

FREE YOUR SPIRIT'S JOURNEYS

Itinerary for Perú and Bolivia - April 25 through May 10, 2012

DAY 1 (Wednesday, April 25, 2012): DEPART SAN FRANCISCO FOR LIMA

Our journey to the ancestral land of Peru begins in San Francisco by boarding our early afternoon international flight to Lima, Perú. We fly with LAN airlines, the best one to travel to South America.

DAY 2 (Thursday, April 26, 2012): LIMA -PISAC: ADJUSTMENT TIME

We arrive in Lima early in the morning to connect with our flight to Cusco. Cusco is the capital of the Incan Empire located high in the Andes Mountains at 11,200 ft above sea level. Our Peruvian guide will meet us at the airport to take us in our private bus to Pisac. This colorful city has an elevation approximately of 9,000 feet and is located in the heart of the Sacred Valley of the Incas. We'll stay at the beautiful Paz y Luz Healing Center where you'll have plenty of time to settle in your comfortable rooms, drink coca leaf tea, enjoy a healthy breakfast and unpack. Later on, we'll participate in a welcoming and orientation gathering. This will be a slow and relaxing day giving us time to acclimate to the higher altitude and adjust to our Andean Mountain surroundings.

Optional: Private rooms are available at Paz y Luz for an extra \$145 per person.

Paz y Luz Healing Center



Paz y Luz surrounded by mountains



Paz y Luz is just 35 minutes from Cusco and 2.5 hours from world famous Machu Picchu. Surrounded by majestic mountains, you will find the stimulating energies to connect with nature in the Andes Mountain. Paz y Luz provides brightly decorated rooms with single, double, triple and suite accommodations. The rooms have beautiful mountain views, comfortable beds, a private bathroom with skylight, shower and on-demand hot water. Standard breakfast is included. A la carte items are available by request.

We'll bring someone to Paz y Luz to process the money exchange, which is approx. \$2.75.

DAY 3 (Friday, April 27, 2012) – CEREMONIES WITH THE PAQOS – PLACE TO BE ANNOUNCED

Today we are accompanied by the beloved Paqos of the Q'eros Nation. The sacred place for our ceremonies will be later confirmed but we may go to **Quilla Rumiyok** (The Moon Stone.) Here we participate in a **Despacho ceremony** and **Karpay transmission**. Despacho is an offering to honor Pachamama (mother earth) or the Apus (mountains) composed of natural items such as carnation flowers, coca leaves, candies, figurines, etc. arranged ritually and prayed over. Karpay is the transmission of energy seeds into the energy body that will flourish according to the person's commitment to self-growth. It is a bestowal of the power of the Andean lineage.

Despacho Ceremony



Karpay Transmission



Note: General donations of money and goods are welcomed to be given directly to the Paqos.

DAY 4 (Saturday, April 28, 2012) – HEALING SESSIONS WITH THE PAQOS- PISAC TOUR

Today we take turns to receive private “healing sessions” from the beloved Paqos of the Q'eros Nation and to visit the archeological site of Pisac. Paqos are the practitioners of the ancient spiritual traditions of the Andes. They have kept many of the Andean rituals and ceremonies alive from the Inca times.

Optional: The private healing sessions need to be pre-scheduled as we will have one group in the morning and one group in the afternoon. Payment is made directly to the Paqos.

DAY 5 (Sunday, April 29, 2012) –PISAC MARKET PLACE & OLLANTAYTAMBO

Today we continue visiting the famous **Valle Sagrado de Los Incas**, or Sacred Valley of the Incas, formed by the Vilcanota/Urubamba River valley and extending between Calca, Lamay, Pisac and Ollantaytambo. This valley was the heart of the Inca civilization from the 14th to the 15th centuries. Within the valley, we visit the famous **Sunday Market Place** in Pisac. Here you find colorful textiles, ceramic goods, beautiful jewelry, delicious food, and produce. After shopping, we have lunch in the beautiful Valley of **Urubamba**, commercial center of the valley and famous for its vast fields and healthy climate by the Chicón mountain. From there we go to **Ollantaytambo**, or City of Dawn at approx. 9,160 ft. above sea level.

During the Inca Empire, Ollantaytambo was the royal estate of the Inka Pachacutec who conquered the region, built the town and a ceremonial center.

Pisak Market Place



Ollantaytambo



DAY 6 (Monday, April 30, 2012) - AGUAS CALIENTES

Today, we take the train to the town of **Aguas Calientes** at 6,693 ft of elevation. Aguas Calientes also known as Machu Picchu Pueblo, is the best way to get to Machu Picchu. This tourist-based town offers a variety of hotels, restaurants, souvenir shops and an extensive market place. This is a relaxed day in preparation to visit Machu Picchu early the next morning. We will have plenty of time to visit the Market Place and the thermal springs. We spend the night in Aguas Calientes.

Aguas Calientes Town



Thermal Springs



Optional: visit the Aguas Calientes thermal springs which are open until 9 pm (fee US\$3)

DAY 7 (Tuesday, May 1, 2012) - MACHU PICCHU

We gather early in the morning to take the first bus to **Machu Picchu** (Old Mountain) situated at 7,900 ft. above sea level. We climb the famous Machu Picchu at 6 am to observe the sunrise. Here depending on the weather, we receive our Sun Initiation to witness how another one of Pachamama's children becomes a Son or Daughter of the Sun!

“Machu Picchu can be termed as an ancient and timeless “Light Temple”...Machu Picchu is a multidimensional prism of sorts that refracts the light into full spectrum and then uniquely absorbs and disperses it a higher dimensional “coded” format...The energy of this Portal Temple...is a major contributor to the global chakric center of Lake Titicaca, supplying heart and crown energy.” - James Tiberonn from Earth Keeper.

Whoever wants to climb the Huayna Picchu (Young Mountain) will start forming the line at 8am. The rest will have free time to explore and take pictures and videos. At 10 am, we all gather for our two hours guided tour. Return to Aguas Calientes for lunch, to pack and take the train back to Pisac.

Machu Picchu



Sun Initiation



Optional: Climb the Huayna Picchu on your own for approximately 2 to 3 hours. **They only allow 400 people a day so let us know ahead of time if you are planning to do this activity.**

Based on the difficult terrain, the precarious hike up, the weather, your physical condition, mental clarity and for your own safety, the organizers and the guides will use their discretion to decide who can climb this mountain.

DAY 8 (Wednesday, May 2, 2012) – PUNO: LAKE TITICACA, AMANTANI ISLAND

Today we arrive to **Puno** City in the southeast corner of Perú, on the shores of Lake Titicaca. Puno is located 76 miles from the frontier with Bolivia at an altitude of 11,745 ft above sea level.

Lake Titicaca, located on the Altiplano (high plane) of Peru and Bolivia, is the world’s highest navigable lake at 12,400 ft above sea level. According to some legends, the first sons of two of the largest empires in South America, Tiahuanaco and the Inca, arouse from this mystical lake.

“Lake Titicaca, is energetically balanced, it is neither male, nor female...It contains proportional levels of both, and as such the potency, the harmonic and the harmony. So the consciousness of this vortex will balance any human that is in imbalance... Lake Titicaca is a potent battery for both, receival and transmission of those attuned higher dimensional energies required for the ascension of this planet. “- James Tiberonn for Earth Keeper & Archangel Metatron.

Lake Titicaca



Amantani Island through the Temple Arch



We'll travel via motorboat to the **Island of Amantani**, located at 12,500 ft above sea level. A major electromagnetic lay line called Wirachocha's Route, intersects the island running from Bolivia to Perú. Pre-Columbian residents usually built their cities, temples and holy places on electromagnetic convergence points to benefit from the highest vibratory frequency.

We'll visit two pre-Inca temples, built during the Tiahuanaco culture. We visit the **Temple of Pachamama**, dedicated to the Divine Female. This temple is a circular enclosure with seven ft high walls. Half a mile away we go to the **Temple of Pachatata**, of the Divine Masculine. We'll do a ritual in this sacred place.

DAY 9 (Thursday, May 3, 2012) – PUNO: DOORWAY OF ARAMU MURU AND SILLUSTANI

Today we return to Puno City in a motorboat to visit the **Doorway of Aramu Muru**, or "Gateway to the Gods." This is a pre-Incan rock structure considered an interdimensional gateway to the spirit world. According to Inca legend, Aramu Muru was a Lemurian Spiritual Master, who brought the Sun Disc, known as the "Key of the Gods of the Seven Rays" to Lake Titicaca. This disc opened the doorway to higher dimensions of existence. We'll do a ceremony here.

Next, we'll visit the Archeological Site of **Sillustani** (12,795 ft of elevation), from the Colla culture, an Aymara speaking community. Sillustani stands on Lake Umayo (Enchanted Lake.) **The Chullpas**, were the pre-Inca and Inca mausoleum for the nobility. The most prominent Chullpas are "La Torre de la Lagartija" (Lizard Tower) and "La Torre de la Serpiente" (Serpent Tower.) This cemetery not only contrasts the world of the living with the world of the dead, but also embraces the spiritual aspect of facing the sun and the lake.

Doorway of Amaru Muru



Chullpas of Sillustani



DAY 10 (Friday, May 4, 2012) – BOLIVIA: COPACABANA, ISLAND OF THE SUN

Today we travel via bus and motorboat to **Copacabana** (12,602 ft above sea level,) a holy city on the shores of Lake Titicaca in Bolivian territory. Copacabana is the most important religious sanctuary of Bolivia. Every year, thousands of pilgrims visit the Virgin of Copacabana also known as La Virgen Morena (The Brown Virgin's Sanctuary.)

Next, we travel on Lake Titicaca to the **Island of the Sun** (12,500 ft above sea level,) “The birthplace of the Children of the Sun.” According to the chronicles, the Sun’s Island was the place from where Manco Capac and Mama Ocllo, the parents of the Inca culture, emerged. A major Inca pilgrimage center, locals consider this island their holy place. To the North, we’ll visit “The Roque” or “**Stone Puma**”, where ceremonies were celebrated for the equinoxes, solstices and the moon phases. Today, locals visit it to receive strength and guidance. Next, we visit the most spectacular archeological complex, the **Chinkana**, Inca Holy Temple. The main feature is the Inca Palace also known as “**El Laberinto**” (The Labyrinth.)

Island of the Sun



The Stone Puma



To the South, we’ll visit the **Pilkokaina Palace** (unique for its construction characteristics) and the **Staircases of Yumani**, with its “**Fountain of the Inca**”, a holy water source, believed to be the fountain of youth. To this day locals drink the healing waters and use it in purification rituals.

DAY 11 (Saturday, May 5, 2012) – RETURN TO PISAC

We arrive at Paz y Luz Healing Center at noon for lunch. Today is a relaxing day in preparation for our ceremonies with the medicinal plants. Today we welcome our beloved shamans who will spend the following three days with us.

DAY 12 (Sunday, May 6, 2012) – CLEANSING DAY & FIRST CEREMONY

Today, we start working with the Shipibo Onaya (Maestros & Maestras,) shaman elders, who have vast knowledge of medicinal plants and their healing properties. Don Diógenes and his wife, doña Anita have been working as Maestros for over 20 years to help their community and anyone who is dedicated to his/her self-discovery. This humble and gentle couple are bringing Tomás, their eldest son who is becoming a strong shaman. The Maestros will lead our journeys while singing loving icaros, which are the magical songs that summons the spirits of plants and animals. Icaros are essential to the healing process.

We start with a “cleansing ritual” using a sacred plant in preparation for our first ceremony in the evening. This is a revered time to go inwards in meditation and contemplation and to set clear intentions for the ceremony. In the evening we gather in the ceremonial room, which is a round; glass-walled room with stunning views.

Ceremonial Room



Don Diógenes



Doña Anita



Optional: Private initial consultations with the Shipibo Onayas. Payment is made directly to them.

DAY 13 (Monday, May 7, 2012) – RESTING & INTEGRATION DAY

Today is a resting day to continue integrating the wisdom you received from the visionary plants. We encourage you to take the time to relax, meditate or carry out breath work in peace and solitude. This is also an excellent time to journal and receive a private “integration” session with the Onayas if you want.

We’ll also gather as a group to share impressions about our journeys. To connect and integrate the work as a group is essential to raise the vibration of the whole and to support each other in our transformation.

Everyone will take “Baños de Florecimiento” or floral baths, which are used to cleanse and purify the physical, emotional & spiritual bodies while removing heaviness. This ritual will prepare you for the next ceremony.

Sacred Medicinal Plants



Herbal Baths Preparation



Optional: Private integration sessions with the Shipibo Onayas. Payment is made directly to them. You can also schedule a massage session with Paz y Luz. Cost is approximately US \$45 for 1 hour.

DAY 14 (Tuesday, May 8, 2012) – SECOND CEREMONY

During the morning we will practice breathing exercises, meditation, Chi Kung and anything else anyone would like to offer. We'll take another floral bath and prepare for our second ceremony during the evening. Remember that the medicinal plants can certainly help you transform spiritually and reach better physical health. Nevertheless, the results are ultimately down to you, and your intent.

DAY 15 (Wednesday, May 9, 2012) – RETURN TO LIMA

We pack and gather for our “farewell breakfast” to share our impressions and to honor our time as a family. We depart for the airport in Cusco around 10:30 am to take the flight to Lima at 1:15 pm. At the airport, you have another chance to buy last minute souvenirs. We arrive to Lima at 2:35 pm.

DAY 16 (Thursday, May 10, 2012) – RETURN TO SAN FRANCISCO

You register and check in your luggage upon arrival to the airport on May 9. You have plenty of free time before returning to the USA. Our flight to San Francisco departs on Thursday, May 10 at 1:15 am, arriving to San Francisco airport at 8:45 am.

Optional: City Tour in Lima from 6:30 to 9:30 pm for the ones who registered.

*** Itinerary is be subject to change:** Due the remote areas we are traveling to, weather, bad roads and other unforeseen situations, which may cause us to make changes in the schedule or to visit different sites. We understand if this happens, Pachamama will guide us where she wants to take us!