



PERU: A Transformational Journey to the Sacred Valley

May 7-16, 2024



Adventures ♦ Wonders ♦ Revelations

OUR GUIDE: Jorge Luis Delgado

We are honored to be guided by Jorge Luis Delgado, one of the foremost spiritual guides in all of Peru.

In the Inca tradition, there is no separation between the physical and spiritual worlds, and Jorge Luis Delgado is expert at walking this path between both worlds. In Quechua, he is a Chacaruna, a 'bridge person', who assists others to move from one state of consciousness to another.

Born to an Aymara healer, Jorge received his early training from the Kallawayaya shamans of the NE Lake Titicaca region, the lineage of the wise ones of the Andes, and from the Q'ero elders of Cusco, who are the last remaining tribal descendants of the Incas. He is a wisdom keeper of this ancient and powerful knowledge and enjoys sharing it with whoever is ready.

Author of *Andean Awakening: an Inca Guide to Mystical Peru* and *Sabiduria Inka*, Jorge is recognized worldwide as an authority on Inca philosophy, spirituality and tradition. He describes his own journey of awakening and packs this personal narrative with fascinating details about Peru, its history culture, mythos and magic!

He was featured in the BBC documentary, *Everyman*, and is frequently interviewed on Peruvian television. Jorge hosted the Second Elders Gathering at Lake Titicaca in March 2007 and the Activation of the Solar Disc gathering at Lake Titicaca in 2010. He led a conference at Mt. Shasta in November 2010 to bring the energy of the Solar Disc Activation fully into North America. Additionally, he has hosted the global conferences: 11-11-11; The Portal to A New Time, The Portal to a New Dawn: 12-12-12; The Good Neighbor in the Cosmos in 2014; The Eagle and the Condor in the Light Festival in 2016; The Festival of Life in Urubamba in 2018 most recently, Conference 12-12-19. Every year he organizes workshops with international and national speakers.

Jorge has offered workshops in North, South and Central America, as well as Europe and Asia. He teaches periodically at New York City's Omega Holistic Institute and at the New York Open Center. Jorge has been interviewed for various episodes of the History Channel's *Ancient Aliens* documentaries airing since late 2010.

Jorge located and brought to the public's attention the Aramu Muru Doorway, an inter-dimensional portal located in the Hayu Marca Mountains in south Peru. He is also a founding member of The Brotherhood of the Solar Disc, an Andean esoteric society. Jorge is way-shower for this 10th Pachacuti – this current time when the world is being turned upside down. He teaches that a new consciousness is emerging, one leading to a Golden Age that was fully activated in 2012. As keeper of this ancient knowledge, Jorge uses it to assist in healing for all who are ready and shares it with the world to support the dream that it is time for humanity to awaken and live fully in love, peace and oneness. He believes it is an extraordinary time to be alive!

Jorge Luis Delgado is the founder and owner of Kontiki Tour Company and owner of hotels in Cusco, Urubamba, Lake Titicaca, and Aguas Calientes. Most importantly, Jorge is known and respected by the Andean priests and indigenous people of the region. In addition to his native Spanish, Jorge speaks fluent English, as well as three indigenous languages. He has a vast collection of antique textiles and artifacts, which he displays in all his hotels. Jorge has hosted and remains in contact with such notable people as Don Miguel Ruiz, Bo Bingham (grandson of Hiram Bingham), and David Childress, author of the *Lost Cities Series*. Jorge and his wife have three children/one grandchild and reside in Lima and Puno, Peru.

EXPERIENCE THE WONDER

10 days & 9 nights in Peru's Sacred Valley

Day 1, May 7: Welcome / Overnight in Urubamba

We meet in Cusco! Enjoy an informal reception and meet our serendipitous group, and we'll transfer by bus to Urubamba in Peru's Sacred Valley. As we journey to our 5-star hotel, we will stop to experience the beautiful people within the weaving community at Chinchero! Once we arrive and settle at the **Taypikala Valle Sagrado Delux Hotel**, enjoy a Welcome Dinner and Fire Ceremony on its sacred grounds, nestled by the Urubamba River and surrounded by mountains. **(D)**

Day 2, May 8: Urco with Chicha Ceremony & Pisac / Overnight in Urubamba

We will visit the majestic land of Urco, an Incan archaeological site, and experience a Chicha Ceremony. We will then explore the ancient city of Pisac, known for its lively handicrafts and indigenous market in the main square. Also, we'll hike the Pisac Archaeological Park, a hilltop Incan citadel with ancient temples, plazas, and the famous Intihuatana sundial. **(B/L/D)**

Day 3, May 9: Quillarumiyoc with Despacho Ceremony / Overnight in Urubamba

We travel to breathtaking Quillarumiyoc in Quechua, the Incan site of *Adoration to the Moonstone*, honoring the moon goddess Quilla. Here, we will have a sacred Despacho ceremony. **(B/L/D)**

Day 4, May 10: Moray & Maras Salt Terraces / Overnight in Urubamba

We will explore the sacred terraces of Moray, holding varied climatic conditions on each terrace. Afterward, we'll experience the beautiful, alien, and brilliantly designed Maras Salt Terraces. This special salt is considered the healthiest salt on the planet. **(B/L/D)**

Day 5, May 11: Ollantaytambo & Machu Picchu / Overnight in Aguas Calientes

Our day begins by touring Ollantaytambo, a massive Incan fortress set amid mountain tops with dazzling stonework and terraces, including Princess Bath Fountain and a huge Sun temple. At 11:15am we board the beautiful Inca Rail and experience the awe-inspiring sites of the Andes as we travel by train to Aguas Calientes, a walk-only town without cars or traffic. We then enter the majestic city of Machu Picchu through the process of sacred ceremony. We will stay at **Taypikala Machupiccu Hotel**. **(B/L/D)**

Day 6, May 12: Machu Picchu / Overnight in Aguas Calientes

We welcome the new day through a Sunrise Ceremony back on the tropical Andean peaks of Machu Picchu! This ancient Incan citadel is a holy, mysterious site that embodies intriguing buildings and temples that play on astronomical alignments with sweeping panoramic views. You have a full day to enjoy Aguas Calientes at your leisure. **(B)**

Day 7, May 13: Tipon & Cusco / Overnight in Cusco

At 8:30am we take the Inca Rail back to the Sacred Valley to then travel by bus to Cusco. Along the way we will visit the sprawling and breathtaking Tipon Archaeological Site, known for its petroglyphs and precise monumental terraces irrigated by a network of water canals fed by a monumental fountain channeling water from a natural spring. Explore Cusco and enjoy dinner at one of the many culinary-celebrated restaurants! We stay at **Hotel Taypikala Cusco**, located directly in the heart of Cusco. **(B/L)**

Day 8, May 14: Cusco's Sacred Sites / Overnight in Cusco

Today we experience the magnificent sites of Cusco! We tour the Coricancha Temple, Puka Pucara, and the Temple of the Heart. You will have time to enjoy a restful evening, or have a night out exploring the artistry of Cusco! **(B/L)**

Day 9, May 15: Cusco's Sacred Sites / Overnight in Cusco

Today is our final day together, and we end by exploring mind-bending sites. We visit the UNESCO World Heritage Site of Sacsayhuaman, and the Cultural Heritage site of Qenko. I lack words to express how incredible these sites are, as they are my personal highlights. These sites may make you question everything you know about humanity and life on - and off - Earth! We end our tour with a special Farewell Dinner. **(B/L/D)**

Day 10, May 16: Travel Home

After a leisurely breakfast, we say our final farewells with our Heart's cups full of gratitude and wonder. The airport is nearby, and transportation for your flight can be easily arranged with the hotel, via cab. **(B)**

PLEASE NOTE

- Itineraries/hotels are subject to change due to unforeseen circumstances.
- **Please know that this journey is ultimately yours.** You may choose to rest, catch your breath and relax on *any day*. Enjoy the ceremonial grounds around the hotels, indulge in spa treatments, receive healings from local shamans, or simply sit and reflect as you admire the grandeurs of Pacha Mama.
- Lily and Michael are arriving early and have a ticket itinerary to share with you to support you in making travel arrangements, if needed.

A JOURNEY OF A THOUSAND MILES BEGINNS WITH A SINGLE STEP

INCLUDES

- A fully guided tour featuring spiritual guide & author Jorge Luis Delgado
- 10-day and 9-nights of lodging at 3, 4 & 5 star hotels
- All group land-transportation within Peru once the tour begins
- All 23 meals, noted in itinerary: daily buffet breakfasts, lunches and dinners
- Guided group ceremonies and spiritual processes
- All entrance fees to archaeological sites, including Inka Train Rail & Machu Picchu busses
- OPTIONAL: meditation, yoga, and other types of movement activities. Please note that group yoga-asana and healing breathwork will be offered, but not offered daily.

EXCLUDES

- Airfare
- Personal transfers from and to airports
- Other meals not noted in itinerary, and *all* beverages
- Gratuities for Jorge, additional guides, and bus drivers
- Miscellaneous expenses (i.e. phone calls, laundry, personal expenses, shopping)
- Travel and Trip Cancellation Insurance (HIGHLY recommended). Be sure it covers the program as well as your flights.

PERSONAL INVESTMENT for 10 day / 9 night all-inclusive journey

- **Single Occupancy:** \$5400
 - *NOTE ~ Unless you secure your own roommate, you will be registered in a beautiful, single room. There is no guarantee we can set you up with another solo traveler, so please enroll with a friend or partner if you wish the Double Occupancy rate.*
- **Double Occupancy:** \$4700 (you will share a room with one another person) with **one Triple Room**
- **\$600 non-refundable deposit** per person due at registration
- **Investment Details**
 - Deposit to Enroll
 - **100% of remaining balance due on or before March 4, 2024**
 - Payment by check: *Nourished Heart* or *Christine Lily Kessler*
 - Add 3.5% for Credit Cards/Pay Pal/ Venmo (larger-scale) processing fees

REGISTRATION – JOIN THE JOURNEY

- ***Traveler Information Form and Release of Liability Form* are in the following pages**
 - You will print and send the required forms to the address provided on said pages
- Email your intent and ask questions: **ChristineLilyKessler@gmail.com**