



## Prayers and Meditations of the Quero Apache

*Maria Yracébûrú*

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Teaches the traditional Quero Apache meditative practice of entering the silence--a combination of prayer, meditation, and breathwork--as a path to spiritual healing and enlightenment

- Contains 24 prayer wheels from the Quero Apache tradition
- Offers easy-to-follow instructions for how to conduct the practice
- Provides rare insights into the spiritual philosophies and rituals of the Quero Apache
- Written by a living descendant of Apache prophet Nochaydelklinne

The Quero Apache Snake Clan, or *Tlish Diyan*, center their spiritual practice on the daily ceremony of *Doowaa-gon'ch-aada*, “entering the silence.” A combination of meditation, breathwork, and prayer, *Doowaa-gon'ch-aada* offers an experiential connection to All That Is from the Earth-based spiritual traditions of indigenous America. When performed properly, this ritual becomes a path to self-realization and transcendence.

*Prayers and Meditations of the Quero Apache* explains how to establish a personal practice. In addition to 24 prayer wheels, easy-to-follow instructions for the ritual, and accompanying pieces of inspirational artwork, the book includes a rare overview of the spiritual philosophies of the Quero Apache. The author incorporates her own stories and essays into the text in order to share the wisdom she has gained as daughter of the *Tlish Diyan*, granddaughter and apprentice of Apache holy man Ten Bears, and descendant of the prophet Nochaydelklinne.



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