



ANCIENT ENERGIES – ITINERARY (11 Days)

"I enjoyed the presence and gift of all the elements. The ruins made me feel peaceful and I felt the presence of an ancient beautiful people" Alden



the master plant Wachuma (San Pedro) guided by shaman, Don Victor. In the night we will have a sweat lodge ceremony and wait for the sun with grandfather and grandmother fire. This is a time of rebirth from the womb of Pachamama (sweat lodge.) This is the first level of rebirth into our lives and our true essence.

Day 7 THE AYLLU – WE ARE ONE FAMILY Easy day of integration and reflection. Take free time to discover

Day 1 FLIGHT TO LIMA We will help you to connect with fellow trekkers; and locate a hotel upon your arrival in Lima so you can stay with other tour members.

Day 2 THE NAVEL OF THE UNIVERSE Rise for our flight to Cuzco (3,400m (11,150ft.). After settling into a delightful garden hotel behind an original Inca principal gate, enjoy an introductory tour of this extraordinary World Heritage city. You will begin to see through the veils of time. In our initial ceremony at this 'Navel' of the Inca Universe, we will set a sacred intention for our own reconnection to the Mother, aligning ourselves to be completely and absolutely in our pilgrimage, open to what the Cosmos will unfold for us in our coming days together. Dinner with lively Andean music.

Day 3 CITY OF THE PUMA – SACRED CONNECTIONS We get a flavour of the culture in our own private market. You will visit a mountain family and see their colourful fabrics and handcrafts in your first opportunity connect with local people. Then we move through the 'City of the Puma' to visit the major *huacas*—sacred power places—and connect with the centre of the ancient Inca cosmos. We begin the work of purification that will empower us for our pilgrimage.

THE SACRED VALLEY

Day 4 KAYPACHA – THE MOUNTAIN APUS We travel to Chinchero, a major centre for the Incas. There we connect with the Circle of Light, honouring the mountains circled high around us under eternal snow. With their permission our day begins for our purification and energy sharing with our Mountain Spirits and our Mother Earth asking energy and blessings of the Apus into our circle for the next few days. We will explore sacred energies of many powerful *huacas* and prepare our offering to the land and the Masters of Light, to be given into sacred fire. Later we cross a high plateau with breathtaking panoramas and descend into the Sacred Valley and our garden retreat.

Day 5 HANAQPACHA – REALM OF THE CONDOR We leave early to work with the condor in the mountain above PISAQ. There we conduct a powerful ceremony of liberation and connection with our ancestors. In the afternoon we visit the sanctuary of Huanca. We learn of its remarkable history, and receive sacred healing from the mountain and the Lord of Huanca. We return in the evening to our garden sanctuary.

Day 6 UKUPACHA – WISDOM – FIRST LEVEL OF REBIRTH After further work with the condor in Ollantaytambo, to integrate cosmic wisdom into our lives, we visit the Inti Ayllu. Those who wish will be able to experience

the layers of history and Inca continuity that infuse Ollantaytambo to this day with a sense of quiet, patient power. We will also be preparing for tomorrow's trip to the sacred Sanctuary of Machu Picchu. Optional visit to a local projects serving school children of the area.

MACHU PICCHU

Day 8 THE INCA TRINITY – CONDOR, PUMA, AND SERPENT We rise early for breakfast and board the train to Machu Picchu. When we arrive we will go immediately up to the Sanctuary for a day of ceremony. We will enter in silence, so you can observe your resonance with the energies there. Then we work with the three sacred Beings of the Inca trinity: Condor, Ruler of the realm of spirit, Puma, Ruler of the realm of physical manifestation, and the sacred serpent, Amaru, Ruler of the realm of the psyche, of death and rebirth. Free afternoon to continue your energy exploration in the Sanctuary or explore the Machu Picchu town. (Aguas Calientes).

Day 9 TEMPLE OF SELF-REALIZATION We return early to the Sanctuary to work further with the Puma, Condor and Amaru. This day we visit, in sacred ceremony, three temples in the temple of Self Realization" —one of liberation, one of the cosmic Father and cosmic Mother and one of connection with Mother Earth—to elevate our vibration. In the afternoon you will set out in search of your soul 'mirrors' and reflect on how you will integrate and express what you have learned.

Day 10 THE RETURN TO A BEGINNING Return to Cuzco and a closing circle of thanksgiving at the Qoricancha, Inca's Sacred Centre of the Cosmos. Afternoon free to finish any uncompleted work and prepare for departure. Optional: An overnight meditation and vision quest in the mountains.

Day 11 LIMA Say good bye to our families before flying to Lima and a free day to start the re-entry into the modern world of shops and franchises! Sample Peruvian fare in the wide range of restaurants. Opportunity to visit museums. Rest for your flight home.

"You feel at one with the universe and know why you're alive." Dan

"I recommend that you both continue as long as you can in leading these spiritual journeys as they are invaluable-- certainly was to me! Thanks from the heart." Jill

For more information contact Serenity Transformational Tours
800-944-2655 or write serenity@transformationaltours.com.