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## Doves Fly In My Heart: My Love Affair With Peru

*Lisa McClendon Sims*

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**Lisa McClendon Sims : Doves Fly In My Heart: My Love Affair With Peru** before purchasing it in order to gage whether or not it would be worth my time, and all praised Doves Fly In My Heart: My Love Affair With Peru:

1 of 1 people found the following review helpful. What else can I add to the other 25 Five-Stars reviews ?By Gloria Chan25 Five Stars reviews, not 1 criticism. I have to say it is the kind of book you will not read unless you are meant to read it. For over a year, I had been planning to visit Cusco. Since the typical tourists way has never been my way, I

did not read any tourists guide books but instead started reading peoples travel stories to learn from their firsthand experience. Lisas book was my fourth. Before that there were An Expats Guide to Living in Cusco by Amy Rigby, Journey to the Heart of Pachamama by Ann Windes, and Cusco Machu Picchu : The True Insiders Guide. They all offer some really good tips and advice for travelers like myself, but none about the real (non-commercial) spiritual immersion and the mystery-shrouded life of the indigenous people. Lisas book is the only one that cover those two aspects. Through the sharing of her very unique personal journey and encounter, she opens up for her reader new vista to the multi-faces of Cusco and beyond. On the other hand, her book is not all about spirituality. Its also very down to earth. Each of the four parts of the book focus on a different area. There is something for everyone. We can clearly see Lisa as a human being as well as Lisa as a spiritual seeker/messenger. Despite her exotic high-sounding titles of Paqo, Chakaruna, Pampamisayog and 4th Level Initiate of the Hatun Karpay, she does not make herself out to be a spiritual guru. She does not shy away from admitting her vulnerability and humanness which is rather refreshing. She demonstrates that we can be spiritual and human at the same time, and shows us how to fully embrace the Cusco experience. Thanks Lisa for taking the leap and being you, so that we can live this amazing journey with you. 2 of 2 people found the following review helpful. Insightful and Liberating! By Customer With this impressive work of teasing out distinct aspects of her lifes experience and weaving them back together, the author looks inward to aspects of her life that are at once painful bondage and courageous liberation. We all have attitudes and suppositions that guide our world view and form the glue that holds our relations to others. When those become destructive, many of us look away, hoping the problems will pass on their own. They rarely do. Lisa looks these things squarely in the eye with a determination that is palpable to the reader, loosening many of the bonds that held her captive. At the same time, she offers a critical gringas insight into life in Cusco that will prove invaluable to anyone intent on travelling, living, and working there. Many of the traps that ensnare those who seek to recreate themselves in an unfamiliar culture are revealed in this book. From relationships with locals, to cultural norms and business practices, to ancient Incan mysticism and spirituality, to the use of plants for healing or recreational purposes, Lisa articulates the pros and cons in ways that should enrich the reader both in comprehension and practice. Her time spent with the indigenous Qero people, many of whom live primitively in the high Andes Mountains, is insightful and instructive for anyone who wishes to engage with them, particularly those philanthropists who desire to help while minimizing negative, unintended consequences of their assistance. While Doves Fly in My Heart is an engaging read for anyone, I would consider it required reading that will greatly enhance the experience of those who wish to spend any time in Peru! 1 of 1 people found the following review helpful. it's a hero's journey and then some! By jenmartin I'm so happy that Lisa wrote this book. It really IS a love affair, filled with the agony and ecstasy that come along with any relationship that turns you inside out. Lisa is a testament to the transformative power this beautiful land (and city) can have on your soul. The heart of her book is the same in any hero's journey--the path of self-discovery and an awakening to the beauty and the wonder one's life has in the now. She has lived courageously, and possibly dangerously, but certainly magically, and we get to witness it! Another aspect you'll enjoy is the practical advice about life in Cusco (Peru), whether you plan to travel there or move there. If you haven't been there yet, let her give it to you straight about what you do and do not need to worry about. I've been there a few times and have met only beautiful joyous people, but I also have an understanding that not all cultures share our norms and morals. Some outrageous things are accepted and expected in their culture (and they'd say the same for us Americans, I'm sure!), but the winsome charm that Lisa illustrates is genuine. Times ten! I hope you get to go there yourself, but if not, you'll get a nice dose of the magic of Cusco in her entertaining, enlightened, and sometimes steamy (ah-hem) biography/memoir/guidebook. Read it with reverence, both for this magical land, and for the tender love she shares with the beautiful Q'ero people.

Doves Fly in My Heart is one woman's courageous journey of emerging from a life that no longer felt worth living to reclaim her spirit and create a new life of joy and meaning. A combination of personal memoir, insider's cultural guide and spiritual passage, we're taken inside the culture of an Andean world usually not seen by casual tourists on the way to Machu Picchu. Lisa shares her personal experiences and insights in a truly elegant, sensual style that immediately pulls readers into a deep, literacy embrace. Doves Fly in My Heart takes place in four parts. The first part describes the six years of the authors travel, healing and personal experiences prior to moving permanently to Peru. She makes what she thinks will be a once-in-a-lifetime visit to Peru, while recovering from a broken marriage and the realization that the life that society has told her would make her happy, has instead brought her deep anxiety and adversity. In Cusco, Peru she enters into the world of shamanism, working with the visionary plant spirit medicines Ayahuasca and Wachuma (San Pedro) and begins a journey towards healing her life and broken heart. She returns to her world and teenage children in the USA and tries to re-enter life and culture there, only to find that she deeply longs for Peru. She goes back and forth between the USA and Peru, sharing her numerous adventures and the challenges of her life with teenagers before eventually deciding that she prefers the lifestyle that she finds in Peru. Part two, An Insiders Guide to the Andean Culture, is the culmination of her years of experience of living in the high Andes, in a Hispanic culture with deep roots in the indigenous culture of the Inca. She shares her insights of everything from how to live at very high altitudes and stay healthy (Cusco is at 11,000 feet above sea level and this information is particularly valuable to

people planning on extended stays in the Andes), to favorite typical Andean cuisines, to how to understand the different cultural tendencies of time, space and honesty, and even How to Minimize Your Chances of Getting Robbed. In part three she shares her personal experiences of navigating this newfound culture in the four years after her permanent move to Peru, relating her impressions of the surprisingly different attitudes, using humor and a sincere honesty. Here she shares the sounds of the culture, the possibility of new romance and discovers that the new person that living in this culture allows her to become must also learn how to avoid the pitfalls of this new terrain. Part four focuses on the specifics of the Andean Spiritual Path and the authors experiences in it. She explains the basics of this path as taught to her by the Qero, an indigenous tribe living at over 15,000 feet above sea level, who are considered to be the direct bloodline descendants of the Inca and have maintained what many feel are the most powerful and purest shamanic and mystical beliefs and traditions. She travels to their villages, learning their ways and visiting their snow-capped, sacred mountains, participating in their ceremonies and initiations. She becomes godmother to one family and recounts her experiences in assisting them as they learn to navigate their way into the present culture in Peru, essentially making the leap of 500 years in one generation. At the end is a References section where one can learn more about the plant spirit medicines that are legally available in Peru. There are also details on how to access the various people and places described in the book, including recommended reading, websites and a glossary of words used in the book.

About the Author Lisa McClendon Sims was born in the USA and has lived in five different states, mainly Florida and California. She has also spent 7 years living in England and Europe. She is mother to 2 children, plus grandchildren. Lisa has been coming to Peru since 2005 and has lived in Peru since 2011. She is a Paqo, Chakaruna and Pampamisayoq in the Andean tradition, a Fourth Level initiate of the Hatun Karpay by Elizabeth Jenkins and Juan Nuez del Prado. She is also a Reiki Master and a student of A Course in Miracles. For more information and photos of the people and places referred to in this book please contact Lisa at [www.SpiritualJourneysPeru.com](http://www.SpiritualJourneysPeru.com) or [DovesFlyInMyHeart@gmail.com](mailto:DovesFlyInMyHeart@gmail.com)