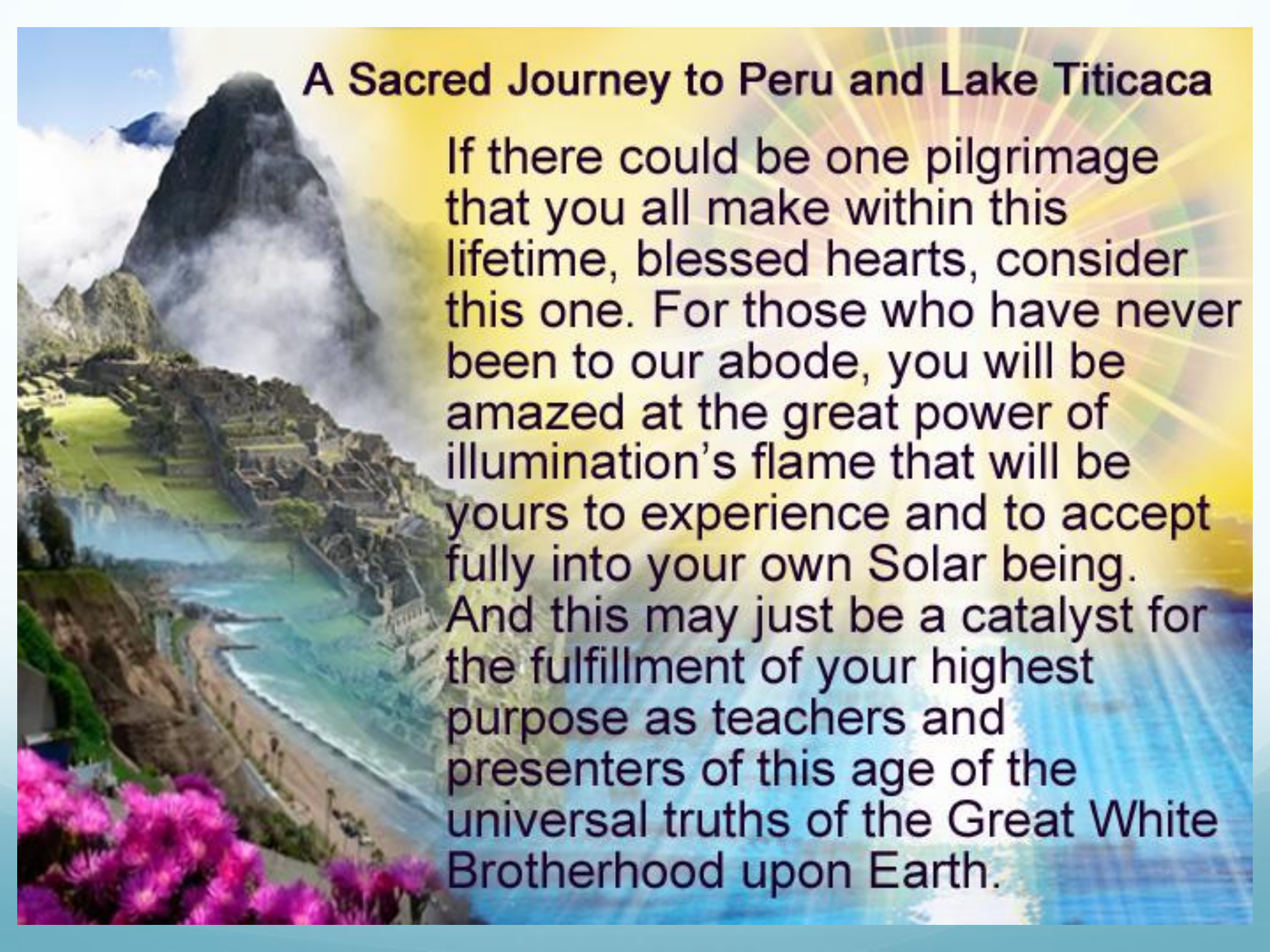


# Hearts Center Pilgrimage to Peru

December 14-23, 2012

Question & Answer



## A Sacred Journey to Peru and Lake Titicaca

If there could be one pilgrimage that you all make within this lifetime, blessed hearts, consider this one. For those who have never been to our abode, you will be amazed at the great power of illumination's flame that will be yours to experience and to accept fully into your own Solar being. And this may just be a catalyst for the fulfillment of your highest purpose as teachers and presenters of this age of the universal truths of the Great White Brotherhood upon Earth.

# Arrival in Lima

- Fill out visa form receive on the plane
- Upon landing, follow signs (crowd) to immigration
- Have passport & visa ready
- Get passport stamped and receive back bottom of visa form (KEEP WITH PASSPORT for entire trip!)
- Continue to baggage pick-up
- Once receive baggage, continue to exit line
- At front of exit line, push button:
  - Receive green light, continue out exit
  - Receive red light, go to have baggage hand checked, then exit

# Exit to Transportation

- Proceed out exit into main terminal area (with your luggage) to the roped area where people are waiting to pick you up
- Look for person holding sign saying “Hearts Center” (or your name if only a few people)
- Get directions from transport person where to wait until everyone in party has arrived
- Receive transport to your hotel

# Airport Hotel

- Manhattan Inn is 20-30 minutes from airport
- Reduces travel time to airport on following day
- Clean, basic hotel
- Noise in Lima
  - New roommates
  - Bring ear plugs if light sleeper (Mack's Pillow Soft)
- Courtesy to other guests when checking in
- Most hotels do not have elevators – bus boys can help you to room



# Hotel Check-in

- All hotels have your names and room assignments prior to check-in
- Receive registration form, sign and return with:
  - Passport
  - Visa
- Your passport and visa needs to be copied for tax reporting and may not be ready until later or next morning
- Receive key
  - Please be quiet when arriving late!

# Departure to Airport

- Breakfast is included and served from 5:00 AM on
- Transport picks up at the hotel approximately 2.5 hours before flight
- Settle up bill (food/phone etc.) and RETURN KEY
- Be in lobby ready to go with luggage at 7:45 AM
- Please make sure your roommate is there and
  - Package 1 check in with Holly Norton
  - Package 2 check in with Nancy Frenner

# Arrival at Airport

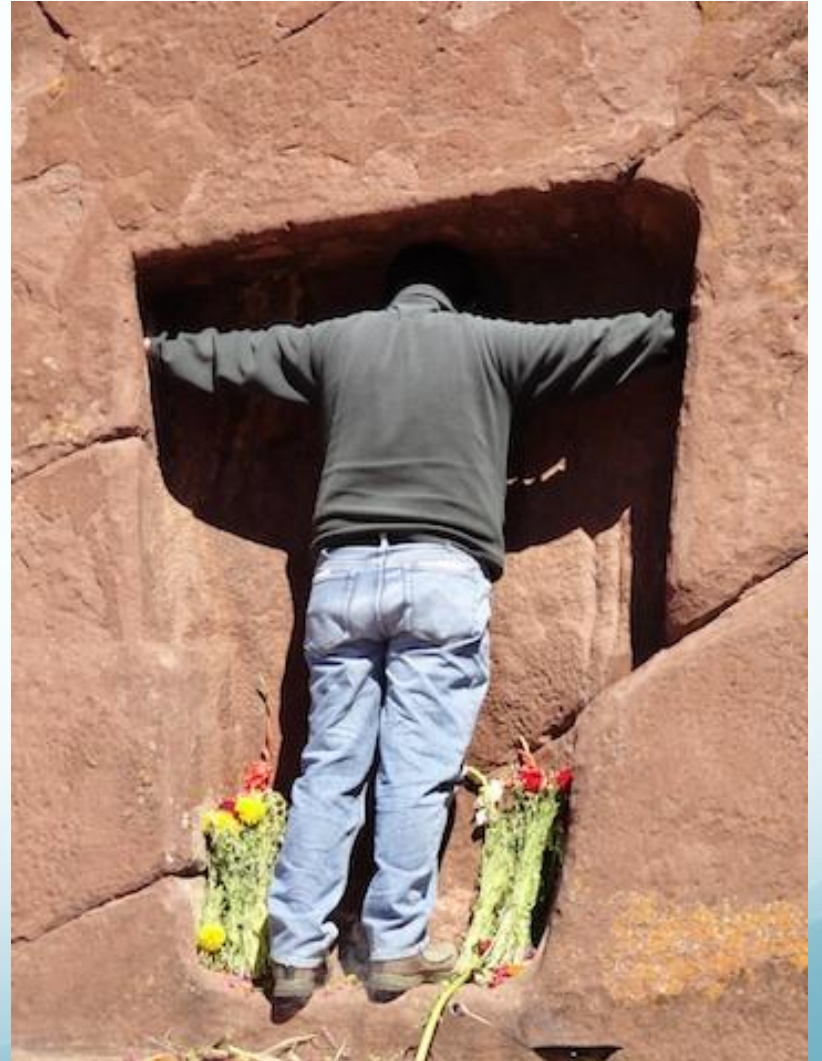
- Gather ALL belongings from bus
- Stay with group as enter airport & check-in
- Need passport & flight info for check-in
- Proceed up escalator to security & gate
- Be at gate 1 hour before flight
- Upon landing, stay with group to get luggage
- Proceed outside for hotel transport (transport person has sign)





# Things to be Sent to You

- Internal flight schedule and confirmation
- Transfer schedule from Lima airport to Manhattan Inn
- Roommate assignments/'buddy' list
- Emergency contact list for all hotels
- Copy of itinerary (be aware that the itinerary can change as circumstances require)





# Before You Leave

- Make copies of key documents (i.e. flight tickets, passport, traveler's insurance, medical card, charge/debit cards, birth certificate)
  - Tip: scan and email to self and emergency contact
- Immunizations (if desired)
- Medical/dental/vision check-ups (recommended)
  - 65 or older or those with inherent medical conditions need doctor OK
- Obtain personal prescription medications & if desired, prophylaxis antibiotic (Cipro), altitude sickness (i.e. Diamox), sea sickness

# Packing

- Luggage weight limits
- Daypack (pack extra clothes)
- Daypack or other smaller bag for 2 night journey to Machu Picchu
- CLEARLY mark your bags (good to note Hearts Center group & address of 1<sup>st</sup> hotel)
- Pack as light as can since you will be carrying your own luggage
- Pack clothes that can be layered since various altitudes and temperatures

# Packing

- Clothes (washable, durable, light)
- Telescoping walking sticks
- Valuables and jewelry
- Snacks
- Swimsuit?
- See Traveler's Guide for LOTS of information & suggestions on what to pack







# Prayers & Songs

- Bring these prayers & songs from Lanello's new CD:
  - We Claim the Mantle 0.004
  - Holy Spirit Affirmations 30.011
  - Bodhidarma - Song 32
  - I AM the Magnanimous Heart 30.004
  - I AM the Magnanimous Heart - song 60
  - I Have the Strength of Ten 40.003
  - Sun-King, Sun-King, Blaze Your Fire! 20.028
  - O Clare de Lis! 20.027
  - Prayer for the Holy Children 4.001
  - Lanello, Our Jolly-Good Fellow - song 131

# Health Issues

- Drink bottled water and/or boiled water (brush teeth with this, too)
- Avoid ice unless you know it is pure (anything served in our hotels is OK)
- High altitude and dehydration
- Sea sickness
- Get in shape!!!



# Money Matters

- Let banks/cc companies know you will be out of the country so they don't stop transactions
- Make sure have PIN numbers to debit/credit cards
- Minimize number of cards and cash you carry
- Check with bank/credit card companies to determine best way to obtain money while in Peru
- ATMs usually best option
  - Get money as needed
- Cash must be CRISP, no tears, marks or creases

# Money Matters (cont)

- Most services are cash transactions
- Can exchange money at the airport (especially pilgrims on Package #2)
- Smaller denominations for vendors
- Money belt – safes in hotels
- Money to budget for “extras”
- No Exit Tax



# Communication with Home

- Use internet via Skype or other internet program
- Check with cellular carrier about international usage
- Emergency contact list to family & friends
- Do not recommend bringing computer (I-pad?)
- Fewer opportunities in Lake Titicaca

# Traveler's Insurance

- Not too late
- Highly recommended
- [www.worldnomad.com](http://www.worldnomad.com) or [www.insuremytrip.com](http://www.insuremytrip.com)
- Make sure it covers what existing policies do not
- Determine what willing to risk to help decide limits
- Check cancellation terms & conditions (i.e. medical emergency, flight delay, baggage)
- Cancellation policy

# Miscellaneous

- Hotels
  - Very nice hotels (other than basic airport hotel)
  - Crystal gardens
  - Labyrinth
- Meals (see itinerary for ones included)
  - All breakfasts included
  - Pkg 1 – 9 additional meals (L&D)
  - Pkg 2 – 6 additional meals (L&D)
  - Pkg 3 - 2 additional meals (L&D)
- Restaurants





# Miscellaneous (cont)

- Travel methods & time between locations
- Electrical requirements
- RELEASE & EMERGENCY CONTACT & DOCTORS FORMS
- Safety
- Tips
- Gifts for children

**ENJOY YOUR  
DIVINE ADVENTURE!**





In Munay,  
Junia