

ITINERARY AND DETAILS PERU AND BOLIVIA

Pilgrimage/Seminar - Journey to the Sacred
Power Places of the Ancient Incas
September 9 - 26, 2012

“THE SUN BEHIND THE SUN,
FATHER SUN AND OUR HEART
ARE ONE”



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of the Ancient Incas in Peru and Bolivia
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**“THE SUN BEHIND THE SUN,
FATHER SUN
AND OUR HEART ARE ONE”**



A Journey to the sacred valley,
Cusco, Machu Picchu,
Lake Titicaca, Copacabana,
Tiahuanaco

Guided by the Inca-shaman,
spiritual teacher,
healer and author
Jorge Luis Delgado

(Throughout the journey translated
into German by Margarete Scheipner)

This journey of the power of the heart and sun leads us to the sacred Urubamba valley, from Cusco to Machu Picchu, crossing the highest road pass of Peru (4,300 m; ca. 12,900 ft) to Lake Titicaca. It is a journey to the majestic and awe-inspiring Andes of South Peru and Northern Bolivia, to the center of the sacred and vital places of the ancient Incas.

Many of the world's leading spiritual voices, indigenous teachers and even the Dalai Lama acknowledge that the focus of the new female expression has been anchored in South America, specifically Peru, around Lake Titicaca and the sacred valley. This region has been recognized to be a "portal", through which the new female energies emerges – gentle, but at the same time powerful energies, the energy of the heart. These rays of the new light support mankind in the awakening of a new consciousness. Many people experience an inner call to visit these ancient and sacred places and thus contribute to their new power, vitality and emanation.

We consider ourselves to be children of the light who take the opportunity of this journey to welcome the new Pachakuti (return of the light and joy). By visiting the ancient and sacred places, through meditations and ceremonies, we can re-experience our connections to the Sun and the Earth and shift our perspective regarding our personal lives and creation.

We are honored to be guided and accompanied by **Jorge Luis Delgado**, a sage and expert in Peruvian spiritual culture and history who is also well-known in the western world. Jorge Luis lives in the heritage and tradition of the Incas as a "Chacaruna", a person who creates bridges and connections between all realities or levels of consciousness. His presence makes it easy to experience and know that spiritual and physical lives are not separate.

Jorge's intention is to support people in recognizing the divine on Earth, to connect cultures and to bring the ancient dream of the return of the Children of the Sun into the reality of our lives.



Itinerary

Day 1 – Sunday, September 9, 2012

Individual arrival at **Lima** Airport. You will be welcomed and met there, and together we are transferred to our hotel in Lima (more details to follow). Depending on your arrival time, you have the opportunity for sightseeing in Lima (optional, not included in the program). In the evening we meet to get to know each other and to have a meditation.



Lima City

Day 2 – Monday, September 10, 2012

We are transferred to the airport and take a morning flight to **Cusco**. Check in at the Hotel Taypikala; time to “arrive” and adapt to the altitude (3,400 m; ca. 10,200 ft); in the afternoon you have the chance to walk around historic Cusco, to experience the ley-lines, the intensity of which is similar to those of the sacred cities of Benares, Jerusalem, Mekka, Assisi and other sacred places. In Quechua, Cusco means “navel” of the (Inca-) world, and it was the center of the Inca-empire. The city itself is designed in the shape of a puma, who represents the here and now. Overnight at Hotel Taypikala, Cusco.



Cusco – Plaza de Armas

Day 3 – Tuesday, September 11, 2012

Morning visit and first ceremonies at different special sacred places in the hills surrounding Cusco. We connect to the energies of the places and the four elements. **Kusilluchayoc** – Temple of the universal heart; **Amaru Machay** – Temple of the Moon; **Tambomachay** – Water temple, place of purification and cleansing.



Kusilluchayoc

In the afternoon we are visiting **Sacsayhuaman**, where the rocks and stones, in their shapes and geometric symbols, carry messages and lessons for this new era. We connect to the Apus (high spirit beings of the mountains) using the sacred coca-leaves.



Qenko – important center for anchoring of Mother Earth. **Pucapucara** – in Quechua “puca” means “red” and “pucara” “fortress or watchtower”. Overnight at Hotel Taypikala, Cusco.

Qenko

Day 4 – Wednesday, September 12, 2012

We follow the sacred river Urubamba to visit the town of **Urcos**, east of Cusco (chicha-ceremony) and **Pisac** with its colorful and lively market. Further up in the mountains and widespread terraces we explore ancient Inca-ruins with a Sun Temple and “hitching post of the sun”, made of a huge block of rock similar to the one in Machu Picchu. Here we have another chance to connect to the spirits of the mountains (Apukunas). Overnight at Hotel Taypikala, Cusco.



Pisac

Moray



Day 5 – Thursday, September 13, 2012

We are visiting **Moray** which resembles a “sunken amphitheater” – a place where we find it easy to deeply connect with our heart chakra. According to traditional archeology this place was used for agricultural experiments. We have a ceremony to connect to the “womb” of the Earth.

Visit of **Ollantaytambo**, the megalithic temple, power place of the lama, the puma. Pyramid of **Pakarectampu**, face of the master Tunupa. Overnight at a hotel in Ollantaytambo in the sacred valley (more details to follow).



Ollantaybambo

Day 6 – Friday, September 14, 2012



Agua Calientes

In the morning we take the train to **Aguas Calientes**, a small, lively and touristy town – the starting point to our first visit to **Machu Picchu**. We check in the hotel and then, for the first time, we encounter one of the 7 wonders of the world at an altitude of 2,400 m (ca. 7,200 ft), which was rediscovered 101 years ago by the archeologist Hiram Bingham.

We consider ourselves to be pilgrims rather than tourists when we connect by meditation, inner stillness and ceremonies with the real power of the “crystalline city” which is physically remote from our normal civilization. In our first ceremony we ask permission from the beings of the most sacred of all known Inca-cities, the puma, the condor and the light of the spirits of the place, to visit this city. Tour of the 7 places of power. The whole complex is an electromagnetic focal point. Each invocation and each prayer is greatly enhanced. Overnight at Hotel Taypikala in Aguas Calientes.



Machu Picchu – hitching post of the sun

Day 7 – Saturday, September 15, 2012



Morning visit to **Machu Picchu**, Sun Ceremony with the first ray of "Tata Inti". We relish in the beauty of this breathtaking place and our experience as "Children of the Sun". Free time to explore and experience Machu Picchu. In the afternoon we take the train back to Ollantaytambo and from there the bus back to Cusco. Overnight at Hotel Taypikala, Cusco.

Day 8 – Sunday, September 16, 2012

Today we visit **Quillarumiyoc**, in Quechua "rock from the Moon". It was discovered in 1995 and is a "new" magical place not yet visited by many tourists. Here we connect to the female energy.

Free afternoon in Cusco to explore, go shopping, absorbing the local atmosphere, more sightseeing or just resting and integrating the experiences. Overnight at Hotel Taypikala, Cusco.



Quillarumiyoc

Day 9 – Monday, September 17, 2012

Morning visit to **Qoricancha** in Cusco with its Inca Sun-temple, on which the Spaniards built the Dominican monastery "Santo Domingo". This complex is also known to have been the home of the legendary Solar Disk. The rest of the day is free. Overnight at Hotel Taypikala, Cusco.



Qoricancha

Day 10 – Tuesday, September 18, 2012



Bus trip to the Altiplano and **Puno** on the shores of **Lake Titicaca** (3,800 m; ca. 11,400 ft), crossing the **La Raya Pass** (4,300 m; ca. 12,900 ft). We cover the longest part of this trip on the Pan-American-Highway, leading from Alaska to Tierra de Fuego.

We stop at **Racqui** to visit the impressive temple of Viracocha, the highest invisible god of the Andean people. Overnight at Hotel Taypikala, Chucuito, directly on the shore of Lake Titicaca near Puno.



Racqui

Day 11 – Wednesday, September 19, 2012

Today we are going by boat to the floating island of the **Uros**-people in Lake Titicaca. The islands, homes and houses are all made of reeds. Legend has it that the Uros had already been living on their islands before the Incas.



Lake Titicaca is the highest navigable lake in the world, a sacred body of water, home of the legendary Incan Solar Disk and focal point for UFO-phenomena. We will meditate on the reed-boats. Here, in

these elevated frequencies, we find it easy to calm our minds and to connect to our authentic selves.



Then we continue our boat trip to the island of **Amantani** with the temples of **Pachamama** (cosmic mother) and **Pachatata** (cosmic father). Before we arrive, we make an offering to Mama Cocha (spirit of the lake), ceremonies for the cosmic mother and the cosmic father.



Lunch and dinner on the island. We are staying overnight with the warmhearted and hospitable families in their adobe clay houses. This night in the “middle” of the lake, which is also called the womb of Mother Earth, will certainly find a very special place in our hearts.

Adobe houses island Amantani

Day 12 – Thursday, September 20, 2012

Early morning sunrise ceremony and receiving the “first light” in our hearts. Meditation and welcoming **Lord Meru**, the lord of the Temple of Enlightenment on the etheric plane in Lake Titicaca. After breakfast return to Puno.

Afternoon visit to the tomb temple of **Sillustani**, a truly magical place with its chullpas (tomb-towers) which carry the secrets of rebirth. Overnight Hotel Taypikala, Chucuito.



Sillustani

Day 13 – Friday, September 21, 2012

Early morning 2-hour bus ride to **Bolivia** and **Copacabana**, a town with tourist infrastructure. We are spending 3 days at the Bolivian part of Lake Titicaca, where Jorge Luis, unfortunately, won't be with us. However, we are in the competent care of a trustworthy and spiritually oriented Bolivian guide.



Copacabana



We go by boat to the **Isla del Sol** – Sun Island – deeply connected with Inca mythology. According to legend it is the “birthplace” of the first Inca, Manco Capac, and his sister and companion, Mama Ocllo. We visit the Inca-temple in Yumani. Overnight and dinner at the guesthouse “Las Islas” in Yumani.

Isla del Sol

Day 14 – Saturday, September 22, 2012

We are going by boat to the northern part of the Island of the Sun and hike to **Roca Sagrado**, the sacred rock of the puma. Boat ride to **Isla de la Luna**, Island of the Moon, and the Temple of the Female. In 2000 scientists discovered on the floor of Lake Titicaca – near Copacabana, Sun and Moon Island – ruins of ancient structures, which were identified as temples, terraces, a pre-Inca road and an approx. 800 m (ca. 2,400 ft) wall. After our visit to the temple on Moon Island we take the boat back to **Copacabana**. Visit of the Cathedral of Copacabana. Overnight at Hotel in Copacabana (more details to follow).

Temple / moon island



Day 15 – Sunday, September 23, 2012

Bus ride to **Ti-wa-naku** (literally: God is here) or Tiahuanaco (Unesco world heritage) and the magnificent temple of

Tiahuanaco / sun gate



Puma Punku

Viracocha, approx. 70 km west of Bolivia's capital city of La Paz. There we also see impressive remnants of an important pre-Incan city. According the legend Tiahuanaco was situated at sea level and part of the sunken continent of Lemuria. We visit the temple of all religions, **KalasaSaya**, the "**Puerta del Sol**" (sun gate), the pyramid Akapana, as well as **Puma Punku** with fascinating megaliths of a pre-Incan culture. Trip back to Peru. Overnight at the Hotel Taypikala in Chucuito.

Day 16 – Monday, September 24, 2012



Free day to explore Chucuito on the shore of Lake Titicaca – or just rest, integrate, enjoying the magically beautiful and energetic gardens of the hotel with its magnificent view of the lake; or you may want to go to Puno (ca. 15 km, not included in the program). Overnight at Hotel Taypikala, Chucuito.

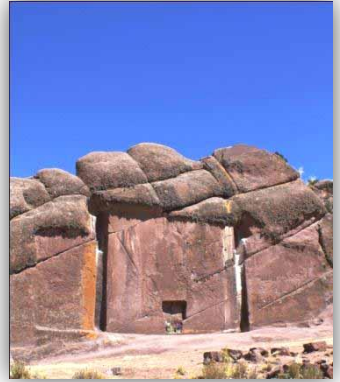
Day 17 – Tuesday, September 25, 2012

In the morning visit of **Cutimbo** (temple of fertility), a special spiritual place which invites us to connect to our inner essence and the cosmos to be able to visualize our life's purpose in connection with all our power of love, creativity and wisdom – wind ceremony.



Cutimbo

We are going to enjoy this afternoon, because tomorrow we have to say farewell ... but another highlight is waiting for us: the famous and mysterious portal of **Aramu Muru** or Willka Uta. It is considered to be the home of the Sun and a gate to other dimensions of existence. Special closing ceremony, with which we have the opportunity to express our gratitude to Peru and its people for receiving us so generously. Overnight at Hotel Taypikala, Chucuito.



Aramu Muru

Day 18 – Wednesday, September 26, 2012

In the morning transfer to **Juliaca** airport, flight to **Lima**. Here our journey together ends, but through our joint experiences in Peru and Bolivia we can stay connected in a way that transcends time and space. Individual flights home.



From left to right
Margarete Scheipner (translation)
Jorge Luis Delgado
Ulrike Seidler (organizer and tour facilitator)
in the Sun temple of Ollantaytambo

Costs per person from Lima in double room **€ 3,300**; single room € 3,750 for 18 days/17 nights. Your international flight to Lima is not included and has to be booked individually. Starting and end point of the journey is Lima Airport. Early booking discount of € 200 before January 31, 2012.

What's included:

- Accommodation in 3* hotels incl. buffet breakfast (except one night at Island of Amantani – adobe clay house, and one night at Isla del Sol in Bolivia – guest house)
- Lunch and dinner at Island of Amantani
- Lunch at Isla del Sol
- Jorge Luis Delgado as guide throughout the journey (except 3 days in Bolivia), as well as all meditations, ceremonies and rituals
- Margarete Scheipner's translation of Jorge Luis Delgado and our Bolivian guide
- Transfer from Lima airport to hotel at arrival and back
- 2 domestic flights – from Lima to Cusco and from Juliaca (Lake Titicaca) to Lima
- Transportation by private bus throughout the journey, except we use train or boat (included)
- Return trip by train from Ollantaytambo to Aguas Calientes/Machu Picchu
- Bus shuttle from Aguas Calientes to Machu Picchu and return
- All boat rides on Lake Titicaca in Peru and Bolivia
- 2-day admission ticket to Machu Picchu, as well as all other archeological sites
- Transfer to Juliaca airport
- Support and assistance throughout the journey by Ulrike Seidler ☺

What's not included:

- International flight to and from Lima
- Meals except breakfasts (except dinner and lunch at Island Amantani and lunch at Isla del Sol)
- Personal travel insurance
- Tips
- Airport tax at departure (international ca. USD 30,-, domestic 2 times ca. USD 5,-)
- Personal expenses

Useful information:

If you don't use a travel agency for your international **flight** you may want to use the search engine www.checkfelix.com to find a flight or you may also contact Ulrike Seidler for more information.

You will receive a detailed **packing list** before the journey. It is essential to have a good sun blocker, as well as a light hat as protection against the sun. We will be at altitudes between ca. 2,500 m/ca. 7,500 ft (Machu Picchu), short term at ca. 4,300 m/ca. 12,900 ft – by bus on mountain pass, and ca. 3,800 m/11,400 ft at Lake Titicaca.

We suggest light, comfortable **outdoor shoes** that offer good support. We won't do long hikes, but the sites require a lot of walking and there are many steps and stairs.

In September there is usually only LITTLE rain. Please pack light and rainproof clothing. Generally it is advisable to wear layers of thin and light garments. Nights can be quite cold.

Please have your **state of health** and fitness checked before the trip if you are not absolutely sure about the condition of your heart, lungs and circulation.

For our destination there are no **vaccinations** required (**from Europe**). Should you, however, consider to go on to the Amazon after our trip, please check respective requirements and advice.

The Peruvian **currency** is the Nuevo Sol (new sun), US-dollars are also commonly used. In Lima, Cusco, Aguas Calientes, Puno and Copacabana there are ATMs for obtaining Nuevo Soles or US-dollars.

Please refrain from taking with you and wearing valuable **jewelry**, conspicuous watches etc. We are traveling in a country whose population has only limited material goods.

In your own interest, please consider comprehensive **travel insurance**.

No visa are required for European Union's citizens, **passport's** validity required at least 6 months from date of return.

Suggested Reading and CDs:

Drunvalo Melchizedek: Serpent of Light

Brother Philipp: Secret of the Andes

Jorge Luis Delgado: An Inca Guide to Mystical Peru

Jorge Luis Delgado: Return to Joy (Lecture given in Zurich, August 2012 with live translation into German by Margarete Scheipner) – available at: www.adamis.ch

To **register** please contact **Ulrike Seidler**: ulrike.seidler@soul-access.at, also for any further questions!



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