

## SHAMAN AND MEDICINE TEACHINGS

# PERU

**Co-Sponsored by Lesley University  
Professors Neal Klein and Jan Wall  
University credit available**

The shaman of Peru is a spiritual leader, a philosopher, a healer, a village elder, a medicinal expert, and a sacred wise being. On this journey we will study with the shamans, starting in Cusco, through the Sacred Valley, and to Machu Picchu, exploring the healing traditions of the shaman of the high mountains that remain active even after centuries of conquest and industrialization.

We fly high above the Andes Mountains and land in Cusco, the old capital of the legendary

Inka Empire. The Jaguar city of Cusco is one of the oldest dwellings in the Americas. Timeless temples and palaces stand as living legacy of the magnificent mixture of Inka and Spanish architecture. We visit the temple fortress of Sacsaywaman, the head of the jaguar, and participate in ceremonies to connect with the sacred energies of the Andes. We cleanse our luminous bodies in sacred springs as medicine people have for a thousand years. We retrace the footsteps of Inka wizards who have mastered the energies of the land as we participate in meditations and ceremonies with Inka Medicine People. In the Sacred Valley of the Inkas we are guests in one of the most wonderful settings for our work, surrounded by 19,000 ft. towering glaciers. We visit the Temple of the Winds at Ollantaytambo and its timeless village, where water aqueduct lined streets still flow as it did 500 years ago. We visit the Temple of the Visionary at Pisaq to reenact the journey into our own becoming as we meditate, embraced by incredible vistas. The archetypal energy of this site allows us to tap into our own seer within. In Machu Picchu, the most prized indigenous sacred site and the most enigmatic for westerners, master shamans and leading scholars will bring together the archeological and spiritual mysteries of this ancient city that, hidden in the clouds, remained undiscovered for centuries.

In the eastern side of the Sacred Valley lies an impressive mountain range. Wakay Willka which is one of the most important mountain deities for the peoples of the valley. With the leadership of master ceremonialists we visit the Holy Mountain for ceremonies of the mountain Rites of Passage.



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After acclimatization, we go on a fairly moderate mountain trek to Huchuy Qosqo, an ancient Inka city high above the Sacred Valley. The legends, traditions, and beliefs around this archeological site are of power and importance in the cosmology of current shamans. We will be camping for three days under bright stars and participating in ancient ceremonies for learning and healing amid old Inka temples. The landscapes are stunning and dotted with sleeping villages, deep valleys, and majestic mountains.

The guiding principle that allowed the Inca to achieve such tremendous feats during their short history was the concept of *ayni*, or reciprocity, which colored all their interactions with one another and with Pachamama, Mother Nature. Above all, this journey provides participants the opportunity to realize their own states of *ayni* and, like the shaman, step into a synergistic relationship with the forces of nature.

Master Q'ero, Paqareqtambo, Vilcabamba, and Cusco Medicine People will travel and teach us the Andean ways to personal power and attainment of perfect *Ayni* (Right Relationship). An experienced mountain team, gourmet meals, and excellent camping equipment will make our experience comfortable and memorable.

## ITINERARY

### **DAY 1, JULY 25, SATURDAY - Depart USA**

Bus from Lesley University to New York JFK for an overnight flight to Lima, Peru. Sleep on the plane.

**DAY 2, JULY 26, SUNDAY - LIMA/CUSCO/SACRED VALLEY.** Morning arrival in Lima and transfer for a short flight to Cusco, the old Capital of the Inka. Upon arrival sightseeing in the city which comprises innumerable temples, palaces, and monuments of incredible Inka and Spanish architecture. We take a scenic drive to the Sacred Valley of the Inkas. Orientation upon arrival, then free time to relax. **San Agustin Urubamba Hotel (B,L,D)**

### **DAY 3, JULY 27, MONDAY - SACRED VALLEY**

Visit to Temple of the Visionary at Pisaq. The location and craftsmanship of this Inka site is unsurpassed. Cascading terraces defying gravity, finely polished masonry and stunning views becomes our ceremonial space as we work with accomplished shamans. The village indian market cannot be missed. **(B, L, D)**

### **DAY 4, JULY 28, TUESDAY - SACRED VALLEY.**

Morning visit to the temple of the Jaguars at Chinchero. The archeological site has impressive terraces and cyclopean carved outcrops as altars to the Holy Mountains around. In the afternoon we visit the Temple to the Earth Mother, Pachamama, at Moray. The extensive concentric terraces in depressions of the land create a magical environment for ceremony and contemplation. We are accompanied by Pakos or medicine people in these visits to ancient Inkan Temples. **(B, L, D)**

### **DAY 5, JULY 29, WEDNESDAY – SACRED VALLEY/ WAKAYWILLKA /SACRED VALLEY.**

We go for a visit and ceremonies to one of the most important Apu or Mountain Spirit of the Urubamba mountain range. The Paqos lead us in ceremony, prayer, and meditations. After lunch we go on a guided



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tour at the Temple of the Winds at Ollantaytambo and explore the Sun, Mountain, and Earth altars. The village still holds its Inka urban city plan with amazing streets lined with aqueducts, trapezoidal doorways, and fine stone masonry. **(Hotel, B, L, D)**

**DAY 6, JULY 30, THURSDAY - SACRED VALLEY / MACHU PICCHU / SACRED VALLEY.** Early in the morning we catch the train to Machu Picchu. The ride goes through the Urubamba gorge, one of the major tributaries of the Amazon. Our time in Machu Picchu, the religious capital of the Inka, is filled with meditations and teachings. Late afternoon return to our hotel in the Sacred Valley. **(Hotel, B, L, D)**

**DAY 7, JULY 31, FRIDAY - SACRED VALLEY/HUCHUY QOSQO.** We drive to the high plains at Chincheros to the trail head to join our mountain crew. The hike is easy and along the way we see different holy mountains, We will be in sight of Apus Sawasiray and Pitusiray, and the medicine people will lead us in ritual and meditations nearby. We follow an ancient Royal Trail through Pumapunko (Lion's Gate) into Huchuy Qosqo (Little Cusco). Huchuy Qosqo is a wonderfully preserved Inka site with a commanding plaza overlooking the Sacred Valley. There are numerous temples, ritual baths, cascading terraces, and impressive vistas. **(Camping, B,L,D)**

**DAY 8, AUGUST 1, SATURDAY - HUCHUY QOSQO.** Our day is filled with lectures, meditations, ceremonies, and visits with the medicine people accompanying us. The archeological site commands a great view of the Sacred Valley below. **(Camping, B,L,D)**



exquisite ever seen. Afternoon visit to Sacsaywaman, the mythical head of the Jaguar in the city of Cusco and visit The Temple of the Waters at Tambomachay. Evening farewell dinner. **(Hotel B, L, D)**

**DAY 11, AUGUST 4, TUESDAY - CUSCO/LIMA/US.** Traveling day from Cusco to Lima and then to a US bound flight home. A bus will transport the group from JFK New York airport to Cambridge. **(B)**



**DAY 9, AUGUST 2, SUNDAY - HUCHUY QOSQO/CUSCO**

After ceremonies we break camp and hike down the mountain, meeting our vehicles next to the Urubamba River for our return in the late afternoon to the City of Cusco. **(Hotel, B,L,D)**

**DAY 10, AUGUST 3, MONDAY - CUSCO.**

From our centrally located hotel we go for a walking tour of the city. We visit Koricancha, the fabled Temple of Gold. The architecture is some of the most intricate and

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## **LEADER: José Luis Herrera**

A native of Cusco, Peru, José Luis was born into the medicine traditions of the Andes. For the past twenty years, he has extensively traveled and studied the different medicine traditions of the Andes, having worked with Peru's most respected medicine people. José Luis is a trained naturalist and teacher, as well as a mountain and trekking guide. His deep connection with the *Apus* (mountain deities) has led him to climb many mountains in Peru and Bolivia, Jose Luis is a respected international teacher of Peruvian indigenous wisdom serving as a bridge between the Western and the Andean cultures and thought paradigms, and is respected as one of the foremost expedition leaders in Peru. José Luis' teaches in America and Europe, as well as Peru, serving as a genuine bridge between the Western and the Andean cultures and paradigms. He has been a popular leader for our Peru program for many years.

**COST: \$4,490 per participant**

**University credit available see Professors Neal Klein or Jan Wall**

**DATES: July 25 to August 4, 2009**

## **INCLUSIONS:**

\*International air and in-country roundtrip flight Lima/Cusco/Lima.

Transportation throughout and hotel accommodations based on double or triple occupancy.

Meals and bottled water as detailed in itinerary. B=Breakfast, L=Lunch, D=Dinner

All airport group transfers and baggage handling, and gratuities to in-country staff

Fees to archeological sites as outlined in program.

Activities including talks and ceremonies by renowned Medicine People.

Services of Jose Luis Herrera as tour leader, and in-country staff.

Two person tents, gourmet meals, pack horses, porters, (while camping).

Preparation materials pre-departure

## **EXCLUSIONS:**

Meals not specified in the itinerary

Transfers for independent arrival or departure, not with group

Additional hotel nights made necessary by airline schedule changes or other factors.

Traveler's insurance (strongly recommended. Informations sent upon registration)

Items of a personal nature (laundry, toiletries, phone calls, etc.)

Sleeping bags and mats for camping.

## **Notes:**

\*Airline group price quote can fluctuate until payment is received in full from travelers and tickets are purchased. This cost would be passed on to the travelers and we would not expect it would exceed \$200, and hopefully, not at all.

• Student must complete CCJ registration procedure and Lesley application (can be received from Professors Klein or Wall) before acceptance on trip is complete.

• Itinerary is subject to change at the discretion of the organizers. We stay flexible to enhance the opportunity for serendipitous events and experiences.

## **FOR MORE INFORMATION:**

Speak with Professors Neal Klein and Jan Wall

Visit: [www.CrossCulturalJourneys.com](http://www.CrossCulturalJourneys.com)

Call: 415-332-0682, ask for Carole

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