

SINGING THE SONGLINES OF CREATION IN PERU

21 SEPTEMBER - 3 OCTOBER 2014

with Yamala and Lelama Sjamar and Washington Gibaja



DAY 0 - 20 Sept 14: FLIGHT FROM HOME TO LIMA, PERU

When you arrive in Lima, our guide will transfer you to the hotel for overnight stay in Lima. This night is included in the itinerary. Dinner on your own (you may have eaten on the plane.) Welcome to Peru. Accommodation at: www.hostalelpatio.net

If you arrive in the early morning on 21 September or are already in Lima a few days before the pilgrimage, we will meet at the airport on Sunday 21 September for a morning flight to Cusco. Details of the flight will be given closer to the date.

DAY 1 - 21 Sept 14: LIMA to CUSCO - OLLANTAYTAMBO – WELCOME TO OUR SACRED SOUND PILGRIMAGE

In the morning we fly to **Cusco**, center of the Inca Empire. In Cusco Shaman guides will pick us up at the airport for a quick tour of the beautiful Plaza De Armas. From there we drive through snowcapped mountains to the legendary Sacred Valley, as majestic today as it was during the reign of the Incas. Along the way, Inca terracing climbs the steep valley walls and the beautiful temples of Pisac inspire panoramic views of the jagged granite mountains. After lunch, drive to the **Ollantaytambo Valley - the Sacred Valley of the Incas**, which is surrounded by the high peaks of the Andes. The Ancestors of the ancient civilizations teach us that the spiritual gods live in these sacred mountains, the Apus. In Ollantaytambo we will check into our rooms and relax, acclimatize to the altitude and enjoy the beautiful surroundings from our hotel. Coca Tea is available in all hotels and we will receive a bag of Coca Leaves to assist with adjusting to the altitude of approx. 9,185 ft. Also water will be provided daily. In the afternoon we will be introduced to our Native Shaman and staff.

Welcome Ceremony/Teaching from 4.00-7.00 pm, followed by a wonderful welcome dinner. (B, D) Accommodation at: www.samanapaq.com (**NOTE:** at their website you find a clear map of the Sacred Valley)

DAY 2 - 22 Sept 14: SACRED VALLEY – GIVING BACK

In the morning we will connect for **3 hours of group teaching/meditation and Sacred Sound practice**. After lunch we will meet with families and children in the community, our giving back aspect in the Sacred Valley. There are a variety of opportunities to really get to know the locals and share your heart, love & sacred gifts with these hard working, beautiful people. Washi will pick meaningful projects that are sure to be a highlight of our trip depending on what the needs are in the community when we visit. We will take 2 Chickens per family to a local community and share hot chocolate with all the children in the community and share native shoes.

We will be inspired and full of gratitude at the end of this day! Lunch and dinner will be on our own arrangement. We may like to come together all for dinner in our Soul Family Pod to share our experience of the day. (B) Accommodation at: www.samanapaq.com

Note: The service of the Chickens and the Hot Chocolate for the children is included in the itinerary. If you wish to give more you can bring school supplies from home or buy Solar Lights in Peru for the families. This helps with the children's education and brings more opportunities to them and the mothers in the weaving activity.



DAY 3 – 23 Sept 14: OLLANTAYTAMBO SACRED SITE – SHAMAN'S HOME & TEMPLES

Today we will focus on opening, awakening and remembering our Ancient connection. Some sessions will be at the Temples and some in the hotel.

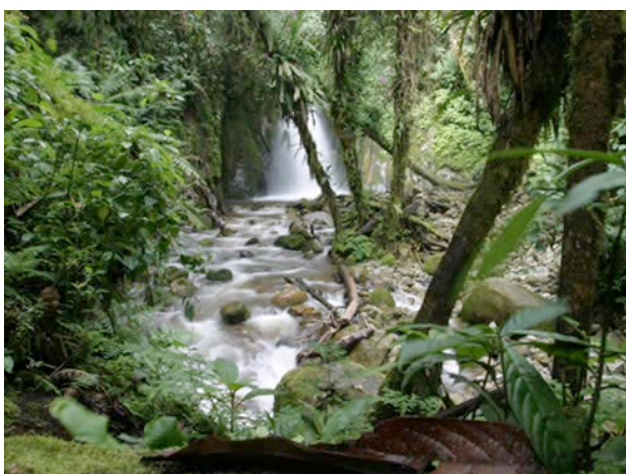
After breakfast we will receive a **2 hour teaching session with Lelama**. Then we walk to the most amazing sacred site of Ollantaytambo, which is the **Shaman's family home**. We will spend some time connecting with the giant stones of pure energy of quartz and the pink glass heart temple. Here, we will feel the connection with our ancestors, find out about our past life, and where we came from. We will savor the inner power and majesty that is present here. This portal of energy will guide us to another spiritual level and we will understand the importance of group power. There are several temples of pink granite, built with 100ton stones. We will also visit the Temple of the Water called Princess' Bath. **At the temples we will receive a 2 hour meditation/sacred sound practice with Yamala and the Ancient Ones.** Lunch in Ollantaytambo. After lunch we enjoy free time, to visit the local

market or take a walk through the town, which has been inhabited continuously since Inca times and remains unchanged. Around 5 pm we will come together for a **2 hour meditation/healing** at the hotel. Dinner at our own arrangement and Sweet Dreams! (B, L) Accommodation at: www.samanapaq.com



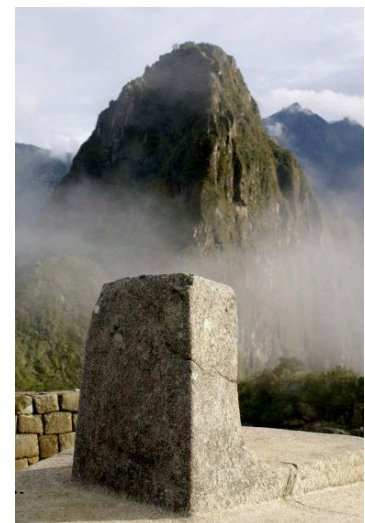
DAY 4 – 24 Sept 14: MANDOR WATERFALL – AGUAS CALIENTES HOT SPRINGS

In the morning we take a magical train ride to **Aguas Calientes** with the Expedition (Vistadome train). At the hotel we will drop our luggage and have a small lunch (on the train we will be receiving snacks). A nature walk takes us to the **Waterfalls of Mandor**, with our guide and shaman. Here we will learn more about “Madre Tierra” (Mother Earth/Pachamama) as seen through the eyes of the indigenous people of this region and experience a sacred ritual to connect with that earth energy. We will receive **2 hours of group teaching/meditation and Sacred Sound practice with Lelama and the Star mothers and fathers beginning our journey into the Star Seed Portal of Machu Picchu**. Back at the hotel we will have dinner. In the evening we will have special private permits to enter the Hot Springs for cleansing for the next day enter to the Sacred Site of Machu Picchu. **Here will hold a 1-hour meditation with Yamala.** (B, L, D) Accommodation at: www.hotelescasadelosol.com



DAY 5 – 25 Sept 14: MACHUPICCHU

Bus to Machu Picchu leaves around 6:00 am to witness the first sun light of this special day, which will illuminate the walls of this sacred and magical place. We will receive a **2 hour Group Session with Lelama** in the early morning at the Inca Bridge. We will then enter the citadel of Machu Picchu and gather in circle to go back to the beginning of our civilization. Our Shaman will teach us to '**get ready for the positive change - age is not important**'. We may experience feelings and memories as we remember that we were here before. We will be guided to special places to meditate (**2 hour personal meditation with specific focus and journal**) and the shaman will play music for our heart with native Incan instruments. After a beautiful lunch, we will be free to explore before we return to the hotel. Around 4 pm we will receive **2 hours of group teaching/meditation and Sacred Sound practice with Lelama at the hotel**. Dinner included. (B, L, D) Accommodation at: www.hotelescasadelsol.com



DAY 6 – 26 Sept 14: MACHU PICCHU – WAYNA PICCHU

Early morning breakfast and bus trip to Machu Picchu to meet the sunrise. The morning is dedicated to **2 hours of group teaching/meditation and Sacred Sound practice at this sacred portal** of Machu Picchu. We will climb to the sacred peak of **HUAYNA PICCHU, the young mountain** or you can choose to walk through the lush cloud forest to the Temple of the Moon. We will take a packed lunch. In the afternoon we will take the late train back to Ollantaytambo. In the evening we will receive a **1 hour healing/integration blessing from Yamala and the voidal mothers** before we go to sleep. (B, L) Accommodation at: www.samanapaq.com

Note. We all can climb to the top of Huayna Picchu, the guides will help us here.

DAY 7 – 27 Sept 14: OLLANTAYTAMBO – MORAY – MARAS – CUSCO

After breakfast we drive to Cusco. During this trip, we will visit the circular terraces of **Moray - the Navel of the Earth**. At this sacred site we will feel the connection with the three worlds represented by the **Condor, Puma and Snake Ceremony**. See how our ancestors built an amphitheater-like structure to study different

microclimates. The energy is great in Moray and virgin still. **We will hold a 3-hour group teaching /meditation and Sacred Sound practice at this portal.** We will also visit **Maras**, an amazing salt flats operation. There is an opportunity to walk this sacred land down into the valley and meet up with the bus further down the road. Buffet Lunch at Tunupa Restaurant in the Sacred Valley. Upon arrival in Cusco we are welcome to relax, integrate, explore at leisure in the magical setting of the city. Dinner at our own arrangement. (B, L) Accommodation at www.hostalmadretierra.com/en and Similar

Note: Cusco is at 10,856 ft., higher than Ollantaytambo. Coca tea and leaves will assist to acclimatize to the altitude. Also drinking plenty of water daily assists.



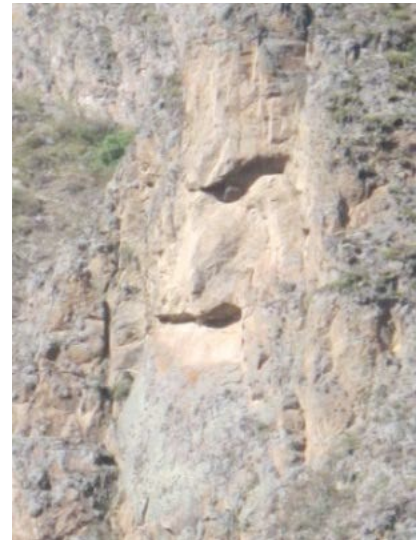
DAY 8 – 28 Sept 14: SACSAYHUAMAN – QENQO – TAMBO MACHAY – KORINCANCHA

The morning begins **with 3 hours of group teaching/meditation and Sacred Sound practice in service of empowerment of the inner Priest/Priestess** at the Temple of the Moon near Saqsay Huaman sacred site. We will enter through the tunnel into this sacred site to connect with the stars through the water. After we will enjoy a guided walking tour in the Inca sacred sites, including the Sacsayhuamán lightning temple with its megalithic stone terraces; Kenko, with its carved stone surfaces and subterranean altars and the water temple Tambo Machay. After Lunch we will visit Koricancha, the impressive Golden Temple of the Sun. The evening is free to have dinner and enjoy Cusco by night. (B, L) Overnight at www.hostalmadretierra.com/en and Similar



DAY 9 – 29 Sept 14: CUSCO to PUNO-LAKE TITICACA

Breakfast at the hotel starting at 6:00 am. At approximately 7:00 am we will travel to Lake Titicaca. Our first stop is the biggest Inca Temple called Racchi, also known as the **Temple of Wiracocha, the spiritual God of the Incas**. We will hold a **1-hour meditation here to connect with the power of the Creator**. Our picnic lunch is close to the site. We will then travel to the city of Puno, with some stops along the way. Our hotel is near **Lake Titicaca**, where we will hold a **sunset meditation/sacred sound practice upon arrival**. Dinner at our own arrangement. (B, L) Accommodation at: www.qelqatani.com/eng/main.php



DAY 10 – 30 Sept 14: LAKE TITICACA - UROS ISLANDS (floating reed) – AMARAMAMURO

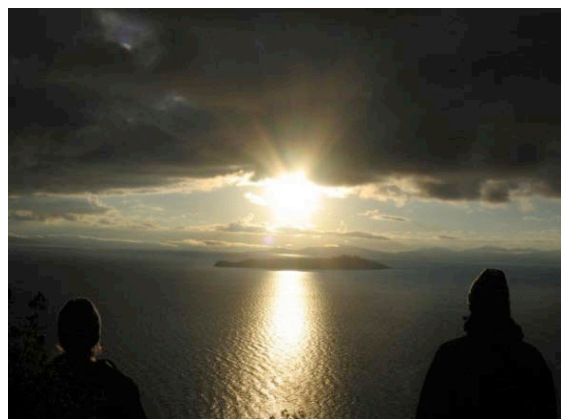
After breakfast, pickup is at 8:00 am at the hotel for a boat ride to the Uros Islands. There are 60 islands, where the locals still wear the beautiful costumes of their ancestors' heritage. We will ride on a reed boat like the ancient people used to, seeing a diversity of colorful birds. We will deeply connect with the portal beneath Lake Titicaca in a **1 hr meditation on the lake/islands**. After lunch we will drive to **Amaramamuro**, the most ancient temple around Lake Titicaca, where we will

perform an Ancient Ceremony with **2 hours of group teaching/meditation and Sacred Sound practice**. The local people call this place *Willca Uta*, the place where native people were initiated. Here we will learn about the: **the giant condor Titicaca, connecting the three worlds** and the **ufo's appear**. There is a very thrilling and intense energy here. The local people see visiting UFO's to be something natural or normal. Afternoon transfer to Bolivian side to **Copacabana** Town to our hotel including the Border checking (immigration), for free evening to explore or relax. Dinner on our own. (B, L) Accommodation at: www.hotelrosario.com/lago



DAY 11 – 1 Oct 14: ISLAND OF THE SUN

After breakfast we will take our boat to Isla del Sol, the highest island in the world. The ancestors considered the island the heart of Lake Titicaca. There we will receive a **2 hour meditation/sacred sound practice at the Inca Sacred Sites of "Iñacuyo" with statues honoring the sun and moon**, that according to tradition, were molded respectively gold and silver. We have a lunch of local trout on the island of the Sun, which is famous for its food and weavings. One of the most Sacred part is undoubtedly **the Sun Temple Pillcocaina**, Inca ruins dedicated to the great God of the Sun, a great location to see the Andean snow cups. Here we will receive a **2 hour meditation/sacred sound practice**. We stay at an old hacienda home for the night, where we will hold a **2 hour deep healing blessing to enter into communion with the Guardian Keepers of the Portal**. Group Dinner included in the Itinerary. (B, L, D) Accommodation at: posadadelincabolivia.com



DAY 12 – 2 Oct 14: ISLAND OF THE MOON – ISLAND OF THE SUN

After a good Quinoa Breakfast we will take a private boat to **the Island of the Moon** where we will connect deeply with the Feminine in a **1 hour of group teaching/meditation and Sacred Sound practice** at the **temple of Inakuyu**, la casa de las escojidas del Sol. After Picnic Lunch we will visit a traditional weaving community known for its impressive textile works and artisan products. Here the local artisans will give you an introduction to their handy work including their processes for shearing, dyeing, spooling, and weaving from alpaca. We will then travel to the **Chincana Labyrinth and Sacred Stone** for a **2 hour meditation/sacred sound ceremony where we will birth and receive our soul's gift from the Ancient Ones**. Another beautiful evening at old hacienda home for Overnight. (B, L, D) farewell Dinner included on the Itinerary. Accommodation at: posadadelincabolivia.com



DAY 13 – 3 Oct 14: SUN ISLAND – COMPLETION CEREMONY OF GRATITUDE – HOME

Breakfast at the hotel starting at 5:00 am. In the morning we celebrate our journey with **2 hour Completion Ceremony of Gratitude**. Then we will go to the **Inca Grand Stairs and Sacred Fountain of eternal Youth and Happiness** before leaving the island and travelling back to the mainland, to Juliaca to fly to Lima. We will have a farewell Lunch close to the Airport. After flight back to Lima and home. (B, L)



End of the service by Magical Tours Peru

Price for the tour/accommodation package:

US\$ 2,300 per person twin share or double – \$US 2,750 per person single room

Included in the tour price:

- Internal flights (Lima – Cusco, Juliaca - Lima) + Airport Taxes.
- Private ground transportation (Comfortable Bus)
- Hotels (double or single occupancy)
- All breakfasts and most lunches (Vegetarian option available)
- 5 dinners
- One Spiritual Shaman + Guide the entire trip and their expenses.
- Train fares (Expedition) + 2 bus tickets to Machu Picchu.
- Entrance fees to Machu Picchu (2), Sacred Valley, Cusco Sites, Lake Titicaca and Sun Island.
- 2 time Boat at Lake Titicaca.
- Water daily.
- Bread and Hot Chocolate to share with the children and Chickens for the families.

Not Included in the tour price:

- International airfares.
- Travel insurance
- Immigration entrance fees to Bolivia In case a US Citizen.
- 8 dinners and 2 lunches.
- Extra beverages.
- Gratuities (bellmen, waiters, guides, shamans, cooks, drivers, etc.)
- Tips - Approximation:
 1. 1 Transport (driver) = \$2/day by Pax
 2. Every hotel \$1
 3. Guide \$8 – 10/day by Pax

What to bring:

- Comfortable walking shoes and shoes you can hike in.
- Waterproof and windproof jacket and pants.
- Mostly clothes for mild weather 60 - 70 F = 15 – 21 C.
- Warm jacket, hat and gloves for high altitude evenings and early mornings.
- Good camera and extra battery and memory card.
- Good flash light. 220/110V (plug) adaptor. 220V with 2 prong round or flat plug outlets.
- Insect repellent (you can buy it there if needed.)

- Sun block, sunglasses, hat. Some school supplies to share with the children while visiting communities. (Pencils, pens, notebooks etc.)
- Binoculars
- Cushion/mat for meditation – stool/chair for those who wish this – we will be holding teaching sessions outside in the sacred portals, in nature.
- Alarm – in the morning we will be up early to seize the beauty of the day.

Key: (B)reakfast (L)unch (D)inner

HOTELS: Are listed in each day, you can get more information by entering to their Web page.

Notes: All hikes will be at a leisurely pace and would qualify as moderate although altitude makes a difference. None are long. You have the option to stay in town instead of participating on any hike.

More detail on the new teaching program The Power of the Ancient Practice of Communing with God & Gaia through Sacred Sound will come closer to the date.

This magical journey is co-created with us by:

Washington Gibaja Tapia and Pammela Suyo Vilcas
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