience. This was coupled with a lively read and a deep and abiding thread of Universal Loving Intention, woven through the fabric of a truly interconnected web of life. The remarkable framework of this book has the Divine Intention of earth honoring blessing at the heart of its focus instead of the relentless "how to" language that fills so many inspirational books today. The book adds new relevance to the teachings that don Oscar has shared with me on all the occasions that I have been able to accompany him to visit sacred sites across the world. I finished the book much more confident in my own journey and in my ability to heal. The mesa itself, my chosen altar for over ten years, has sprung a new light, and the revelations of don Oscar's lessons and life journey have shown new ways of employing and feeding it. I am truly grateful. Bonnie's contribution is huge. Combining don Oscar's own, often floral, sense of narration with her sweet and concise sense of poetry and fine prose, she waxes eloquent in passages that are truly heartwarming and often profound in their construction. Her years of translating for the Shamanic women of Peru shine through. Her words are simple, comprehensible translations of a beautiful earth-walk. I absolutely loved this book.

As I read Oscar's words they struck a heart cord. He revealed fragile events of his life in such a raw, authentic way- sharing great wisdom. I rarely come across such things. He shares deep insights and philosophy passed on through generations of Shaman, how we can become whole within ourselves and develop a strong community to build and heal from. What he speaks of is much needed in our society in this age- we are losing touch of what is sacred, this book will definitely help breathe life back into that lost forgotten space. I feel he is one of the last authentic Shaman, his mission is done with such honor and compassion for the beings on this planet, I hope many can learn from his message + methods. When I came to the place in the book of the "Illuminated beings" when he was young, my heart skipped a beat, I had the same experience when I was about 7 or 8!? I hope to meet him one day, almost did recently! Darn. Must not of been the right time? I send prayers to you Oscar for the best of health + happiness in my meditations, you have so much to teach and share. Aho ~\*

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