

PERU:



An introduction to Shamanism through Iquitos, Cusco & Machu Picchu

Join us as we seek a deeper understanding of shamanism and its divine nature in the jungle-city of Iquitos, working our way through the shamanistic doorway of Cusco and into the peaks of the Andes to Machu Picchu.

This journey is designed to incorporate the heart of every person. There is a strong emphasis on the healing arts flowing in line with the essential spiritual focus of this energetic region of the world. As a group you will have the opportunity to both enjoy healing for yourself as well as each other – the best way to learn an art is to practice it and there is much need for healing in the world at large. We are proud to have Alex Merrin as the energetic and practical heart of our Peru program. Alex brings her life long devotion to human development, including 20 years experience as a personal growth and spiritual guidance counselor; ongoing work with co-ed circles; guidance of international spiritual journeys and intercessing Inipi (sweat lodge) and Hanbleyce (vision quest) ceremonies in Oregon.

The Intention of our Journey

The way to ones heart inevitably is a process of healing and sharing. Healing is fundamentally called for worldwide it would seem – though the way of each person's calling is heard differently. We intend to each learn our own healing methods, heal ourselves, and share that process with each other and the larger community of mother earth.

Day 1: Fly to Lima and enjoy the city on a forced overnight

Day 2: Take an early morning flight into Iquitos and settle into this bustling jungle-city for a night.

Days 2 - 5: Staying in Iquitos we use this time to meditate and participate in an energetic healing process from a local shaman. There are many opportunities for traditional medicinal ceremonies while living in a jungle retreat center.

Day 6: Fly from Iquitos to Cusco and spend the night at a fabulous mountain retreat center on the outskirts of the city. Cusco is the ancient capital city of the Incas and will be the launching point for our Machu Picchu trek.

Day 7: We'll take half of the day to explore Cusco and the other half volunteering at a microfinance loan center working with remote and indigenous women who have taken charge of their families' and empowered themselves.

Day 8: Basing ourselves from our hotel in Cusco we'll embark on some of our shamanistic studies. We'll spend today learning about traditional healing methods, building our own Despachos. A Despacho is an act of love and a reminder of the connections we share with all beings, elements, spirits, and sacred places. At the deepest level, it is an opportunity to enter into the essential unity of all things, the living

energy of the universe. Those interested in trekking to Machu Picchu as opposed to taking local transportation will begin their trek today.

Day 9: Those on the trek will continue their journey up up up to the ancient and ceremonial heart of the Ancient Incas. Those not trekking will stay at a fabulous retreat center in Urubamba, studying Andean (as opposed to Amazonian) healing rituals.

Day 10: This day the trekkers and the retreat-ers will unite in Urubamba for a day of rest and further retreat.

Days 11 - 13: Rise early in the morning for a trip several days of journeying to (and within) Machu Picchu. This ancient city has so very much wonder and beauty to offer learners such as us and we intend to soak it up!

Day 14: This day brings us back to the ancient capital of Cusco for a final day of closure, continued visioning, a visit to the Q'ero tribe to 'hard wire' some of the growth you'll have experienced, rest, relaxation, therapeutic massages, and a final day of shopping.

Day 15: Spend the morning in Cusco and catch an afternoon flight from Cusco to Lima for our late flight home.