

PERU: THE WAY OF THE ALTOMESAYOK

LUCID DREAMING & ENVISIONING

JANUARY 14-25, 2019



Golden Light Healing, in alliance with Rainbow Jaguar Institute, are excited to offer an exclusive opportunity for *mesa carriers only* to delve deeper into the mystery teachings of the elusive world of the altomesayok shamans of Peru. The theme of this journey is **Lucid Dreaming & Envisioning**. Under the guidance and tutelage of international teacher, Jose Luis Herrera, an entourage of respected native shamans, and Amy & David Wilinski, you will explore ancient sacred sites and participate daily in ceremony and ritual.

HIGHLIGHTS

- ❖ You will have the honor of participating in several altomesayok ceremonies and learn directly from the Apukuna.
- ❖ You will receive rites of initiation (karpay) from the local medicine people.
- ❖ Teachings by the native shamans and participation daily in Andean rituals and ceremonies.
- ❖ Exclusive use of Maras Tambo Healing Center for our group
- ❖ 2-night stay as guests in villager's homes in a local village
- ❖ 5-star Gourmet Meals
- ❖ Opportunities for optional private healing sessions and/or coco leaf readings with the native medicine people.

ITINERARY

Please note: This itinerary is a representative sample of the experiences you will have on this amazing journey. There will be many additional ceremonies added throughout your time with us that are not listed.

JANUARY 14 MARAS

Welcome to Peru! Book your flight for an early morning arrival into Cusco, the old capital of the Inka. You will be met at the airport by our staff and we will take a scenic drive to the village of Maras. **Maras Tambo**, the healing center of Rainbow Jaguar Institute, is a beautiful center nestled in the Andes Mountains and will be our home base. We will have a welcome luncheon with introductions and orientation. The rest of the afternoon is free to get acclimated to the altitude. Enjoy a relaxing cup of tea as the Andes mountains tower over you as you walk through the gardens and begin dialoguing with the spirit of this amazing land.

Evening opening ceremony with the native medicine people as they lead us in a **Despacho & Fire Ceremony** to bring us in ayni, or right relationship. (L, D)

ALTOMESAYOK EXPEDITION



JANUARY 15 MORAY/MARAS SALT MINES

Morning instruction into the world of the apukuna (mountain spirits) by an amazing altomesayok, dona Alejandrina Escalante. Today you will meet the Apukuna first-hand as we participate in a powerful **Altomesayok Ceremony**. This seldom revealed ceremony to Westerners gives us the opportunity to deepen our connection with the spirit world as the altomesayok opens the doorway for the materialization of the spirit world.

In the afternoon we visit [Moray](#), the ancient temple dedicated to the Andean Goddess Pachamama. Here we weave our luminous bodies into the land—reconnecting with the Divine Mother. This archeological site contains four concentric terracing ceremonial altars symbolizing the womb of the Goddess. We sit in contemplation at the sacred circle of the Germinations or Phutuy and engage in ceremony with the native medicine people. A short-hike takes us to the [Maras Salt Mines](#). This community endeavor is pre-Incan and still in use today. (B, L, D)

JANUARY 16 PISAC

Medicine people believe that one's identity in the landscape of life is defined by who we are becoming and not by who we have been. We visit the **Temple of the Visionary** at [Pisac](#) 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 the visionary within. This site is one of the finest examples of Inka architecture as it displays beautiful cascading terraces, temples, palaces, tunnels, double jamb doors. As we work with the spirit of this place in ceremony we open ourselves up to the dreamer within and envision the infinite possibilities born of faith. We will stop for a brief shopping excursion in the colorful market of Pisac.

Teaching Afternoon with an entourage of medicine people that may include: dona Bernadina Katari, don Hilario Huallpayunca, don Franciso Apaza, and Jose Luis Herrera as they instruct us in methods of healing. Demonstrations and hands-on practice. (B, L, D)

ALTOMESAYOK EXPEDITION



JANUARY 17 OLLANTAYTAMBO

The Temple of the Winds at [Ollantaytambo](#) and connect with the spirit of the Winds. This timeless village with cobblestone streets and water aqueducts flow as they did 500 years ago.

Optional evening **healing sessions** and/or **coco readings** with the native pacos. (B, L, D)

JANUARY 18 MARAS

Experience a powerful **San Pedro/Wachuma Ceremony** at Maras Tambo. Local Wachuma pacos, Jhon and Janneke Loayza, will guide you on your journey while creating a safe, sacred space. You will feel held and supported as you experience the teachings of this beautiful plant medicine. If you prefer not to engage in San Pedro, enjoy a hike around Ay Wayru, the local mountain. (B, L, D)

JANUARY 19 MARAS REGION

This morning we will sit in circle to share and integrate our experiences with Wachuma. At the sacred lake near Chinchero, we will receive a ritual cleansing our medicine bodies (**limpia**) by master pacos as we prepare our luminous bodies for our upcoming rites of initiation.

In the afternoon we continue our dialogue with the mountain spirits at an **Altomesayok Ceremony** through the mesa of don Juanito Fernandez. Optional Evening **Vision Quest** on Ay Wayru—the mountain peak behind Maras Tambo. (B, L, D)

JANUARY 20 QUILLARUMIYOK

A great day of hiking and connecting with the energy of the moon as we visit the ancient **Temple of the Moon** at Quillarumiyok. The commanding sacred rock represents a half moon divided in seven segments symbolizing the rise of the moon across seven days. The site is highly regarded as a hub of fertility and birthing. We will enjoy a picnic lunch at this sacred site. In the afternoon, we will explore and do ceremony in the sacred cave above the ruins. (B, L, D)

ALTOMESAYOK EXPEDITION

JANUARY 21 & 22 VILLAGER'S HOME STAY

We will spend the next two nights as guest's in villager's homes within a community within the Andes. We will have simple delicious meals prepared by the villagers with local and organic foods. We will be guests for the next two nights in the villagers' homes.

Throughout our two-days we will participate in a Despacho and other ceremonies to prepare the way for receiving the rites of passage. After ritual cleansing by the pacos in the glacial lagoons we are blessed by the Apu during a **rite of initiation** (karpay). Overnight in a local villager's home. (B, L, D)

JANUARY 23 VILLAGER'S HOMES/MARAS

We make our way back to our warm showers at our home base of Maras Tambo. Afternoon free to journal and integrate the mountain experiences. Optional evening **healing sessions** and/or **coco readings** by native pacos. (B, L, D)

JANUARY 24 MARAS

We sit in circle with our medicine friends to recapitulate the journey together and discuss how to bring these teachings back to our own communities. **Teachings** with the native Medicine People.

Afternoon **Altomesayok Ceremony** to complete our dialogue with the mountain spirits until we meet again!

Evening Celebration Dinner. (B, L, D)

JANUARY 25 CUSCO TO HOME



Early morning journey to Cusco to visit [Sacsayhuaman](#). Constructed during the reign of Pachacuti (1438-1471 CE) and his successors, its massive, well-built walls remain today as a testimony not only to Inca power but also the skills of Inca architects and their approach of blending their monumental structures harmoniously into the natural landscape. This "head of the puma" reminds us to awaken within ourselves the luminous warrior—the one who vanquishes darkness just by the simple act of letting their

light shine forth. We finish our medicine journey by moving through the cave at **Q'enko** and being ritually re-born.

We will provide group transportation back to the Cusco Airport for your return journey home; please pick a late afternoon/early evening flight. (B, L)

Itinerary subject to change at any time due to the discretion of tour leaders and spirit. ☺

ALTOMESAYOK EXPEDITION

OFFERED BY GOLDEN LIGHT HEALING IN ALLIANCE WITH RAINBOW JAGUAR INSTITUTE



Amy and David Wilinski are owners of Golden Light Healing, a beautiful retreat center nestled in the middle of 200-ares in northeastern Wisconsin. They offer training in shamanism, mediumship and energy healing. Amy blends her training in conventional medicine and the business world with energy healing to bridge the two worlds. Her love of nature and journey of personal healing has led her to learning with various teachers around the world in the shamanic tradition. David is a shamanic artist and steward of the land. He brings a wonderful earth-based, no-nonsense approach to the spiritual path.



Jose Luis Herrera, a Peruvian native, was born into the 10,000-year-old tradition of mountain and jungle wizards and mystics. Jose Luis is highly respected and a recognized steward and teacher of indigenous knowledge and healing technologies. He's the director of the Rainbow Jaguar Institute and teaches Cross Cultural Shamanism and Healing in the Americas and Europe. His prestigious shamanic healing school has mentored, trained, and empowered hundreds of individuals and shamanic practitioners. He is Chairman of the Andean Research Institute, an organization dedicated to preserving the traditions and culture of Peru.

An entourage of native **pacos** and **altomesayoks** will share the wisdom of their medicine traditions with us and lead us in ceremony and rites of initiation. We will also have a local, **university-trained guide** who will teach us about the history and archaeological significance of the sacred sites we visit.



TOUR PRICE

\$3695/person cash or check. \$3795/person if paid with credit card or PayPal.

Based on double occupancy. *We will try to pair you up with a roommate if you are traveling alone and want to take advantage of the double rate occupancy. Early registration will help to facilitate this process, but we cannot guarantee it.*

Single occupancy accommodation is available for an additional \$525.

PAYMENT OPTIONS

OPTION 1: [Email us](#) and we will send you an invoice with a clickable link to pay \$1000 non-refundable deposit or full amount by credit card or bank withdrawal

OPTION 2: Send in full payment of \$3695 by check to Golden Light Healing, 7102 Sundew Rd, Sobieski, WI 54171.

OPTION 3: Send in non-refundable deposit of \$1000 by check to Golden Light Healing to hold your space. Balance is due by check or credit card 60 days prior to trip start date.

ALTOMESAYOK EXPEDITION

INCLUSIONS

- Transportation throughout Peru by private motor coach.
- All lodging accommodations based on double occupancy.
- Meals as detailed in itinerary.
- All entrance fees to archeological sites as outlined in program.
- Activities including talks and group ceremonies by renowned Medicine People.
- Services of Golden Light Healing & Rainbow Jaguar Institute staff.

EXCLUSIONS

- Meals not specified in the detailed itinerary of the tour.
- Beverages are not included.
- Domestic or International flights.
- Transfers for independent arrival or departure.
- Optional gratuities (we recommend a \$120-\$150 donation for coach driver, retreat staff, villager's, etc.)
- Additional hotel nights made necessary by airline schedule changes or other factors.
- Travelers insurance.
- Cost of medical immunizations (if any).
- Items of a personal nature (liquor, laundry, toiletries, phone calls, etc.)
- Optional personal healing sessions and/or coco reading with shamans
- Single supplement charge, if requested. \$525extra

TERMS AND CONDITIONS

A minimum of 15 participants is required for this tour to operate. If the trip is cancelled due to insufficient number of participants you will receive a refund of your land costs paid to Golden Light Healing. All reservations are subject to availability. Please note: This tour requires a fair amount of walking and participants will need a medium fitness level to fully participate. Persons with health or psychiatric problems may find this program physically or mentally trying. We recommend that in case of doubt, a physician or mental health professional be consulted.

CANCELLATIONS & REFUNDS

Written cancellation notice is required. Cancellations after payment of the deposit or balance are subject to the following penalties:

- greater than 60 days--\$1000 initial deposit is forfeited
- between 60-30 days—50% of the total tour price is forfeited
- Less than 30 days—100% of total tour price is forfeited

REFUNDS FOR UNUSED SERVICES

No refunds will be made for no-shows or any other unused services irrespective of whether they form part of the inclusive tour price or are in respect of pre-booked optional arrangements.

TRAVEL INSURANCE

Travel Insurance is strongly recommended to provide coverage for loss of deposit, cancellation fees, lost baggage, medical expenses and other potential travel-related losses in certain circumstances. Most travel insurance companies require purchase of travel insurance at the time of your initial travel reservation or shortly thereafter. The scope of coverage is subject to the terms and conditions of the insurance policy. Golden Light Healing is not responsible for air tickets or additional travel arrangements booked through any source. Cancellations due to travel advisories, acts of war or terrorism, acts of God, Natural disasters, strikes, technical problems, political upheaval or any other circumstances outside the control of Golden Light Healing are not the responsibility of Golden Light Healing. Cancellations for any of these reasons will not be eligible for any form of refund.

RESPONSIBILITY CLAUSE

By agreeing to utilize the services of Golden Light Healing, the tour participant agrees that neither Golden Light Healing, nor Amy or David Wilinski, nor its' affiliates will be liable as per the terms and conditions stated herein. Golden Light Healing is not responsible for any changes in schedule, strikes, delays, acts of governments, acts of God, fires, riots, theft, pilferage, epidemics, quarantine, medical or customs regulations, accident, loss, injury, or damage to you or to those travelling with you, in connection with any accommodation, transportation or any other services, resulting directly or indirectly from any occurrence or conditions beyond its control, including defects in vehicles, breakdown in

ALTOMESAYOK EXPEDITION

equipment, thefts, delays or cancellation. Neither shall be liable for any delay, inconvenience, loss of employment, upset, disappointment, distress or frustration, whether physical or mental, resulting from the act or omission of Golden Light Healing. In addition, neither Golden Light Healing nor David or Amy Wilinski shall be liable for any damage, loss, claim, cost or expense arising out of personal injury, accident, death, loss, damage or delay of baggage or other property.

Golden Light Healing cannot be held responsible for the late arrival of passengers at airports or resorts due to weather, acts of God or any other incident outside their control, nor are they to be held liable for payment or any refund for unused hotel accommodation or meals occasioned by such late arrivals. Golden Light Healing and suppliers contracted for services reserve the right to refuse to accept or retain any person whose behavior is deemed likely to affect the smooth operations of a tour, or adversely affect the enjoyment or safety of other passengers. Golden Light Healing, its agents, and suppliers shall be under no liability to any such person for refund, compensation, repatriation or any other matters arising. Golden Light Healing is not responsible for circumstances beyond its control including trip cancellations resulting from the inability for journeys to depart as scheduled, such as cancellations due to acts of war and/or terrorism, war, God, or nature.

PRIVACY POLICY

Golden Light Healing recognizes that privacy is important. In order to provide you with the services that we offer, we will collect some personal information from you which will only be used to facilitate your travel with us and will never be sold, rented or given to any third parties other than airlines, hotels and ground handlers who partner with us in providing you travel services, and then only for the purpose of your trip. We will always safeguard your personal information to the best of our ability. We will also need to collect payment information in order to process checks and/or credit cards. This information will only be collected through secure means using proven third-party tools and will not be stored or retained. Golden Light Healing reserves the right to use photographs taken during the trip for use on its website, Facebook or other promotional materials.