

The Hearts Center Pilgrimage to Peru

Package #1

Sacred Valley, Machu Picchu and Lake Titicaca

Daily Itinerary, December 14-22, 2012

(Note: All times are approximate)

Day 1: Friday, December 14: Arrival in Lima (Overnight in Lima at the Manhattan Inn Hotel)

- Travel from home city to Lima and transported to the Manhattan Inn Hotel

Day 2: Saturday, December 15: Flight to CUSCO (Overnight in Cusco at the San Agustin Internacional Hotel - B, D)

Cusco is considered the Naval of the Universe and Center of the Incan Empire. It is laid out in the shape of a Puma, the second animal guide of the Incas, the guardian of the middle world. The other two animal guides of the Incas are the serpent, the guardian of the lower world, and the condor, guardian of the upper world. Cusco is at an elevation of 10, 500 feet and it takes time to acclimate. Take it very easy today. Rest lying down for at least 2 hours and eat lightly.

- 5:30-7:00 Breakfast at Manhattan Inn Hotel in Lima
- 7:30 Be in the lobby, checked out of the hotel and ready to depart for the Lima airport
- 10:35 -11:55 Flight to Cusco.
- 12:00-1:30 Collect baggage, transfer and check in to hotel. Transfer to San Agustin Internacional Hotel. Take time to adjust to the altitude with rest and Coca tea
- 1:30-2:30 Rest and light lunch on your own
- 2:30-4:30 Optional – Rest or meet with our guide and take a walking tour of historic Cusco and the cathedrals in the Plaza de Aramis
- 4:30-7:00 Meet with guide and group meeting/spiritual practice
- 7:00 Dinner at hotel



Day 3: Sunday, December 16: PISAC and OLLANTAYTAMBO

(Overnight in Aguas Calientes at the Taypikala Hotel or Inti Punku Inn - B, L, D)

As we begin our pilgrimage to Machu Picchu, we follow the Urubamba River up the Sacred Valley stopping in Pisac and Ollantaytambo. The Pisac and Ollantaytambo ruins are the most important ruins in the valley with their agricultural, administrative, social, military, spiritual and political roots. The hillsides are dotted with innumerable Inca constructions, including fortresses and magnificently crafted temples and terraces.



The town of Ollantaytambo is strategically built on a mountainside that dominated the three valleys that come together at this point. The town appears to have been master planned based on the architectural style and layout of its streets and squares, the design of its water and sewage system and the use of massive polyhedral stones and trapezoidal doorways each cut perfectly to fit and withstand any natural disaster.

Overlooking Ollantaytambo is Viracocha – the great creator god in Incan mythology. According to legend, Viracocha rose from the darkness to bring forth light and breathed life into stones to make mankind.

6:30-8:00 Buffet breakfast at hotel

8:30 Be in lobby ready to leave for Pisac and Machu Picchu. *Note: The majority of our luggage will remain at San Agustin Internacional Hotel in Cusco. We will only take with us an overnight bag with enough clothing and personal items for the next two nights. Make sure you have checked out of your room and checked in the luggage you are leaving at the hotel.*

9:30-11:00 Visit the Sunday Pisac Mercado de Trequé (the locals' market) where the natives trade vegetables, herbs and potatoes for other goods like matches, oranges and medicines. This market dates back to ancient days when Peruvians in the highlands depended on trade. This is an artesian market, where you



can practice haggling for Peruvian goods, such as woven blankets, silver jewelry, alpaca sweaters, musical instruments, artwork and other goods.

- 11:00 Leave for Ollantaytambo. Stop for lunch on the way.
- 2:00-3:45pm Visit the ancient city of Ollantaytambo. We find a 'quiet' place within the city for *spiritual service and practice*.
- 4:36-6:09pm Train from Ollantaytambo to Aguas Calientes
- 6:10-7:00 Transfer and check in to hotel (Inti Punku Inn or Taypikala Hotel)
- 7:15 Dinner at Taypikala Hotel

Day 4: Monday, December 17: AGUAS CALIENTES (MACHU PICCHU)

(Overnight at the Inti Punku Inn or Machu Picchu Taypikala Hotel - B, D)

Aguas Calientes is at the base of the 'Crystal City' of Machu Picchu. With great anticipation, we continue our pilgrimage to Machu Picchu celebrating our true essence, as the Children of the Sun. Our pilgrimage includes a visit to the Seven Places of Power intertwined with meditation and ceremonies to connect us fully to the energetic power of Machu Picchu. Every invocation made at Machu Picchu is amplified to incalculable proportions due to the stone complex's high voltage magnetic focal point.

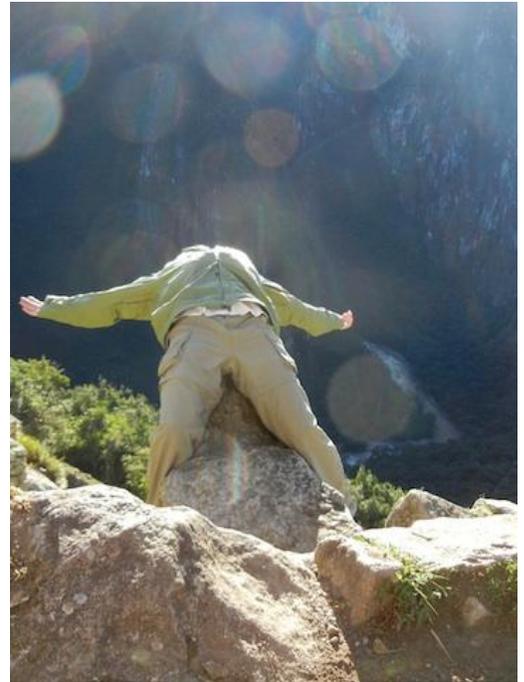
- 7:00-7:45am Buffet breakfast at hotel
- 8:00 Leave hotel with daypack for the bus stop
- 8:00-8:30 Bus ride to Machu Picchu
- 8:30am-5:00pm Flexible schedule with spiritual practice, tour, visit to the Seven Places of Power.
Lunch on own. Can eat a snack you bring with you or buy lunch at the snack bar or Machu Picchu Sanctuary Hotel.
- 5:00 Take bus on own back down to Aguas Calientes and return to hotel
- 6:30-8:00 Dinner at Taypikala Hotel



Day 5: Tuesday, December 18: From AGUAS CALIENTES to CUSCO

(Overnight in Cusco at the San Agustin Internacional Hotel - B)

We return to Machu Picchu for a sunrise ceremony, merging our energies with this sacred site and deepening our understanding of the Inca mythology. We connect with the mountains of Machu Picchu and Wayna Picchu, spreading our wings and taking flight into the new light of day.



- 4:45-5:20am Buffet breakfast at hotel
- 5:20 Leave hotel with daypack for bus ride to Machu Picchu (Bring all luggage down to lobby)
- 6:30-9:30 Sunrise Service & Spiritual Practice in Machu Picchu
- 9:30-12:30 Enjoy this time following your intuition and exploring Machu Picchu at your own pace. You may desire to climb the sacred peak of Wayna Picchu, hike to the Temple of the Moon, walk to the Sun Gate or Inca Bridge or further explore the Royal Tomb, the Funerary Rock, the Sacred Plaza, the Condor Temple or the Intihuatana Stone.
- NOTE:** You return to Aguas Calientes via the bus on your own. You must be at the bus stop in Machu Picchu NO later than 12:30 to catch the return bus to Aguas Calientes to assure you will be at the hotel in time to go to the train station.
- Lunch on your own either in Machu Picchu or Aguas Calientes (Watch your time to make sure you are ready to go at 1:45 PM)
- 1:45pm Be in lobby with all luggage ready to leave the hotel for the train station
- 2:30-4:04 Take an afternoon train back to Ollantaytambo
- 4:00 - 6:00 From Ollantaytambo, bus back to Cusco to the San Agustin Internacional Hotel. Check in.
- 7:00 Dinner on your own in Cusco

Day 6: Wednesday, December 19: From CUSCO to PUNO

(Fly to Juliaca and overnight in Chucuito, outside Puno, at the Taypikala Hotel - B, D)

Today we spend the morning in Cusco and then fly to Juliaca in the afternoon. Juliaca is about one and a half hours from Chucuito on Lake Titicaca where we stay for the remainder of our pilgrimage. At the Taypikala Lago Hotel, we relax on the shores of Lake Titicaca - the highest navigatable lake in the world. As you take time to adjust to the higher altitude – 12,500 feet – meditate in the crystal gardens, walk the labyrinth, relax under the gazebo or in your room.

- 7:00-8:30 Buffet breakfast at hotel
9:00-11:00 Spiritual practices/ service
11:00-1:00 Lunch on your own in Cusco
1:00 Be in lobby ready with ALL luggage to leave for airport

Note: Since we will not be returning to Cusco, take ALL belongings with you to Chucuito.

- 3:35-4:35 Fly to Juliaca (Puno)
5:00-6:30 Bus to Chucuito and check in to Taypikala Lago Hotel

6:45-7:15 Welcome to Lake Titicaca. Orientation to the Lake Titicaca area, Chucuito and The Hearts Center Pilgrimage

7:15 Dinner at hotel with entire Hearts Center Group



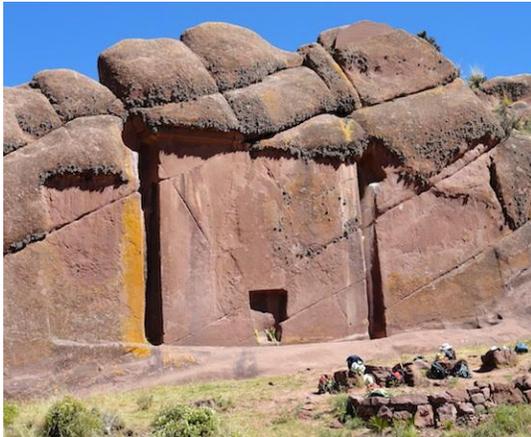
Day 7: Thursday, December 20: MERU UNIVERSITY 1208 CLASS in the CONFERENCE CENTER of the TAYPIKALA HOTEL (Overnight in Chucuito at the Taypikala Hotel - B, L, D)

- 6:00-7:30 Sunrise service with sun gazing on the shore of Lake Titicaca
7:30-8:30 Buffet breakfast at hotel
9:00-12:00 Hearts Center Meru University 1208 class
12:00-2:00 Lunch at hotel
2:00-5:00 Hearts Center Meru University 1208 class
6:00-7:30 Dinner at hotel

Day 8: Friday, December 21: UROS ISLANDS and INTERDIMENSIONAL GATEWAY of LORD ARAMU MURU (Ceremony of Passing the Mantle) (Day trip with overnight in Chucuito at the Taypikala Hotel - B, L, D)

This is the day we have been waiting for! We awaken early to greet the sun as it moves into Capricorn on this sacred day.

After breakfast, we continue our spiritual pilgrimage to Alayu Marka, the house of the ancient Spirits and Masters. After paying tribute to the Puma and walking along the Great Serpent's back, we will make our way to the Condor at the Interdimensional Gateway of Lord Aramu Muru, also known as the dimensional doorway of the Ancient Ones.



This gateway was not known for many years until Jorge Luis Delgado saw it in a dream. He went to his elders who told him he had a sacred responsibility to re-discover this place...and so he did! After we connect with the vortex energy and venture through the portal to other dimensions and worlds, we will participate in the ceremony of the mantle being passed from the God and Goddess Meru to Lanello and Clare de Lis.

Upon completion of our ceremony, we go to Puno and board our boat to cross Lake Titicaca, the highest navigable lake in the world, to the Uros – reed islands. The Uros Islands are totally constructed from reeds including their houses and boats. We set sail in the Uros reed boats to bask in the higher frequencies and dream about our sacred purpose.

- 6:00-7:00 *Sunrise service as the sun moves into Capricorn (6:12 AM)*
- 7:00-8:00 Buffet breakfast at hotel
- 8:30 Be in lobby with day pack ready to leave for the Interdimensional Gateway.
- 9:30-12:00 Meditation and preparation for Ceremony
- 12:00-1:30 Ceremony of the Passing of the Mantle
- 2:00-3:30 Bus to Puno Harbor with box lunches in the bus on the way
- 4:00-5:30 Visit the Uros and take a ride in a reed boat to dream our purpose into manifestation.
- 5:30–6:30 Return to hotel
- 7:00 Celebratory dinner at hotel



Day 9: Saturday, December 22: PUNO to LIMA to HOME

(End of tour for those not continuing on one-day extension - B)

Today is the last day of our sacred pilgrimage. With all the potential energies we experienced and integrated, you can choose to live a NEW LIFE – a DIFFERENT LIFE – a DIVINE LIFE. Always remember that life is a Divine Adventure!

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| 6:30-8:00 | <u>Optional sunrise service</u> and sun gazing |
| 8:00-9:00 | Buffet breakfast at hotel |
| 9:30 | Be in lobby with ALL luggage ready to leave for the airport in Juliaca to fly to Lima |
| 12:40-2:20 | Flight to Lima to connect with international flights |

Package #2
Main Tour to Lake Titicaca
Detailed Daily Itinerary, December 17-22, 2012
(Note: All times are approximate)

**Day 1: Monday, December 17: ARRIVE in LIMA
(Overnight in Lima at the Manhattan Inn Hotel)**

- Travel from home city to Lima and transported to the Manhattan Inn Hotel

**Day 2: Tuesday, December 18: LIMA to PUNO (Lake Titicaca)
(Fly to Juliaca and overnight in Chucuito, outside Puno, at the Taypikala Hotel: B, D)**

Today we fly to Juliaca. Juliaca is about one and a half hours from Chucuito on Lake Titicaca where we stay for the remainder of our pilgrimage. At the Taypikala Lago Hotel, we relax on the shores of Lake Titicaca - the highest navigable lake in the world. As you take time to adjust to the high altitude – 12,500 feet – meditate in the crystal gardens, walk the labyrinth, relax under the gazebo or in your room.

- 5:30-7:00 Buffet breakfast at Manhattan Inn Hotel in Lima
- 7:30 Be in the lobby, checked out of the hotel and ready to depart for the Lima airport
- 10:25 -12:05 Flight to Juliaca
- 12:00-2:00 Collect baggage, transfer and check in to Taypikala Lago hotel
- 2:00-6:00 Have a light lunch on your own and then rest to acclimate to the altitude
- 6:00 Dinner at hotel

**Day 3: Wednesday, December 19: CHUCUITO on LAKE TITICACA
(Rest all day in Chucuito to acclimate. Overnight in Chucuito, outside Puno, at the Taypikala Hotel - B, D)**

- 6:00-7:30 Optional sun gazing
- 7:30-9:30 Buffet breakfast at hotel
- 9:30-6:30 On your own to rest and acclimate to the high altitude. If feeling adjusted, choose from walking the labyrinth, meditating in the crystal gardens, exploring Chucuito (Fertility Garden, town square, cathedral), taking a taxi into Puno.



- 6:45-7:15 Welcome to Lake Titicaca. Orientation to the Lake Titicaca area, Chucuito and The Hearts Center Pilgrimage
- 7:15 Dinner at hotel with entire Hearts Center Group

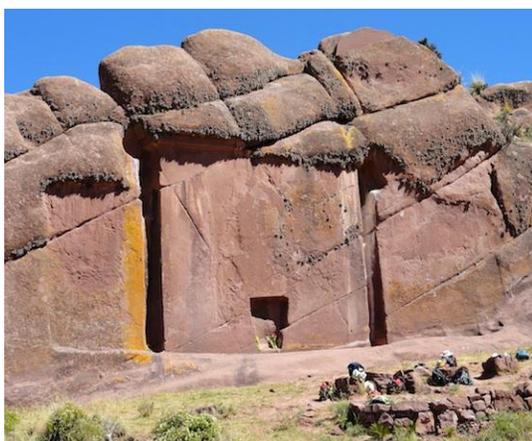
Day 4: Thursday, December 20: MERU UNIVERSITY 1208 CLASS in the CONFERENCE CENTER of the TAYPIKALA HOTEL (Overnight in Chucuito at the Taypikala Hotel - B, L, D)

- 6:00-7:30 Sunrise service with sun gazing on the shore of Lake Titicaca
- 7:30-8:30 Buffet breakfast at hotel
- 9:00-12:00 Hearts Center Meru University 1208 class
- 12:00-2:00 Lunch at hotel
- 2:00-5:00 Hearts Center Meru University 1208 class
- 6:00-7:30 Dinner at hotel

Day 5: Friday, December 21: UROS ISLANDS and INTERDIMENSIONAL GATEWAY of LORD ARAMU MURU (Ceremony of Passing the Mantle) (Day trip with overnight in Chucuito at the Taypikala Hotel - B, L, D)

This is the day we have been waiting for! We awaken early to greet the sun as it moves into Capricorn on this sacred day.

After breakfast, we continue our spiritual pilgrimage to Alayu Marka, the house of the ancient Spirits and Masters. After paying tribute to the Puma and walking along the Great Serpent's back, we will make our way to the Condor at the Interdimensional Gateway of Lord Aramu Muru, also known as the dimensional doorway of the Ancient Ones.



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Upon completion of our ceremony, we go to Puno and board our boat to cross Lake Titicaca, the highest navigable lake in the world, to the Uros – reed islands. The Uros Islands are totally constructed from reeds including their houses and boats. We set sail in the Uros reed boats to bask in the higher frequencies and dream about our sacred purpose.

- 6:00-7:00 Sunrise service as the sun moves into Capricorn (6:12 AM)
- 7:00-8:00 Buffet breakfast at hotel
- 8:30 Be in lobby with day pack ready to leave for the Interdimensional Gateway.
- 9:30-12:00 Meditation and preparation for Ceremony
- 12:00-1:30 Ceremony of the Passing of the Mantle
- 2:00-3:30 Bus to Puno Harbor with box lunches in
the bus on the way
- 4:00-5:30 Visit the Uros and take a ride in a reed
boat to dream our purpose into manifestation
- 5:30-6:30 Return to hotel
- 7:00 Celebratory dinner at hotel



Day 6: Saturday, December 22: PUNO to LIMA to HOME

(End of tour for those not continuing on one-day extension. B)

Today is the last day of our sacred pilgrimage. With all the potential energies we experienced and integrated, you can choose to live a NEW LIFE – a DIFFERENT LIFE – a DIVINE LIFE. Always remember that life is a Divine Adventure!

- 6:30-8:00 Optional sunrise service and sun gazing
- 8:00-9:00 Buffet breakfast at hotel
- 9:30 Be in lobby with ALL luggage ready to leave for the airport in Juliaca to
fly to Lima
- 12:40-2:20 Flight to Lima to connect with international flights

Package #3
 Island of Taquile
 Detailed Daily Itinerary, December 22-23, 2012

Day 1: Saturday, December 22: ISLAND OF TAQUILE

(Overnight in Chucuito at the Taypikala Hotel - B, L, D)

We go to Puno and board our boat to cross Lake Titicaca, the highest navigable lake in the world, to the Island of Taquile - the place of the Retreat of the Solar Disc. The Island of Taquile is known for its several Inca ruins as well as its unique lifestyle.

The natives of Taquile run their society based on community collectivism and on the Inca moral code of ama sua, ama llulla, and ama qhilla (Quechua for, "Do not steal, do not lie, do not be lazy.") Every islander shares the responsibilities and the rewards. For most of the residents, spinning yarn and weaving intricate patterns thousands of years old are as important to everyday life as farming and cooking, with most of the knitting being done by the men!



- 6:30-7:15 Buffet breakfast at hotel
- 7:20 Leave hotel with daypack for Puno Harbor to board our boat to the Island of Taquile
- 10:30 – 4:00 Explore the Island of Taquile. We will hike up to an island ruin or down to the beach for spiritual practice/service.
- 1:00-2:00 Lunch with Islanders
- 4:00-6:00 Return to Puno by boat
- 6:30-7:30 Dinner at hotel or in Puno



Day 2: Sunday, December 23: PUNO to LIMA to HOME (End of tour - B)

Today is the last day of our sacred pilgrimage. With all the potential energies we experienced and integrated, you can choose to live a NEW LIFE – a DIFFERENT LIFE – a DIVINE LIFE. Always remember that life is a Divine Adventure!

- 6:30-8:00 Optional sunrise service and sun gazing
- 8:00-9:00 Buffet breakfast at hotel
- 9:30 Be in lobby with ALL luggage ready to leave for the airport in Juliaca to fly to Lima
- 12:40-2:20 Flight to Lima to connect with international flights

