

Notes from Trip 8 to Peru
June 26 – July 12, 2008
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In Search of Sami

On this trip I thought I would pursue some specific information to fill in the gaps from my previous trips. Usually, I put such agendas to the side to immerse myself in the experience, but with the emergence of the integration of intellect and heart that I have been experiencing over the past year I felt it was time to put a little energy and focus on clearing up some concepts and terms. One of the terms I wanted clarity on was 'sami', which I have read about recently in Bolin's, Wilcox's, and Allen's books but that I don't remember Americo using before.

According to Wilcox 'sami' is the opposite of 'hucha', it is refined, coherent energy compared to heavy, discordant energy (hucha). Americo has talked a lot in the past about hucha and how to get rid of it, but I don't remember him ever saying anything about sami. According to Allen sami is essential life energy, which is not too different from how Wilcox uses the term (as the opposite of hucha). Bolin defines sami as 'good luck', which I think is either a misunderstanding or reflects just one facet of a multi-faceted and very brilliant gem.

Anyway, on my agenda in Peru was to ask Americo how he defines 'sami'. As usual during the trip he 'opened the circle' to questions on several occasions, but I held back from asking about sami, as it was such an intellectual question and seemed to me to have less precedent than, or be out of place in, the questions people were asking from their hearts. Much to my surprise (but now that I think about it probably not a coincidence) Americo actually used the term (for the first time in my memory) when talking to us during one of those sessions, and he referred to it as essential life energy. I wanted to talk to him more about this, to see if it was the opposite of hucha. Finally I took the opportunity to ask him about it on our last day together.

We were traveling by bus on the way back from Puno, the various waikis and the Q'ero. It was when we had stopped to video tape an interview with the Q'ero on a grassy shelf above a river not far from the road and the railroad tracks. After the interview we were getting ready to go back to the bus. I asked Americo if I could ask him a technical question, he said 'of course', so I asked him--in what Spanish I knew--what 'sami' was, and if it was the 'opposite side of hucha'. He looked at me gently and said that 'sami' was a 'bendicion' and then asked me if I understood. I said 'benediction?' 'Blessing'? And he said 'yes'. Then he turned to one of the Q'ero standing nearby and asked him, who agreed, but in their interchange a longer word was used, 'samincha' (which Allen defines as an 'offering of sami').

Americo then turned to me and said 'like this'. He took off my hat, and blew gently on my forehead, a sensation of gently swirling cool and beautiful energy cascaded down through my body. Americo then took a quya (stone) from his pocket, pressed it in his fist in an act of blessing or charging, and placed it in my hand, closing my fingers around it, and gave me a look of deep affection.

I told him that was a great answer and thanked him. A few minutes later I was standing on the bank looking down at the stream flowing by, just being there in the moment only doing that. Americo walked over to join me, and said something about how the river flows and flows and then flows into the ocean. Then we had eye contact. I looked at him with all of my attention on what I was seeing through

my left eye, something he had taught me years ago as a way to see a person's essence. It was a few moments of contact completely outside of social context, raw, fundamental, it felt like being outside of space/time, without personality or personal barriers or pretense, a serious look, then it was over and we walked quietly back to the bus.

That was my attempt to pursue a better intellectual understanding of the term sami.