SACRED PERU

12 DAYS OF MAGIC AND HEALING



A ONCE-IN-A-LIFETIME RARE ADVENTURE

Led by Spirit & Guided by Native Incan Shaman

Embark on a transformative journey through the heart of Sacred Peru, where ancient wisdom and spiritual power converge. This unique adventure is thoughtfully designed to deepen your spiritual growth, realign and awaken a profound understanding of your true self.

Reconnect with your inner balance, rediscover joy, and find lasting peace. Experience powerful rituals, sacred shamanic ceremonies, and guided meditations at some of Peru's most mystical and revered sites.

Join us on this life-changing path — after this journey, you will never be the same again.

For bookings and more information, please contact:
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A JOURNEY INTO
THE SACRED UNION OF EAST AND WEST

Our Intention: To unite the ancient wisdom of the Himalayas and the Incas — blending East and West in our hearts by harmonizing the powerful energies of the Himalayas and Andes, the Earth's Masculine and Feminine forces.

The Andes, recognized by the Dalai Lama as a rising spiritual center, hold Lake Titicaca — a sacred lake rich in Incan myth and mystery. Machu Picchu, the "Tibet of the Americas," is the Incas' spiritual heart.

Our journey begins in the Sacred Valley, grounding with Mother Earth, then rises to Machu Picchu. We will carry these energies to Lake Titicaca and the Altiplano, exploring Incan mysteries and ancient connections to Lemuria and Atlantis.

Through meditation, ceremony, and exploration, we will unlock the hidden power of these sacred sites and activate visionary gifts with the Golden Solar Disc.

This journey invites us to step beyond time, open to higher vibrations, and embrace our true essence — our role in bringing balance and peace to Earth.

Simply being in these sacred places activates the Light Codes in our DNA, awakening us as lightworkers in service to Spirit — a sacred exchange known as *"ayni."*

If this intention speaks to you, join us to create greater peace, love, and transformation in our lives and on Earth.

TOUR HIGHLIGHTS

- Two full days of sacred ceremonies and exploration at Machu Picchu
- Climb the iconic Wayna Picchu mountain
- Morning visit to the serene Wiñaymarca Lake
- Explore the Temple of the Heart in Cusco
- Discover Ollantaytambo, the Sanctuary of the Wind
- Visit sacred sites including Aramu Muru's Doorway and Silustani
- Lake Titicaca with visits to Amantani Island and the Uros Floating Islands



DAY 1 –
ARRIVAL IN LIMA – PERU

Upon your arrival at Lima International Airport, our local tour guide will warmly welcome you and escort you to your nearby airport hotel.
In the evening, we will gather for an **Opening Ceremony and Welcome Dinner** to begin our journey together.

DAY 2 –
CUSCO - SACRED VALLEY



Early morning flight to the ancient city of Cusco. Upon arrival, we continue directly to the Sacred Valley, with a special stop in Chinchero to visit its renowned weaving center and witness the artistry of traditional Andean textile work. We then settle in for the night in Urubamba—an ideal haven for rest, reflection, healing, and meditation. Surrounded by the majestic Andean mountains, which rise like ancient guardians holding the secrets of the cosmos, Urubamba (Sacred Valley) offers a serene and mystical atmosphere. Dinner will be served at the hotel.



DAY 3 – PISAQ - URCOS - OLLANTAYTAMBO

We begin the day with a visit to the vibrant Pisac Market, where daily life carries the rhythm of centuries past. Here, artisans display their exquisite crafts—handwoven textiles, intricate pottery, and silverwork—each piece a reflection of Andean tradition and connection to the natural world.



Pisac was once a key point of trade and spiritual convergence, and its energy remains palpable.

From Pisac, we journey onward to **Urcos**, a hidden gem nestled in the foothills of the Andes. Urcos is known for its **mystical Lake Quyllur Urmana**, believed by locals to be a portal to the spirit world and revered in ancient Incan cosmology. The town itself is infused with sacred stillness, and its surroundings offer breathtaking views of terraced hills, native forests, and snow-capped peaks.

We pause here to connect with the **spiritual energy of the land**, perhaps offering a despacho (traditional Andean ceremony) or a moment of meditation by the lake. Urcos is a place where time slows down, inviting inner reflection and connection with Pachamama, the Earth Mother. After a nutritious lunch we take **The Tunupa's Route**, following energetic ley lines that guide us to **Ollantaytambo**, one of the most powerful and enigmatic Incan sites. Here, among colossal megalithic stones placed with unfathomable precision, we immerse ourselves in the symbology of the **Llama, Condor, Puma, and Snake**—spiritual archetypes representing higher consciousness and transformation.



DAY 4 –
MACHU PICHU



A truly special day awaits as you board the train to the legendary Crystal City—Machu Picchu, the sacred citadel of light nestled among the Apus, the ancient mountain spirits. This is not just a journey through space, but a **pilgrimage of the soul**, ascending toward the clouds, toward the heart of Inca cosmology. Far above the noise of civilization, you arrive at a place where time dissolves, and the ancient wisdom of the Sun's Children comes alive.

Upon arrival, we pause to **ask permission from the guardians and ancestral spirits of the land**, opening our hearts in reverence. Here, you are invited to surrender in spirit, aligning yourself with the sacred Andean trilogy:

- **Munay** (unconditional love),
- **Llankay** (sacred action/service),
- **Yachay** (divine wisdom).

These are the living principles of balance between Mother Earth and Father Sky.

After reaching **Aguas Calientes**, we ascend the steep, winding road that leads us to the gates of Machu Picchu. As we crest the final ridge, the breathtaking panorama of the citadel reveals itself—stone walls draped in mist, aligned perfectly with the stars and sacred mountains. Designed in harmony with the surrounding geography, Machu Picchu's architects framed doorways to capture the essence of nearby peaks, and carved stones to echo their contours—**a sacred dialogue between human intention and divine nature.**

Throughout our visit, we deepen our understanding of the site by learning to identify **sacred spaces, symbols, and patterns of geometry** encoded within the architecture. We engage in **ceremonial connection with the elements**—sound and silence, time and stillness, mountain and water—each one an ally in our personal and collective transformation.

Overnight in Aguas Calientes, where the spirit of the Andes continues to whisper through the night

DAY 5 –
MACCHU PICCHU- WAYNA PICCHU- CUSCO

This morning is yours to explore, reflect, and integrate in your own sacred way. You may choose to return to **Machu Picchu**, deepening your personal connection to this energetic epicenter. For those seeking a more profound spiritual ascent, a climb to the top of **Wayna Picchu** offers a powerful experience. This towering peak, rising like a sentinel behind the citadel, was considered a place of initiation by the ancients. As you ascend the narrow path etched into the mountainside, you are invited to release old limitations and rise into clarity. From its summit, the panoramic view of Machu Picchu and the surrounding Apus is breathtaking—**a moment to commune with the sky, the silence, and your higher self.**



Alternatively, stay in **Aguas Calientes**, a charming mountain village nestled in lush cloud forest. Known for its warm hospitality and quaint artisan shops, it also offers a more grounded path to healing: the **natural thermal springs** for which the town is named. These mineral-rich waters, heated by the Earth's deep core, are believed by locals to possess cleansing and restorative powers. **Soaking in the hot pools is not just physical relief—it is a ritual of renewal**, allowing your body and spirit to absorb and integrate the journey's deeper transformations.

In the **mid-afternoon**, we board the train back to **Urubamba**, The rest of the day is intentionally open —a **space for rest, journaling, or quiet inner reflection.** After days of movement, discovery, and ceremony, this pause offers the chance to truly feel what is unfolding within you.

Day 6 –
ILLAPATA - SACSAYHUAMAN - QENCO - CUSCO

The Heart of the Incas & The Four Elements .This morning is dedicated to a profound journey through some of the most powerful sacred sites of the Inca civilization, as we dive deeper into their spiritual worldview and the extraordinary way they aligned their lives with the natural and cosmic forces.



We begin at the **Temple of the Heart**, a sacred place of emotional awakening and inner communion. Here, in a space vibrating with unconditional love, we open heart to heart—to ourselves, to the land, and to one another. This is a moment of surrender, an invitation to **feel the authentic, living energy of Munay (love)** in its purest form.

From there, we travel through the elemental portals of the Andes:

- **Tambomachay – Water Element**
  Known as the Temple of Water, this ceremonial site invites us into a process of **cleansing, renewal, and flow**. The pristine springs that emerge from the mountains remind us of the sacredness of water as a purifier of body and spirit.

- **Amaru Machay – Earth Element**
  The **Temple of Rebirth**, associated with the serpent (Amaru), is a place of deep connection with **Pachamama**, the Earth Mother. In the womb-like caves, symbolic of death and rebirth, we are invited to release what no longer serves us and emerge anew.

- **Illapata – Air Element**
  A more hidden and less-visited site, Illapata offers a serene space for connecting with the **breath of life**—the sacred wind. Here, surrounded by silence and high-altitude stillness, we listen to the messages carried by the air, allowing inspiration and clarity to arise.

- **Sacsayhuamán – Fire Element**
  This massive temple fortress is not only a marvel of ancient engineering but also a **keeper of cosmic knowledge**. Its precisely cut megalithic stones radiate power and

carry **geometric codes and messages for a new era**. Here, we honor the fire of transformation and the inner light that guides our path.

- **Qenko – The Altar of the Puma**
  A site of **awakening and alignment**, Qenko represents the Puma—symbol of strength, will, and presence. This ceremonial altar serves as a reminder of the sacred animal energies that guard and guide our soul's evolution.

As the day unfolds, we move in harmony with the elements—**Earth, Water, Air, Fire**—reconnecting with our inner balance and the universal forces that shaped Incan wisdom.

Overnight in Cusco, surrounded by the sacred pulse of this ancient city, with time to rest, reflect, and integrate.

DAY 7 –
CUSCO CITY TOUR - PERSONAL DAY

Today is yours to enjoy freely—an open invitation to explore the vibrant, mystical city of Cusco at your own pace. Whether you're drawn to its bustling markets, serene plazas, or ancient alleyways, every corner of this city holds a touch of magic. Turn a corner, and you may stumble upon a traditional Andean ceremony, a hidden artisan workshop, or a quiet cobblestone path that whispers stories of the past.

Once the **sacred capital of the Inca Empire**, Cusco pulses with a unique energy—a blend of colonial charm and ancient wisdom. The city is a living museum, where Spanish churches stand atop Incan foundations, and where powerful energetic currents seem to hum through the streets. Many visitors describe feeling an indescribable vibration here, akin to that of other holy cities around the world.



This is a perfect day to **relax, integrate, shop for local crafts**, or simply absorb the spirit of the Andes. Wander through Cusco's narrow streets, lined with colorful textiles, open-air markets, cozy cafés, and restaurants offering both local and international cuisine. Engage with the friendly locals, discover hidden ruins just beyond the city's edge, or visit a nearby temple or museum.

Overnight in Cusco, where the energy of the ancient world gently holds you as the journey nears completion.

DAY 8 –
CUSCO - PUNO

After a restful night, we begin our sacred journey to the mystical land of Puno—realm of **Wiracocha**, the great creator deity, and home to the shimmering, sacred waters of **Lake Titicaca**, the highest navigable lake in the world. Traveling comfortably by private bus, we traverse the majestic Andean highlands—an expansive, soul-stirring landscape that invites us to turn inward and listen to the quiet whispers of the heart.

As the vast expanse of the **Altiplano** opens before us, this becomes more than a physical journey—it is an **inner pilgrimage**. Through silent reflection, gentle breath, and stillness, you are invited to **clarify your personal intentions**, reconnect with your soul's purpose, and align with the **higher calling** of this sacred adventure. It is a time to recalibrate the energy body and attune to the profound vibrational intelligence of the land.



We arrive in **Puno's province**, the legendary **Altiplano of Kollao**—often referred to as the **world's highest natural altar**. Sitting at an elevation of over **3,800 meters (11,582 feet)**, this land feels otherworldly, a liminal space where the veil between dimensions grows thin. Here, many experience **expanded states of awareness**—visions, dreams, ancestral messages, or simply a sense of profound stillness and remembrance.

We end this sacred day with a nourishing dinner and a peaceful overnight stay at a **scenic lakeside hotel**, where the sacred silence of **Titicaca's mystical waters** offers deep restoration and whispers you into dreamtime

DAY 9 –
URUS - TAQUILE ISLAND



Today, we explore the sacred waters of Lake Titicaca, the highest navigable lake in the world at 3,860 meters (12,421 feet). Our journey begins at **Charkas**, where we connect with **Mamacocha**, the lake's feminine spirit, and receive a purifying bath of light.

We then visit the **Uros Floating Islands**, made from layers of totora reeds, home to around 400 families who preserve their ancient traditions. The soft, springy ground and reed boats shaped like pumas create a truly unique experience.

Later, we continue to **Taquile Island**, renowned for its vibrant culture and stunning views. Here, we stay overnight, immersing ourselves in the peaceful island life and the community's ancestral practices.

Overnight on Taquile Island, surrounded by the tranquil lake and starry skies.

DAY 10 -
PUNO - SILLUSTANI

We return to Puno and make a stop at the ancient site of Sillustani, a mystical temple complex perched above the tranquil waters of **Lake Umayo**. These majestic **chullpas**—towering funerary monuments built by pre-Incan and Incan civilizations—once held the remains of noble lineages and spiritual masters. Yet Sillustani is much more than a resting place; it is a **cosmic portal**, a sacred point where the energies of **life, death, and rebirth** converge in profound, reverent stillness.



Surrounded by the vast silence of the Altiplano and the mirror-like serenity of the lagoon, we attune to the energies of the **Templo del Sol (Temple of the Sun)**—a powerful energetic vortex where many feel a tangible connection to other realms. Here, in quiet meditation, we receive the **golden frequencies now returning to Earth**, aligning with our higher purpose and integrating the deep transformation this journey has offered.

This sacred space invites us to remember the **continuity of the soul**, to offer gratitude for all that has been revealed, and to open our hearts fully to the **path of service** we are called to walk—as keepers of light, wisdom, and love.

DAY 11 - ARAMU MURO-

Amaru Muru is believed by many to be an inter-dimensional gateway—the place where the seeds of all existence originated. Nearby lies **Inka Camana**,



a sacred site renowned for its mysterious **crop circles** that appear with intricate geometric patterns, said to carry ancient cosmic messages and energies.

We visit **Willka Uta**, the “Doorway of Lord Aramu Muru,” also known as the Sun’s Home, where it is said one can cross into other dimensions. This sacred site invites deep reverence and connection with our Father Sun.

Here, we will explore the site and surrounding landscape, attuning to the lake’s inner energies, the solar disc, and the radiant beings of light. This is a sacred moment to meditate together on the deepest intentions of our journey and our shared service to the planet.

Day 12-
12:12 PORTAL - LIMA

We rise early to welcome a **dedicated shaman**, a guardian of ancestral wisdom who offers blessings and deep energetic healing for our group. In sacred circle, we engage in a **closing ceremony to attune with the 12:12 frequencies**,a powerful gateway of activation, remembrance, and cosmic connection. anchoring the light and transformation we have received, and opening fully to our life’s purpose and path of service.

Soon after we take **our flight from Juliaca to Lima**, carrying with us the blessings of Lake Titicaca and the sacred energies we’ve gathered throughout our journey. In the **afternoon, we check into our beautiful hotel in the Miraflores district**, a vibrant, coastal neighborhood known for its lush parks, artisan markets, and sweeping views of the Pacific Ocean. This final evening offers time to CELEBRATE, relax, reflect, and savor the richness of all we've experienced.



We reunite one last time for a **farewell dinner**, celebrating the sacred bonds formed on this journey of the soul. With full hearts, we give thanks—for the land, the ancestors, the teachings, and for each other.

Day 13 –
LIMA CITY TOUR - FAREWELL - DEPART to LIMA INTL AIRPORT



Our final day begins with a **guided morning tour of Lima,** affectionately known as *La Ciudad de los Reyes*—the City of Kings. We explore its rich colonial heritage and vibrant cultural tapestry, visiting Plaza Mayor, the grand Cathedral, and the San Francisco Monastery, famed for its ornate architecture and mysterious underground catacombs. As we wander through Lima's historic heart, the layers of Peru's past come alive—Incan foundations beneath Spanish facades, ancestral memory woven into the soul of the city.

Following the tour, we gather for a joyful celebration lunch, sharing stories, laughter, and heartfelt gratitude for the profound journey we have experienced together.

In the afternoon, we bid warm farewells to our companions as they prepare to take their flights home. Will any of us ever be the same again? As we say goodbye to Peru, we carry with us the blessings, memories, and deep connections forged on this unforgettable pilgrimage—united as a universal family of ONENESS.



Though the pilgrimage is coming to an end, the journey continues—forever illuminated by the light we now carry.

WHAT DO I NEED TO KNOW TO PARTICIPATE IN THIS JOURNEY?

What's Included:

- Fully escorted tour led by expert local guides and a dedicated shaman
- Daily breakfast, lunch, and dinner included (wherever possible, lunch and dinner are à la carte rather than buffet, except on your free day in Cusco)
- All twin-shared accommodations in 3-, 4-, or 5-star hotels throughout the tour
- All ground transportation, water travel, and domestic flights within Peru
- Airport transfers
- All sightseeing, entrance fees, and activities listed in the itinerary
- All meditations, rituals, ceremonies, and spiritual guidance provided during the journey



What's Not Included:

- International flights to and from Lima
- Passport and visa fees (if applicable), international airport departure taxes, if applicable (approx. USD 30 per flight)
- Extra hotel nights for early arrivals or late departures
- Optional tours and activities not listed in the itinerary
- Personal expenses such as laundry, alcohol, mini-bar items, phone calls, snacks, etc.
- Travel Insurance

Flight Bookings:

Participants are responsible for booking their own international flights. The airport code for Lima, Peru, is **LIM**.

Registration:

To receive a registration form or for further information, please contact Sandra at:
Email: sandraheals@gmail.com
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Important Notes:

- The itinerary may be adjusted as circumstances and opportunities arise. Traveling through Peru with openness to Spirit's guidance often brings unexpected and wonderful surprises! We embrace the flow of angels, adventure, friendship, magic, and spontaneity throughout our journey.

About your spiritual guide:

SANDRA GONZALEZ - A gifted intuitive and transformational healer, Sandra has devoted over 30 years to spiritual and personal development, working closely with individuals, groups, and communities. She is deeply guided by Spirit, the Angelic Realm, and ascended Masters—joyful, loving beings who lead every step of her journey with spontaneous magic, divine transmissions, sacred initiations, and profound wisdom.



Leading spiritual pilgrimages is not only her true calling but also her heartfelt contribution to healing the planet and humanity. These journeys bring her immense fulfillment, as she knows each day will unfold awe-inspiring experiences that deeply touch the heart and soul.