

Birth of the Luminous Spirit

TRANSFORM YOUR LIFE IN 20 DAYS!

April 13, 2017 - May 1, 2017 19 days

Condor Spiritual Hosts in Perú: Judith and Salvador Cornejo, Kush, Don Basillio, Eagle Spiritual Guides: White Eagle Medicine Woman, Michaela Ashaneya Baumgartner and “Codes of Avalon” Community Mother Drum



Base Location: Paz Y Luz Retreat Center, Pisac, Sacred Valley of the Incas, 30 mins from Cuzco
www.pazyluzperu.com

This program is for those with a deep passion and commitment to their spiritual path and awakening and for those that are in good physical condition. Use of drugs, alcohol or smoking tobacco is prohibited during this program.

Set in the deep love, ancient knowledge and wisdom of the Sacred Valley of the Incas, this deep shamanic inner and outer journey will focus on awakening the codes of the new human to fulfill the Prophecies that mark this Era, the Prophecy of the Condor and the Eagle: the Dawning of a New Homo-Luminous Humanity.

Ancient Prophecies of the Americas spoke about a new human appearing on the planet – one who lives free of fear and resides in his transcendent nature. The Nine Rites of the Munay Ki, the South American Shaman’s Path of the Qero Nation (Condor) and the Nine Rites and Teachings of the North American Star Maiden Medicine Wheel (Eagle) are the codes of the new human and were given as the next step in the evolution of humanity, to realign and attune our neuropathways, to shift human consciousness and to allow our Spirit to fully take its wings. On this journey you will be initiated in the Nine Rites of the Condor and Eagle delivered in the form of ceremonial energetic transmissions to activate and empower you to step up to the task of assuming stewardship for the Earth and all creation.

Rooted in traditional indigenous shamanism with daily meditations and breath work, the **Rainbow Fire Mystery School** (In Quechua “YACHAY WASI” -House of Sacred Knowledge) includes ancient medicine wheel teachings, shamanic journeying, visualization, toning, drumming, trance dancing, channelings, and initiatory medicine ceremony and supported by the best of contemporary psychological therapies, this program is designed to fully align you, allowing you the opportunity to receive deep healing and renewal, gain the personal power to break through previous limitations and increase self awareness to live your divine service in the world. As you attune and align, a deep inner joy and peace are felt, releasing the untapped potential to live the life you dream.

Activated by the transformational power of the 3ft Community Mother Drum, “ Codes of Avalon” we will journey in sacred pilgrimage to the Incan initiation temple sites for ceremony, spiritual direction and guidance. This transformational 19 day Rainbow Fire Mystery School program will include ceremonies at Quinsacocha, Pisac Ruins, Sacsayhuaman (Temple, the Head of the Puma), Ollantaytambo (Temple of the Sun and Condor) Village of Chinchero,

Moray, Cuzco Temple of the Moon and Condor, Machu Picchu, Wayna Picchu, Mama Rocha (MamaKuna) and Koriconcha. Base Location: Paz Y Luz, Pisac, Peru, Sacred Valley of the Incas. (30 mins from Cuzco) Spiritual Guides and Teachers: White Eagle Medicine Woman, Michaela Baumgartner and local Qero Shamans.

*** SPECIAL NOTES:**

- Arrive in Cusco on or before April 12th. Arrive to Paz Y Luz April 12th to start program at Paz Y Luz on the morning of April 13th
- Book your airline departure after, May 1, 2017. Please see our optional pre and post program tours.
- You may wish to fly Star Peru or Peruvian Airlines on your LIMA- CUSCO Lima flight since they are much much cheaper than Taca or Lan - the latter charge double.
- This schedule is a basic outline only. Our schedule is subject to change at any time due to the guidance of the Grandmothers and Grandfathers given to White Eagle. (this is, after all, a Mystery School!)

PRICE OF THE PACKAGE BASED ON 19 days and 18 nights



SCHEDULE: Due to group size, logistics and the guidance of the Grandmothers and Grandfathers, this schedule is our basic outline only. This schedule could change, after all its a Mystery School!

DAY 0: April 12, 2017

Your arrival day at **Paz Y Luz** Retreat Center in Pisac to recharge after long flights and be ready for start of program the next day. **Please contact us to get picked up from the Cusco airport and to book this night at Paz Y Luz. (This nights lodging is not covered in the program fee)**

Day 1, April 13, 2017-Paz Y Luz

7:00-9:00am Continental Breakfast -(fruit, rolls, cereal, yogurt, butter, jam, hard boiled eggs/ coffee/ tea.
9:00 am -12 noon

Welcome to the Sacred Valley of the Inca!

Welcome to Paz Y Luz- Opening Circle:

12 noon-12:30 pm Lunch at Paz Y Luz

12:30: 3:00pm FREE TIME: Walk to Pisac Cultural Markets
3:30 pm-6:30pm. Opening Ceremony: Despacho Ceremony with Qero Shaman, Don Basillio.
6:30 pm Dinner at Paz Y Luz

Day 2 April 14, 2017- Paz Y Luz

7:00-9:00am Continental Breakfast
9:00am -12:30pm am OVERVIEW OF THE SWEET MEDICINE AND MUNAY KI TEACHINGS:
12:30-3:00pm Lunch at Paz Y Luz and FREE TIME
3:00-6:00 pm SOUTH TEACHING:
Munay Ki SOUTH RITE AND MEDICINE WHEEL
6:00pm Dinner at Paz Y Luz

DAY 3 April 15, 2017 EARTH DAY - Paz Y Luz

7:00-9:00am Continental Breakfast
9:00 am **take Packed lunch** and leave for QUINSACOCHA
RECEIVING THE 1st MUNAY KI Rite: HEALER'S RITE. Get a stone from QUINSACOCHA.
5:00pm return to Paz y Luz
6:00pm- Dinner at Ulrickas Café- Pisac- Closing Talking Circle- 1st Rite

DAY 4- April 16, 2017- Paz Y Luz

7:00-9:00am Continental Breakfast
9:00 am-11:00 am Opening the Four Directions/ Drumming/ Singing, Map of Today. Announcements
11:00-12:30pm GATE OF GRACE MEDITATION
12:30- 4:30pm LUNCH and FREE TIME
4:30 pm-6:00 pm. Drum Attunements & Appreciation Closing Circle
6:00 pm-dinner at Paz Y Luz or Pisac

DAY 5 - April 17, 2017 Paz Y Luz

7:00-8:30am Continental Breakfast
8:30-10:00 am Opening the Four Directions/ Drumming/ Singing, Map of Today. Announcements.
INTRODUCTION: EAST TEACHING: THE 2nd MUNAY KI RITE: BANDS OF POWER
10:00 am **Packed Lunch** leave for **SAXYAWOMAN Sacred Site**
10:30 am- 1:30pm BANDS OF POWER RITE AT SAXYAWOMAN
1:30pm LUNCH
2:00-3:30pm Tour Temple of the Head of the Puma- SAXYAWOMAN.
3:30 pm leave Temple site for **Condor Rehabilitation Center**
6:00- 6:30 pm dinner at Pisac- Ulrickas- Closing Circle Integrating the 2nd Rite

DAY 6th April 18, 2017 Paz Y Luz

7:00-9:00am Continental Breakfast
9:00 am Opening the Four Directions/ Drumming/ Singing, Map of Today. Announcements.
10:00 am- 11:00 am MORNING MEDITATION
11:00 am-1:00pm- **EAST TEACHING: CREATING YOUR POWER SONG**
1:00pm – 1:30 pm LUNCH at Paz Y Luz
1:30 pm- 2:30pm INTRODUCTION **BANDS OF POWER & THE MEDICINE SHIELDS**
2:30pm- 7:00pm. **BALANCING THE SHIELDS PRIVATE SESSIONS/ FREE TIME**
7:00 pm. Dinner at Paz Y Luz or Pisac and Closing EAST TEACHING

DAY 7 April 19, 2017 Paz Y Luz

7:00-9:00am Continental Breakfast
9:00- 10:00am Opening the Four Directions/ Drumming/ Singing, Map of Today. Announcements.
9:30 am-12:30 pm. NORTH TEACHING -THE VISIONARY : MUNAY KI SEER'S RITE
12:30- 1:00pm LUNCH at Paz Y Luz
1:00pm leave for **PISAC RUINS**
2:00pm- 4:00pm Touring Pisac Ruins
4:00 pm. WHITE EAGLE PIPE CEREMONY at Pisac Ruins

6:30pm: Dinner at Ulricke's and Closing Circle on North Teaching.

Day 8, April 20, 2017 -[EL PEQUEÑO PEDREGAL](https://www.facebook.com/El-Peque%C3%B1o-Pedregal-1020635317959995/?fref=ts)- <https://www.facebook.com/El-Peque%C3%B1o-Pedregal-1020635317959995/?fref=ts>

7:00-9:00am Continental Breakfast at Paz Y Luz
9:00- 10:30am Opening the Four Directions/ Drumming/ Singing, Map of Today. Announcements
Introduction to WEST TEACHING. Introduction to the HARMONY RITES
10:30-11:30am- MORNING MEDITATION
12:00 LUNCH at Paz Y Luz
12:30pm Drive to [EL PEQUEÑO PEDREGAL](#)
3:00 pm -**MUNAY KI RITES: HARMONY RITES** [EL PEQUEÑO PEDREGAL](#).
6:00pm Dinner [EL PEQUEÑO PEDREGAL](#)
7:00pm Optional Music at the Fire

DAY 9, April 21, 2017 [EL PEQUEÑO PEDREGALBT](#)

7:30am-9:00. Breakfast
9:00– 10.30 am. Opening the 4 Directions/ Drumming/ Singing, Map of Today. Announcements.
Deepening of the West Teaching- Harmony Rites Talking Circle
10:30 am- 12noon Group Bowen Treatments
12 noon- 2:00pm Lunch and FREE TIME
2:00pm-4:00pm and HORSEBACKRIDING/ HIKING to WATERFALLS **Additional cost**
4:00- 5:00pm FREE TIME
5:00 pm- 6:00pm Closing Talking Circle
6:00pm Dinner at [EL PEQUEÑO PEDREGAL](#)
7:00pm OPTIONAL SAUNA

Day 10, April 22, 2017 [Tunapa Lodge Ollantambo](#)

7:30am-9:00. Breakfast-packing and pick up **Packed lunch**
9:00 am leave for Sacred **Site of Moray/ Chinchero/Ollantambo**
Introduction to SOUTHEAST TEACHINGS – ANCESTORS- DAYKEEPERS RITE
10:00am -1:30pm arrive at Moray & hold **MUNAY KI INITIATION: THE 5th DAYKEEPER RITE**
& MOTHERLINE/ FATHERLINE CEREMONY.
1:30-3:30pm Lunch and walk Moray sacred site
3:30pm leave for Chinchero Community
4:00-5:00 pm Chinchero Community
5:00 pm drive to **Ollantambo**- Tunapa Lodge Ollantambo.
7:00pm –**Dinner at Heart's Café (dinner on your own)** and Closing Circle SOUTHEAST.

Day 11, April 23, 2017 -[Royal Inti Hotel?](#)

7:00-8:00 am Breakfast at the hotel-Tunapa Lodge
8:00 am-10:00 **Ollantambo** Temple of the Sun /Moon/ Temple of the Condor
10:00 am –pick up luggage at hotel. Walk to Train station going to Aguas Calientes.
11:15 am train to **Aguas Calientes**
1:00 pm arrive **Aguas Calientes** –Royal Inti Hotel
Lunch in Aqua Caliente on your own
1:00pm- 6:00pm FREE TIME for shopping, hot springs, massages or hike along river to falls.
6:00pm Dinner in Aqua Caliente on your own- but we will go together

DAY 12: April 24, 2017 **BT DAY 8- Royal Inti Hotel**

5:30 am– Early Breakfast at Hotel
6:30 am Take the first bus to Machu Picchu
7:00- 11:00am climb of Wayna Picchu
11:00 am –12:00 noon **Packed Lunch from WRF**
12:00- 1:00pm Machu Picchu Tour Temple of the Sun/ condor
1:00 pm- 4:00pm Hike to Mama Cona-
INTRODUCTION TO THE NORTHEAST TEACHING: MUNAY KI 6th RITES: WISDOMKEEPERS RITE

4:30pm – Return from Mama Cona.
5:00pm –BUS BACK to Aguas Calientes.
6:00pm- **Dinner on your own at Aguas Caliente**

DAY 13 April 25, 2017 [EL PEQUEÑO PEDREGAL](#)

7 am-8:00 am Breakfast at Hotel- **Royal Inti Hotel**
8:00 am- 12:00- Ceremony at Wilko or at the river campsite with Community Drum for restoring sacred sites to being used as temples and to have ceremony.
12:00-1:00pm Packed Lunch WRF bring to ceremony
2:15pm- Meet at hotel to pick up luggage
2:55 pm. Train to Ollantaytambo
5:00pm Ollantaytambo -Van Return to [EL PEQUEÑO PEDREGAL](#)
6:30pm pm Dinner - [EL PEQUEÑO PEDREGAL](#) and closing of Northeast Teaching

DAY 14 April 26, 2017 [EL PEQUEÑO PEDREGAL](#)

7:30-8:30 am Breakfast- [EL PEQUEÑO PEDREGAL](#)
8:30am–1:00pm Opening Directions/ Intro to Teachings of the Day, Announcements
INTRODUCTION TO THE NORTHWEST and 7th RITE of The EARTHKEEPERS **MUNAY KI 7th RITE EARTHKEEPERS RITE**
1:00-3:00 pm –LUNCH and FREE TIME at [EL PEQUEÑO PEDREGAL](#) – optional hike to the river
3:00- 5:00pm Higher Purpose / Life Purpose 22 Chakra Journey
5:00pm – 6:00pm HP, LP statements and Closing Circle
6:00pm Dinner At [EL PEQUEÑO PEDREGAL](#)

DAY 15, April 27, 2017- KUSH PLACE

7:30-8:30 am Breakfast at [EL PEQUEÑO PEDREGAL](#) and packing
8:30am Leave for Cusco
10:00am- arrive Cusco- Kush Shop, Julian, San Pedro Market, Wilko Market, Crystal Shop
12:30 **Lunch CUSCO at Plaza De Armas: Pizzeria on your own but together**
1:30 pm- Travel to KUSH
2:00pm settled into Rooms
2:30pm TAMASCAL– Sweat Lodge
6:00pm Closing of Sweat Lodge and Light Dinner **KUSH PLACE**

DAY 16 April 28, 2017- KUSH PLACE

NO BREAKFAST FOR THOSE PREPARING FOR OPTIONAL PLANT CEREMONY
8:30 am INTRODUCTION TO THE SOUTHWEST and the Munay Ki -8th STARKEEPERS RITE
MUNAY KI -8th RITE STARKEEPERS: Ceremony of the Teacher Plants. Taking the plant and then receiving the 8th Rite.
6:00pm- Closing Plant Ceremony-Talking Circle
7:00pm Dinner at Kush and Erica's Place.
Overnight at Kush and Erica's Place, CUZCO

DAY 17- April 29, 2017- PAZ Y LUZ

7:30 am -8:00 am Breakfast at Kush's
9:00 am- 11:30 am Walking Tour of Temple of the Moon with Kush
11:30- 12 noon-LUNCH -Kush
12:30 pm drive to Cusco/ Koriconcha
1:00-2:00pm- Tour of Koriconcha
2:00- 5:00pm INTRODUCTION TO THE 9th RITE. Munay Ki The CREATORS RITE
5:00pm 6:00pm- Return to Paz Y Luz
6:30pm Dinner at Paz Y Luz or Pisac

DAY 18 – April 30, 2017- PAZ Y LUZ

7:00-9:00am Breakfast at Paz Y Luz

9:00am-12:30 pm Opening Directions/ Drumming/ Singing, Map of Today. Announcements
GROUP CHANNELING or INDIVIDUAL HEALINGS/ CHANNELING
12:30pm LUNCH at Paz Y Luz
1:00pm- 6:00pm FREE TIME: Final Integrations: Healing Sessions/ Raindrop Therapy/ Sound Healing/
Journaling the last few days and Rites.
6:30 pm DINNER at Paz Y Luz

DAY 19- May 1, 2017 FINAL DAY

7:00-8:30am Breakfast at Paz Y Luz and room check out
8:30 am- 12:30:pm Closing Circle of the Program Circle
12:30- 1:00pm LUNCH at Paz Y Luz
1:00-2:30pm Blessing of the Munay Ki Mesas with Qero Shaman-Don Basillio
3:00pm PROGRAM COMPLETES at Paz Y Luz. **Contact us to book this night at Paz Y Luz. (This nights lodging is not covered in the program fee) OR Contact us about scheduling your transport back to Cusco**

Early Bird Registration Price \$4,795 thru September 30, 2016
Regular Registration Price \$4,995 October 1- November 30, 2016
Late Registration Price is \$5,295 December 1, 2016- March 12, 2017

Making Your Airline Reservations: Due to the extensive nature of this program, we need a minimum of 10 participants. We will fully confirm the program on **November 30, 2016**. Please do not make your flight arrangements until receiving email confirmation from us on this day.

PROGRAM INCLUDES:

19 days and 18 nights program, all lodging based on double occupancy*, all meals (except 5 meals on free afternoons/evenings outlined in schedule), all land transportation (van, bus and train) in the Sacred Valley, entrance fees and guides to all archaeological sites, all ceremonies, spiritual guides, tour guides, local shamans and teachers, school workbook, pie stones, handouts, art supplies and materials.

Not included: International round trip flights to Lima, round trip flight Lima to Cusco, airport taxes, taxi roundtrip Cusco to Pisac before and after program, personal expenses, laundry, gratuities, meals on days specified in schedule, snacks, optional temascal and plant medicine ceremony, optional horseback ride, Munay Ki mesa blanket and bells, lodging before or after program, private healing sessions with White Eagle and Michaela and trip insurance.

***NOTE ABOUT LODGING**

Accommodations for this program are 3 star but very comfortable with clean rooms, showers and comfortable beds. During our days at El Pequeño we will not have wifi connection and no electric outlets in the rooms, however there is solar power to recharge phones and computers. During our stay at Kush's Place, rooms will be dormitory style.

Single Rooms: All pricing is based on double occupancy. We cannot guarantee availability on single rooms, so please contact us and register early.

Making Your Airline Reservations: Due to the extensive nature of this program, we need a minimum of 10 participants. We will fully confirm the program on **November 30, 2016**. Please do not make your flight arrangements until receiving email confirmation from us on this day.

Cancellations: All cancellations must be received in writing. Due to the extensive nature of the overseas logistics to organize The Rainbow Fire Mystery School Program in Peru, there are no refunds and this trip is non-transferable with other programs that we arrange, so **we recommend you get trip insurance**. No refunds are given for no shows or if participants leave the program by their own choice.

YOUR ARRIVAL INTO CUZCO-STAYING LONGER?: If you choose to arrive a few days earlier or stay a few days extra in Cusco and the Sacred Valley, please contact our Peru Tour Directors Judith and Salvador Cornejo jcornejo@peruinkascollection.com. For additional Peru tours see their website at www.peruinkascollection.com

Extra EXPENSES:

- **Optional Temascal & Plant Ceremony**
- **Optional Horseback Riding**
- **5 meals indicated in the program schedule,**
- **Your Munay Ki Mesa Blanket and Bells**
- **Tips as indicated below**
- **Optional \$50 Donation to Ninos Del Sol Orphanage in Urubamba**
- **Optional Private Healing Sessions with White Eagle & Michaela**
- **Optional Gifts of clothing for children at Quinsacocho,**
- **Optional Gifts for our drivers, cooks, cleaners and medicine teachers.**
- **Optional Gifts to bring home for your family and friends**

TIPS: We have 10 Peruvian support staff for this program. We will collect \$50 USD from each participant at the beginning of the program to give for tips for these ten support staff at the end of the 19 day program.

GENERAL INFORMATION AND RECOMMENDATIONS:

MEDICAL:

* Bring to the travel your medical insurance info updated, and buy a **medical travel insurance** when purchasing your international flights.

* Bring your **specialized medication** if needed. For simple cases, there are pharmacies everywhere. We recommend bringing charcoal for diarrhea and any medication for high altitude if you need. Though we all drink bottled water for the program, sometime participants get diarrhea for a few days. We found the best solution is bringing **echineca & goldenseal tables and a small bottle of colloidal silver**. Vitamin A, B and C are also helpful to keep your immune system strong.

PASSPORTS AND ENTRANCE: Each person should be asked to bring 3 copies of their passports - their copies should include the page with the expiry date as well. This is for hotels. Each person upon entry to Peru in Lima will be given a **white slip which is their visa** to Peru. Keep in safe as you will need it until you leave Peru - for without it they are likely to have problems with the immigration officers. I suggest you staple it to your passport. If you are asked why you are in Peru...here are the basics: You are entering Peru as a tourist visitor and spending your entire time in the **Sacred Valley as a tourist**. You are staying at Paz Y Luz Retreat center in Pisac, seeing the sites of the Sacred Valley and then traveling by train roundtrip to Machu Picchu.

MONEY: Please come to Peru with either US dollars/ Euros or Peruvian Soles **AND** the bills must be clean, not torn in any way, and not too old. Peruvian merchants and banks are very particular and will not take or exchanged the money otherwise. You can easily get more money through local ATM machines in dollars or soles.

BUYING IN PERU:

In Cuzco and Pisac is easy to buy very warm wool or alpaca sweaters, scarves, gloves, socks and others.

* There are **lots of souvenirs**. Peruvian cotton is very good quality.

* There are many **mystical objects** in Pisac, Ollantaytambo and Aguas Calientes: crystals, decorative, dream catchers, stones, etc for all tastes, such as blankets, carpets and jewelry that can send even the most delightful tastes during your stay. Many Andean music CDs are pretty easy to get etc.

*We recommend you to wait until we shop with you in Peru to buy any gifts in Peru because we are familiar with the quality and with the correct pricing on the items you may wish to bring home (blankets ponchos, jewelry etc).

LAUNDRY can be washed at Paz Y Luz or elsewhere at a nominal additional cost, coordinating with enough time in advance.

FOOD: Those who are more careful with their diet should be notified that it is difficult to obtain whole meal bread or anything gluten free- I suggest bringing rice crackers/ gluten free bread or any other substitutes to bread. Because we do tend to have quite a few lunches at the sacred sites - I suggest to bring either a jar of peanut butter, almond butter, tahini or anything else that is nourishing - this way you will not be hungry. Remember to bring your own snacks!

TEMASCAL & PLANT MEDICINE CEREMONY: OPTIONAL. As you may have read in the schedule, there will be an optional day to do a Temascal (Sweat Lodge) and another for Plant Medicine Ceremony with one of our trusted medicine men in Peru. Please note this is NOT part of our program and will be approx. \$160 USD additional per person. If you do not choose to do this, there are lovely hikes to the Temple of the Moon adjacent to the plant ceremonial area.

GIFT GIVING- OPTIONAL: If you have any gifts or sacred objects you wish to give away, we always have many support staff to gift during our program such as drivers, guides, cooks, medicine people, children, poor on the streets, etc. You may wish to bring a few small and special things from your country to give away to others that help us. We will be visiting a community where the children need some socks, hats gloves, shirts and pants. If you would like to bring some, please do!

WEATHER: - The weather in Peru at the moment is unstable - mornings are cold, sometimes wet, then the sun comes out and it is warm-hot, then around 2-3 p.m in the afternoon it become cold again. Remember your raincoat and a portable umbrella if you like. Remember your flashlights/headlamps for evening walks

Be aware that we will be in many diverse altitudes, geographic areas and therefore, climates:

**** ANDES/SIERRA:** high, dry, cold nights and warm during daytime: Cuzco (3,300 msnm/10,826 feet osl, ranging between 28° and 5°C), Sacred Valley (2,800 m/ 9,186 feet osl, ranging between 29° and 12°C), Always at daytime it is very sunny, very hot. But if it is cloudy, the temperature drops down very quickly.

* When arriving to Cuzco around 11:00 am, the weather is very warm, about 25 degrees or so. As the weather around the world has changed so dramatically, it could still be some occasional rain.

* In the Sacred Valley, we are at 500 meters below Cuzco, making it warmer at day and nighttime.

WHAT TO BRING & BAGGAGE TIPS:

A very valuable suggestion is to bring a good warm jacket or similar, cotton or synthetic clothing to wear in layers to suit weather changes comfortably. The extra clothing will always remain in our bus safely, which is always very close to us, while we are doing the visits to sacred sites.

* Winter and summer pajamas, earplugs and sleep mask (for those who need them).

* A warm jacket or lightweight anorak.

* A warm vest or waistcoat.

* A lightweight waterproof and windproof jacket, for precaution (can buy them in Peru)

* Waterproof pants are optional but nice to have.

* Wool hat, socks, gloves and scarves (or buy buy them in Peru).

* Sunscreen, insect repellent, lip balm.

* Sunglasses and a good sun cap.

* 2 pairs comfortable shoes for walking;

* Several pairs of cotton socks.

* Bathing suit, flip flops for hot springs, sarong or shorts for sweat lodge

* Loose, comfortable cotton and windproof material trousers.

- * Cotton shirts and 2 sweatshirts;
 - * Medium sized backpack for daily journeys and for the 2-day visit to Machu Picchu as heavy bags are not allowed on trains.
 - * Camera, phone or alarm clock. Wet wipes are great for areas we visit with more basic toilet facilities. Luggage locks if you prefer.
 - * Chocolates, nuts, candies, energy bars of your choice, but can also be purchased here. If you diet is gluten free, please bring some crackers, almond butter, tahini etc with you.
 - * A notebook and pen for notes
- This is a reference list only, avoid excess weight in baggage so won't pay for it. However, many travelers leave their old clothes (to donate to poor people) to make more space in their luggage when they return back to their countries

SUGGESTED READING MATERIAL:

Cusco II: The Magic of the Munay-Ki: A Love Story by [Diane Dunn](#)
http://www.amazon.com/Cusco-II-Magic-Munay-Ki-Story/dp/1468144758/ref=sr_1_2?ie=UTF8&qid=1385127213&sr=8-2&keywords=Diane+Dunn

Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer, and Visionary by [Angeles Arrien](#) http://www.amazon.com/The-Four-Fold-Way-Walking-Visionary/dp/0062500597/ref=sr_1_1?ie=UTF8&qid=1385127453&sr=8-1&keywords=Four+Fold+Way

Shamanic Wheels and Keys: Harley Swiftdeer Reagan:
<http://www.sweetmedicineshoppe.com/shamanicwheelsandkeys.aspx>

FOOD IN PERU:

Peru is known the world over for its amazing food. Here are a few tips on the famous food in Peru and a recipe to make your own Ceviche...ENJOY!

10 Top Things to Eat in Peru

<http://travel.nationalgeographic.com/travel/top-10/peru/machu-picchu/food-drink/>

Ceviche Recipe

<https://www.youtube.com/watch?v=3oHT9eHD4pA>

Some Videos about the Sites in Sacred Valley, Peru

(Check You tube for more)

Pisac market

<http://www.youtube.com/watch?v=hWXBToOQxtY>

Pisac Ruins

<http://www.youtube.com/watch?v=NSSSbhOo214>

Temple Of The Condor At Ollantaytambo

<http://www.youtube.com/watch?v=5uE7Ke5Md0Y>

Machu Picchu

<http://www.youtube.com/watch?v=6jJW7aSNCzU>

Your Hosts from North America:

White Eagle Medicine Woman: *Chair of the Board, Executive Director, Drum Keeper, International Healer and Teacher. Ceremonial & Performance Artist*



White Eagle Medicine Woman's (Suraj Holzwarth) adventurous life began early, when at the age of 19 she moved to Alaska and became the youngest woman to climb Denali, North America's highest peak. With a deep love for the earth, she spent most of her early years in the wilds and guided wilderness expeditions throughout the world for over twenty years. In the late 90's she received a vision in dreams with indigenous Grandmothers to create the world's largest healing drum. Beginning in 2000 and taking over a year to construct, White Eagle and the multicultural Alaskan community built the seven-foot, crystal inlaid GrandMother Drum. In 2001, White Eagle and Grandmother Drum were launched on their first of many World Peace Tours inspiring unity, peace and "drumming up" awareness of earth sustainable projects with the theme "*The Heartbeat of One Family, One Earth*."

White Eagle is the founding director and Drum keeper of the GrandMother Drum International Peace Project and the 501c3 non-profit Whirling Rainbow Foundation. She is internationally known as a shamanic healer, seer, trance-medium, author, speaker, teacher, ceremonial and performance artist of Native American and European ancestry. She has traveled over a million miles touching a million people in 20 countries promoting unity, peace, tribal reconciliation, and earth sustainability. As a singer, chantress and world musician, White Eagle's voice has a primal and mesmerizing quality, penetrating to the very heart and soul of our indigenous connection with each other and the earth. Her CDs include "*Journey of the Heart*", "*Songlines of the Soul*", "*Living Waters of Grace*" and the newly released double CD, "*Holy Ground*". She is a master drum maker having made more than 5000 hand drums and 50 Community Mother Drums (3 feet crystal inlaid drums).

White Eagle is also the director and co-producer of the documentary film "*GrandMother Drum: Awakening the Global Heart*", selected as the Top 20 Spiritual Films at the Tel Aviv Spirit Film Festival in 2008. In 2010 and 2012, the "*Traveling Song*", and "*Birthing Chant*" respectively won the "*Alaska Song of the Year*" in the World Music Category. She is the author of "*The Magic Bundle*" children's book, and "*Songs of A New Earth*" songbook as well as the director of the Rainbow Fire Mystery School, operating month long shamanic schools in Alaska, Hawaii and Peru. Her extensive spiritual teachings are found in the "Language of One" and the "Heart of One" books and online courses. In 2013, White Eagle launched the **Global Blue Flame Planetary Grid** ceremony, activating and renewing the earth's grid in a one day ceremony annually with 62 trained groups worldwide.

Renamed by her tour staff, "*Indiana Jane*" for her utter perseverance to fund and travel the 7ft thundering symbol of the heartbeat of love globally, White Eagle has certainly "*traveled to the beat of a different drummer*," placing herself in the midst of countless social, racial tribal and political conflicts, environmental crisis' and personal loss to sound the urgent call in awakening the heart of humanity. She has been honored to be initiated by many indigenous Elders and has been passed many of their ancient medicine bundles and global responsibilities. As a mother of two beautiful children and a total lover of humanity, White Eagle feels passionate that humanity can only move forward through positive prayerful activism focusing on the highest good of all and has often been referred to as the "Mother of the Rainbow Nation." This is White Eagle's sixth year in Peru.

Michaela Ashaneya Baumgartner

Tour Manager and Program Coordinator, International Healer & Teacher, Performance Artist, Author, Board Member



Michaela Ashaneya Baumgartner is an international Healer, Trance-Medium, Writer, Performance, Visual & Ceremonial Artist. She serves as Tour Manager, Program Coordinator and honorary Board Member for the Whirling Rainbow Foundation.

As a Cultural Arts Teacher and Drum Keeper of the 3 foot, crystal-inlaid Community Mother Drum “Amazon Queen”, she also tours internationally on her own. Her flute music is included in the newly released “*Holy Ground*” CD. Born in Austria, Michaela trained throughout her childhood and teenage years in flute and dance, theater and radio. Her love for literature, philosophy, the arts and journalism determined her studies after High School and she graduated from the University of Vienna, Austria, with a Master’s Degree in German Philology and Communication Sciences & Media Studies in 2004.

Her thesis about “Thunderstorm Literature in the 18th Century” was published. She then graduated from a certified training at the Upper Austrian Journalist Academy and started her career as a political journalist. She was known for her courageous and critical voice for political, social and environmental justice. As a young woman, she held her ground in the heat of political conflict and threats in a traditionally male-dominated field.

In 2009, a series of initiations began for Michaela that would change her life forever. Within a year, her long-term relationship broke up and she faced a severe heart inflammation. She began to question her path and search for her true mission. In the same year, she quit her high adrenaline career as a journalist and moved to Canada to work on a Guest Ranch with 20 sled dogs. In Canada her initiations intensified when she lost all of her belongings in a cable-fire in her van, and a month later, her only 19-year old brother died in a tragic car accident in Austria. His death was her ultimate heartbreak and became a huge turning point. To navigate her loss, Michaela went on a healing quest, traveling 20,000 miles alone in a 20-year old car across West Canada and Alaska. The wild land and animals began to mend her soul and taught her to come home to her own authentic nature. The inner breakthrough happened when she had her first communication from her brother in the Spirit World. As she broke through the illusions of death and separation, she began to make her greatest wound her greatest gift. The ability to commune with the invisible world set her on her true soul's calling. By the end of her 7 months journey, she met White Eagle Medicine Woman in Alaska and was intrigued by her global peace, healing and sustainability work.

Returning to Austria, Michaela then worked with special needs children, graduated from her certified training in the Australian healing method, the "Bowen Technique", and started to treat clients. She self-published "Rainbow Land – A Journey To Myself", a German book about her transformational journey and gave a public photo-show of her voyage.

In 2011, she followed her inner guidance to attend the Whirling Rainbow Foundation's Shamanic Program in Peru and there found a truly aligned spiritual path. Michaela began the foundation's 4 year Rainbow Path Apprenticeship Program. Over these 4 years, she was a full-time volunteer, touring 14 countries with the GrandMother Drum Ensemble and also traveled alone as a Community Mother Drum Keeper, teaching and being initiated by indigenous Elders across the world. She served as a Healer, Performance Artist, Tour Manager, Program Coordinator, Drum Maker, Photographer, German Translator, Editor, Host and Board Member. In 2015, Michaela graduated from the foundation's "Master Program of the Shamanic Arts" and has now joined the staff. This is Michaela forth year traveling and teaching in Peru.

www.whirlingrainbow.com

