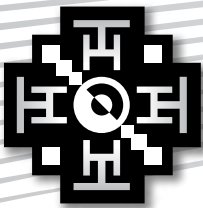


# willka



# wayra

sacred wind

Autumn

## The Heart of the Healer

FOUNDATION NEWSLETTER

2009

*The abundant wonders of the rainforest are yours to experience.  
Make sure your grandchildren have the same opportunity.*

I recently had the opportunity to spend a week at Rio Las Piedras with twelve THOTH donors. It is impossible to convey the depth and magnitude of the beauty and mystery within THOTH's 15,300 acres of pristine rainforest on the Rio Las Piedras. Standing in the middle of the water fall, walking among a herd of 120 peccaries, watching 30 macaws feeding on the clay lick from across the river, awakening to the sound of monkeys and parrots, walking as a puma in the nighttime jungle or seeing the place where a jaguar pawed the ground, we were awestruck by the magic of this unique environment. There are very few places left on the planet where we can experience such wonders while living in a way that honors and sustains the bounty of our Earth Mother.

On our return to Puerto Maldonado on the Piedras River, every bend brought us closer to active logging and farming of rainforest land. The harvesting of the rainforest is heartbreaking and will accelerate with the completion of the Trans-Oceanic highway that will pass very near to the property you are protecting through your support of THOTH. We were very concerned to hear while we were in Puerto that an international lumber company completed a deal for a timber concession involving 38,400 acres of land in the region. This is another reminder that the destruction of our Earth's lungs through deforestation is occurring at a rapid pace.

Yet the story of the vanishing rainforest would not be complete without addressing the people indigenous to this land. Our dear friend Jose has grown up in the area and has been managing the castaña (brazil nut) concession on the property for eleven years. When I asked how old the castaña trees are, he told me these trees were here before the rainforest existed. To those local to the Rio Las Piedras, time is not linear, myths make up reality, and stories of creation are legendary. These brothers and sisters do us a great service by keeping these ways alive in the collective consciousness. Because of them, we will all be able to "return to the garden."

THOTH is committed to doing everything in our power to protect this land and the ways of those indigenous to her. We will continue to actively manage the castaña harvest each year providing jobs to members of the community, develop sustainable building and maintenance techniques for the 20-bed lodge and walk softly upon her belly in all ways and with each decision we make on your behalf.

We will also continue to host Biospheres teams, scientists and students from England who are studying the abundant life in the rainforest. They have been bringing expeditions to this land since 2001 and have documented thousands of birds, butterflies, animals and plants. We believe their work advances the understanding of how crucial this environment is to life on this planet. We are also offering three trips to our community members to experience the enchanted lands of Rio Las Piedras (see p2).

You have rallied together as a community to provide the resources for THOTH to become the custodian of this land. I extend my deepest thanks to each of you who contributed to this remarkable collective effort. It is with a grateful heart that I once again appeal to you for your volunteer service & financial support toward sustaining this amazing land.

In loving service,  
Garry Caudill  
Board of Directors Chair



Top left: Eric, a local guide, enjoying life on the bank of Rio Las Piedras, July 2009.  
Photo ©Gary Langston

Above: J.J. Duran on right (previous owner of the Rio Las Piedras land) and a friend exhibit an Anaconda caught near the property and released after the photo opportunity.  
Photo courtesy of Gary Langston

In response to those of you who have asked if we will be offering the donor trip with Oscar Miro-Quesada to Rio Las Piedras in 2010 – the answer is yes. We will once again invite the top 44 donors and fill the 12 available spaces on a first come, first serve basis. Please call Shireen 877-314-3778 or Cindy at 561-506-4984 to discuss the details.

**THOTH establishes presence in the Community of La Torre**

**SIPAPU to emerge as a sacred community on the Tambopata River**

**Construction begins February 2010**

In the Hopi and Pueblo cosmology, Sipapu is a place of emergence, and sometimes, return; the place where souls and world cycles are delivered to life, as well as welcomed back into transformation. Sipapu is where Mother Earth gives birth to the next evolutionary expression for humankind. **Today**, Sipapu is a majestic hundred acres of verdant Amazonian rainforest in the Rio Tambopata area of Peru owned by THOTH. **Tomorrow**, Sipapu will be a sacred community of people from all walks of life, well prepared to assist the prophesied emergence of a shamanic global culture. By August 1, 2013, Sipapu will be a 28-bed residential sanctuary for traditional wisdom keepers, healers and advanced Gaian arts and sciences.

**If your heart beats to the rhythm of SIPAPU, your volunteer and financial support will accomplish the following in the next six months:**

- **Build phase I.** Includes removing an existing unsafe structure and building a caretaker bedroom, kitchen, a combined bedroom/secure store room for THOTH administrator and a common area for visitors. Estimated cost \$10,000.
- **Establish a sponsorship fund** to assist service trip participants.
- **Offer two service trips.** The first will focus on building phase I. The second will focus on phase II, installing water and sanitary waste systems.

Please see below and contact Shireen for information on upcoming service trips to La Torre.

Please visit [www.heartofthehealer.org](http://www.heartofthehealer.org) to make a donation towards the stewardship of this precious land.



Existing structure to be removed from La Torre land. Phase I planned for construction on the same site.

Photo ©Benjamin Tseng

*My intention in joining the first service trip to THOTH's land at La Torre was simply to visit the rainforest for my first time & become acquainted with the place that is the envisioned home of Sipapu. I was unexpectedly touched by the rainforest. It opened my eyes, opened my heart & brought me into the present moment. I was touched by the beauty & generosity of the people we came into contact with in Puerto Maldonado, La Torre & Camino Verde. It was a beautiful experience from beginning to end. I would gladly go again. – Fred Winter*

**Rio Las Piedras and La Torre**

**Now the real work begins and we need you!**

**Land and building management – the unseen story**

Maintaining the trails and the eco-lodge on our rainforest land concessions is an ongoing commitment. It requires the full time oversight of an **on-site caretaker** to patrol the river side to prevent logging and hunting, to communicate with those who enter the land and to harvest the plants in the garden and make sure they are distributed to those who need the food.

Local residents are hired to do **building repairs** and **preventative maintenance** against the negative effects of termites and moisture and to service the infrastructure required to keep the kitchen and bathrooms functioning.

**Trail maintenance** is something few people think of as an ongoing issue. Vigorous plant growth, as well as fallen trees and branches, quickly make trails impassable or undefined. These trails create the borders of the individual parcels as well as allow passage for visitors, volunteers and scientific groups to explore this pristine environment.

We are responsible for \$4000 in land concession **taxes** each year.

The continued employment of a solely devoted **manager** is critical to the oversight and protection of these properties. We extend our heartfelt thanks to Paula Givan for fulfilling this role so expertly.

The work begins now and the land is waiting for you. Please donate at [www.heartofthehealer.org](http://www.heartofthehealer.org) or call Shireen at 877-314-3778.

**Your contributions make it all possible**

Photo ©David DeMayo

**2010 Rainforest Service Trips**  
*Dates refer to arrival in & departure from Puerto.*

**La Torre**

**Jan 30 – Feb 13**  
Build caretaker lodge, kitchen & common area

**May 22 – June 5**  
Water & sanitation system

**Rio Las Piedras**

**March 28 – April 3**  
Brazil Nut harvest

**July 3 – July 10**  
Donor Invitation with Oscar Miro-Quesada

**Aug 14 – Aug 21**  
Trail & building maintenance



*We would like to send a resounding Thank YOU to the following individuals. Your financial contributions and annual memberships make the difference in the success of our Earth stewardship work in the world. You are remarkable people whom we are proud to serve.*

**Donors**

**\$25.00 & above**

Nancy Allen  
 Ron Asche  
 Nancy Beha  
 Christine Bender  
 David Blinder  
 Teri Bloom  
 George & Carol Born  
 Michael Brownstein  
 Mary Jane Carson-Kanter  
 Garry & Lisa Caudill  
 Lera Chacon  
 Jeff Cobb  
 Patricia Colant  
 Deborah Cornell  
 Peter Detweiler  
 Rich Dutra-St. John  
 Sue Fox  
 Connie Frisbee Houde  
 Julia Gibbs  
 Good Search

Cynthia Greer  
 Vickie Hoch  
 Ron Holton  
 Karen Horan  
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 Gabrielle Lucci  
 Rebecca Myers Watkins  
 Harmon Nelson  
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 Cheryl Procaccini  
 Elaine Purpel  
 Anne Raleigh Perkins  
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 Steffi Shapiro  
 Gail Soave  
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 Edie Stone  
 Janis Swann  
 Maria Takacs  
 Joyce Thiede  
 Gail Tola  
 Benjamin Tseng  
 Sharon Williams-Aydin  
 Alfred Winter  
 Nancy Zak

**\$500 & above**

Kuntisuyu Ayllu  
 Philip Groff  
 Brenda Sakers

**\$1000 & above**

Kathryn Ball  
 Chinchaysuyu Ayllu  
 Jeff Dodgen  
 David Hansen  
 Gary Langston  
 Charlene Penner  
 Carol Rydell  
 Sharon Christine Smith  
 Mary Rae Waller

**\$5000 and above**

Cindy Miro-Quesada  
 Oscar Miro-Quesada  
 Lily Spencer  
 Patti Stripling

**Members**

**Associate**

Shea Armstrong  
 Bryan Bigelow  
 Denise Bigelow  
 Matthew Blank  
 Natosia Bornholdt  
 Susan Bragg  
 Beverly Byrum  
 Patricia Colant  
 Linda L. Davis  
 Michele Davison  
 Patricia deVarensen  
 Bonnie Dhonau  
 Allison Dodgen  
 Pamela Espinoza  
 Jenny Felder  
 Jane Fresne  
 Philip Groff  
 David Hansen  
 Dennise Helmus  
 Skyler Jess  
 Shireen Kadivar  
 Sue Kastner  
 Stanley Krippner  
 Jules Langhorne  
 Linda Lowery  
 Gabrielle Lucci  
 Matthew Magee  
 Priska Margesin  
 Melody Mason  
 Joanne Middle  
 Jill Morgan  
 Rebecca Myers Watkins  
 Elaine Noyes  
 Kathy Parry  
 Rachel Preston  
 Psyche Ready  
 Barbara Rollins  
 Deanna Rose  
 Sandra Salsburg

Steffi Shapiro  
 Jan Shea  
 Trent Snyder  
 Edie Stone  
 Joyce Thiede  
 Jennifer Worthen  
 Jane Zell

**Contributing**

Daniel Baxley  
 Karrie M. Baxley  
 Barrie Birge  
 Scott Blanc  
 Iris Bolton  
 Allison Bradley  
 Garry Caudill  
 Susan Crow  
 Diane Davis Reed  
 Christopher Dillon  
 Jeff Dodgen  
 Nicole Garneau  
 Cynthia Greer  
 Christine Griffin  
 Bonnie Glass Coffin  
 David Hansen  
 Janet Harvey  
 Beth Kepple  
 Lisa Lerner  
 Bernard Lu  
 Anita Miller  
 Kaylie Muriello  
 Georgia Putnam  
 Carol Rydell  
 Brenda Sakers  
 Evelyn Schmidt  
 Sharon Christine Smith  
 Jennifer Spisla  
 Janis Swann  
 Mary Rae Waller  
 Sharon Williams-Aydin  
 Mary Zuazo-Johnston

\*Donations and annual memberships received from January 1 – June 30, 2009. The Heart of the Healer Foundation makes every effort to keep accurate records. If we have missed your name on this list please notify [cindy@heartofthehealer.org](mailto:cindy@heartofthehealer.org) at your earliest convenience.

**SHIPIBO COMMUNITY OUTREACH PROGRAM IS COMPLETE**

*Your donations have changed the lives of the Shipibo children forever*

Through the generosity of THOTH donors and members we have provided over 55,200 meals and school supplies to Shipibo children relocated to the Lima fairgrounds from the Amazon. Their class curriculum, including the study of the Shipibo language and stories of origin and proliferation of their mythic art, is an outstanding example of preserving indigenous cultures for future generations. This completes our three-year commitment to Julio Nieves, our liaison in Peru, along with the mothers and children involved in the Shipibo Community Outreach program. They have a school room, a kitchen and strong leadership to continue the forward momentum established through their dedication and the financial assistance of many of you. *Thank you!*

*Julio Nieves surrounded by excited children from the lunch program.* Photo courtesy Julio Nieves





Walk a path  
of ancestral  
wisdom in the  
modern world

## The Pachakuti Mesa Tradition: Cross-Cultural Shamanic Arts for Personal and Planetary Renewal

A NEW two-year, five weekend apprenticeship series offers a profound initiation into the shamanic arts of the Pachakuti Mesa Tradition. These powerful wisdom teachings in earth-honoring ceremony and compassionate healing service for personal and planetary transformation are for both current mesa carriers and those new to this lineage tradition.

Meticulously crafted by THOTH's founder, don Oscar Miro-Quesada in collaboration with the THOTH Education Committee, this apprenticeship series is based on the five part program that don Oscar began teaching in 1992. It also offers additional wisdom teachings and initiatory processes collected during almost 30 years of his teachings within these weekend intensives:

- Weekend I The Call to Heal (*Releasing the Past*)
- Weekend II A Balance of Power (*Transforming the Present*)
- Weekend III The Condor's Quest (*Creating the Future*)
- Weekend IV The Hummingbird's Ascent (*Living the Mystery*)
- Weekend V The Shamanic Self (*Serving the Earth*)

Don Oscar has expertly prepared a group of dedicated THOTH-endorsed teachers to carry these teachings out into the world. Our apprenticeship series is currently scheduled to begin in these locations on the following dates:

Kansas City, MO	Oct 16-18, 2009	Carol Rydell & Gary Langston
San Francisco, CA	Oct 16-18, 2009	Judy Hoaglund
Logan, UT	Nov 6-8, 2009	Bonnie Glass-Coffin & Carol Rydell
Asheville, NC	Dec 4-6, 2009	Jason Blaesing
Denver, CO	Jan 8-10, 2010	Garry Caudill
Los Angeles, CA	TBA	Daniel Baxley
Research Triangle, NC	TBA	Cynthia Greer

For more information, contact [programs@heartofthehealer.org](mailto:programs@heartofthehealer.org) or call 877-314-3778.

*THOTH-Endorsed teachers. Back row left to right: Chris Griffin, Iris Bolton, Bruce Pemberton, Waltraud Hoenes, Oscar Miro-Quesada (THOTH founder), Elizabeth Talcott, Carol Rydell, Thomas Mock, Bonnie Glass-Coffin, Cynthia Greer, Paula Givan, Matt Magee, Garry Caudill, Daniel Baxley, Jeff Dodgen, Anita Stewart, Gary Langston, Denise Bigelow Front row left to right: Lisa (Lulu) Lerner, Nina Murphy, Allison Dodgen, Robin Van Loon, Judy Hoaglund, Robin Harman, Dorothy Cunha, Jason Blaesing and of course... Sam Austin!* Photo ©Cindy Miro-Quesada



Join visionary board members Bryan Bigelow, Janis Swann, Cynthia Greer and Georgia Putnam. See exciting service opportunity below. Photo ©Cindy Miro-Quesada

## THOTH VOLUNTEER POSITIONS

For more information please contact Shireen at [shireen@heartofthehealer.org](mailto:shireen@heartofthehealer.org) or 877-314-3778.

*For a few of you – this will be your destiny!*

### Board Member

THOTH is seeking a few truly exceptional volunteer board members to serve a three-year term starting in January 2010. THOTH seeks board members who are committed to developing relationships in an effort to foster financial support and alliance building. As a board member, you will participate in the decision making process of the organization, provide needed financial support for the success of THOTH's programs and nurture the continuance of perennial wisdom traditions that honor and serve the health of our planetary ecosystem and the diversity of life on Earth. Board members meet monthly by phone and bi-annually for three days in person. Monthly time and financial commitments for board members vary.

*If you like solving puzzles – this one is for you!*

### Database Administrator

The database administrator (DBA) provides oversight for the performance, integrity, security, interface with website and problem solving as it relates to the database. Knowledge of database applications is required. On-line tutorials will be provided for our specific database system.

*If you like to weave the web – this one is for you!*

### Social Networker

This volunteer is the visionary for THOTH's internet social networking strategy including actively managing and building online relationships that directly impact our outreach in support THOTH's mission and programs. The primary focus will be to grow, expand, update, and monitor the various outreach opportunities such as Twitter, Facebook, MySpace, and other emerging media. Knowledge of the Internet, online communities and social networks required.

# The Heart of the Healer

MEMBERSHIP/RENEWAL/DONATION

## I want to be a THOTH member:

- Associate Member..... \$44 - \$143
- Contributing Member..... \$144 - \$443
- Supporting Member ..... \$444 - \$1,443
- Benefactor Member ..... \$1,444 & above

## New member benefits coming your way!

### I want to be a THOTH donor:

Enclosed is my gift of \$ \_\_\_\_\_ .00

All memberships and donations are tax deductible to the full extent of the law.

## CONTACT INFORMATION (please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Country \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Check or  Money Order Total Amount Enclosed \$ \_\_\_\_\_

Make your check payable to The Heart of the Healer Foundation or THOTH.

Bill to my  VISA  MASTERCARD  AMERICAN EXPRESS  DISCOVER

Cardholder \_\_\_\_\_ Total Amount \$ \_\_\_\_\_

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

PO Box 1458 Old Chelsea Station New York NY 10113-1458 Ph 877-314-3778 Fax 248-715-6716



Rio Robbins, Chris Griffin and Ruby Barnes create a despacho in Grant Park, Chicago, IL Sacred Space, Urban Grace gathering. Photo ©Nicole Garnea

# Sacred Space, Urban Grace

RECONNECTING SPIRIT OF PLACE WITH PEOPLE OF SOUL

with Oscar Miro-Quesada

## Final 2009 Weekend Gathering!

New York, NY October 23-25

*These gatherings have been designed especially for metropolitan residents who are both seeking and contributing to change. Simple shamanic practices will inspire compassionate social action and pragmatic Earth-honoring wisdom. Your participation will restore you, positively impact your urban habitat and contribute to the health and restoration of our planet. Imagine that. Please join us!*

Contact: antisuyuyllu@aol.com Visit: www.antisuyuyllu.com

**FREE SATURDAY** afternoon in Wagner Park near Battery Park

## THOTH EMPLOYMENT POSITION

### Part-Time Administrative Assistant

The Heart of the Healer Foundation (THOTH), a 501(c)3 not for profit corporation, is seeking a part-time Administrative Assistant to provide basic day-to-day accounting and development functions for the foundation. This person will work with the Treasurer and Executive Director. We estimate the position will require an average of 6 hours per week.

**Essential qualifications:** 1-5 five years bookkeeping experience, working knowledge of QuickBooks software, working knowledge of Microsoft Office software, working knowledge of Acrobat software, computer with high-speed internet access, access to fax or scanner and email, ability to work independently, and ability to work with a time-sensitive approach.

## THOTH BOARD OF DIRECTORS

**GARRY CAUDILL**, Chair  
garry@heartofthehealer.org

**BRYAN BIGELOW**, Vice-Chair  
bryan@heartofthehealer.org

**KATHY BALL**, Treasurer  
kathy@heartofthehealer.org

**CYNTHIA GREER**, Secretary  
cynthia@heartofthehealer.org

**PAMELA HUNTER**, Director  
pamela@heartofthehealer.org

**CINDY MIRO-QUESADA**, Director  
cindy@heartofthehealer.org

**GEORGIA PUTNAM**, Director  
georgia@heartofthehealer.org

**JANIS SWANN**, Director  
janis@heartofthehealer.org

**OSCAR MIRO-QUESADA**,  
Founder

## Good business – and good for the environment!

Shamans Market has teamed up with THOTH to preserve the Peruvian Amazon by offering their customers a way to offset greenhouse gases produced in shipping your order. Your \$2 contribution will go towards maintaining endangered Amazonian hardwood trees that absorb carbon dioxide, protecting biodiversity and virgin rainforest.

The Heart of the Healer Foundation extends a warm thank you to Shamans Market for exemplifying sound business practices that help the environment. To make your order carbon neutral go to [www.shamansmarket.com](http://www.shamansmarket.com). Please request this option from other companies you order from!



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*See Inside for THOTH Employment Opportunity!*

IN THE WORDS OF A DONOR

## A trip to the Amazon inspires right action personally and collectively

### Harmon Nelson finds new creative direction at Rio Las Piedras

  
PRINTED WITH  
SOY INK ON  
RECYCLED PAPER  
USING WIND  
POWER

July 2009 was my second trip to the Amazonian Rainforest. It was an honor to be included in the first group to experience Las Piedras. From the pristine rainforest, with jaguar tracks on the beach, macaws feeding on the cliff, waterfalls and the castaña forest, I was transported into the Garden of Eden. We saw a baby boa and tarantula near camp and butterflies of all colors and sizes. Yet, driving the new Trans-Oceanic Highway from Puerto Maldonado and then about 45 minutes to the river to catch the boat, you can see the devastating clear cutting and encroachment of civilization on the jungle.

IN THE 5  
YEARS,  
I'VE BEEN  
INVOLVED  
WITH  
THOTH,  
MY LIFE  
HAS BEEN  
TRANS-  
FORMED...

This experience has inspired me to design solar/electric motors for boats that would be quieter and have less impact on the environment, and new types of structures/systems which use less energy and materials. A whole new set of ideas has

sprung from my trip, ways I can have a positive effect, both individually and collectively working with THOTH to restore the planet.

Visiting the rainforest has made me hyper aware of the resources that each of us 6 billion humans need to sustain

ourselves. So at home I'm much more conscientious about water use, recycling, materials I use in my business, down to little things, like unplugging my appliances when they're not in use. These things all reduce our carbon footprint and allow us to walk a bit lighter on Pachamama.

My dear mom, Anne Roberts Nelson, passed away a few months ago and I was inspired to make a much larger than normal donation in memory of her. Funding THOTH's programs are an opportunity for us to directly protect the rainforest. Giving creates right action and coupled with spiritual wisdom, generates unity and movement in the right direction.

In the five years, I've been involved with THOTH, my life has been transformed from the love and vision of all the individuals I have met in sacred circles along my journey. I hope you find it in your heart to help THOTH's mission at whatever level you can.

*Harmon Nelson at home on the shores of Rio Las Piedras. July 2009.*  
Photo courtesy Harmon Nelson.

