

FROM THE COVER

**Healing the Soul of Medicine
My Shamanic Gift**

The Q'ero are the last of the Inca healers in Peru. They have sought refuge at altitudes in the Andes for 500 years. The first expedition to the Q'ero villages occurred in 1955, when Oscar Nunez del Prado, an anthropologist, met two natives who spoke Quechua, the language of the Inca.

The prophecy of the Inca stated; "There would become a time when the **Condor of the South** would fly wing to wing with the **Eagle of the North** and the human race would be once again a spiritual family." The Q'ero say, "We have been waiting for you, to teach you our ways."

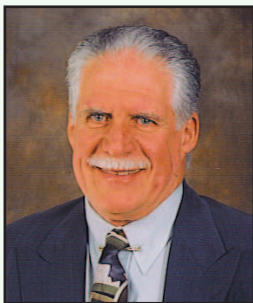
When I left my Cardiac Surgical Practice in 1981, it never dawned on me that I would be one of those chosen westerners—the **Eagles from the North** that would be given my **Rites of Passage as an AltoMesayok** from the mountain Shaman of Peru the Q'ero. Over the last 24 years, my pursuit of knowledge of Integrative Healing has led me to believe that Medicine and Doctors need to heal the wounds of our profession. We need a Soul again. We have lost the purpose and I believe that the Q'ero Shaman and the Mayan and the Sioux Medicine Men, etc. have the answer, and the means by which we can accomplish that task.

I just returned from the mountains of the Andes where I, along with nine other Shaman, were selected to spend two weeks with the AltoMesayoks (**Shaman that Call the Spirit of the Mountains**) while they tested our dedication, before they decided if we were worthy of the **Carpay** (the Transmission of Knowledge) passed on from generation to generation of Shaman.

All of us have been on this Shamanic Path for 10-20 years. All had previously received our Rites of Passage from our teachers. All were healers who had chosen to use energy to heal rather than drugs or surgery. The entire group had no idea how hard this journey would be or what challenges lie ahead for us.

We traveled the Sacred Mountains of Peru, to places that no tourists had or would ever go. The sacred places

of the Inca—the so-called Huacas (Energy Sites) like *Wakay Willki*—the mountain top of *Veronica, Huchay Cusco* (and Ancient temple of the Inca King—Wirachocha), *Moray, Quilla Rumero* (the Sacred Pakrina of the holy Mountain Salkantay), *Pachatusan, Umantay*, and *Salkantay*, to name a few. The altitudes varied from 13,000 to 16,000 feet. We endured the freezing cold waters of a Glacial Lagoon where we were told to cleanse our **Luminous Bodies** (Energetic Bodies). We were visited by the mountain Spirits in night ceremonies, witnessed four avalanches in one evening at the base of Umantay Mt. Glacier, and endured injuries, illnesses, extremes of hot and cold temperatures. Why?



Robert D. Willix Jr., M.D.

The answer is a simple one; the knowledge of these ancient healers will die with this generation of AltoMesayoks, unless we in the western world accept their gift to us. Medicine, my chosen profession, is in dire need of a change—**A Spiritual Healing—A**

Soul-Retrieval. We, the Shaman from North America, the new AltoMesayoks, have a responsibility to deliver the best healing system available. Sometimes we have to recall the knowledge of **The Great Spirit**, in order to remember how powerful the ancient healing can be.

Thanks to the Gift of the Inca Healers in Peru, who will continue to share their experience, we in the North—The Eagles, can and will begin to bring New (Ancient) Integrative Healing to our Nation.

Our Shamanic Gift will be to Heal the Soul of Medicine so that The Oath of Hippocrates—"Use Surgery and Drugs as a last resort," will once again become the creed for all physicians.

With **Munay** (LOVE) —

Robert D. Willix Jr., MD, FACSM, Andean AltoMesayok Shaman

Robert D. Willix Jr., M.D., FACSM-Cene-genics Medical Associate is an expert in the field of Alternative and Integrative Medicine. His free lectures are held the third Wednesday of every month beginning in September at his office at 1515 N. Federal Hwy, Suite 300, Boca Raton, FL. There will be no lecture in August. Call 561-362-0724 for an appointment or to attend the seminar. You can visit his website: www.Willixmd.com

**Little-Known Facts
To Raise Your Golf IQ**

Here are some little-known facts about the game you may enjoy taking a swing at:

1. Until the early 1900s, wooden tees were not used. Instead, golfers built a little mound of sand that served as a tee.
2. For winning the first U.S. Open Championship in 1895, Horace Rawlins received prize money of \$150.
3. Byron Nelson's scoring average of 68.33 strokes in 1945 was a record for 55 years, until Tiger Woods broke it with 68.17 in 2000.



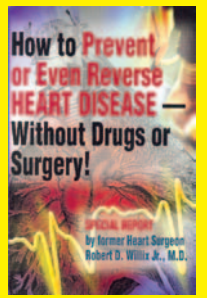
Golf icon Jack Nicklaus

4. The youngest winner ever in a major championship was young Tom Morris, who won the 1868 British Open at age 17.
 5. In 1945, Byron Nelson and Jug McSpaden were known as the "Golddust Twins." Nelson won 18 times and McSpaden had 31 top 10's, both PGA records.
- These facts were discovered by the Royal Bank of Scotland through its support of Jack Nicklaus and the game of golf.

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Ecuadorian Golf Pro Chases The Ball To Palm Beach County

If you ask Javier Burbano, Ecuador's National Golf Champion, if golf is played any differently in Ecuador than here in Palm Beach County, his answer is partially "No." He says that in Ecuador, the winds are stronger in the mountain areas and slopes require more attention; the average temperature is 65, although it does drop to 45 degrees; but for the most part, golf is golf, especially if you are a real "pro."

And Burbano, now a Baby Boomer, knows his golf game, since playing at the early age of 9, and winning the National Championship as a Junior champion. He achieved international recognition competing in the US while studying here and has a long list of achievements as a professional golfer. His extraordinary skill and flawless performance internationally has won him a nickname of "Silky."

Coming from a family of golf champions, Burbano admires his father's golfing ability, who now at age 78, still plays 3 days a week, 18 holes in 4 hours. His father actually brought the game of golf to Ecuador. Burbano said it is common for senior golfers to use a golf cart, while younger golfers walk the course with their caddies. He also said one difference between Ecuador and the U.S. is that they have many more amateur tournaments there than pro games.

Every champion has a mentor or someone whom is held in high esteem and Burbano says that for him, Phil Mickelson is his favorite golfer. He likes the way he plays golf and sees him becoming a real champion. When Burbano was asked if he ever hit a hole in one, he said, "No, not yet, but I am waiting...it's like waiting to win the lottery."

Burbano gives golfers some good advice:

- 1 In golf, the dress code is important. Don't wear shorts, but always wear a neat shirt and pants.

- 2 Be sure to warm up before playing. Move your arms, shoulders, turn your body from left to right. Exercise on a regular basis at a gym, using weights.
- 3 Be attentive when playing with others. Always stand behind the person taking a swing. Keep focused on the game and what is around you. A golf game can be dangerous unless you remain alert. Golf balls can severely injure you if they hit you in the head.
- 4 Start off with a good breakfast, such as oatmeal or other filling food. You may not eat again until you finish and a hearty breakfast helps you to concentrate.
- 5 Be sure to drink plenty of water.



Liquids are very important but don't drink caffeine and soft drinks as they are not good for your body.

- 6 Take lessons, have fun and enjoy the game.

Javier Burbano has been recognized as a junior national champion from 1968 to 1971, as an amateur from 1976 to 1980 and as a professional from 1986 to 1988. He has a long and impressive list of accomplishments as a top professional golfer.

